

June *LifeSolutions* Corner 2009

This summer we can't afford to send our child to camp. We would like to plan some special, inexpensive things that we can do as a family. Can LifeSolutions help?

Sure! Your child may really enjoy having some special time with you (and your undivided attention!). You might plan to make her favorite food (maybe a homemade pizza?), have a cookout in your back yard, visit a family with children her age, or see those local sights you've been "meaning to get to". Here are some other suggestions.

- ◆ If you live in or near Pittsburgh, check out "Free Things to See and Do in Pittsburgh!" <http://www.visitpittsburgh.com/includes/media/docs/Free-Things-In-PGH.pdf> --an extensive list of all kinds of free activities. Check out Friday Kid's Play (10:30-11:30 am) downtown, a program of activities for elementary school children and their parents which runs through July 31 ... Pack a picnic and take it to the park in your neighborhood to hear free summer concerts....Take a blanket and lie under the stars together while you watch a movie through Cinema in the Parks program (free popcorn and prizes sometimes!)...Take a bike ride together...or go fishing on free fishing days!
- ◆ Do you and your child like to read or do art work? See what's happening at your local library. Summer reading programs (for children, teens, and adults), storytelling circles, art and knitting programs, gaming and Wii events, and other activities for children and families—these and more can be found at <http://www.carnegielibrary.org/events/eventlist.cfm?mode=all>
- ◆ Does your family like to see the sights and spend time outdoors? Have you visited our national parks (Gettysburg, Valley Forge, etc.)? This summer might be your golden opportunity! Many sites have no entrance fees. The 147 parks that do charge entrance fees waive them on June 20-21, July 18-19, and August 15-16. Discover National Park Service sites within Pennsylvania at <http://usparks.about.com/blpkpa.htm>

To ask questions, brainstorm options, or look for additional resources in your particular area, call *LifeSolutions* at 1-800-647-3327.