October 2026- Issue No. 1

HOCM Newsletter

Be your own biggest cheerleader!



Welcome!

Thank you for joining our Haus of Cheer Mentorship Newsletter! This issue is our very first and we are so excited to share it with you all! In this quarterly newsletter, we will give you updates on the HOCM mentees, discuss some of the issues that parents may face with their ever-changing children, and hear some hot takes from educators, doctors, and other parents. This newsletter serves as a safe space and support system for parents all over and of all backgrounds. Haus of Cheer Mentorship not only seeks to shape the future of young ladies, we also aim to provide vital support for their parental figures. Thank you again for choosing HOCM!

What are they up to?

The young women at Haus of Cheer Mentorship learn so many meaningful skills during mentorship. The mentees practice mindfulness, positive self-talk, setting healthy boundaries, and so much more!
In addition to weekly in-person meetings, our HOCM mentees have been working hard to help raise money for their program. Recently, our girls helped raise over $300 at SomeBurros restaurant. They also reached their goal of $1,500 at an Applebee's fundraiser! This money will be used to further our mentorship programs and reach more young lives.
Thank you to all of our supporters!

Upcoming Events:

Someburros 40th Anniversary Fiesta

- Join the HOCM mentees and metors as we celebrate one of our biggest cheerleaders, Someburros! This event will be held on Saturday, November 14th from 3PM-9PM at Salt River Fields.

Kendra Scott Fundraiser

- Meet us at Arrowhead Mall on November 20th from 6PM-8PM. Any profts made will go towards HOCM!

Murder Mystery Gala

- Friday, March 5th
- For more information about the murder mystery, check out hocm.us



Instagram: @hocmentorship | Email: ask@hocm.us | Website: HOCM.us

Parenting Tips from Dr. Jane Garcia

Dr. Jane Garcia is a GCU PhD graduate, proud Belizean, and a mother of two adult sons. Her specialty of study is cognitive functioning and research. Dr. Garcia is passionate about creating a better generation of young adults through teachings about executive functioning, careful and intentional mentorship, and a little bit of tough love. Every newsletter will come with some much needed words of wisdom from Dr. Jane Garcia.

It is essential for teens to feel connected to their families. It was noted that children who have many childhood family connections become flourishing adults who have higher levels of self-acceptance, positive relationships, growth and purpose (Whitaker et. al 2020). Familial connections provide a protective barrier for teens and young adults.

So, when your teens come home from school and may be upset, wait to give advice or consequences. Let your child know that you see them and that you know they are frustrated. Speak calmly and allow them some breathing time before you discuss the situation and solutions.

This approach is based on the neuroscience principle of co-regulation where one person's calmness balances out the other person's stress, fear or frustration. During adolescence, the brain systems involved in planning, emotional control, and decision making are still developing (Fombouchet et al., 2023). Therefore, a parent's calm response can help regulate their child's emotion while teaching how to regulate their emotions when they are feeling stressed.

For teenagers, supportive parental reactions and higher rates of familial connections are associated with healthier emotion-regulation development (Fombouchet et al., 2023). Always know that you matter to your children and your children matter to you.

Regulate first, relate second, and reason third, (CDC, 2024).

Keep parenting with intentionality, focus, and joy.

Dr. Jane, Your Favorite Psychologist

References

Centers for Disease Control and Prevention. (2024, April 24). Tips for understanding and adapting to the teen years. https://www.cdc.gov/parenting-teens/tips-understanding-and-adapting/index.html

Fombouchet, Y., Pineau, S., Perchec, C., Lucenet, J., & Lannegrand, L. (2023). The development of emotion regulation in adolescence: What do we know and where to go next? Social Development, 32(4), 1227–1242. https://doi.org/10.1111/sode.12684

Whitaker, R. C., Dearth-Wesley, T., Herman, A. N., Nagel, K. E., Smith, H. G., & Weil, H. F. (2020). Association of childhood family connection with flourishing in young adulthood among those with type 1 diabetes. JAMA network open, 3(3), e200427.

Growing Through It

This bit of the newsletter focuses on your voice, as a parent. You can submit any questions you may have about your child, your parenting choices, or anything else that you'd benefit from knowing! Your questions will be answered by our doctors, educators, and parent peers. Don't be shy with your questions, we are all just growing through it together.

Q: Is there any way I can ensure my child is not hanging with the wrong crowd?

A: You are the best example for your child. You can show them better than you can tell them.

You can submit questions at ask@hocm.us



October 2026- Issue No. 1

Meet the HOCM Board Members!



President

Dr. Jane Garcia is a psychologist, educator, veteran, advocate, and founder of Executive Function Reboot LLC, a coaching and education company dedicated to helping individuals strengthen executive functioning skills, improve self-regulation, and create sustainable systems for success.



Vice President

Andrea Laborin is an Arizona native, a proud mama of five and owns her own business as a hairstylist. She was introduced to House of Cheer Mentorship through her daughter, and after seeing the incredible impact it has had on her life, she knew she wanted to be part of something so special.



Treasurer

Breya Brown is the daughter of HOCM Founder, Stephanie Brown. She has graduated with her Masters degree in Kinesiology and now works for her alma mater in the Student Life Department helping college students successfully transition into college, get involved in campus life, and graduate with their peers.



Secretary

Amanda was born and raised in Arizona. She serves on the board of Haus of cheer Mentorship, where her daughter is also a participant. Amanda enjoys mentoring the girls, sharing her love of baking through hands-on classes, and helping with transportation to events. Being involved and supporting these girls as they grow is close to her heart.



Founder

Stephanie Brown is an Arizona native, cheer coach, advocate for the youth, and a proud mother of six children! Having the crazy experiences each parent faces raising and coaching young women, Stephanie was called to create meaningful change within the lives and communities of the Phoenix youth. That is where Haus of Cheer Mentorship began. It was apparent that more and more youth were getting lost in the shuffle of social media, peer pressure, and perceived expectations. Now more than ever, young girls needed guidance and community, so Stephanie stepped up along with her chosen family, and her HOCM Board Members.

Office Members

- Donna Hood
- April Miles