

E Newsletter September '15

Upcoming Activities

Positive Parenting of Toddlers and Preschoolers

A free six week class Starts September 23. Call 694-6727 to register

READING BUDDIES

Year Around Reading Program for K-5 grade at Wallingford Boys & Girls Club Starts September 23rd

PLAYING WITH WORDS

Poetry Writing Workshop for 3-5th graders in partnership with the Seattle Public Library Sept. 19th from 10-12am. Registration Required -

Friends of Chidamoyo Fundraiser on

call 694-6727

September 19th from 6-9:30pm. Supporting medical services in Zimbabwe and 4 local nonprofits including FamilyWorks! www.facebook.com/ friendsofchidamoyo

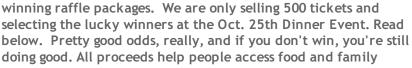
Infant/Child CPR Class

November 3 6:30-8:30 Please call to register

Food Drive at QFC September 19th

Family Works Sunday Supper October 25th

Check out our 2014 Annual Report Here!



support!



Feeling lucky? We're feeling lucky to have you all with us. Thank you,

Jake Weber, Executive Director

Several Board Members came together and put together 2 prize

2015 FamilyWorks Sunday Supper & Silent Auction and Raffle?

Tickets to the Sunday Supper, celebrating our 20th year, are available for purchase and invites are ready! We're excited about our 20th year celebration and we hope you can join us at Tom Douglas' Palace

Ballroom on Sunday, the 25th of October.

We would like to extend our thanks to our sponsors:

Molly Moon's Homemade Ice Cream, HomeStreet

Bank, Adobe, Banner Bank, Dick's Drive-In

Restaurants and Jamie Flaxman, Parks Family and

RGP.

Learn more about <u>dinner tickets</u> or winning a fabulous raffle prize <u>HERE</u>.





Pat Prentice, WIC Nutritionist Retires

See the impact of your support!

Connect With Us







WEDNESDAY WALLINGFORD FARMERS MARKET at Meridian Park 3-7pm We thank the farmers for their generous donations of organic produce to our food bank. Support your hard working farmers and shop local! Through September 30

Click <u>here</u> for the bimonthly program calendar

Please help us continue in Nourishing, Connecting and Empowering our most vulnerable neighbors.

Donate Now

Join Our Mailing List!



Our partnership with King County Public Health North's WIC program has been an important connection to food security and nutritional health for low income families in our community. For 16 years, Pat

has met with pregnant and parenting families of children up to 5 years of age. Pat made weekly appointments here at the resource center, where she provided helpful health and nutrition information and grocery vouchers. Pat has also been a source of knowledge and resources, worked responsively with our team (pictured with Lexie Fleming, Family Advocate) and connected people to resources, services and support in the community. We will miss Pat (and Lexie) very much. Congratulations to Pat for the many years of dedicated service to families and children.

Teen Parents Make an Impression

Gladys Martinez, our Teen Parent Program Coordinator received a nice email from the Children's Librarian at Northgate Library who had recently facilitated a workshop with the young parents on Child Brain Development/Importance of Early Learning and she had this to say: "I meet lots of families at the library and over the years I've had a chance to watch lots of moms with their babies - and it was clear to me last night from watching your group with their kids that they are truly amazing, successful, loving parents as well as resilient, strong young women taking care of each other. Sometimes you meet people and think, wow, THAT is what success looks like... and they were it!" Claire Scott, Northgate Library

SNACK PACKS for Homeless Families



We are partnering with Mary's Place, the new family shelter in the North End of Seattle (130th and Aurora) and delivering weekly healthy snacks for the children in residence. There's a big gap between their noon lunch and 7pm dinner and the kids need a healthy afternoon snack.

We are thrilled to be partnering with Mary's Place - as we both work to nourish, connect and empower families.

School Supplies

Thank you for your support in connecting 153 children (from 81 families) to needed school supplies. The students were able to "shop" for the supplies they liked and left excited to start the school year.

A homeless mother of four told Lauren Berntsen, our Family Program Coordinator, that she didn't think she would be able to get her children supplies this year. "I really didn't know how I was going to make this work for my kids."

Thanks for your generosity!

