



Family Relief Nursery Monthly Newsletter

Important Dates

Nursery Closed
Friday, March 6th

FRN Spring Break
March 23rd-27th



FRN Updates

Immunizations!

Every January, the Family Relief Nursery reports our client's vaccine information to the state. Any child without up-to-date vaccine records will be unable to attend Nursery classes starting on the state Exclusion day, which is Wednesday, February 19th. Do you have any concerns about how to get their shots up to date? See the back of the newsletter for more information about vaccines and the state immunization report!



Nursery Closed, No Respite!

The Family Relief Nursery will be closed on Friday, March 6th. No respite will be offered that day. If you have any questions, please contact your home visitor.

Spring Break in March!

The Family Relief Nursery will be closed for Spring break from Monday, March 23rd-27th for spring break. During which time, the nursery facilities will be open for clients to access the clothing closet, food pantry, or meet with your Home Visitor (by appointment only). Regular classes will resume on Monday, March 30th. If you have any questions, please contact your home visitor.

RECOVERY SERVICES

- ◇ CityTeam Portland— Long-term, residential faith-based 12-step recovery program for men. Ten to 14 months with case management, other services. Program screening hours: 3-4:30pm Mon-Thurs. Phone: 503.231.9334. Bus: 6, Streetcar. 526 SE Grand Ave. www.cityteam.org
- ◇ InAct (Volunteers of America)— Addictions treatment, mental health, problem gambling, and wellness services. Adelante (Latino/Spanish language program). Hours: 9am-7pm Mon-Fri, 9am-5:30pm Sat. Phone #: 503.228.9229. Bus: 15, 20, MAX Blue, Green. 10564 SE Washington St. www.voao.org
- ◇ LifeWorks Northwest— Youth, adults, DUII, child and family. Assessment, outpatient mental health, and addiction treatment. Offices in Washington, Clackamas, Multnomah counties. Hours vary for locations, please call. Phone: 503.645.9010. www.lifeworksnw.org

RENTERS SERVICES

- ◇ Community Alliance of Tenants— Advocacy for tenant issue. Organizing for immediate improvement in buildings, increased funding for affordable housing, and improved tenant protections. Live hotline hours: 1-5pm Mon, Wed, Fri, Sat, 6-8pm Tues. Phone: 503.288.0130. www.oregoncat.org

FOOD BOXES

- ◇ Mainspring— Weekly food pantry. Bring own bag. Access once weekly. Personal hygiene items upon request and availability. Hours: 10am-1pm Mon-Wed. Phone: 503.233.5533. Bus: 24, 72. 3500 NE 82nd Ave. www.mainspringpdx.org



Nursery Highlight

Clothing Closet & Donations



Did you know that the Family Relief Nursery has a clothing closet open and available to all enrolled families? We accept gently used clothing items from anyone willing to part with, including current and former clients. All clothes are inspected and washed before being hung for parents to choose from. We also have shoes, blankets, baby bottles, and toys available in the clothing closet so be sure to stop on by! Clothing closets are open anytime the nursery is open. Just check in with a staff member when you arrive.

If you have any friends that would like to donate to our clothing closet, let them know that we are looking for 2 and 3T sized clothing for our toddlers and preschoolers. Anyone donating clothing must fill out a quick In-Kind donation form for the Family Relief Nursery's donation records. Thank you!



Vaccine Information

As stated on the Oregon Health Authority Website: "Immunizations are an excellent way to protect yourself and your family against many diseases. Age-appropriate immunization starts at birth and continues through adulthood, with special emphasis through age two." For more information about immunization resources, please go to: shorturl.at/cikzB



Did you know that if your child does not have a medical exemption and is behind on their scheduled vaccinations then you will need to complete the nonmedical exemption vaccine module to have your child enrolled at school or the relief nursery? These modules can be found online! Parents can do this at home, at the library, or come to the nursery to watch the modules on this website: shorturl.at/cnwyV

Please know that parents need to watch the module in full and print out the form that states they completed this training.

Parents can also go to their doctor and have them go over this nonmedical exemption together. The doctor will also need to give the parent a letter saying that all vaccine modules have been reviewed. Do you have any follow up questions? Please contact your home visitor!

Volunteer Spotlight



For the month of March, the Family Relief Nursery would like to honor intern, Sarrah Birmingham



Intern, Sarrah Birmingham

"I started interning at the Family Relief Nursery because of my passion to serve children and it has been everything I expected and more." stated Sarrah, "I love the open arms approach the nursery gives off as well as all of the loving and empathic staff."

"It has been a great opportunity and I can't wait to grow and learn more with the program," Sarrah added.

If you are interested in volunteering please contact Camille McDaniel, the Volunteer Services Manager at cmcdaniel@voaor.org. If you have general questions about volunteer opportunities at FRN please contact Cynthia St. John at cstjohn@voaor.org. If you have general questions about volunteer opportunities at EFRN please contact Kara Baker at kbaker@voaor.org.

The Family Relief Nursery could not operate without the generous grants from the following organizations:



Volunteers of America
OREGON



Investing in our future



portland children's levy