



# Family Relief Nursery Monthly Newsletter

## Important Dates

Fall Break!  
Classrooms Closed  
Nov 20<sup>th</sup>–24<sup>th</sup>  
Nursery Closed  
Nov 23<sup>rd</sup>–24<sup>th</sup>

Winter Break!  
Classrooms Closed  
Dec 17<sup>th</sup>–Jan 1<sup>st</sup>  
Nursery Closed  
Dec 25<sup>th</sup> & Jan 1<sup>st</sup>

## FRN Updates




### Immunizations!

The Family Relief Nursery is required to report our client's immunization numbers every January. Are your child's vaccines up to date? If not, please contact your home visitor if you have any questions.

### Fall and Winter Break!

The Family Relief Nursery classrooms will be closed for one week in November and two weeks in December, November 20<sup>th</sup>–24<sup>th</sup> and December 17<sup>th</sup>–January 1<sup>st</sup> respectively. During these weeks the Nursery sites will be open for accessing the resource room and food pantry but therapeutic classrooms will not be running. On Nov 23<sup>rd</sup>, 24<sup>th</sup>, Dec 25<sup>th</sup>, and Jan 1<sup>st</sup> both sites will be closed. If you have any questions, please contact your Home Visitor.

### Children's Mental Health at FRN!

The Family Relief Nursery has a new mental health specialist, Kerry Bonin. If you are interested in mental health services for your child or interested in parent/child bonding, please ask your home visitor for more information.



## Community Resources

### MENTAL HEALTH

◇ David Romprey Oregon Warmline– Free telephone peer support line. Hours: 9am–11pm daily. Phone #: 1.800.698.2392

### WARMING SHELTERS

◇ The criteria used to determine a Severe Weather Notice in Multnomah County and the corresponding opening of emergency warming centers are: Temperatures forecast at 25° F or below OR forecasts predict at least an inch of snow in most areas OR overnight temperatures forecast at 32° F or below, with at least an inch of driving rain OR other conditions, including severe wind chills or extreme temperature fluctuations. Please see website for more information: <http://211info.org/warmingcenters>

### DROP-IN CARE

◇ The Rosewood Initiative– Drop-in community center open to the public. Hours: Mon 12-5:30pm, Tues-Fri 10am-5:30pm. Phone #: 503.208.2562. 16126 SE Stark St. [www.rosewoodinitiative.org/](http://www.rosewoodinitiative.org/)

### FOOD BOXES

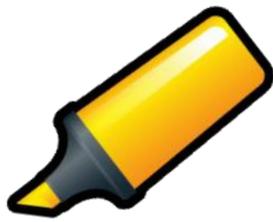
◇ Mainspring– Monthly food pantry. Bring own bag. Personal hygiene items upon request and availability. Hours: 10am-1pm Mon-Wed. Phone #: 503.233.5533. Bus: 10, 14, 70. 3500 NE 82nd Ave. [www.mainspringpdx.org](http://www.mainspringpdx.org)

◇ Harvest Share– Various locations. Provides fresh fruits and vegetables free of charge to anyone in need of food. Phone hours: 8am-5pm Mon.-Fri. Phone #: 503.282.0555. [www.oregonfoodbank.org/find-help/food-finder/](http://www.oregonfoodbank.org/find-help/food-finder/)

### CLOTHING

◇ Francis Center– Free clothing and emergency food assistance within boundary area (Clatsop to Powell, 39<sup>th</sup>–136<sup>th</sup>; Powell to Glisan, 60<sup>th</sup>-82<sup>nd</sup>). Proof of address with current mail required. Food assistance every 30 days. Hours: 10am-1:45pm Mon-Thurs. Closed major holidays. Phone #: 503.775.6784. Bus: 19, 72. 6535 SE 82<sup>nd</sup> Ave.

# Nursery Highlight



## Inclement Weather

In the case of inclement weather, the Family Relief Nursery follows the updates sent out from the Portland Public School District. If PPS is closed, then both the Family Relief Nursery and the East Family Relief Nursery will not have classes that day either.

PPS has several different ways to check and see if they are closed due to inclement weather. You can call in, opt-in for their text messaging notifications, or check their official Twitter or Facebook accounts for those updates. For more information, please go to their website: <https://www.pps.net/Page/124>

In addition, your Home Visitor will confirm any such closures with you and provide you with other relevant updates. Please let us know if you have any questions.

## Garden Digs!

By Margaret Young

It's November, and many of the trees and plants in our garden have leaves that are changing color. The leaves on the blueberry bushes are turning bright red and pink before falling to the ground, and the leaves from our big maple tree are turning yellow, orange, and brown! The seeds from the maple tree spin around and around as they fall down, looking like little helicopters!

The toddlers and preschoolers dug up some potatoes from one of the garden beds, and we'll be able to dig up more soon! We



Photo by Margaret Young

found potatoes of many different colors, like brown, pink, and purple. Maybe we'll use them to make vegetable soup or hash browns! We're also having fun digging in the soil, finding worms, and making mud pies. On rainy days, some of the children enjoy wearing rain boots and jumping in puddles!

## Volunteer Spotlight



For the month of November, the Family Relief Nursery would like to honor volunteer, Colleen Caraher.



Volunteer, Colleen Caraher

“My prior work background involved teaching adults,” said Colleen, “So even though I was excited to be working with children, I also felt a bit anxious and out of my comfort zone. The first day that I was in the classroom I primarily observed. I was so impressed with the caring, knowledge and skills of Sarah and Alyssa as they guided these wee children through their emotions and disputes, to find their words and find affirming, safe alternatives of expression.”

“The well being of these children and their families is clearly the lived mission of the Family Relief Nursery” continued Colleen, “I am very grateful to be a part of this mission.”

If someone would like to volunteer at Family Relief Nursery, please contact Crystal Ross at 503.867.5843 [cross@voaor.org](mailto:cross@voaor.org).

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



Investing in our future

