



Family Relief Nursery Monthly Newsletter

Important Dates

Immunization Exclusion Day: February 21st



FRN Updates

Changes at FRN

Please be aware a letter has been sent to all west families concerning changes at the 7th Ave site. If these changes concern you, you will also receive a phone call from your home visitor and/or program supervisor. If you have any further concerns you are encouraged to contact your home visitor or the program supervisor.



Resources at EFRN

The East Family Relief Nursery now has it's own resource room with a clothing closet and a food pantry for families enrolled in our program. Please feel free to drop by and check it out!

Immunization Exclusion Day

If a child doesn't have all their immunizations up to date the family must visit their doctor to update those shots or fill out a non-medical exception before February 21, 2018 to remain in the therapeutic classroom. Check with your family doctor to see if your kids have their immunizations up to date! If you have any questions, please call the front desk: 503.236.8492

WARMING SHELTERS

Warming shelters throughout Multnomah County will be available when temperatures drop below freezing. Please call 211 for a warming shelter near you.

CLOTHING

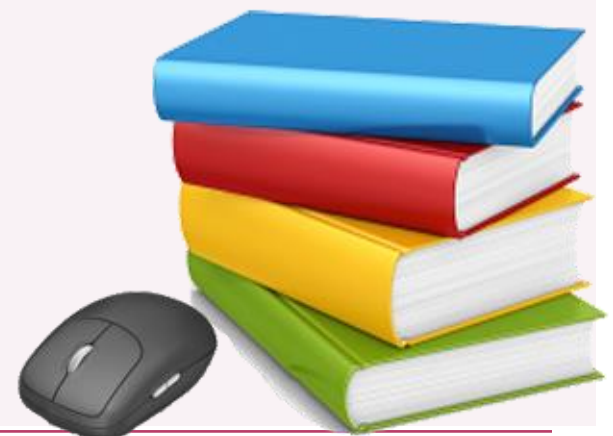
◇Union Gospel Mission— Provides clothing to people in need most days. Hours: 4pm-5pm Tues-Fri. Phone #: 503.274.4483. 3 NW Third Ave. Bus: 12, 17, 19, 20, 54, 56, Downtown MAX. www.ugmportland.org

DOMESTIC VIOLENCE AND SEXUAL ASSAULT

◇The Gateway Center for Domestic Violence Svs. — A drop-in center for survivors of intimate partner violence and their children. Restraining order applications, safety and crisis planning, crime reporting and prosecution, civil legal assistance, counseling and therapeutic services for parents and children, and access to a wide variety of services, Child care available. Services available in many languages. Hours: Mon to Fri 9am-4pm. Phone #: 503.988.6400. Bus: 15 & 20, MAX Blue line. www.gatewaycenterdv.org

DENTAL HEALTH CARE

◇Creston Children's Dental Clinic — Comprehensive preventative and restorative dental care for children who are currently enrolled in Portland public school (K-12); children who have OHP insurance through ODS, Capitol Dental or Advantage Dental; and children who are uninsured and qualify for free or reduced lunch. Appt required. Hours: 9am-3:30pm Tues-Fri. Phone #: 503.916.5808. 4701 SE Bush St. www.crestondental.org



Nursery Highlight



Classroom Attendance

Child(ren) participates in the therapeutic classroom 2 days per week for 3 hours per day.

Children must be at school at least 75% of the time.

If a child misses 2 classes in a month the Family Advocate will call to see how things are at home and check to see if we can offer support to get the child(ren) to school.

If a 3rd class is missed a warning letter will be sent to the home letting the parent know that if attendance continues to be an issue the child is at risk of being exited from the program. Also, the Family Advocate will create a written agreement with the parent outlining a plan for the child's attendance to increase.

Garden Digs!

By Crystal Ross

In winter, most of the garden is at rest. But a closer look shows that the buds on the apple trees are already present on the branches, and our hardy perennial herbs like Rosemary, oregano, and thyme, are holding string to their green foliage. The real show, however, is the parts of the garden we do not see with our eyes- the real action is in the soil!

"January is the quietest month in the garden. ... But just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the pure rain-



Photo credit: Makaila Brooks

fall while microorganisms convert tilled-under fodder into usable nutrients for the next crop of plants. The feasting earthworms tunnel along, aerating the soil and preparing it to welcome the seeds and bare roots to come." -Rosalie Muller Wright

Volunteer Spotlight



For the month of February, the Family Relief Nursery would like to honor one of our interns, Makaila Brooks.



Intern, Makaila Brooks

Makaila is one of the students from De La Salle North Catholic High School who come to the West Family Relief Nursery weekly. She has been coming to work with the children since 2016.

"Being a intern at the Family Relief Nursery is so awesome," said Makaila.

She continued with, "It is always a blast hanging out with the kids."

If you or someone you know would like to volunteer at either the East Family Relief Nursery or the West Family Relief Nursery, please contact Crystal Ross at 503.867.5843 cross@voaor.org.

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



Investing in our future

