



Family Relief Nursery Monthly Newsletter

Important Dates

Nursery Closed
Martin Luther King Jr Day Monday, Jan 21st

Parenting Begins
Friday, Jan 18th



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? Do you have any concerns about how to get their shots up to date? If you have any questions, please contact your home visitor.

Martin Luther King Jr Day!

The Family Relief Nursery will be closed in observance of Martin Luther King Jr Day on Monday, January 21st. Regular classes will resume on Tuesday, January 22nd. If you have any questions, please contact your Home Visitor.

New Parenting Workshops in January!

The Family Relief Nursery will start a new parenting workshop in January 2019. Parenting workshops meet once a week for 12 weeks and provide a place for parents to learn from each other. Please ask your home visitor for more information.

MENTAL HEALTH

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

WARMING SHELTERS

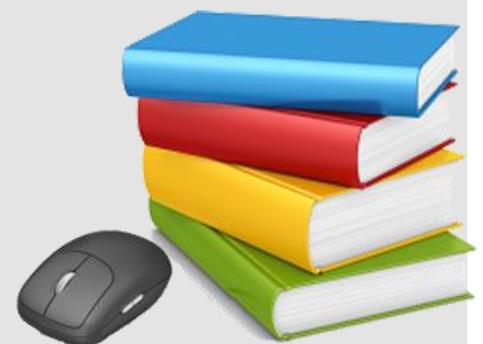
◇ The criteria used to determine a Severe Weather Notice in Multnomah County and the corresponding opening of emergency warming centers are: Temperatures forecast at 25° F or below OR forecasts predict at least an inch of snow in most areas OR overnight temperatures forecast at 32° F or below, with at 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>

LGBTQ CENTERS

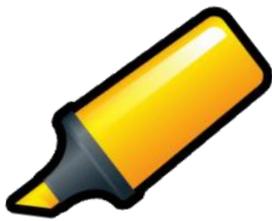
◇ Q Center— Provides a safe space to support and celebrate LGBTQ diversity, equity visibility and community building. Dozens of events and peer group meetings. Hours: 11am-9pm Mon-Fri, 10am-6pm Sat, 10am-9pm Sun. Phone #: 503.234.7837. Bus: 4; MAX Yellow. 4115 N Mississippi Ave. www.pdxqcenter.org

DOMESTIC VIOLENCE & SEXUAL ASSAULT

◇ The Gateway Center for Domestic Violence Services— 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-Fri 9am-4pm. Phone #: 503.988.6400. Bus: 15, and 20, MAX Blue Line. 10305 E Burnside St (yellow house set back from street). www.gatewaycenterdv.org



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 Bernadette Martin

A new year means new possibilities and the same goes for all the plants outside. Now that it is winter it might seem like nothing is growing but many plants are resting up for the spring weather.

Meanwhile, there are many plants that stay green all year long! Have you seen any plants that are still green even though the leaves on the trees all fell down in the fall?

At the East Family Relief Nursery, one of those plants is a rosemary bush that sits in the

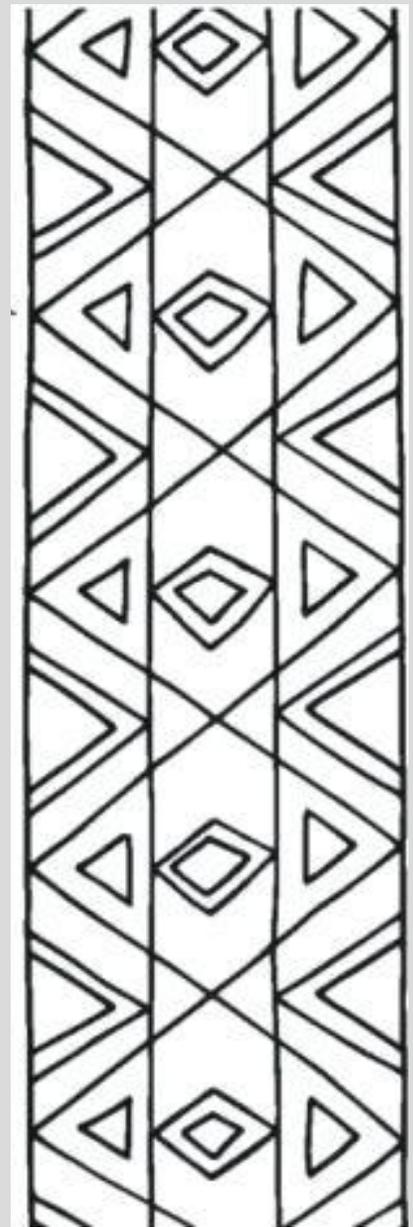


Photo by Bernadette Martin

front of the building. Rosemary is a spice that has a very relaxing smell and is very tasty in lots of different foods.

It is nice to see many plants still growing even though it's cold outside. And we can't wait for spring to see all the new plants too!

Adult Coloring



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



Investing in our future

