



# Family Relief Nursery Monthly Newsletter

## Important Dates

**Nursery Closed:**

**May 28th, Memorial day**

**No Respite Friday, June 1st**

## FRN Updates

### Closed Memorial Day

The Family Relief Nursery will be closed on Monday, May 28th for Memorial Day. Regularly scheduled classes will resume on Tuesday, May, 29th.



### No Respite, Friday, June 1st

Please be aware that there will be no respite offered on Friday, June 1st due to staff trainings. If you have any concerns, please contact your home visitor

### Clothing Closet and Food Pantry!

In case you didn't know, both Family Relief Nursery sites have a clothing closet and food pantry for families that are enrolled in our program. Families can contact their home visitor and request specific items to be brought or even come visit the nursery and shop themselves! If you plan on coming by, please call the nursery location you will be visiting ahead of time.



## Community Resources

### CLACKAMAS SERVICE CENTER

The Clackamas Service Center offers a number of varied services including: clothing, dental, food boxes, health care, HIV/AIDS medical care, legal services, meals, and pet care. Closed on Fridays. Bus 72; MAX Green. Phone #: 503.771.7914. 8800 SE 80th Ave. [www.csoregon.org](http://www.csoregon.org)

### SHELTERS

◇ Humans Solutions Family Center— 24-hour family shelter. Must have one child under the age of 18. No walk-up access. Call 211 for eligibility and intake. Bus: 20, MAX Blue. Portland phone #: 503.548.0200. Rockwood phone #: 503.405.7875. 16015 SE Stark St.

### COUNSELING & MEDIATION

◇ Williams Temple House— Individual, couples and family counseling provided on sliding scale. No crisis counseling. Counseling applications available during business hours or on website. Hours: 10am—4pm Monday, 10am—7pm Tuesday—Thursday. Bus: 15, 20, 77, Streetcar. Phone # 503.226.3021. 2023 NW Hoyt St. [www.williamtemple.org/counseling.html](http://www.williamtemple.org/counseling.html)

### FOOD BOXES

◇ St. Vincent de Paul — Food boxes offered 1—3:30pm daily. Emergency rental assistance office open 9am—noon, 1—4pm daily. Waiting area opens 8:30am. Mat see up to 30 people if funds available. Arrive early. Assistance varies by client place of residency. Clackamas and Multnomah counties walk-ins only. Closed most major holidays. Bus: 72, MAX Orange. 8101 SE Cornwell. Phone #: 503.235.8431.



# Nursery Highlight



# Adult Coloring



## Home Visits

Just a reminder that part of our program requirements include being available for home visits. The amount of visits you have with your ECE Specialist will be decided between you two, with a minimum of one hour-long visit a month.

We encourage you to let your ECE Specialist know within one hour of the visit if you will need to reschedule. If you are not available for your home visit, it is your responsibility to reschedule within two weeks of the original visit. If it is missed again, FRN will have to send you a warning letter reminding families of these requirements. If for some reason your home visitor has to miss a visit, they will see you at the next one, check in over the phone, or reschedule in a timely manner.

Please remember above all else, communication is key!

We understand life gets busy, so as long as you are in communication with your ECE Specialist, you can create a plan together that works for both of you.

## Garden Digs!

By Margaret Young

Spring is in full swing and things are getting exciting in the garden! With some warm weather and extra sunshine, our plants are growing fast, especially the weeds—yikes!

The preschoolers and toddlers planted seed potatoes that Kasia brought us, and stems and leaves have already popped up. The students have been working hard in the garden—watering the plants on sunny days, mixing compost into the soil, and checking on our earthworms. Our bright yellow and green Swiss chard survived the winter and is ready to pick, and some of our herbs such as pars-



Photo by Margaret Young

ley and sage are, too. Soon we'll be planting vegetable seeds and starts!

On warm, sunny days, we've been enjoying having lunch in the garden under the shade of one of our giant maple trees. We can't wait to harvest and share our very own vegetable crops with you!

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

