



Family Relief Nursery Monthly Newsletter

Important Dates

Respite at FRN
Friday, May, 10th

Nursery Closed
Friday, May 3rd

&

Memorial Day
Friday May 27th



FRN Updates



Respite Friday, May 10th

The Family Relief Nursery will have a Respite classroom offered at the West 7th Ave site on Friday, May 10th for Outreach families. As a reminder, respite is only being offered once a month at the 7th Ave location once a month. If you would like to come to respite, please contact your Home Visitor.

Nursery Closed Dates!

FRN will be closed twice in the month of May. First on Friday, May 3rd for a staff training and then on Monday, May 27th in observance of the Memorial Day holiday. If you have any questions, please contact your Home Visitor or call the front desk at 503.972.9643.

FRN New Hires!

FRN is happy to announce that we have hired two new Home Visitors, Kathleen Ratliff and Victoria Roggensack. We look forward to having our families meet these staff members in the coming weeks!

HEALTH CARE

◇ Mercy & Wisdom Community Health Clinic— Provides naturopathic medicine, medication assistance, access and referral. Also acupuncture, Chinese medicine, cupping & homeopathy. Draw labs with insurance or cash pay. One of Coalition of Community Health Clinics. Offers sliding scale. Hours: 9am-3pm Mondays. Phone #: 503.227.1222. 7411 SE Powell Blvd. www.mercyandwisdom.org

◇ Cascadia Behavioral Healthcare— Administrative office & information only on Cascadia programs. Hours: 8:30am-5pm Mon-Fri. Phone #: 503.238.0769. Bus: 6. 847 NE 19th Ave. www.casadiabhc.org

◇ Cascadia B. H. Urgent Walk-In Clinic— Low to no-cost services for urgent mental health needs. Hours: 7am-10:30pm, Mon-Sun. Phone #: 503.963.2575. Bus: 4. 4212 SE Division St., Ste. 100. www.casadiabhc.org

FOOD BOXES

◇ Heartwork Ministries/Richmond Community Church— Canned food, personal hygiene items, clothing. Services for housed & homeless. Shop once per week per family. No boundaries. Hours: 11am-1pm Tuesdays. Phone #: 503.460.7335. Bus: 4, 75. 3941 SE Division St.

EMPLOYMENT & TRAINING

◇ DePaul Industries— Jobs for people with barriers to employment, such as disability, chronic medical issue, in recovery or criminal record. Temporary staffing division hires for light industrial & administrative jobs. Security division hires security officers, with DPSST training provided. Call to set up orientation. Hours: 8am-5pm Mon-Fri. Phone # 503.281.1289. Bus: 6, 72. 4950 NE MLK Jr. Blvd. www.depaulindustries.com



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.

Garden Digs!

By Margaret Young

Happy May! We have a new garden friend that visits our classroom! His name is Teedy Toddy, & he's a baby snail. Teedy Toddy mostly likes to explore at night, but he often comes out to eat and look around when the children help to mist his terrarium with water or give him food. He loves to eat leafy plants. So far, his favorite food seems to be lettuce!

Teedy Toddy has two pairs of 'feelers:' the bigger pair has his eyes at the top & the smaller pair down below help him to smell and touch the things



Photo by Margaret Young

around him. When he's tired, upset, or scared, he pulls his whole body inside his shell to hide. He is very slimy! His slime helps him to move around without hurting his body and to stick to things. He's so sticky that he can even hang upside down!

Volunteer Spotlight



For the month of April, the Family Relief Nursery would like to honor volunteer, Raquel Charaba.



Volunteer, Raquel Charaba

"I volunteer because I want to become part of the community and spend quality time with a cause that I believe and support," said Raquel, "I chose to work with kids because childhood is the best part of life and the first steps are the most important."

"I enjoy all the experiences that I have at Family Relief Nursery and how the ambiance is funny and security," she continued, "My favorite part of my work is to see the developing of every child and to know that I'm contributing to this."

Would you or someone you know like to volunteer at FRN? If so, please have them contact Crystal Ross at 503.867.5843 or email her at cross@voaor.org.

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



Investing in our future



portland children's levy

