



April 17, 2020

Family Relief Nursery Weekly Newsletter

Community Resources

Free Food

Powell Butte Elementary SUN

Weekly food pantry.

3615 SE 174th Ave.

Hours: Mon. 10:30am-12:30pm

C3 Church

Pick-up a free food bag.

6120 NE 57th Ave.

Hours: Tues & Sat. 12:00-1:00pm

Ecumenical Ministries

Northeast Emergency Food Program

Food boxes available.

4800 NE 72nd Ave.

Hours: 1-3pm, Tues, Thurs, and Sat.

Phone: 503-284-5470

Mainspring PDX

Weekly food pantry. Access once weekly.

3500 NE 82nd Ave.

Hours: Mon-Thurs. 9:30am-12:30pm

Phone: 503-233-5533

Jefferson High School

Food pantry (enter on Commercial Ave.)

5210 N Kerby Ave.

Hours: Tues & Fri. 1:00-3:00pm

FRN Updates

Hello everyone!

Last week, Gov. Kate Brown ordered Oregon schools to remain closed through the rest of the school year. At this time, the Family Relief Nursery is operating in accordance with the “stay home, stay healthy” order. All in-person services will remain closed until further notice, while we continue to connect with you virtually. As new information becomes available, your home visitor will reach out as soon as possible with updates.

Reminder- if you have any urgent needs during our closure, please contact your home visitor or email our Program Director, Crystal Ross, at cross@voaor.org.

Wishing you and your family good health!

Mental Health Services

Multnomah County Crisis Intervention is offering access to free mental health support. They offer help finding mental health providers, referrals to low-cost agencies, and interpretation services in any language. To access this support:

- Call 503-988-4888 (24 hours a day, 7 days a week)
- Visit their website: <https://multco.us/mhas/mental-health-crisis-intervention>

Servicios en español

Latino Network tiene información sobre como obtener acceso a unos recursos en español. Estos recursos incluyen unos programas de comida gratis, el apoyo con la renta, los procesos de inmigración, la salud física y mental, ayuda para las familias y más. Puede comunicar con esta organización por:

- Teléfono: 503-283-6881
- Email: info@latnet.org

Are you looking for more resources?

Check out this website for more information about how to access food, rent/utility assistance, childcare, and more during our closure!

*Family Relief Nursery:
COVID-19 Resource List*

<https://biturl.top/N3Yn2a>

Fun at Home ☺

Wonderful Water

Many of our teachers have included activities with water in the videos that they have been sending you! Here are some more ideas for how you can use water to play together and engage your child's curiosity:



- Fill up a bowl or bucket with water. Put a mix of random objects in the water to create a sensory bin. You can use kitchen utensils, old water bottles, plastic toys, or anything else you have! Try giving old toys a bath or testing to see which objects sink and which objects float.
- Mix together water, oil, and food coloring to see how the different materials interact with each other. Do they mix together, or stay separate? What else could you add to the mixture?

Dance It Out

Dancing can be a great way to get moving, relieve stress, and have some fun with your child! Here are some fun ways to dance together:



- *Freeze Dance*- put on some music and dance around. When the music stops, everyone stops moving. Try to freeze in silly poses or funny faces! When the music starts again, keep dancing until the next pause!
- *Match My Dance*- one person is the dance leader. Put on some music, then have the leader start dancing. Everyone else copies their dance moves!

Teacher Spotlight

Teacher Alyssa



I miss you all and hope we can get back to normal sooner rather than later! Working remotely has made me really appreciate face-to-face interactions more. A quote that means a lot to me right now is "Be you. The world will adjust."

Favorite Thing to Cook:

Cookies! Specifically, snickerdoodle cookies.

Favorite Book:

Car, Car, Truck, Jeep by Katrina Charman

Self-Care Tip

Teacher Alyssa has been calling her friends a lot. When we can't see the people that we care about in person, it can make us feel alone. Calling our family and friends on the phone or through video-chatting can be a great way to stay connected to your community of loved ones.



Who can you and your child call this week to stay connected and share some love?

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

