

FamilyWorks

Family Resource Center & Food Bank

E Newsletter

February'16

Upcoming Programs:

FREE Tax Prep
Thursday evenings 5-9
pm and Saturdays 10am-
2pm through April 16th.

**First Floor Conference
Room. Drop-In!**

**Parenting Class for
Parents of School Age
Children**
Feb 24-March 30
Please register at
(206) 694-6727

BABY BOOST
In collaboration with
Solid Ground
Tuesday, April 19th
11am-12pm
Free, drop in event for
parents of infants and
small children.

**Family Advocacy, Teen
Parent Program,
Playgroups and more, see
[Website](#)**

More info on anything listed:
(206) 694-6727

[Check out our 2014
Annual Report Here!](#)

EIN: 91-1757277
See the impact of
your support!

Connect With Us



Click [here](#) for the bi-

"Lead from your Heart" I heard our staff member, Lauren, say as she taught us all a bit of yoga the other morning. It resonated with me, as I made a parallel to what we do here at FamilyWorks on a daily basis!

I want to thank you for being partners in doing this work. Last year we had 5000 more visits to the food bank than the year before. We expect even more visits this year, as we see more individuals who are homeless, more aging members in the community, as well as people who may be affected



by food stamp [work requirement legislation](#) and the closure of the Greenwood Food Bank on March 30th.

Sending heartfelt gratitude,

Jake Weber, Executive Director

Family Support Positions Open

As staff members move on to pursue their long term goals we are seeking dynamic and passionate team members for the following positions:

Family Advocate: Closes Feb. 23rd.

Family Programs Coordinator - Closes March 1st. See [Website for more information!](#)



Cooking Class for Persons with Diabetes



We are partnering with Solid Ground's **Cooking Matters** program, to offer a free 6 week class for adults with diabetes. Classes are taught by a Chef and Nutritionist who will offer ideas on how to cook nourishing, healthy, low-cost meals.

Includes a free book, recipes, and bag of groceries at the end of each class. Tuesdays at 10am-12pm from March 8-April 12th. Please call us at (206) 694-6727 or email the **Food Bank Manager, Mike Cox**, at mikec@familyworksseattle.org to register!

Nourish the community for years to come

monthly program
calendar

Please help us continue in
**Nourishing, Connecting
and Empowering** our
most vulnerable
neighbors.

Donate Now

Join Our Mailing List!

with a Planned Gift to FamilyWorks

Have you ever thought about the ways that you can have a long term impact on the health of our community, even after you are gone?

With a planned gift, or a bequest to FamilyWorks designated in your will, your generosity will continue to nourish, connect and empower families beyond your lifetime. Email **Jake Weber** at jakew@familyworkseattle.org or call her at (206) 694-6726 to talk about joining the **Merridy Williams* Society** and leaving a nourishing and empowering legacy!

***Merridy Williams**, sister of **Bill Gates, Sr**, worked many years as a volunteer of the Food Bank. She left a bequest to the food bank in 1997, which created a healthy foundation that has allowed FamilyWorks strength and stability in meeting community needs to this day and forward!

We say good-bye to Cora

You may have once heard the sounds of our dear Cora Morales singing her songs of life and love as you entered the lobby to FamilyWorks. Cora would drag her electric piano around on the bus to FamilyWorks, to make people's day a little more special. She had an extremely soulful way of drawing people in, and connecting people with her music. Cora was a volunteer through the AARP program, was a food bank customer, was a musician, and ultimately was a great friend to all of us. Cora died of cancer on February 8th. We will miss you. Read more in a [blog post about Cora](#) from May 2013.

