

FamilyWorks

Family Resource Center & Food Bank

E Newsletter

September '15

Upcoming Activities

Positive Parenting of Toddlers and Preschoolers

A free six week class
Starts September 23.
Call 694-6727 to register

READING BUDDIES
Year Around Reading
Program for K-5 grade at
Wallingford Boys &
Girls Club
Starts September 23rd

PLAYING WITH WORDS
Poetry Writing Workshop for
3-5th graders in partnership
with the Seattle Public
Library
Sept. 19th
from 10-12am.
**Registration Required -
call 694-6727**

**Friends of Chidamoyo
Fundraiser on**
September 19th from 6-
9:30pm. Supporting medical
services in Zimbabwe and 4
local nonprofits including
FamilyWorks!
[www.facebook.com/
friendsofchidamoyo](http://www.facebook.com/friendsofchidamoyo)

Infant/Child CPR Class
November 3 6:30-8:30
Please call to register

Food Drive at QFC
September 19th

**FamilyWorks Sunday
Supper**
October 25th

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

Several Board Members came together and put together 2 prize winning raffle packages. We are only selling 500 tickets and selecting the lucky winners at the Oct. 25th Dinner Event. Read below. Pretty good odds, really, and if you don't win, you're still doing good. All proceeds help people access food and family support!



Feeling lucky? We're feeling lucky to have you all with us. Thank you,

Jake Weber, Executive Director

2015 FamilyWorks Sunday Supper & Silent Auction and Raffle?

Tickets to the Sunday Supper, celebrating our 20th year, are available for purchase and invites are ready! We're excited about our 20th year celebration and we hope you can join us at Tom Douglas' Palace Ballroom on Sunday, the 25th of October.

We would like to extend our thanks to our sponsors: [Molly Moon's Homemade Ice Cream](#), [HomeStreet Bank](#), [Adobe](#), [Banner Bank](#), [Dick's Drive-In Restaurants](#) and [Jamie Flaxman](#), [Parks Family](#) and [RGP](#).

Learn more about [dinner tickets](#) or winning a fabulous raffle prize [HERE](#).



Pat Prentice, WIC Nutritionist Retires

See the impact of
your support!

Connect With Us



WEDNESDAY WALLINGFORD
FARMERS MARKET at
Meridian Park 3-7pm

We thank the farmers for their
generous donations of organic
produce to our food bank.
Support your hard working
farmers and shop local!
Through September 30

Click [here](#) for the bi-
monthly program
calendar

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

Donate Now

Join Our Mailing List!



Our partnership with King County
Public Health North's WIC
program has been an important
connection to food security and
nutritional health for low
income families in our
community. For 16 years, Pat

has met with pregnant and parenting families of
children up to 5 years of age. Pat made weekly
appointments here at the resource center, where
she provided helpful health and nutrition information
and grocery vouchers. Pat has also been a source of
knowledge and resources, worked responsively with
our team (pictured with Lexie Fleming, Family
Advocate) and connected people to resources,
services and support in the community. We will miss
Pat (and Lexie) very much. Congratulations to Pat for
the many years of dedicated service to families and
children.

Teen Parents Make an Impression

Gladys Martinez, our Teen Parent Program Coordinator received a nice email from the Children's Librarian at Northgate Library who had recently facilitated a workshop with the young parents on Child Brain Development/Importance of Early Learning and she had this to say:
"I meet lots of families at the library and over the years I've had a chance to watch lots of moms with their babies - and it was clear to me last night from watching your group with their kids that they are truly amazing, successful, loving parents as well as resilient, strong young women taking care of each other. Sometimes you meet people and think, wow, THAT is what success looks like... and they were it!" Claire Scott, Northgate Library

SNACK PACKS for Homeless Families



We are partnering with
Mary's Place, the new family shelter in
the North End of Seattle (130th and
Aurora) and **delivering weekly healthy
snacks for the children in residence**.
There's a big gap between their noon
lunch and 7pm dinner and the kids need
a healthy afternoon snack.

We are thrilled to be partnering with **Mary's Place** - as we
both work to nourish, connect and empower families.

School Supplies

Thank you for your support in connecting
153 children (from 81 families) to needed school
supplies. The students were able to "shop" for the
supplies they liked and left excited to start the
school year.

A homeless mother of four told Lauren Berntsen, our Family Program Coordinator, that she didn't think she would be able to get her children supplies this year. "I really didn't know how I was going to make this work for my kids."

Thanks for your generosity!

