



Coordinated Family & Community Engagement  
25 Barnum Street Taunton, MA 02780

## December 2020 News & Updates



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### Friends, Families, and Community Partners!

December brings thoughts of family, home, and love! We at Triumph, Inc. CFCE wish everyone “Happy and Healthy Fun” this month! Please remember to check our page often for updates. You will find our educational family programs are offered on our face book page: ***Triumph, Inc. Community Programming.***

**New POP-UP Inter-active ZOOM Groups:** “Let’s Explore Feelings” will be on December 9th, 10-11 AM. and “We Are Thankful” with Miss Nicole will be held on December 16th, 10:00-11:00 AM. These groups are very popular and fill up fast!

**Learn and Grow (Toddlers) and The Learning Tree (Ages 3-5) virtual programs** are provided by our Early Literacy Specialist, Nicole Caccavo. Learn and Grow is on Mondays at 10:00 AM. The Learning Tree is Tuesday through Friday at 10:00 A.M. Both early literacy programs offer families stories, music, and educational activities that support language, literacy, cognitive, and social emotional development. ASQ information and parent resources will also be shared.

**New Live Format:** Miss Nicole will be offering her Learning Tree program LIVE on Tuesdays and Thursdays at 10:00 AM. This offers families the opportunity to interact and connect with Miss Nicole during the program!

**New Video:** Ms. Keri Cusson DeFusco will share a virtual workshop “Understanding Your Stress” on December 3<sup>rd</sup> at 2:00 PM. She will share tips and resources to help families manage stress and learn how to incorporate mindfulness in daily life.

**New Nutrition Video:** Ms. Sydney Rousseau will share a great interactive video “Kids in the Kitchen” on December 8<sup>th</sup> at 2:00 PM. Families will enjoy a fun, interactive video about the importance of fruit and vegetables and how they help us grow!

**\*Grandparents Raising Grandchildren Support Group New Time:** This group meets on the last Friday of each month **8:00-9:00 PM.** through ZOOM with our GRG facilitator Roseanne. **Group will meet on December 18<sup>th</sup>** to accommodate holidays and on January 29<sup>th</sup> 2021. If you are interested in joining, please contact: [ntilbe@triumphinc.org](mailto:ntilbe@triumphinc.org) for zoom link, details, schedule, or questions.

### Looking Ahead:

Triumph, Inc. CFCE hopes to have two interactive zooms per month with Miss Nicole! This allows families and children more opportunities to experience interactive learning with a small group.

Keep checking our Triumph, Inc. Community face book page for new family programs, helpful videos to support your children's early literacy learning as well as, mental and physical health!

**Thank you to all our community partners for sharing our programs. We appreciate your support very much!**

The **ASQ-3** is a screening tool used to make a quick check on your child's skills and development and to see milestone's that have been achieved. It can also show any areas your child may need support!

#### Our CFCE team can help:

- Provide a paper copy for you to do at home and return completed screening to CFCE staff.
- Provide an online link for you to complete the screening at home.
- Online link: <http://asqonline.com/family/16bb7e>
- **Spanish Link:** [www.asqonline.com/family/21eb71](http://www.asqonline.com/family/21eb71)
- Answer questions: [ntilbe@triumphinc.org](mailto:ntilbe@triumphinc.org)

#### Parent-Child Plus Program (PC+)

Our PC+ home visitors, Heather and Kelly have returned and are working with their families again!

They are excited to see and talk to their families via zoom and face time. Everyone is expressing how happy they are to be making connections again with their dedicated Home Visitors.

Families are receiving high quality books, toys, and support while maintaining safety protocols.

We will know more as we move forward and will continue to keep you informed of any changes.

Our CFCE (Coordinated Family & Community Engagement) program is funded by a grant from the MA Dept. Early Education and Care.



**You are invited...**  
**Please join Miss Nicole for**  
**Let's Explore Feelings!**  
**\*interactive virtual group\***





Register for this zoom group by: December 2nd

Date: December 9th  
Time: 10:00 to 11:00 AM

Email: [ntlbe@triumphinc.org](mailto:ntlbe@triumphinc.org)  
Call: 508-822-5388 Ext. 208

**\*Spots are limited\***

Please join us for **Feelings Exploration:**

- Story
- Music
- Movement
- Feelings Bingo
- Art Activity

Social-Emotional Resources  
#socialemotionalliteracy

Social-Emotional growth and development is an important part of healthy relationships and the foundation for future success. Miss Nicole has been busy planning **awesome** activities to help support your child, ages 3-5, in this area. Resources will be shared!

We will be using the ZOOM format for this interactive small group. Once you are registered, you will receive an email confirmation and zoom link in order to participate. In addition, families will receive a bag with materials and supplies to use during the zoom. Plan to have all your supplies ready to use during the group time!

**We look forward to Exploring Feelings with you!**

Exploring Feelings is sponsored by Triumph, Inc. a Connecticut Family and Community Engagement (CFCE) program. CFCE is funded through a grant from the MA Dept. of Early Education & Care.



**You are invited:**  
**Please Join Miss Nicole**  
**Wednesday, December 16th**  
**10:00-11:00 AM**



**Let's Be Thankful!**  
 \*interactive virtual group\*

Register: Email [ntlbe@triumphinc.org](mailto:ntlbe@triumphinc.org)  
Call: Nancy 508-822-5388 Ext. 208

**\*Spots are limited\***

**Story**

**Movement**

**Arts & Crafts**

**Mindfulness**

**Joy!**

This time of year for fun, family and friends! Please join Miss Nicole for some extra-special activities you and your child ages 3-5 are sure to enjoy!

We will be using the zoom format for this interactive small group. You will receive an email confirmation and zoom link in order to participate. In addition, families will receive a bag with materials and supplies to use during the group!

Thankful is sponsored by Triumph, Inc. a Connecticut Family and Community Engagement (CFCE) program. CFCE is funded through a grant from the MA Dept. of Early Education & Care. Like us on Facebook!




**"Kids in the Kitchen"**  
**With**  
**Sydney!**






Families and children ages 3-5 are invited to join Sydney for a fun, brain building virtual presentation on:

**Tuesday, December 8th 2:00 PM**

She will share:

- An engaging story
- Food nutrition tips and techniques
- Kid friendly kitchen activities
- Easy, healthy, recipes
- Resources

"Kids in the Kitchen" is sponsored by Triumph, Inc. Connecticut Family and Community Engagement (CFCE) program. CFCE is funded by the MA Dept. of Early Education and Care. Like our Facebook page: Triumph, Inc. Community engagement. Thank you!





**Are you STRESSED?**

Please join us for a **virtual** workshop!

**Understanding Your Stress Response**

**Coming Soon: Part 2:**

Look for this video on

**December 3rd.**

**2:00 PM**

**Keri would love questions & comments!**



Join Keri as she helps you dive deeper into what stress means and how it impacts you and your families' physical and emotional health. You will learn and practice mindful techniques to prevent and reduce stress in your life.

**What a great gift to give yourself and your family!**

- Easy and practical ways to manage your stress
- Mindful tips and techniques
- Helpful resources too!

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