

# Family Resource Center newsletter

November/December 2019

CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



## IMPORTANT DATES:

### November:

- 1 Breakfast Book Swap
- 8 Get Your Motor Running
- 14 Dr. Dad Event
- 15 Airtime Gymnastics
- 18 Grandparents Support Group
- 20 Evening Playgroup
- 22 Friendsgiving

### December:

- 3 Dad's Evening Playgroup
- 6 Home Depot Fieldtrip
- 13 Play Lab Fun
- 16 Grandparents Support Group
- 20 Zumbini at Dance Amore

### FRC Closed:

- 11/11: Veterans Day
- 11/28 & 11/29: Thanksgiving
- 12/25: Christmas Day

### No FRC Programs:

- 12/23 to 1/1/20: Winter Break



## Enfield Family Resource Centers

### Henry Barnard School

27 Shaker Road  
Enfield, CT 06082  
860-253-5144  
Monday - Friday  
8:30am to 4:30pm

### Stowe Early Learning Center

117 Post Office Road  
Enfield, CT 06082  
860-253-6580  
Monday - Friday  
8:00am to 4:00pm

[www.enfield-ct.gov/frc](http://www.enfield-ct.gov/frc)

\*Support for this work is provided in part by the LEGO® Community Fund U.S.

### English:

Interpretation services now available for families in many languages

### Spanish:

Los servicios de interpretación ahora están disponibles en muchos idiomas para las familias.

### Arabic:

خدمات الترجمة الشفوية متوفرة الآن للأسر، في العديد من اللغات



We are on Facebook! Like "Enfield Family Resource Center" for more information, articles and events!



## SUPPORT GROUP

### GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Monday, November 18th & December 16th  
5:30pm to 7:00pm

Stowe Early Learning Center FRC  
117 Post Office Road, Enfield

To Register: Call 860-253-5214 or email Heather Benyak: [hbenyak@enfield.org](mailto:hbenyak@enfield.org)

Are you a grandparent raising grandchildren or other relative children? This monthly group offers a chance to learn about the resources available while gaining strength from each other. *Thanks to a new grant from the North Central Area Agency on Aging, children who attend will have the chance to participate in guided discussions with FRC staff about their experiences being raised by their grandparents.*

## PLAYGROUPS

### LEARNING THROUGH PLAYGROUPS FOR ENFIELD FAMILIES

#### Henry Barnard School

27 Shaker Road

#### Mondays

1:45pm to 2:45pm

#### Wednesdays

9:15am to 10:15am OR  
10:45am to 11:45am

#### Stowe Early Learning Center

117 Post Office Road

#### Tuesdays

9:15am to 10:15am OR  
11:00am to 12:00pm

#### Wednesdays

1:30-2:30pm

#### Thursdays

9:15am to 10:15am OR  
11:00am to 12:00pm



Come and join us for songs, stories, play and activities. This is an interactive and educational playgroup for Moms, Dads, Grandparents, caregivers and their children. Bring your children ages birth to five. **You must register to attend.**

***For more information on our playgroups, please contact:***

#### Henry Barnard School:

Lisa Carriere at 860-253-4769 or  
Email: [lcarriere@enfield.org](mailto:lcarriere@enfield.org)

#### Stowe Early Learning Center:

Erin Grimes at 860-253-6580 or  
Email: [egrimes@enfield.org](mailto:egrimes@enfield.org)

## NOVEMBER BIRTH-5 EVENTS

### BREAKFAST BOOKSWAP

Friday, November 1st

9:00am to 10:00am

Stowe Family Resource Center



Bring your old or unwanted children's books to breakfast! Not only will we get to eat a yummy breakfast, we will be doing a book swap and reading stories!

### GET YOUR 'MOTOR' RUNNING

Friday, December 8th

10:00am to 11:00am

Angelo Lamagna Center  
19 North Main Street



Ride a trike, play some basketball, slide down the slides, and so much more! Use this time to come play with us and use those gross motor skills!

### AIRTIME GYMNASTICS

Friday, November 15th

10:00am to 11:00am

620 Enfield Street, Enfield  
\*Ages 2-5 years old



Tumble, flip, jump and bounce your morning away! Get out of the house and come burn off some energy!

### EVENING PLAYGROUP

Wednesday, November 20th

5:30pm to 6:30pm

Stowe Family Resource Center



Join us for an evening playgroup where we enjoy songs, stories, play with toys and have fun activities. This is an interactive and educational playgroup for parents, grandparents, caregivers and their children.

### Friendsgiving

### FRIENDS-GIVING

Friday, November 22nd

11:00am to 12:00pm

Stowe Family Resource Center



There are so many things to be thankful for! Come celebrate with friends, there will be crafts, playing, and of course eating! Please see your playgroup Parent Educator if you would like to bring a traditional dish from your culture or other item for the party!

***Space is limited and you must be an FRC Member to register for each event.***

**\*\* Please contact Erin Grimes to register for all events!  
You may email [egrimes@enfield.org](mailto:egrimes@enfield.org)  
or call 860-253-6580\*\***

## DECEMBER BIRTH-5 EVENTS

### DAD'S EVENING PLAYGROUP

Tuesday, December 3rd

5:30pm to 6:30pm

Stowe Family Resource Center



Fathers, grandfathers, uncles, any family men join us for an opportunity to bond and play with your child at an interactive playgroup! You and your children will have fun playing, exploring, singing and reading together! We will also provide a pizza dinner!

### FIELD TRIP TO HOME DEPOT

Friday, December 6th

10:00am to 11:00am

Home Depot, 136 Elm Street



Come down to The Home Depot of Enfield where you will have a chance to make and take a special project with your friends. There will also be a small snack at the end!



### PLAY LAB FUN

Friday, December 13th

10:00am to 11:00am

Stowe Early Learning Center

Join us for a morning of play and exploration in the play lab. Come and experience the different areas within the center: science, art, music and building! Parents and caregivers with their children are welcome.



### ZUMBINI AT DANCE AMORE

Friday, December 20th

10:00am to 10:30am OR

10:45-11:15am

155 Hazard Avenue

Join Deb at Dance Amore for a Zumbini class that uses original music and movement to promote cognitive, social, fine and gross motor skills!

**Space is limited and you must be an FRC Member to register for each event.**

**\* Please contact Erin Grimes to register for all events! You may email [egrimes@enfield.org](mailto:egrimes@enfield.org) or call 860-253-6580\***



## FAMILY FOCUSED NEWS

Circle of Security  
INTERNATIONAL

Early Intervention Program for Parents & Children



### CIRCLE OF SECURITY

Presented by: The Family Resource Center

**Eight Thursdays: January 9th -February 27th**

5:30pm to 7:00pm

Stowe Early Learning Center

117 Post Office Road

To register please contact:

Erin Grimes at 860-253-6580 or email

[egrimes@enfield.org](mailto:egrimes@enfield.org).

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you! The Circle of Security Parenting® program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This series is geared towards children ages 4 months-six years. **Childcare will be available along with light refreshments. Space is limited so please reserve your spot today!**



### DR. DAD EVENT

Thursday, November 14th

6:30pm to 7:30pm

Stowe Early Learning Center

Calling all Dads! If your child is hurt- What do you do? Where do you go? Join us with your children, and come learn some basic first aid tips from an EMT.

**FREE dinner and first aid kit included!**

**Space is limited. Registration is required for this event. Please email Erin Grimes at [egrimes@enfield.org](mailto:egrimes@enfield.org) to sign up!**

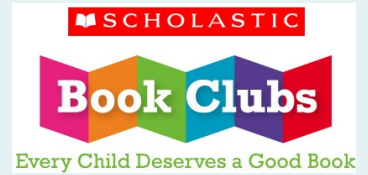
### FREE DEVELOPMENTAL SCREENINGS

**Are you interested in discovering how your child is progressing?**

The Family Resource Center offers the Ages and Stages Developmental Screening for any Enfield child ages birth to five. This questionnaire shows how children are progressing in the developmental areas of communication, gross motor, fine motor, problem solving and personal-social skills. The screening can be completed at the FRC or at your home.

Call 860-253-5144 if you are interested.

**\*Screenings will be distributed soon to all children registered for playgroup!**



Pick up a catalog at your Family Resource Center! You can do the order online or we can submit the order for you!

**Due Dates**  
Friday, November 15th  
Friday, December 6th

*Ask your parent educator for more details!*

### LANGUAGE AND LITERACY DEVELOPMENT

Here are some great picture book titles that you can look for at the Enfield Public Libraries or at the Family Resource Center:

**Flip, Flap, Fly!** by Phyllis Root  
**The Pout-Pout Fish**, by Deborah Diesen  
**Silly Sally**, by Audrey Wood  
**Jamberry**, by Bruce Degen  
**Little Blue Truck**, by Alice Schertle

You can make reading a more visible part of life:

- \* Read a cereal box or milk carton at breakfast.
  - \* Add a funny note to your kid's lunch.
  - \* Point out reading that's all around us, like mail, menus and labels.
  - \* You can add singing, writing and talking with your kids to everything you do!
- Some ideas are to make shopping lists together, find letters on street signs and sing silly rhyming songs.

### READ EVERY DAY WITH YOUR CHILD!



### PREPARING FOR WINTER

With the winter weather approaching, the FRC has some resources available to connect families who are in need of coats or winter accessories. We also have information on Energy Assistance programs that can help with heating bills if you qualify. Please contact us for more information at Henry Barnard School at 860-253-5144 or at Stowe at 860-253-6580.

## Thank You to Our Business Sponsors!

LEGO® Community Fund U.S.

U.S.A. Hauling & Recycling

The Family Resource Center at Stowe is supported primarily by the generosity of the local business community, fundraising, and grants. Investing in early childhood programs is one of the best, most cost-effective choices communities can make to benefit the economy and develop the workforce. If you would like to support us or learn more, please contact Amy Morales at 860-253-4721 or [amorales@enfield.org](mailto:amorales@enfield.org) or visit [www.gofundme.com/stowefrc](http://www.gofundme.com/stowefrc)