

### Hours

Monday 9:30-12:00 pm  
Tuesday, Wednesday, Thursday 9:30 -5:00 pm  
Friday 9:30-3:00 pm

### Reflective Parenting of Toddlers and Preschoolers

Come and join facilitator Kim Buehlman, MA, LMHC for this thoughtful six week class designed for parents and caregivers of children aged 18 months-5 years. Kim can help you to explore some new ways to communicate with young children, to increase skills that will enhance your ability to deal with difficult behaviors, and to understand how to help your child cope with intense emotions. The goal of this class is to help you be more reflective of feelings, both your own and your child's, in order to become more confident in your parenting and to support the development of healthy and resilient children

**Call (206) 694-6727 to register for free class and free, limited childcare for children aged 18 months to 5 year registration is required**

**When:** Wednesdays, Sept 14-Oct 19, 2011 from 6:30-8:30

### Teen/Young Parents Support Group:

Join us for a 5 week SPARK Parenting Class at North Seattle Family Center. The class will be held on Wednesdays (Sept 7-Oct 5th) from 5:30-7:30. Come and explore ways to build healthy relationships and strong families.

**Where: 3200 NE 125th St, 98125**

For info, call Gladys @ 206-694-6729 or 335-6943  
gladysm@familyworksseattle.org (this program is for parents up to 23 years old—registration for this class is required)

### Wallingford Farmers Market



Come to Meridian Park at the corner of Meridian Ave N. and N. 50th St on Wednesdays from 3:30- 7. Sept 28th is the last day of the market.

**Thanks to all the farmers who donated to the FamilyWorks Food Bank**

### Save the date:

**Sunday, October 16th:  
FamilyWorks Fundraising Dinner and  
Silent Auction at Tom Douglas'  
Palace Ballroom from 5-7:30pm  
Call Jake at 206-694-6726 for more  
information**



### NEW PLAYGROUP: WIGGLE WORK OUT

Come and join us to get all those wiggles out and learn more about how your child's body works and grows. Explore the joy of movement with Amy (who is an occupational therapist), sing, play, meet other parents, and have a great time.

This free playgroup is designed for parents of children from birth to 2 years old on a limited income

**When:** Thursdays from 1:00-2:00

Here at FamilyWorks—starts on Sept 8th

### Music for Children

Come and experience the joy of music and movement with your child. Manuela Slye, Cometa Playschool Director, will facilitate these half hour classes in English and Spanish. Music can stimulate a child's language and physical development—so join us to have fun and learn!

This is a free, drop in 30 minute class for parents, caregivers and children aged 2-5 years

This 8 week class on Thursday mornings from 10:30 to 11:00 from September 8—October 27 in the main conference room here at FamilyWorks



Find out what services and benefits are available to you by logging onto: [www.washingtonconnection.org](http://www.washingtonconnection.org)  
This website will allow you to explore services, see if you are eligible, find referral information, and apply online. You can also come into FamilyWorks and have a staff person help you to apply.

### Coming in November:


**El Dia de los Muertos:** Potluck: Bring your favorite dish to share.

Call Mayra to volunteer setting up the altar: (206)694-6730.

**When:** Wednesday November 2 **from** 11:00 AM-1:00 PM  
In the main conference room at FamilyWorks

**Get Smart:** Learn about money management (credit reports/repair, setting goals, creating/managing a budget, dealing with financial institutions). Free class on Wednesday, November 9, from 6:30-8:30 pm.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 WIC 9:30-2:00	2 Friday Playgroup 10:30-12:00	3
4	5	6 Spanish Playgroup 11-12:30  Japanese Playgroup 3:30-5	7 Play & Learn 10:30-12  Computer Tutoring 2:00-3:30  Teen Parent SPARK class at North Seattle 5:30-7:30	8 WIC 9:30-2:00  Music for Children 10:30-11  Wiggle Work Out 1-2	9 Friday Playgroup 10:30-12:00  China Playgroup 5:30-7	10
11	12	13 Spanish Playgroup 11-12:30  Japanese Playgroup 3:30-5	14 Play & Learn 10:30-12:00  Computer Tutoring 2:00-3:30  Reflective Parenting 6:30-8:30  Teen Parent SPARK class at North Seattle 5:30-7:30	15 WIC 9:30-2:00  Music for Children 10:30-11  Wiggle Work Out 1-2  Benefit Info Table 2-4pm	16 Friday Playgroup 10:30-12	17 Food Bank 10-12
18	19 	20 Spanish Playgroup 11-12:30  Japanese Playgroup 3:30-5	21 Play & Learn 10:30-12  Computer Tutoring 2:00-3:30  Reflective Parenting 6:30-8:30  Teen Parent SPARK class at North Seattle 5:30-7:30	22 Music for Children 10:30-11  Wiggle Work Out 1-2  Employment Advice 4-5 4-5	23 Friday Playgroup 10:30-12  China Playgroup 5:30-7	24 Single Parent Playgroup 10:30-12
25	26 Board Meeting 6:15-7:45	27 Spanish Playgroup 11-12:30  Japanese Playgroup 3:30-5	28 Play & Learn 10:30-12  Computer Tutoring 2:00-3:30  Reflective Parenting 6:30-8:30  Teen Parent SPARK class at North Seattle 5:30-7:30	29 WIC 9:30-11:30  Music for Children 10:30-11  Wiggle Work Out 1-2  Employment Advice 4-5	30 Friday Playgroup 10:30-12	



**CURRENT PLAYGROUPS**

Free Playgroups for Parents and Caregivers with children birth to 5 years of age



**Grupo de Juego en Español- Los Martes, 11:00-12:30 pm.** Traiga a sus niños a pasar un buen rato jugando, leyendo, y cantando en español. Para mas información, llame a Mayra (206) 694-6730

**Spanish Playgroup - Tuesdays 11:00-12:30 pm** Bring your children to play, read, and sing in Spanish. For more information, call Mayra: (206) 694-6730 or email: [mayrac@familyworksseattle.org](mailto:mayrac@familyworksseattle.org)

**Japanese speaking Playgroup-Tuesdays 3:30-4:45 pm** Organized by Japanese families—a time to share, sing, and speak in Japanese! Please call (206) 694-6727 for information—this schedule is subject to change.

**Everybody's Drop-In Groups- Wednesdays & Fridays 10:30-12:00pm** Bring your children to play, read, sing, and have snacks! Facilitated by FamilyWorks staff


**Wiggle Work Out—Thursday 1:00-2:00** for parents on a limited income with children birth to 2 years-join with occupational therapist Amy Roberts to explore movement with your child.

**Playgroup for Families with Children from China - meets on the second and fourth Friday** of the month from

5:30-7:00 pm. Evening playgroup for families who have adopted children from China. Come to share, sing, and socialize. Contact Cecile at (206) 523-3007 This schedule is subject to change.





Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2	3	4 Spanish Playgroup 11-12:30 Japanese Playgroup 3:30-5	5 Play & Learn 10:30-12:00 Computer Tutoring 2:00-3:30 Reflective Parenting 6:30-8:30 Teen Parent SPARK class at North Seattle 5:30-7:30	6 WIC 9:30-4:30 Music for Children 10:30-11 Wiggle Work Out 1-2 Employment Advice 4-5	7 Friday Playgroup 10:30-12:00	8
9	10	11 Spanish Playgroup 11-12:30 Japanese Playgroup 3:30-5 Reflective Parenting 6:30-8:30	12 Play & Learn 10:30-12:00 Computer Tutoring 2:00-3:30 Reflective Parenting 6:30-8:30	13 WIC 9:30-4:30 Music for Children 10:30-11 Wiggle Work Out 1-2 Employment Advice 4-5	14 Friday Playgroup 10:30-12 China Playgroup 5:30-7	15 Food Bank 10-12
16 Fundraising DINNER AT THE PALACE BALLROOM 5:00-7:30	17	18 Spanish Playgroup 11-12:30 Japanese Playgroup 3:30-5	19 Play & Learn 10:30-12:00 Computer Tutoring 2:00-3:30 Reflective Parenting 6:30-8:30	20 WIC 9:30-4:30 Music for Children 10:30-11 Wiggle Work Out 1-2 Benefit Info Table 2:00-4:00 Employ Advice 4-5	21 Friday Playgroup 10:30-12	22 Single Parent Playgroup 10:30-12
23	24 Board Meeting 6:15-7:45	25 Spanish Playgroup 11-12:30	26 Play & Learn 10:30-12:00	27 WIC 1:00-4:30 Music for Children 10:30-11 Wiggle Work Out 1-2	28	29
30	31 	Japanese Playgroup 3:30-5	Computer Tutoring 2:00-3:30	Employment Advice 4-5	China Playgroup 5:30-7	

Wish List

- ◆ HEALTHY SNACKS FOR PROGRAMS
- ◆ BUS TICKETS
- ◆ DIAPERS— 4, 5, 6
- ◆ TUNA, JUICE, PEANUT BUTTER
- ◆ BOOKS & TOYS
- ◆ CLOTHES FOR KIDS
- ◆ CASH DONATIONS
- ◆ GROCERY STORE GIFT CERTIFICATES
- ◆ ADULT SOCKS

Thanks for helping!

Ongoing Life Skills and Family Resources



**Computer Tutoring:** Need help learning to use the computer? Free tutoring available Wednesdays 2:00-3:30 pm. Call for a free 1/2 hour appointment at (206) 694-6727 schedule is subject to change

**Employment Advice:** Come work with an advisor on issues regarding employment. Advisor available on Thursdays from 4-5:00, call for a free 1/2 hour appointment at (206) 694-6727

**WIC (Women, Infants, & Children):** Thursdays by appointment. WIC, a program of Public Health of King County, gives nutritional and health support to women with children 0-5. Call for appointments at (206) 296-4912.

**Benefit Information Tables :** Drop by and talk with a representative to help you find out if you are eligible for benefits such as child care subsidies, energy/utility assistance, health insurance, food assistance. WithinReach will be here on the 3rd Thursday from 2-3:30. Call 694-6727 for information



Non-Profit Org.  
U.S. Postage  
PAID  
Seattle, WA  
Permit No. 1260

**PO Box 31112  
Seattle, WA 98103**

Current Resident or:

**FamilyWorks Resource Center 206-694-6727**

**FamilyWorks/Wallingford Food Bank 206-694-6723**

- **Jake Weber**, Director 206-694-6726
- **Ava Dowell**, Food Bank Manager 206-694-6722
- **Shirley Ferkingstad**, Resource Center Manager 206-694-6861
- **Mayra Castaños**, Office/Family Programs Coordinator 206-694-6730
- **Gladys Martinez**, Teen Parent Program Coord. 206-694-6729 or 335-6943
- **Megan Pahl**, Volunteer Coordinator 206-576-6534
- **Kate Banta-Green**, Donor Development 206-694-6725
- **Larry Barnes**, Warehouse Coordinator 206-694-6723
- **Michael Disney**, Warehouse Coordinator 206-694-6723

*FamilyWorks, a food bank and family center, nourishes and strengthens individuals and families by connecting people with support, resources, and community.*

FamilyWorks is supported by donations, grants, and funding from the City of Seattle Human Services Department.

**Resource Phone Numbers**

**Community Information Line** 206-461-3200 or 211  
**Family Help Line:** 1-800-932-HOPE, In Seattle: 206-233-0139  
**Crisis Clinic:** 206-461-3222  
**Child Care Resources:** 206-461-3207  
**Domestic Violence Hotline (statewide):** 1-800-562-6025  
**Solid Ground :** 206-694-6700  
**North Seattle Public Health Center (WIC, etc.):** 206-296-4912  
**Puget Sound Adlerian Society (parenting referrals):** 206-527-2566  
**Family Health Hotline: 1-800-322-2588 (ParentHelp123.org)**  
**FamilyWorks Food Bank serves persons living in zip codes**  
98103, 98107, 98115 & 98133.  
**ON BUS LINES #16 and #44**

**Hours of Operation**  
**Food Bank:**

Tuesdays 12:00--2:00  
Thursdays 2:00—5:00  
Fridays 11:00--1:00  
Commodities only: 3rd Saturday 10-12

**Resource Center:**

Monday 9:30-12:00  
Tuesday thru Thursday 9:30-5:00  
Friday 9:30-3:00