



Hours

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



GET SMART

(about money and credit)



Are you struggling to make ends meet financially? Are bill collectors calling you? Do you wish you had a better financial plan for your future? Join Judy Poston of Solid Ground to discuss topics about money management such as: credit reports and repair, setting goals, creating/managing a budget, and increasing your ability to use banks, credit unions, and other financial institutions.

When: Wednesday, Nov 9th from 6:30-8:30pm

Registration: Limited, free childcare is available.

Registration is required for this **free** class and childcare for children aged 2-6 years. Please call FamilyWorks at (206) 694-6727 to register

Teen/Young Parents Support Group:

For parents up to 23 years of age

Where: 3200 NE 125th St, 98125

For info, call Gladys @ 206-694-6729 or 335-6943

gladysm@familyworksseattle.org



Anna Banana Milk Fund

Molly Moon is dedicating a milk fund in memory of her sister Anna. Join the Anna Banana fund to provide milk to the customers of the FamilyWorks Food Bank. Read more about it:

<http://mollymoonicecream.blogspot.com/2011/10/anna-banana-milk-fund-dedication-to.html>



Our newest 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 (an occupational therapist), sing, play, meet other parents, and have a great time.

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

When: Thursdays from 1:00-2:00 (no playgroup on Dec 22 & 29th)



HOLIDAY HAPPENINGS

Come and join us for some holiday fun including music, crafts, and refreshments on:

Tuesday, Dec 20 from 12-2

Thursday, Dec 22 from 1-3

Help us share the holiday spirit, celebrate the winter solstice, and take pleasure in the company of our community



Our Community Supports Us:

The Fremont Brewery is having a Bittersweet Beer and Chocolate event to benefit FamilyWorks on Thursday November 10th (6-9 PM) \$35 a ticket

More info/tickets: <http://www.bittersweetseattle.com/>

The Wallingford Center will be having a food drive from Oct 31st until November 20th to benefit the food bank—bring a can of food when you go shopping!

Find out what services and benefits are available to you by logging onto: www.washingtonconnection.org

This website will allow you to explore services, eligibility, referral information, and apply online.


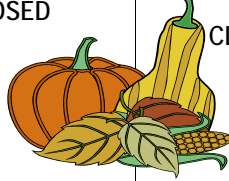
You can also come into FamilyWorks and have a staff person help you to apply.



In October, we said good bye to Mayra Castanos. It has been a pleasure having her here and we wish her well in her new job.

FamilyWorks Resource Center and Food Bank will be closed on Nov 11, 24, and 25th and on Dec 23 and 26th



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	2 Play & Learn 10:30-12 Computer Tutoring 1:00-2:30	3 WIC 11-4:30 Playgroup @ Brettler 11-12:30 Wiggle Work Out 1-2	4 Friday Playgroup 10:30-12:00	5
6	7	8 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	9 Play & Learn 10:30-12 Computer Tutoring 1:00-2:30 <u>Get Smart</u> 6:30-8:30	10 WIC 9:30-4:30 Playgroup @ Brettler 11-12:30 Wiggle Work Out 1-2 Employment Advice 4-5	11 VETERANS DAY CLOSED	12
13	14 	15 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	16 Play & Learn 10:30-12:00 Computer Tutoring 1:00-2:30	17 WIC 9:30-4:30 Playgroup @ Brettler 11-12:30 Wiggle Work Out 1-2 Benefit Info Table 2-4pm Employment Advice 4-5	18 Friday Playgroup 10:30-12	19 Food Bank 10-12
20	21	22 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	23 Play & Learn 10:30-12 Computer Tutoring 1:00-2:30	24 CLOSED 	25 CLOSED	26
27	28 Board Meeting 6:15-7:45	29 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	30 Play & Learn 10:30-12 Computer Tutoring 1:00-2:30			



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 Gladys (206)694-6729

Spanish Playgroup - Tuesdays 11:00-12:30 pm Bring your children to play, read, and sing in Spanish.

Japanese speaking Playgroup-Tuesdays 1:30-3:00 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 (no playgroup on Dec 22 and Dec 29th)

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 no meetings in November and December

For more information about any of these playgroups call 206-694-6727





Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1 WIC 9:30-4:30 Wiggle Work Out 1-2 Playgroup @ Brettler 11-12:30 Employment Advice 4-5	2 Friday Playgroup 10:30-12:00	3
4	5	6 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	7 Play & Learn 10:30-12:00	8 WIC 9:30-4:30 Wiggle Work Out 1-2 Playgroup @ Brettler 11-12:30 Employment Advice 4-5	9 Friday Playgroup 10:30-12:00	10
11	12 	13 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	14 Play & Learn 10:30-12:00 Computer Tutoring 1:00-2:30	15 WIC 9:30-4:30 Wiggle Work Out 1-2 Playgroup @ Brettler 11-12:30 Benefit Info Table 2-4 Employment Advice 4-5	16 Friday Playgroup 10:30-12	17 Food Bank 10-12
18	19	20 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3 Holiday Happenings from 12:00-2:00	21 Play & Learn 10:30-12:00 Computer Tutoring 1:00-2:30	22 WIC 11-4 Holiday Happenings from 1:00-3:00	23 CLOSED 	24
25	26 CLOSED	27 Spanish Playgroup 11-12:30 Japanese Playgroup 1:30-3	28 Play & Learn 10:30-12:00 Computer Tutoring 1:00-2:30	29	30 Resource Center is closed for cleaning	31

Wish List

- ◆ BUS TICKETS
- ◆ DIAPERS— 4, 5, 6
- ◆ TUNA, STEWS, SOUPS, PEANUT BUTTER
- ◆ BOOKS, TOYS, AND CLOTHING FOR KIDS
- ◆ CASH DONATIONS
- ◆ GROCERY STORE GIFT CERTIFICATES
- ◆ ADULT SOCKS, HATS, AND GLOVES

Thanks for helping!

Ongoing Life Skills and Family Resources



Computer Tutoring: Need help learning to use the computer? Free tutoring available Wednesdays 1:00-2:30 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



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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
- 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