



What's Going On at VCE?

The Monthly Current Events Calendar of the Family Resource Center

FREE PROGRAMS/SERVICES

- **Advocacy & Support**
- **Community Resources:** family services, support groups, medical/insurance providers, summer camp assistance and more!
- **Outreach and Information**
- **Charitable Programs** including Holiday Giving, Donation Station
- **Translation Services**
- **Waldron Terrace HW Club support**
- **Free School Supplies**
- **Free Kids books**
- **Monthly FRC newsletter**
- **Student Support Groups**

We are here to **HELP** any way we can

MARK YOUR CALENDAR:

Mar. 5: School Board meeting at VCE 7:30pm

Mar. 8: VCE Dance-A-Thon 7pm

Mar. 13: PTA meeting 7:30 pm

Mar. 18: **FREE**, the Five "E's" Parenting workshop Part I at Nyack Library 6-8pm

Mar. 22: Superintendent's Conference Day – no school

Mar. 25: **FREE**, the Five "E's" Parenting workshop Part II at Nyack Library 6-8pm

Mar. 28: INTERNATIONAL NIGHT at VCE 7pm



Free Parenting Workshop:

Mondays, March 18 and March 25 6:00 – 8:00 pm @ the Nyack Library with childcare and pizza dinner

The Five "E's" Of Parenting is a two-part presentation on how understanding the Five "E's" – Empower, Exposure, Experiment, Exclusivity, and Execution – can improve your parenting skills. Facilitated by Evelyn Bautista-Miller from Tender Steps of NY, Inc. **Call (845) 353-7291 to register.**



VCE International Night 2019:

Thursday, March 28, 2019

7:00 – 8:30 pm

Come celebrate our diversity with a fun night of learning about other cultures, food, and unique performances.

Fourth Graders will have the opportunity to perform a dance with salsa and samba influences! Sign up with Amy Leibel-Farrugia today, rehearsals begin 3/13!

All families are welcome!

ONGOING PROGRAMS:

5TH GRADE GIRL'S CIRCLE

Six weeks of activities, games and discussion designed to promote girl's natural strengths and abilities and create opportunities for the development of strong, healthy relationships.

NYACK PARENT-CHILD HOME PROGRAM (PCHP), an evidence-based early literacy, parenting, and school readiness model, committed to closing the achievement gap by providing low-income families the skills and materials they need to prepare their **children** for school and life success. Call 845-353-7291

DONATION STATION: Help families anonymously with specific items in times of need or crisis. Call the FRC to be added to our email list, or to make a specific request for your family.

IMPORTANT RESOURCES:

- **HOMEWORK HELP AT THE NYACK LIBRARY** for children in grades K-5 Mondays-Thursdays, 4-6pm
- **PARENT TOOLKIT** – For academic resources in English and Spanish, Pre-K thru High School, you can go to: <http://www.parenttoolkit.com/>
- **Dial 211** for comprehensive information for health/human services in Rockland.
- **FREE TRANSPORTATION TO DOCTOR APPOINTMENTS!** From your house to Main or Twin Ave in Spring Valley or Suffern Refuah Health center Locations. Call: 845-425-4623. If you have **MEDICAID**, call, 845-364-3040.
- **HRH Care/Urgent Care Clinic is NOW OPEN!** 84 N. Highland Avenue, Nyack: 845-770-9980. Family Practice also available.

FRC Coordinator: Jessica Misla

Assistant Coordinator: Joanne Wallace

FRC Hours: Mon, Wed, Thurs: 8:30 am – 2:30pm/Tues: 9:30 am – 3:30 pm

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Family Resource Centers are sponsored in part by Rockland 21C