



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 much more
- Outreach and Information Events
- 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
- Early Morning Meditation

If you have concerns, requests or suggestions, please let us know.

WE ARE HERE TO HELP



What's Happening This Month...

VCE First Ever International Festival 2018 on Friday, March 1st was a huge success! Thank you to all the families that participated in this wonderful evening! Whether you hosted a table with delectable foods from your country, performed in a cultural dance, helped out or brought your family to learn and enjoy the festivities; we appreciated your involvement and look forward to making this an annual event.

Parenting Workshop Series:

Facilitated by the amazing Evelyn Bautista-Miller from Tender Steps of NY, Inc. Call 845-353-7291 to register.

Mondays, 6:30-7:30 @ Nyack Center with childcare and pizza dinner

March 5: Improving Parent-Child Relations March 19: Managing Difficult Behaviors
March 12: Building Your Child's Self-Esteem March 25: Teaching Internet Safety

ONGOING PROGRAMS:

5TH GRADE BOY'S COUNCIL

Six weeks of activities, games and discussion designed to promote boys' 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 845-3353-7291

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.

MARK YOUR CALENDAR:

- March 6: School board Meeting: 7:30 @ VCE**
- March 9: Supt. Conf. Day, no school**
- March 14: VC PTA Meeting @7pm**
- March 16: VC Dance-a-Thon @7pm**
- March 20 and 23: Parent-Teacher Conferences, dismissal @ 11:45am**
- March 22: Evening Parent Teacher Conferences**

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 in Spring Valley or Suffern Refuah Health center Locations. Call: 845-425-4623. If you have **MEDICAID**, call 845-364-3040.
- **FREE INCOME TAX PREPARATION, FEB.1 THROUGH APRIL 17:** Nyack Library: Mondays, 10-2; Valley Cottage Library: Fridays 10-2
- **HRH Care/Urgent Care Clinic is NOW OPEN!** 84 N. Highland Avenue, Nyack:845-770-9980. Family Practice also available.

FRC Coordinator: Julie Kassel
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Family Resource Centers are sponsored in part by Rockland 21C