



# 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

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

## WE ARE HERE TO HELP

### MARK YOUR CALENDAR:

**Feb.1:** Grade 5 D.A.R.E Graduation 9:30 am

**Feb. 8:** PTA Build-a-Reading Buddy fundraiser 7pm

**Feb.11:** UPK Information Session, 7 pm @ VCE

**Feb.13:** PTA meeting @ 7:30 pm

**Feb.14:** Red & White Spirit Day, Rockland Read-In "Love to Read"

**Feb. 18 - Feb. 22:** Mid-Winter Recess, School Closed

**Feb. 25:** School reopens



## Universal Pre-K (UPK) Information Session:

**Monday, February 11<sup>th</sup> at 7pm at VCE**

Child Care Resources of Rockland will be hosting this session for parents who have a child that will be **4 years old on or before December 1, 2019**. **FREE** preschool learning opportunities to children in preparation for Kindergarten. **You can RSVP for this event by calling (845) 425-0009 x 0 or emailing [info@rocklandchildcare.org](mailto:info@rocklandchildcare.org).** If you are unable to make this session, please call the FRC for alternate dates and locations.

## COMING IN MARCH!

### Free Parenting Workshop:

**Mondays, March 18 and March 25 6:00 – 8:00 pm @ the Nyack Library**  
**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.

### VCE International Night 2019: Thursday, March 28, 7:00 – 8:30 pm

All families are welcome to come and celebrate our diversity with a fun night of learning about each other's cultures, food, and unique performances.

## ONGOING PROGRAMS:

### 5<sup>TH</sup> 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

Email: [jmisla@nyackschools.org](mailto:jmisla@nyackschools.org)

Email: [jwallace@nyackschools.org](mailto:jwallace@nyackschools.org)

Phone: 845-353-7291

Phone: 845-353-7291