



# March 2010

A friendly community place where all families feel welcome to learn, share, grow, have fun and access a variety of resources to meet their changing needs.

**FREE DROP-IN HOURS**  
**M-F 10 am - 4 pm**

## Family Place

a program of the  
 Family Nurturing  
 Center  
 of Central New York

309 Genesee Street  
 Utica, NY 13501  
 (DeSales Center)

Phone: 315-798-9164  
 Fax: 315-735-8205  
 www.fncny.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> (Orientation) Parent Workshop 5:30-8:00 pm	<b>2</b> Parent Workshop 1:30-3:30	<b>3</b> Play Group 10:30-11:30am	<b>4</b> (Orientation) Parent Workshop 10am-12:30pm	<b>5</b> Fun with Miss Rose 10am-2pm	<b>6</b>
<b>7</b>	<b>8</b> Parent Workshop 5:30-7:30 pm	<b>9</b> Parent Workshop 1:30-3:30	<b>10</b> Play Group 10:30-11:30am	<b>11</b> Fun with Miss Rose 10am-2pm	<b>12</b> Fun with Miss Rose 10am-2pm	<b>13</b>
<b>14</b>	<b>15</b> Parent Workshop 5:30-7:30 pm	<b>16</b> Parent Workshop 1:30-3:30	<b>17</b> Play Group 10:30 -11:30am St. Patrick's Day	<b>18</b> (Orientation) Parent Workshop 10am-12:30pm	<b>19</b> Fun with Miss Rose 10am-2pm	<b>20</b> 1st day of Spring
<b>21</b>	<b>22</b> Parent Workshop 5:30-7:30 pm	<b>23</b> Parent Workshop 1:30-3:30	<b>24</b> Play Group 10:30-11:30am	<b>25</b> Fun with Miss Rose 10am-2pm	<b>26</b> Fun with Miss Rose 10am-2pm	<b>27</b>
<b>28</b>	<b>29</b> Parent Workshop 5:30-7:30 pm	<b>30</b> Parent Workshop 1:30-3:30	<b>31</b> Play Group 10:30-11:30am 			<b>29</b>

**FREE DROP-IN HOURS Monday-Friday 10 am - 4 pm**

## MARCH 2010 AT A GLANCE

**Children's Clothing Share – Monday through Friday from 10am-4:00pm.** Children's clothes are available in sizes newborn through school-age, as donated. We also have available children related items and toys. If there is something you need we will add it to our wish list.

**Donate your gently used and seasonally appropriate children's clothing –** during drop-in hours, or call for other times.

**We also accept donations of cribs, strollers, toys and other child related items. Call 798-9164.**

**“Grandparents Raising Grandchildren” and “Relatives as Parents” Resource and Support Group –** We have resources available for the special concerns of these families; along with planned events that inform, educate, and nurture the family. Please call or stop in to register for free supportive information. Ask for MaryAnn, Family Place Coordinator and Family Resource Specialist. **Call 798-9164.**

**Play Group for parents or caregivers with their infants, toddlers, and preschoolers—** We provide a safe, fun-filled playroom with a relaxing sitting-room area for families to do guided activities, enjoy a snack and friendly conversations with other parents. A Family Resource Specialist is available for any questions. For more information **call MaryAnn at 798-9164.**



**Family Place provides a “father-friendly environment” where Dad’s can come to get diapers and children’s clothes, sign-up for parent workshops, gain support and access a variety of resources to meet their changing needs.**

**Parent Workshop Series –** 8 workshops focusing on “Nurturing as a Lifestyle”. Topics include:

- (1) Parenting Styles/Nurturing Parenting;
- (2) Building Self-Worth in Children;
- (3) Understanding Stress/A Plan to Get My Needs Met;
- (4) Nurturing Routines/Ages and Stages;
- (5) Family Rules/Rewards and Punishments;
- (6) Communication/Problem Solving & Decision Making;
- (7) Drinking and Parenting Don't Mix/Safety Indoors & Outdoors;
- (8) Behavior Management: Knowing Which Techniques to Use and When to Use Them.

**Please schedule a workshop starting date by calling MaryAnn Stockton at 798-9164.**

*Come on in Monday through Friday and treat yourself and your little ones to the joyful sounds of Miss Rose!*

*Music, fun, and activities for everyone!!*

**Miss Rose is here from 10 am until 2 pm.**

**\*\*\*Let us know what your needs are and we can add them to our Wish List\*\*\***

**We need gently-used children's clothing for our Children's Clothing Share. We also have a wish list of needs, call us if you have furniture to donate, 798-9164.**

**The Family Place is a program of the Family Nurturing Center of CNY, Inc.**

**Main Office: 209 Elizabeth Street, 4th Floor - Utica, NY 13501 - 738-9773**