

Family Resource Center newsletter

June 2020

CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



Town of Enfield
Department of Social Services
Enfield Family Resource Centers

Henry Barnard School
27 Shaker Road
Enfield, CT 06082
860-253-5144

Stowe Early Learning Center
117 Post Office Road
Enfield, CT 06082
860-253-6580

Heather Benyak, FRC Social Worker
860-253-5214

* The FRC is open for in-person assistance by appointment only. Please call or email to set up a time to meet.

www.enfield-ct.gov/frc

INDIVIDUAL SUPPORT FOR FAMILIES

If you are looking for some individual support during this challenging time, we are available! Our Social Worker, Heather Benyak can assist if additional supports or resources are needed. Also, our Parent Educators can meet with you virtually at your convenience to discuss any specific needs your family has, offer the Ages and Stages Developmental Screening, and provide resources and activities to support your child's development. Please call or email Ms. Erin or Ms. Lisa for more information or to set up a time to meet.

Thank You to Our Business Sponsors!

LEGO® Community Fund U.S.
&
U.S.A. Hauling & Recycling

English:

Interpretation services now available for families in many languages

Spanish:

Los servicios de interpretación ahora están disponibles en muchos idiomas para las familias.

Arabic:

خدمات الترجمة الشفوية متوفرة الآن للأسر، في العديد من اللغات



We are on Facebook! Like "Enfield Family Resource Center" for more information, articles and events!



SUPPORT GROUPS

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Monday, June 1, 8, 15, 22 & 29

5:30pm—Virtual Meeting

To Register:

Email Heather Benyak: hbenyak@enfield.org

Are you a grandparent raising grandchildren or other relative children? This group offers a chance to learn about the resources available while gaining strength from each other.

PARENT SUPPORT GROUP

Monday June 1, 8, 15, 22 & 29

7:00pm—Virtual Meeting OR

Wednesday June 3, 10, 17 & 24

1:00pm—Virtual Meeting

To Register:

Email Heather Benyak: hbenyak@enfield.org

The Parent Support group is an informal group where parents/caregivers can come together to help provide comfort, and support to one another during these uncertain, and trying times. The group provides additional supports and resources to those in need, and a sense of togetherness for all.

CIRCLE OF SECURITY

Our Parent Educators are looking to start a seven week virtual series for parents and caregivers who are interested in participating in the Circle of Security Parenting® program. This program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This series is geared towards children ages 4 months-six years.

For more information or to sign up please email Erin Grimes at egrimes@enfield.org

VIRTUAL BIRTH-5 PLAYGROUPS

Join us for songs, stories, and an activity idea for the day!

Virtual Playgroups lead by Ms. Lisa

Mondays

11:00am

Wednesdays

9:30am OR 11:00am



Virtual Playgroups led by Ms. Erin & Ms. Lisa

Tuesdays

9:30am OR 11:00am

Thursdays

9:30am OR 11:00am



Virtual Playgroup led by Ms. Erin

Wednesdays

10:30am

To join one of the virtual playgroups listed above please email Erin Grimes at egrimes@enfield.org or Lisa Carriere at lcarriere@enfield.org

JUNE BIRTH-5 EVENTS

TAKE A HIKE!

Friday, June 5th

Anytime during the day
(Weather permitting)



Get those legs moving and take a nice walk on one of the family friendly trails in our area!

Scantic River State Park

Hazard Avenue (Right before Somers line) OR McCann Family Farm

Route 190, Somers



To make your time on the trails with your child much

more fun and interactive, you can print out this scavenger hunt from the link below!

<https://www.makeandtakes.com/wp-content/uploads/HikingScavengerHunt.pdf>

EVENING VIRTUAL PLAYGROUP

Wednesday, June 10th

5:30pm

To Sign up:

Email Erin Grimes: egrimes@enfield.org

Join Ms. Erin & Ms. Lisa for an evening virtual playgroup in your jammies! We will sing songs and read stories!



BUBBLES EVERYWHERE

Friday, June 12th

Anytime during the day

At your own homes!

Find time during the day to let your imagination run wild and frolic with bubbles! Grown ups can help you make your own bubble solution and homemade wand! <https://www.verywellfamily.com/homemade-bubbles-2764571>

Weather permitting of course, but you can always have fun with bubbles in your bath!!



ICE CREAM VIDEO

Friday, June 19th

Video will be posted on FB 10:00am

I scream, you scream, we ALL scream for ice cream! Log on for a fun and educational video on how Collins Creamery makes their ice cream! Hear about all the different flavors of ice cream they have to offer!



MUSIC & MOVEMENT

Friday, June 26th

Facebook Live Video
10:00am

Tune in on The Enfield Family Resource Center Facebook page for a live interactive music video with Music Therapist Renee Coro! You can dance and sing along with her while she plays some fun summertime themed songs! For those who do not have Facebook, we will email the link for the video later that day for you and your child to watch!

