

THE FAMILY TREE

A publication of
The Family Growth Center

JULY 2023

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News from the Family and Community Resource Coordinator

Providing support, family strengthening and helpful resources in our community is very important to me. I possess a background in early childhood development, K-8 education, and juvenile corrections. I hope to meet you all soon and connect you with resources. Tuesday, July 18th from 6-7:30pm we will be hosting a Medicaid outreach event. Participants will be able to get help with health insurance, food assistance, access to free cell phones and tablets if they qualify. Please come out and enjoy this event with us. Feel free to reach out to me at

ashlei@childandfamily.org

-Ashlei Echols, Family and Community Resource Coordinator

News from the Infant and Toddler Room

Hello JULY!! Are you prepared for HOT weather this month? As a friendly reminder please use sun block on your children when playing outside this month. In the classroom we will be busy playing with ice cubes in the sensory table using our investigative skills to find treasures. We will use our large motor skills to jump, roll and throw balls and crawl on the floor. We will do some painting art using our fine motor skills too. Please have a wonderful month and I look forward to seeing everyone who visits us.

If you have questions, please feel free to reach out to me at angelabunker@childandfamily.org

-Angela Bunker, Infant Toddler Teacher

News from the Preschool Room

We are stocked full of puzzles and games in our preschool classroom this month! We will use our cognitive skills to look for clues when putting puzzles together and learn and practice our cooperative skills when playing games with our peers. Playing games at school and at home lets children practice what they know and what they don't know in a safe, supportive environment, find solutions to problems, work out effective strategies, and build new confidence and skills. Some favorite preschool games Hi Ho Cherry-O, Candy Land, and Go Fish Card game. Play games, construct puzzles, and have fun! Share your thoughts, questions, and concerns with me at linda@childandfamily.org

-Linda Whitney, Preschool Teacher

UPCOMING EVENTS AND RESOURCES

- July 18th 2023 from 6:00pm to 7:30pm "Crossing MiBridges Together – Medicaid Outreach Event" (come get help with MiBridges).
- Family Growth Center is a diaper bank – receive FREE diapers and wipes once a month for children 36 months and younger.
- We offer Medicaid Outreach Services: Ask us how to see if you and your family qualify for Medicaid and what services you qualify for if you already have Medicaid.
- Ask about our FREE NUTRITION WORKSHOPS coming in August.

JULY LUNCHES

- Week 1:** Grains: Whole Wheat Bread
Fruit/Vegetables: Peaches/Cucumbers
Protein: Chicken Salad/Milk
- Week 2:** Grains: Whole Wheat Blueberry Muffins
Fruit/Vegetables: Apples/Celery
Protein: Cottage Cheese/Milk
- Week 3:** Grains: Whole Wheat Crackers
Fruit/Vegetables: Bananas/Peas
Protein: Cheddar Cheese/Milk
- Week 4:** Grains: Whole Wheat Tortillas
Fruit/Vegetables: Strawberries/Olives
Protein: Refried Beans/Cheese/Milk
- Week 5:** Grains: Whole Wheat Waffles
Fruit/Vegetables: Pears/Butternut Squash
Protein: Turkey Breakfast Sausage/Milk

This institution is an equal opportunity provider and employer
Menu is subject to change



WHAT IS THE FAMILY GROWTH CENTER?

It is a place for children to enjoy FREE drop-in childcare for children 6 weeks through 5 years of age. A nominal fee is charged to higher income families. **Family Growth Center** is a program of **Child and Family Charities**. For more information (517) 371-1347.

Monday and Friday OUTREACH

Tuesday, Wednesday and Thursday CHILDCARE and OUTREACH

549 E Mt. Hope

Lansing, MI. 48910

JULY 2023 Family Growth Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Outreach Center: 8:00am – 4:00pm	04 The Outreach Center and Childcare are CLOSED TODAY HAPPY 4th of JULY	05 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am – 11:30am Afternoon: 1:30pm–4:00pm	06 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am – 11:30am LIMITED SPACE Afternoon: 1:30pm–4:00pm LIMITED SPACE	07 Outreach Center: CLOSED
10 Outreach Center: 8:00am – 1:00pm	11 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am – 11:30am LIMITED SPACE Afternoon: 1:30pm–4:00pm LIMITED SPACE	12 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am – 11:30am LIMITED SPACE Afternoon: CLOSED – Mobile food distribution in church parking lot	13 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am – 11:30am LIMITED SPACE Afternoon: 1:30pm–4:00pm LIMITED SPACE	14 Outreach Center: CLOSED
17 Outreach Center: 8:00am – 4:00pm	18 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am-11:30am Afternoon: 1:30pm–4:00pm "CROSSING MIBRIDGES TOGETHER" 6:00PM-7:30PM	19 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am-11:30am Afternoon: 1:30pm – 4:00pm	20 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am – 11:30am Afternoon: 1:30pm–4:00pm	21 Outreach Center: 8:00am – 3:00pm
24 Outreach Center: 8:00am – 4:00pm	25 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am-11:30am Afternoon: 1:30pm–4:00pm	26 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am-11:30am Afternoon: 1:30pm–4:00pm	27 Outreach Center: 8:00am – 4:00pm Childcare Sessions: Morning: 9:00am-11:30am Afternoon: 1:30pm–4:00pm	28 Outreach Center: CLOSED
31 Outreach Center: 8:00am – 1:00pm				

ENJOY SUMMER!!