



RESOURCE CENTER HOURS

Monday – Friday
8:30am to 12:00pm
1:00pm to 4:00pm

The RESOURCE CENTER will be closed Tuesday
afternoons 1:00pm to 4:00pm and Thursday mornings
from 8:30am to 1:00pm effective January 29th 2023

THE FAMILY GROWTH CENTER

549 E Mt. Hope • Lansing, Michigan 48910 • (517) 371-1347

News from the Family Growth Center

HAPPY FEBRUARY!! Please check the box for upcoming events and resources. **EFFECTIVE January 29th, 2023, we have changed the hours at the Resource Center for clients to receive basic needs items. We will be closed on Tuesday afternoons from 1:00 pm to 4:00 pm and on Thursday mornings from 8:30 am to 1:00 pm.** If you need assistance, please call us at 517 371-1347 and leave a message or email frc@childandfamily.org. We will get back to you as soon as possible.

- **Angela Bunker, Program Assistant**

Happy February! I hope you all have been staying warm and safe! I have enjoyed seeing so many of you each month and getting to know you more. As more people learn about the resource center, we have become very busy! After reviewing our funding, we have had to make some changes to the supplies we can offer. Unfortunately, we will no longer be able to provide gas cards. However, we will start hosting more programming at the FGC in March! Please stay tuned for information on those events. The FGC will host a Financial Literacy workshop on saving and budgeting on March 6th from 1:00 pm to 2:00 pm. We will have more information on the workshop towards the end of the month. Please let us know if you are interested in attending, and we will reserve a spot for you. I hope to see you all soon! Be sure to stop by the FGC! As always, you can contact us at 517-371-1347 or email me at maria@childandfamily.org if there is anything I can do for you!

- **Maria Sherry, Family and Community Resource Coordinator**

My Free 3-week Nutrition Workshop will begin on January 30th at the Family Growth Center and end on Tuesday, February 13th, 2024. I am excited to present to individuals interested in learning how to plan healthy, balanced, and tasty meals, as well as set goals for a healthier life. I will have food tastings and recipe demonstrations each week! We will have these workshops each quarter, and if you know someone interested, please let me know, and I can contact them for my next series. If you have any questions, please call 517 371-1347 or email me at carol@childandfamily.org.

- **Carol Dennany, Community Outreach and Education Specialist**

UPCOMING EVENTS and RESOURCES

- Please join us in the **FREE NUTRITION WORKSHOP** for 3 weeks beginning January 30th from 1:00pm to 2:00pm through February 13th. There will be food tasting demonstrations and you will learn how to plan health, balanced and tasty meals for you and your family – plus much more!!
- We are hosting an **INTERVIEWING SKILLS WORKSHOP** on February 29th from 2:30pm to 4:00pm. Please RSVP to Natosha D'Angelo at (517) 599-0853 or natosha@childandfamily.org
- The Family Growth Center is a **RESOURCE CENTER!!** – receive **FREE** basic need household items once a month. We have paper goods, feminine hygiene products, toiletries, cleaning spray and more. We will also be offering more food this month.
- Every Thursday from 4:00pm to 5:00pm there is a **Nurturing Fathers Group** here at our center. This group-based program is designed to develop attitudes and skills for male nurturance. Fathers meet weekly.
-COMING IN MARCH

On March 6th 2024 from 1:00pm to 2:00pm we will have a **FINANCIAL LITERACY WORKSHOP** on **SAVING** and **BUDGETING**. Presented by Case Credit Union. Call the center to reserve your spot today. 517 371-1347

February 2024 Family Growth Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	01	02
	FREE NUTRITION WORKSHOP 1:00 pm to 2:00 pm, week 1 of 3		Resource Center: 1:00 pm – 4:00 pm Nurturing Fathers Group 4:00 pm to 5:00 pm	Resource Center: 8:30 am – 4:00 pm
05	06	07	08	09
Resource Center: 8:30 am – 4:00 pm	Resource Center: 8:30 am – 12:00 pm FREE NUTRITION WORKSHOP 1:00 pm to 2:00 pm, week 2 of 3	Resource Center: 8:30 am – 4:00 pm	Resource Center: 1:00 pm – 4:00 pm Nurturing Fathers Group 4:00 pm to 5:00 pm	Resource Center: 8:30 am – 4:00 pm
12	13	14	15	16
Resource Center: 8:30 am – 4:00 pm	Resource Center: 8:30 am – 12:00 pm FREE NUTRITION WORKSHOP 1:00 pm to 2:00 pm, week 3 of 3	Resource Center: 8:30 am – 11:30 am 3:00 pm – 4:00 pm CLOSED from 11:30 am to 3:00 pm MOBILE FOOD DISTRIBUTION in the parking lot of the building from 1:00 pm to 2:30 pm	Resource Center: 1:00 pm – 4:00 pm Nurturing Fathers Group 4:00 pm to 5:00 pm	Resource Center: 8:30 am – 4:00 pm
19	20	21	22	23
Resource Center: 8:30 am – 4:00 pm	Resource Center: 8:30 am – 12:00 pm	Resource Center: 8:30 am – 4:00 pm	Resource Center: 1:00 pm – 4:00 pm Nurturing Fathers Group 4:00 pm to 5:00 pm	Resource Center: 8:30 am – 4:00 pm
26	27	28	29	
Outreach Center: 8:30 am – 4:00 pm	Outreach Center: 8:30 am – 12:00 pm	Outreach Center: 8:30 am – 4:00 pm	Outreach Center: 1:00 pm – 4:00 pm 2:30 pm to 4:00 pm INTERVIEWING SKILLS WORKSHOP Nurturing Fathers Group 4:00 pm to 5:00 pm	

This institution is an equal opportunity provider and employer.