



Resource Center Hours

Monday / Wednesday / Friday
8:30am - 12:00pm and 1:00pm - 4:00pm

Tuesday
8:30am - 12:00pm

Thursday
1:00pm - 4:00pm

THE FAMILY GROWTH AND RESOURCE CENTER

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

News from The Family Growth and Resource Center

APRIL SHOWERS BRING MAY FLOWERS!! I suppose if we get to have flowers the rain is ok. HA HA! THANK YOU to everyone who came to our March is Reading Month Story Times, it was so much fun. Also thank you to our readers Mrs. Barajas, Ms. Swayze, Mrs. Hillman and Officers Rudd and Ueberroth. We had a blast!! April is Child Abuse Prevention Awareness Month and we are planting our PINWHEELS for PREVENTION gardens. If you would like to stop by and pick up some pinwheels for your yard just check the calendar to make sure we're open. If you need anything please call us at 517 371-1347 and leave a message or email frc@childandfamily.org.

- **Angela Bunker, Program Assistant**

Happy April! Let's hope the weather starts to warm up and stays warm! I loved getting to see so many of you this past month at our March is Reading Month activities. This month is Child Abuse Prevention month and we would love if you would join us in support at the State Capital Building on April 23 from 9:30 am-11:30 am for the RALLY. As always, please reach out if there is anything we can help you with. I look forward to seeing you as you come into the center this month! 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**

Happy April everyone!! My next Food Smarts Nutrition Workshop will be starting Wednesdays May 22nd, May 29th, and June 5th, 2024 from 1:00pm to 2:00pm. Please join me to learn how to plan healthy and balanced meals for you and your family. This month was my first Cooking Matters at The Store Tour. The tour consists of visiting a local grocery store, learning to read food labels, and how to compare unit prices to get the best bang for your buck. I will be conducting the Cooking Matters Tours on a quarterly basis. You would be able to take the Cooking Matters tour after you've attended a Food Smarts Workshop. If you or someone you know is interested in either of these, please contact me at carol@childandfamily.org or call me at 517.371.1347.

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

UPCOMING EVENTS and RESOURCES

- **Professionalism Workshop**
March 28th 2024 from 4:00pm – 5:00pm Are your communication skills a little rusty? Need to improve how you communicate with your family or coworkers? The Building Better Relationships Through Effective Communication workshop is for you! During this interactive workshop, you'll learn successful ways to communicate and given the tools needed to effectively communicate through conflict.
- At The Family Growth Resource Center clients are able to receive FREE basic need household items once a month. We have paper goods, feminine hygiene products, toiletries, cleaning spray and trash bags. In addition, we have diapers/pullups and wipes. We will also be offering more food this month.
- **NUTRITION WORKSHOP**
starts May 22nd through June 5th from 1:00pm to 2:00pm once a week on Wednesday afternoons. There will be food tasting demonstrations and you will learn how to plan healthy, balanced and tasty meals for you and your family – plus much more!! More details in next month's newsletter. Thank you.

The Family Growth and Resource Center Calendar

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Resource Center: 8:30am – 4:00pm	02 Resource Center: 8:30am – 12:00pm	03 Resource Center: 8:30am – 4:00pm	04 Resource Center: 1:00pm – 4:00pm	05 Resource Center: 8:30am – 4:00pm WEAR BLUE DAY IN SUPPORT OF CHILD ABUSE PREVENTION AWARENESS MONTH
08 Resource Center: 8:30am – 4:00pm	09 Resource Center: 8:30am – 12:00pm	10 Resource Center: 8:30am – 11:00am 3:00pm – 4:00pm CLOSED from 11:30am to 3:00pm ** GLFB MOBILE FOOD DISTRIBUTION in parking lot of building 1:00pm to 2:30pm	11 Resource Center: 1:00pm – 4:00pm	12 Resource Center: 11:00am – 4:00pm Resource Center CLOSED from 8:30 am to 11:00am
15 Resource Center: 8:30am – 4:00pm	16 Resource Center: 8:30am – 12:00pm	17 Resource Center: 8:30am – 4:00pm	18 Resource Center: 1:00pm – 4:00pm	19 Resource Center: 1:00pm – 4:00pm Resource Center closed in morning – staff off site
22 Resource Center: 8:30am – 12:00pm 3:00pm – 4:00pm RESOURCE CENTER CLOSED from 1:00pm to 3:00pm	23 Resource Center: RESOURCE CENTER CLOSED Join us at the Lansing Capitol for the Child Abuse Prevention Awareness Strong Families Rally	24 Resource Center: 8:30am – 12:00pm	25 Resource Center: 1:00pm – 4:00pm Professionalism Workshop 4:00pm – 5:00pm	26 Resource Center: 8:30am – 4:00pm
29 Resource Center: 8:30am – 4:00pm	30 Resource Center: 8:30am – 12:00pm			