

North Seattle Family Center

3200 NE 125th St., Ste 2, Seattle, WA 98125-4527
206.364.7930



North Seattle Family Center is a collaborative program of Children's Home Society of WA and is made possible by funding from the City of Seattle.



Parents as Teachers Workshops For families with children under 3 years old

All families with children under 3 years old are invited to participate each month in our Parents as Teachers Workshops. Learn about child development and new ways to teach your child. These workshops are held the second Friday of every month.

Upcoming workshops include:

Emergency Preparedness March 19th 10:30-12:00

The Seattle area could experience a moderate to major disaster in the future. While it is difficult to predict when disasters will happen, the consequences of disasters are predictable. Efforts to prepare yourself, your family, your workplace and your neighborhood will go a long way in improving the response and recovery of our community. This class is facilitated by the Seattle Office of Emergency Management. Come learn what to do in case of a fire, flood, earthquake or a severe winter storm. Everyone is welcome. Free! Please register for this class. Limited childcare will be available, you must register in advance for childcare.

Dance with your Baby! April 9th 10:30-12:00

For parents and their children ages 0-3. Come find out how music, movement and dance can help your child learn! This is a hands on "Nurturing Baby" class for you and your baby or toddler taught by a teacher from the Creative Dance Center. It will include elements from the "Brain Dance". Dress in comfortable clothes and be ready to move! This class is a parent and child activity. Free! Registration Required!



Space is limited, so sign up right away!

**Call the North Seattle Family Center
at 206-364-7930**

¿Habla español?

**Mire la pagina numero cinco
para informacion
sobre programas en espanol o
llame a Maria o Lourdes
para mas informacion,
206-364-7930**

Parenting/Family Support

- **Parenting Class (SPARK for couples)** Parenting groups runs Thursdays, March 4th through April 1 from 5 to 7 p.m. New class series for parents of children aged 6 & under. Five week session. Explore new ways to build healthy relationships, talk about tough topics, celebrate success, and manage stress and conflict. Childcare, lunch, and transportation reimbursement provided. FREE.
- **Familias Adelante:** Grupo Para Familias Latinas (Group for Latino Families) Venga y reunase con otras familias Latinas para compartir nuestra cultura y tradiciones. Disfrute de platillos tradicionales, temas educativos y manualidades para apoyar a los niños y la familia. Todos los Sábados de 12 p.m. a 3 p.m. Facilitadora: Lourdes Ruiz
- **Muslim Family Events**
- **Muslim Sisters Swim:** March 13th and April 3rd. 6:30-8:30pm at Meadowbrook Pool. 10515 35th Ave NE, Seattle 98125. \$4 per person.
- **Muslim Sisters Group:** Join other Muslim women for information & friendship. Saturday, March 27th & April 10th from 6 to 9. The guest April 10th is Sheiek Br. Junab speaking on "The Importance of Writing a Will". Snacks provided, must register for childcare.

Play and Learn: Creative activities for children and parents. Discussions on child development, parenting and family issues, information and resources. FREE.

- **Bitterlake:** Facilitated by Kaaren Sidoine at Bitterlake Community Center 13035 Linden Ave. N. Wednesdays 10–12, for parents & children infant to 5.
- **North Seattle Family Center:** Facilitated by Colleen Maxwell at North Seattle Family Center 3200 NE 125th St Suite 2. Wednesdays 10-12, for parents & children infant to 5.
- **Jugar y Aprender! Play and Learn en Español :** Todos los Martes de 10 am a 11:30 am. Venga y comparta con sus hijos actividades creativas. Discusiones en el desarrollo de su hijo, crianza y otros temas familiares. Información y recursos. Gratis. Facilitada por Lourdes Gil Ruiz.

ELL & Citizenship

- **English Language Learning (ELL)**
 - Facilitated by **North Seattle Community College**. \$25 per quarter. Beginning level. Registration required for childcare. Call for info or drop in to fill out an application.
 - Facilitated by the **Literacy Council of Seattle**. Monday and Wednesday. Level 3 5:00 - 6:30 pm, Level 4 6:00 - 7:30 p.m. Spring quarter runs through June 3rd. Free. Call the Family Center to register or call the Literacy Council at 206-233-9720
- **Talk Time: Families in a New Culture** Weds., 1–3. Facilitated by North Seattle Community College. Discuss the challenges of raising children in the US while maintaining respect & cultural values of your home culture. Sample topics: rebellion, parenting styles, discipline, healthy communication & language & cultural barriers. \$25 per quarter. Registration required for childcare.
- **Citizenship Tutoring** Small group work with citizenship tutors. Facilitated by Karen Zak & St. James ESL Program. Registration required. Thursdays 5:30-7:30.

Teen/Young Parents

- **Teen/Young Parent Group** Facilitated by NSFC & Family Works. Positive parenting support for young parents, parent/child activities, home visit programming, resources, friendship and more! Free. Second and fourth Saturdays 4-6pm. Contact NSFC (206.364.7930) or Gladys at FamilyWorks (206.694.6727) .

Basic Needs

- **Information & Referral** – Call or come in to get information about resources that you need in the community – housing, child care, financial assistance, food banks, etc.
- **Emergency Groceries** – Come in to receive one bag of nonperishable groceries each month, including baby food or formula.
- **Used Clothing** – Choose from used children's, infant's or maternity clothing . Come during open hours.

Health & Financial Support

- **Consejo Counseling & Referral** Appointments with licensed counselors for individuals, children, youth and families. Provides culturally relevant mental health services covering issues of all kinds, including domestic violence, depression, couples counseling, and grief therapy. Open to all, regardless of ability to pay. Please call, appointment required.
- **DSHS** Paul Kimball is here the 1st & 3rd Wednesday from 11-12:30 to answer any questions about DSHS services, applications, problems, etc. Please call, appointment REQUIRED.
- **PeoplePoint** Tuesdays 1-4:30 . Free help enrolling in childcare, health insurance, earned income tax credit, & energy assistance.
- **Maternity Support Services (MSS)** Seattle/King Co. Public Health. Appointments with a public health nurse, a nutritionist, & a social worker. Referrals are made through WIC.
- **Women, Infants and Children (WIC)** You must call for an appointment. 206-205-3460 Public Health - Seattle & King County. Supplemental nutrition program for pregnant and breast-feeding women & children age birth - 5. Interpreters are available with notice. Free.

Children & Youth

- **Parents As Teachers Workshops:**
 - 3/19 **Emergency Preparedness** 10:30-12. Facilitated by the office of Seattle Emergency Management. Come learn what to do in case of a fire, flood, earthquake or a severe winter storm. Everyone is welcome. Free! Please register for this class. Limited Childcare will be available; you must register in advance for childcare.
 - 4/9 **Dance with your Baby!** 10:30-12 For Parents and their children ages 0-3. Come find out how music, movement and dance can help your child learn! This is a hands on "Nurturing Baby" class for you and your baby or toddler taught by a teacher from the Creative Dance Center. It will include elements from the "Brain Dance". Dress in comfortable clothes and be ready to move! This class is a parent and child activity. Free! Registration Required!
- **Homework Tutoring:** Tuesday and Wednesday from 4-5. Call to register. Free.

Additional Programs

- **Mujeres del Mañana:** Mujer Latina! ven y descubre o muestra tus habilidades para cocinar o para las manualidades. En este programa habran talleres de crecimiento personal, tales como: Conociendote a ti misma, como mantener tu salud y mente sana. Ven a divertirse y a conocer otras mujeres como tú!. El 1er y 3er Viernes de cada mes, de 10am a 12pm. **Marzo 5: Mi proyecto de vida:** En este taller de crecimiento personal, aprenderemos a trazarnos metas, a descubrir nuestras debilidades y fortalezas, y aprender a ver que oportunidades hay para nosotros. **Marzo 19 y Abril 2: Talleres de Punto de Cruz:** Aprenderemos tecnicas para elaborar proyectos en punto de cruz (Materiales seran proveidos por el instructor) **Abril 16: Una Relación Significativa:** En este taller, aprenderemos a conocernos, y conocer y entender mejor a nuestra pareja para llevar una relacion equilibrada. Cuidado de niños es limitado. Por favor llame para registrarse a los talleres al 206.364.7930. Facilitado por Duiny y Maria.
- **Tutors Needed** for Homework Tutoring! Tuesday and Wednesday, 4-5pm. Please contact Joy at 206.364.7930

Center Resources


- **Parenting Resource Library** – Borrow books, videos and audio tapes on a variety of subjects including child development, school-related issues, health concerns and more.
- **Parent Resource Room** - Comfortable space for parents to visit together, sew, knit or do other crafts, look through job listings, find coupons to stretch their food dollars, look at parenting information and more. This room can also be used for supervised visitations with advance notice.
- **Computer Lab** - Need to check your email? Looking for a job? Come in during open lab times to use the internet or any of our software, including word processing, budgeting, resume building, and ELL resources. NEW Open lab hours with help available: Tuesday 9-12 & Friday 12-3.

North Seattle Family Center
 3200 NE 125th St Suite 2
 Seattle WA 98125
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March 2010

North Seattle Family Center

Monday - 12-5
Tuesday - 9-5
Wednesday - 9-5
Thursday - 9-5
Friday - 9-3

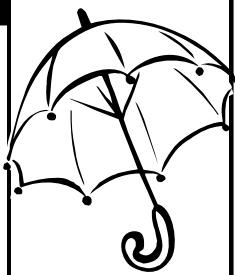
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Literacy Council ELL Level 2 5-6:30 Level 3 6-7:30 1	WIC 8-5 2 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 PeoplePoint 1-4:30 NSCC ELL 1-3:30 Homework Tutoring 4-5	WIC 10-5 3 NSFC Play & Learn Bitterlake Play & Learn 10-12 DSHS 11-12:30 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 2 5-6:30 Level 3 6-7:30	NSCC ELL 1-3:30 4 Computer Class 3-5 Parenting Class (SPARK) 5-7:30 Citizenship 5:30-7:30	WIC 9-3 5 Mujeres del Mañana Mi Proyecto de Vida 10-12 Computer lab open hours 12-3	Familias Adelante 12-3 6	
	7	Literacy Council ELL Level 2 5-6:30 Level 3 6-7:30 8	WIC 8-5 9 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 PeoplePoint 1-4:30 NSCC ELL 1-3:30 Homework Tutoring 4-5	WIC 8-5 10 NSFC Play & Learn Bitterlake Play & Learn 10-12 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 2 5-6:30 Level 3 6-7:30	NSCC ELL 1-3:30 11 Computer Class 3-5 Parenting Class (SPARK) 5-7:30 Citizenship 5:30-7:30	WIC 9-3 12 PAT Workshop 10:30-12 Computer lab open hours 12-3	Familias Adelante 12-3 13 Teen/Young Parent Group 4-6 Muslim Sister Swim 6:30-8:30
	14	Literacy Council ELL Level 3 6-7:30 15	WIC 8-5 16 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 PeoplePoint 1-4:30 NSCC ELL 1-3:30 Homework Tutoring 4-5	WIC 8-6 17 NSFC Play & Learn Bitterlake Play & Learn 10-12 DSHS 11-12:30 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 3 6-7:30	NSCC ELL Potluck 12 18 Computer Class 3-5 Parenting Class (SPARK) 5-7:30 Citizenship 5:30-7:30	MSS 9-3 19 Emergency Preparedness PAT Workshop 10:30-12 Mujeres del Mañana Taller de Punto de Cruz 10-12 Computer lab open hours 12-3	Familias Adelante 12-3 20
	21	22	WIC 8-5 23 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	WIC 8-5 24 NSFC Play & Learn Bitterlake Play & Learn 10-12 Homework Tutoring 4-5	Parenting Class (SPA) 5-7:30 25 Citizenship 5:30-7:30	26 <i>Office Closed Admin Day</i> Cultural Panel for Staff & Volunteers 11-1	Familias Adelante 12-3 27 Teen/Young Parent Group 4-6 Muslim Sisters Group 6-9
	28	Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30 29	WIC 8-5 30 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 PeoplePoint 1-4:30	WIC 8-5 31 NSFC Play & Learn Bitterlake Play & Learn 10-12 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>To register, or for more information, please call the North Seattle Family Center at 206.364.7930.</p> <p>All are welcome regardless of ability to pay.</p> </div>		

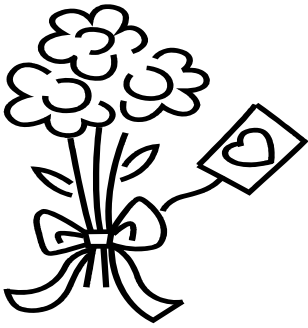
North Seattle Family Center
 3200 NE 125th St Suite 2
 Seattle WA 98125
 206.364.7930

April 2010

North Seattle Family Center

Monday - 12-5
Tuesday - 9-5
Wednesday - 9-5
Thursday - 9-5
Friday - 9-3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>To register or to get more information on any program, please call the North Seattle Family Center at 206.364.7930.</p> <p>All are welcome regardless of ability to pay.</p>				WIC 8-5 Parenting Class (SPARK) 5-7:30 Citizenship 5:30-7:30	1 MSS 9-3 Mujeres del Mañana Taller de Punto de Cruz 10-12 Computer lab open hours 12-3	2 Familias Adelante 12-3 Muslim Sister Swim 6:30-8:30	
				WIC 8-5 NSCC ELL 1-3:30 Citizenship 5:30-7:30	3 WIC 9-3 Dance With Your Baby PAT Workshop 10:30-12 Computer lab open hours 12-3	4 Familias Adelante 12-3 Teen/Young Parent Group 4-6 Muslim Sisters Group 6-9	
4 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	5 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	6 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	7 NSFC Play & Learn Bitterlake Play & Learn 10-12 DSHS 11-12:30 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	8 WIC 8-5 NSCC ELL 1-3:30 Citizenship 5:30-7:30	9 WIC 9-3 Dance With Your Baby PAT Workshop 10:30-12 Computer lab open hours 12-3	10 Familias Adelante 12-3 Teen/Young Parent Group 4-6 Muslim Sisters Group 6-9	
Easter	11 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	12 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	13 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	14 NSFC Play & Learn Bitterlake Play & Learn 10-12 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	15 WIC 8-5 NSCC ELL 1-3:30 Citizenship 5:30-7:30	16 MSS 9-3 Mujeres del Mañana Una Relación Significativa 10-12 Computer lab open hours 12-3	17 Familias Adelante 12-3
18 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	19 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	20 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	21 NSFC Play & Learn Bitterlake Play & Learn 10-12 DSHS 11-12:30 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	22 WIC 8-5 NSCC ELL 1-3:30 Citizenship 5:30-7:30	23 Computer lab open hours 12-3	24 Familias Adelante 12-3 Teen/Young Parent Group 4-6	
25 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	26 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	27 WIC 8-5 Computer lab open hours 9-12 Spanish Play & Learn 10-11:30 NSCC ELL 1-3:30 PeoplePoint 1-4:30 Homework Tutoring 4-5	28 NSFC Play & Learn Bitterlake Play & Learn 10-12 Talk Time 1-3 Homework Tutoring 4-5 Literacy Council ELL Level 3 5-6:30 Level 4 6-7:30	29 WIC 8-5 NSCC ELL 1-3:30 Citizenship 5:30-7:30	30 Office Closed Admin Day		



Thank You!

PAYLESS SHOES for awarding new shoe vouchers to seven Seattle Family Centers for over 200 children through the 2009 Payless Gives Shoes 4 Kids program.

BONNEVILLE SEATTLE for creating and donating many teddy bears looking for homes with Family Center children.

KPMG LLP for planning and facilitating several craft work shops for children and their parents.

Visite el North Seattle Family Center!!

Grupos Para Familias Latinas

Familias Adelante Venga y reunase con otras familias Latinas para compartir nuestra cultura y tradiciones. Disfrute de platillos tradicionales, temas educativos y manualidades para apoyar a los niños y la familia. Todos los Sabados de 12 p.m. a 3 p.m. Facilitadora: Lourdes Ruiz

Mujeres del Mañana: Un programa dirigido a todas aquellas MUJERES ACTIVAS con ganas de mostrar sus habilidades en diferentes áreas, tales como: Culinaria, manualidades, hasta el punto de Ud pueda formar una micro-empresa. Tendremos talleres de crecimiento personal, tales como: Conociendote a ti misma, como mantener tu salud y mente sana. Ven a divertirse y a conocer otras mujeres como tú! El 1er y 3er Viernes de cada mes, 10am a 12pm. **Marzo 5 Mi Proyecto de Vida** En este taller de crecimiento personal, aprenderemos a trazarnos metas, a descubrir nuestras debilidades y fortalezas y aprender a ver que oportunidades hay para nosotras. **Marzo 19 y Abril 2 Talleres de Punto de Cruz:** Aprenderemos tecnicas para elaborar proyectos en punto de cruz (materiales seran proveidos por el instructor) **Abril 16 Una relacion Significativa** Aprenderemos a conocernos y conocer y entender mejor a nuestra pareja para llevar una relacion equilibrada. Facilitado por Duiny y Maria. Cuidado de Niños limitado (Limite para 7). Para más información, llame al 206.364.7930

Jugar y Aprender! Play and Learn en Español **Todos los Martes de 10 am a 11:30 am**

Venga y comparta con sus hijos actividades creativas. Discusiones en el desarrollo de su hijo, crianza y otros temas familiares. Información y recursos. Gratis. Todos los Martes Facilitada por Lourdes Ruiz.

Clases de Ingles y Citizenship

Clases de Inglés en las noches: Facilitado por Literacy Council of Seattle. Todos los Lunes y Miércoles en las noches. Esta clase es para principiantes en el idioma Inglés y es GRATIS! Llame para más información al 206.364.7930

Tutoría para Ciudadanía: Facilitado por Karen del programa de ESL de Saint James. Es un grupo pequeño que ofrece tutoría para la preparación de hacerse ciudadano de los

Estados Unidos. Ayuda para pagar los gastos de la aplicación, esta disponible para aquellos que califican. Llame para más información. Jueves de 5:30pm a 7:30pm.

Programas para Los Niños

Tutoría Escolar: De 4-5pm todos los Martes y Miércoles. GRATIS. Llame para más información al 206.364.7930.

Soporte de Salud y Financiero

Servicios de DSHS Un representante del DSHS se encuentra en nuestro centro el 1er y 3er Miércoles de cada mes de 11am a 2pm para ofrecer asistencia con aplicaciones o preguntas referente a los programas de asistencia pública tales como estampillas de comida, cupones médicos y subsidio para cuidado de niños, que estan disponibles en el Condado de King. Llame para solicitar una cita.

CONSEJO Consejería y Referencia: Citas con consejeros autorizados para citas individuales, niños, jóvenes y familias. Provee servicios de salud mental cubriendo asuntos de toda magnitud culturalmente relevantes, incluyendo: violencia doméstica, depresión, consejería para parejas, y terapias de consuelo. Abiertos para todos, sin importar su habilidades de pago. Por favor, llame y solicite una cita, 206.364.7930. Citas son **OBLIGATORIAS**.

Programa de Ayuda para Familias que Trabajan (People Point Program) Una representante de Salud Publica (Public Health) le puede ayudar a aplicar para los beneficios que ofrece la ciudad de Seattle y el estado. Ella esta disponible todos los Martes de 1pm to 3pm. Llame para una cita.

Laboratorio de computación Este laboratorio, proveera material para: Aprender técnicas básicas de computación, crear su hoja de vida o resumé y buscar trabajo, mejorar o practicar el Inglés, mantenerse en contacto con familiares y amigos por e-mail. El espacio en las clases serán limitadas, así que llame pronto para registrarse!

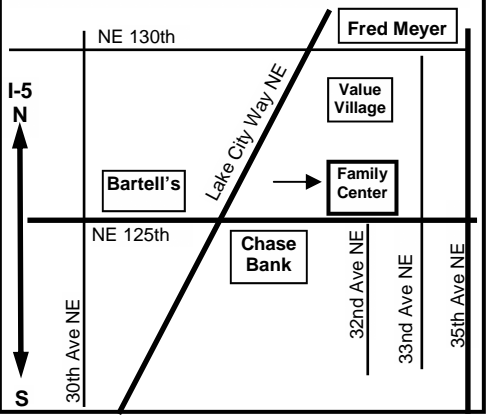
Costura: Máquinas de coser están disponibles para que trabaje en sus proyectos de costura. Por favor llame con anticipación para reservar.

Llame a Maria o Lourdes para mas información,
206-364-7930

North Seattle Family Center
3200 NE 125th Street, Suite 2
Seattle, WA 98125
206-364-7930 v/tty,
FAX 206-367-3199
web site: www.chs-wa.org

We are located in the courtyard next to the
Seattle Mennonite Church.

HOURS: M: Noon – 5 pm, Tu – Th: 9 am – 5
Fri: 9 am – 3 pm. See calendar for
scheduled evening and weekend hours.
Metro Bus Routes: 41, 65, 72, 75, 372, 522



PRESORTED
STANDARD US
POSTAGE PAID
SEATTLE, WA
PERMIT 760

Return Service Requested

Wishlist: Baby Wipes & Diapers size 4, 5, & 6

BABYSITTER CLASS Safe Sitter is a medically accurate program that teaches boys and girls how to be good babysitters. The class covers basic lifesaving techniques, safety precautions, how and when to summon help, tips on basic childcare and child development, and responsibilities of safe babysitting. This class is recognized by the American Academy of Pediatrics and is offered by Swedish Hospital. The fee is \$40 and some scholarships are available on a limited basis. The class is offered at the Swedish Hospital Ballard campus on Saturday, March 20th from 9 a.m. to 4 p.m. For more information, go to www.safesitter.org or call 206-386-2502. Registration is required.

VOLUNTEER TUTORS NEEDED for Homework Tutoring program. Tuesdays and Wednesdays, from 4 to 5 p.m. at North Seattle Family Center. Please contact Joy at 206-364-7930.

DON'T FORGET TO CHANGE YOUR CLOCKS Daylight Savings Time begins on Sunday, March 14th. Time to move your clocks forward one hour and start thinking about Spring and Summer!

COUPLES COMMUNICATION CLASSES This free five week class helps couples explore new ways of communicating, and how to build healthy relationships, talk about tough topics, and manage stress and conflict. For parents of children age 6 and under. Childcare, light dinner and transportation reimbursement provided. The class runs Thursdays, March 4 through April 1 from 5 to 7 p.m. at North Seattle Family Center. Registration is required. Facilitated by the SPARK program of Children's Home Society of Washington. Call 206-364-7390.

If you need access to the Internet or help finding resources for you and your family, stop by or call the North Seattle Family Center. Individual & small group computer tutoring available.
206-364-7930.

News & Resources