

# Care1st Avondale Resource Center Newsletter

March 2016

## Military and Veterans Resource Navigation

Military and Veterans Resource Navigation is now available at the Care1st Avondale Resource Center through our trained navigator. Navigators are trained to connect service members, veterans and their families to the right resources at the right time.

Services include direct access to a network of resources and programs designed to cater to military families with disabilities, employment challenges, family issues, higher education, financial planning, housing and homelessness, legal services as well as mental and physical health for those experiencing a crisis.

**For more information on our Military and Veterans Resource Navigation, call 623-333-2703.**



**ARIZONA COALITION  
FOR MILITARY FAMILIES**  
*BUILDING SUPPORT FOR ALL WHO SERVE*

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## Area Agency on Aging: DOVES



Domestic violence is about power and control. It is never to be confused with love, caring or respect. It includes physical, sexual and emotional abuse, neglect, financial exploitation and stalking. It affects all ethnic, religious, educational, occupational and socio-economic groups. It happens to both men and women. Thirty percent of domestic related deaths in Arizona are victims over the

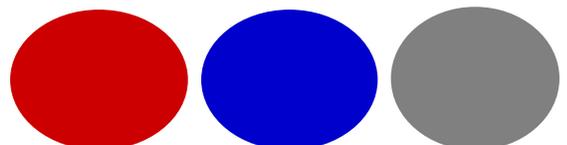
age of 50.

The Area Agency on Aging offers Late Life Domestic Violence Support Groups, which provide education and necessary support for victims of domestic violence who are 50 and older. The group meets weekly and addresses the cycle of violence, types of abuse, communication, self-esteem, and the impact of economic, social and religious beliefs on divorce or separation. Call 623-333-2703.

## Wired For Success

New Directions Institute for Infant Brain Development presents a workshop in Spanish on the latest techniques to “wire up” a young child’s brain for a successful future. This workshop is for parents, guardians, and caregivers of children 0-5 years old. Participants will learn easy and practical ways to stimulate healthy brain development in children.

This workshop will be held on Saturday, March 19, 2016 from 9:00 a.m.-1:00 p.m. at the Care1st Avondale Resource Center. To register or for more information, contact 623-333-2703.



## Celebration of Reading



Do you remember getting lost in the pages of your favorite book as a child? Join us on Friday, March 25, 2016

from 10:00 a.m.-11:30 a.m. Kids will discover new and familiar stories by participating in our “Celebration of Reading” event. Join us for special guest readers and crafts, all while developing the strong literacy foundation children need to become lifelong learners. This year’s event honors the birthday of Dr. Seuss! For more information, please call 623-333-2703.

## Play and Learn Play Groups

Play and Learn Play Groups are designed to give young children ages 0-5 the opportunity to socialize with other children and develop skills necessary for success in school and beyond in a fun, safe and caring environment. Stop by every Thursday from 10:00 a.m.-11:00 a.m. at Care1st Avondale Resource Center. To register, call 623-333-2703.



## Light Bright Investigation



The Arizona Science Center will be introducing children ages 3-5 to the fascinating characteristics of light and shadow. They will discover properties at several unique light stations; use math skills to compare and contrast translucent, transparent, and opaque materials; and write in the air with light!

Join us on Friday, March 4, 2016 from 10:00 a.m.-11:00 a.m. at Care1st Avondale Resource Center. Registration is required. For more information, contact 623-333-2703.

## CPR Class

CPR Training is available at no cost for parents and caregivers of children 0-5 years old on Tuesday, March 8, 2016 from 2:00 p.m.-5:00 p.m. at the Care1st Avondale Resource Center. Registration is required. To learn more, call 623-333-2703.



## First Aid Training



First Aid Training is available at no cost for parents and caregivers of kids 0-5 years old on Monday, March 14, 2016 from 2:00 p.m.-5:00 p.m. at the Care1st Avondale Resource Center. To register, contact 623-333-2703.

## Historic Avondale Farmers' Market

The Historic Avondale Farmers' Market will take place on the third Saturday of the month from 9:30 a.m.-12:30 p.m. at the Care1st Avondale Resource Center. The Farmers' Market is an open-air gathering place offering fresh, locally-grown affordable produce. Join us for fresh food, seasonal produce, special events, cooking demonstrations, nutritional education, arts and crafts and more. Call 623-333-2725.



## Taking Turns Toybrary



Take advantage of the Taking Turns Toybrary at the Care1st Avondale Resource Center every Thursday from 9:30 a.m.-1:00 p.m. The Toybrary is similar to traditional book-lending libraries and allows families to borrow fun, functional and educational items for 2 weeks at a time. Parents or caregivers must bring a photo ID to borrow toys. Walk-ins are welcome. To learn more, contact 623-333-2703.

## Kinder Prep Pre-Literacy Program



Join the New Directions Institute for Infant Brain Development and Valley of the Sun United Way as they team up to present a 3-part series of Kinder Prep Pre-Literacy workshops for children 3-5 years old. Enjoy fun and exciting interactive programs that will help your child be prepared for school. These workshops will be held on

Wednesday, March 2, 9 and 16, 2016 from 5:00 p.m.-6:30 p.m. at the Care1st Avondale Resource Center. To register, call 623-333-2703.

## Nurturing Parents Raise Great Kids

Nurturing Parents Raise Great Kids (NPRGK) is a parenting program in Southwest Maricopa County that empowers individuals and families to make positive choices with new knowledge, strategies and skills. This program offers 12 weekly classes that cover topics such as Understanding Feeling, and Communication with Respect and Building Self Worth in Children. Children are welcome and childcare will be provided at no cost. Classes start on Tuesday, March 15, 2016 and are held every Tuesday from 9:00 a.m.-11:00 a.m. at the Care1st Avondale Resource Center. Register at 623-333-2703.



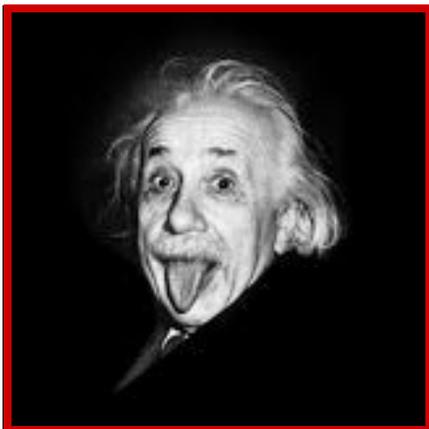
## Citizenship Classes



Citizenship classes kick off Monday, March 21, 2016 from 4:30 p.m.-6:30 p.m. and will be held on Mondays and Wednesdays at the Care1st Avondale Resource Center. The International Rescue Committee provides these classes at no cost to help participants prepare for the citizenship test needed to pass to become a U.S. citizen. The class does not only go over U.S. history, but

also provides the students with information on the interview and testing process as well as what to expect. To register, call 623-333-2703.

## Einstein Never Used Flashcards



*Einstein Never Used Flashcards* is a book for parents who have fallen into the trap of believing that if we keep children engaged solely in academic pursuits, they will learn more. This view dismisses one of the most critical ways children learn: **imaginative play**.

“Play provides a strong foundation for intellectual growth, creativity and problem solving. And it also serves as a vehicle for emotional development, and for the development of essential social skills,” the researchers in the book assert. While not always apparent to adults, children pick up many various skills by playing together. The game of Simon Says teaches impulse control; while the problem solving skills, creative thinking, negotiating and teamwork involved when a group of 3-year-olds build a fort, rivals the workings of any modern boardroom.

So, how do parents recognize play and encourage it in our children?:

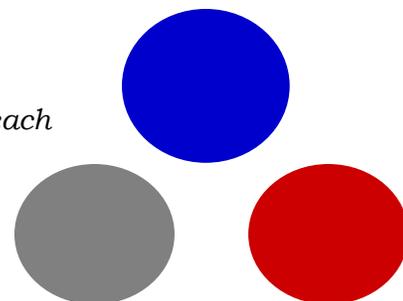
- Play should be pleasurable and enjoyable.
- Play must have no extrinsic goals. Don't start out saying, “let's develop pre-reading skills.”
- Play is spontaneous and voluntary.
- Play involves active engagement from the player.
- Play contains an element of make-believe.

To encourage play:

- Become an advocate for play – open your home and schedule time for play. Re-evaluate structured activities.
- Provide the resources for stimulating play – not necessarily toys, just varied objects visible to children.
- Join in the fun, but let your child take the lead. Encourage your child to use his imagination. By honoring play as a natural way children learn, we encourage their success in school, and in life.

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*Victoria Bray is the Southwest Maricopa Outreach Coordinator and can be reached at [vbray@azftf.gov](mailto:vbray@azftf.gov). To learn more about how to help your young children stay healthy and ready to succeed, visit [www.azftf.gov](http://www.azftf.gov).*



# Upcoming Events

## March 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Taking Turns Toybrary: Mar. 3, 10, 17, 24 and 31 — 9:30 a.m.-1:00p.m.
- Arizona Science Center: Mar. 4 — 10:00 a.m. - 11:00 a.m.
- Developmental, Hearing and Vision Screenings: Mar. 15 — 1:00 p.m.-3:00pm
- Goodwill Career Services: Mar. 7, 14, 21 and 28 — 1:00 p.m.-3:00 p.m.
- Play & Learn Play Group: Mar. 3,10, 17, 24 and 31 —10:00 a.m.-11:00 a.m.
- Nurturing Parents Raise Great Kids: Mar. 15, 22, and 29 — 9:00 a.m.-11:00 a.m.

- Kinder Prep: Mar. 2, 9 and 16 — 5:00 p.m.-6:30 p.m.
- CPR Class : Mar. 8 — 2:00 p.m.-5:00p.m.
- First Aid Training: Mar. 14 — 2:00 p.m.-5:00 p.m.
- Citizenship Classes: Mar. 21, 23, 28, and 30 — 4:30 p.m.-6:30 p.m.
- Celebration of Reading: Mar. 25 — 10:00 a.m.-11:30 a.m.
- Wired For Success Spanish Class: Mar. 19 — 9:00 a.m.-1:00 p.m.
- Open Saturday: Mar. 19 — 9:00 a.m.-1:00 p.m.

### Care 1st Avondale Resource Center

328 W. Western Avenue, Avondale, AZ 85323

623-333-2703

resourcecenter@avondale.org

Monday-Thursday: 8:00 a.m.-7:00 p.m. and Friday: 9:00 a.m.-5:00 p.m.

Open Third Saturday: 9:00 a.m.-1:00 p.m.

