



Both Circle of Parents and Incredible Years are evidence-based programs designed to empower and support families to create safe and nurturing places for their little ones. Circle of Parents meets online on Wednesday evenings. The Incredible Years offers separate classes for parents and caregivers of preschool children (ages 3-6) and school age children (ages 6-12). The virtual School Age Series begins Thursday, September 10th; the preschool series begins Tuesday, September 15th. Both classes will meet from 6:30 to 8:30 for 14 weeks (excluding Thanksgiving). CFRC will provide a meal gift card to participating families each week. To register contact Becki Woolf at [beckiw@childrenandfamily.org](mailto:beckiw@childrenandfamily.org) or 828-242-9914.

## Programs move online to meet family needs



proud of his mom!

Cassie is a graduate of West Henderson High School. She is now looking for a job in retail or the food industry. Congratulations Cassie on all your hard work! We know baby Hayden is also



Paloma is a graduate of North Henderson High School. We are so proud of Paloma for working so hard for her degree! She and her son Manuel are enjoying time together since mom graduated and the schoolwork is complete!

diploma ceremony!

Emily is a graduate of Blue Ridge College's Adult Online High School. Emily wants to attend a two-year college and work in the medical field as an ultrasound technician. Emily's son's name is Matteo and especially loved playing with mom's tassel during the diploma ceremony!



Mikayla is a graduate of West Henderson High School. She was the vice president of FFA and a National Honor Society Member. She plans to attend Blue Ridge Community College. Her little boy's name is Waylon and he enjoys petting the animals at Johnson Farm.

**Five Teen Parents Graduate from Area High Schools**  
We are excited for five of our teen parents who successfully completed their high school years and were awarded diplomas on June 5th.



Haley is a graduate of East Henderson High School. Haley is currently working part-time and has applied for housing locally. Baby Buck is looking forward to spending some quality time with mom before she joins CFRC's NC Works program.



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## Fall 2020 CFRC Quarterly



Nurturing the development of children by building a strong foundation of family and community.

**Crisis Needs:** Many of our families are unable to leave the house or are losing income for basic needs like formula and diapers. If you are interested in donating to these families visit our Covid 19 resource page: [Childrenandfamily.org/covid19resources](http://Childrenandfamily.org/covid19resources)

**2019-2020 CFRC IMPACT**

- 1,490 CHILDREN DIRECTLY SERVED
- 2,329 CHILDREN IN LICENSED CHILD CARE CENTERS
- 217 PARENTS PARTICIPATED
- 309 EARLY CHILDHOOD EDUCATORS TRAINED
- \$91,422 IN DIAPERS, FORMULA, AND WIPES DISTRIBUTED



## A Note from the Executive Director

In just a few months, our world has changed in ways I never imagined. As more and more families struggle, many of our children are witnessing family traumas play out in new and frightening ways. We hear story after story of families losing their jobs, struggling to navigate work and child care issues, and caregivers who are unable to prioritize their own mental health amid all that is going on.

### re-sil-i-en-cy: an ability to recover from or adjust easily to adversity or change

We also see incredible resiliency. Our staff personally demonstrates this trait and I continually hear the resiliency of the families we serve. Despite challenges, families are learning new ways to develop coping skills in themselves and in their children and teaching them how to adapt to adversity. Child care providers who can't find cleaning supplies are making their own bleach wipes and elementary school children are managing technology in the classroom better than many of their parents or grandparents on a Zoom call. We are all adapting.

### con-nect-ion: a relationship in which a person, thing, or idea is linked or associated with something else

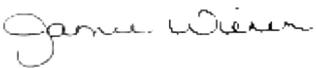
Children need connection in their life to help navigate daily activities. Children need to know there are caring adults in their world who will show them love and support and help them tackle problems. Adults also need that connection. Our program support groups and group connections are helping parents and caregivers share in the small triumphs and big challenges of the week. We are all missing that face-to-face interaction, but in the meantime (and as long as the sky is clear) the internet is allowing us to stay connected.

### com-mu-ni-ty: a group of interacting people living in a common location

Building resilience in children benefits all of us and should be a community effort. It is important that we live in a community that is not only able to withstand the elements and change, but one that is also able to address the social and economic vulnerabilities that could be holding us all back from our full potential. Our small town continues to show how we can adapt and support each other as evidenced by the non-profit agencies and community partners working towards a bright future for Henderson County. Your support of our programs does the same. It helps ensure that the future is bright for the smallest members of Henderson County. Caring adults like you allow us to continue to work alongside caregivers, families, and childcare providers as they build resiliency, connection, and contribute to our vibrant community.

Thank you so much for your continued support.

With gratitude,



Executive Director



## ELC Expands Library

We are growing our Early Learning Center book collection with picture books on how to talk to your child about race and racism. Our youngest learners look to parents and caregivers to not only create safe environments so they can thrive, but to also give them the tools to process current events. This collection can help start thoughtful and brave dialogue and provide context for young readers. Please consider making a purchase so these books are available to all our library patrons. The list can be found at <https://tinyurl.com/TTYCAR> or you can text TTYCAR to (202) 858-1233 to donate funds to be used to purchase these books for the ELC.

## CFRC Welcomes Emily Russell & Andrew Thomas to Board



**Emily Russell**, holds a BA in Elementary Education from Wake Forest University and a master's degree in Counselor Education from Virginia Tech. Emily has worked as a 3rd & 5th grade teacher as well as a lead teacher in private preschool. She was also employed in Higher Education at Wake Forest University. Emily's volunteer work has included Junior Welfare Club of Hendersonville, serving on the Board of Helping Hand Developmental Center, with the Children's Home of Winston-Salem, the YMCA and Second Harvest Food Bank. Emily is currently a stay at home mom with the expectation of becoming a school counselor.



**Andrew Thomas**, holds a BA in Psychology from Mars Hill University and a Master of Health Sciences from Western Carolina University. He has spent over 20 years in the healthcare industry where his primary focus has always been to empower others to live life best. Andrew is employed as the Senior Vice President of "A Small Miracle". He is passionate about supporting the professional growth of his team and helping people with intellectual and developmental disabilities live independently. Andrew spends much of his free time with his family, and enjoys being outdoors, smoking meats, cooking, reading, and attending monster truck shows with his son.

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**For more info, visit  
[childrenandfamily.org/social](https://childrenandfamily.org/social)**