COMMUNITY RESOURCES

THANK YOU to so many donors and volunteers for your generosity and care for our community. We are proud to partner with you to serve our community! Community Partnership Family Resource Center remains open Monday–Friday 8am—5pm to assist Teller County families with emergency support. Please call 686-0705 for assistance. Evenings and weekends, please leave a voicemail and someone will return your call within 24 hours. Stay home and stay well. We will see you soon!

EMERGENCY SERVICES:
- Food boxes for pick up or schedule a delivery
- Ongoing Community Outreach and Case Management for Families
- Emergency Financial Assistance available on case by case basis
- Volunteer Coordination
- Coordination of donated goods and services
- Resources and referrals for families and individuals

FREE MEALS:
Community Partnership Family Resource Center (CP) and Woodland Park School District (WPSD) have teamed up to help families find what they need during the closures. Community services and resources can be difficult to access right now, so please call if you have any questions at all.

WPSD is providing children ages 0-18 with sack meals at no cost through June 30th. Pick up times are Monday–Friday 11am-1pm at 3 locations: Gateway Elementary School, Summit Elementary School, & Florissant Grange. Drive through grab and go with lunch and the next day’s breakfast; Friday to include children meals for the weekend. One child must be in the car during pickup.

CP has boxes of food/supplies for the whole family available:
- Formula and diapers available
- Drive up hours for food boxes: Mon – Fri, 10am–2pm
- Pick up: Mon – Fri, 8am–5pm
- Delivery to homes: Call 686-0705 to schedule. Deliveries made after 3 each day.

COMMUNITY PARTNERSHIP VIRTUAL PROGRAMS:
- Playgroup with Jackie– Monday’s & Wednesday’s; 10am via Facebook live: www.facebook.com/playgroupndivide
- Crossroads of Parenting & Divorce– Tuesday, May 5th; 4:30-8:30pm via zoom. Teller County court approved divorce class. Registration fee required. Contact Amy Stewart to RSVP: AmyS@cpteller.org or 686-0705.
- Active Parenting First Five Years– Four Monday sessions, May 11th-June 8th; 6:00-8:00pm via zoom. Discussion series for parents with children prenatal-5. Contact Amy Stewart to RSVP: AmyS@cpteller.org or 686-0705.

ON-LINE RESOURCES:
- Teller County Covid-19 Information — www.tellercovid.com
- CPFRC Facebook Page — Activities for children of all ages, CP updates, resource information — www.facebook.com/communitypartnershipfamilyresourcecenter
- Divide Playgroup Facebook Page — Live playgroup videos and activities for children 0-5 — www.facebook.com/playgroupndivide
- Parents as Teachers National Center — www.facebook.com/ParentsAsTeachers
- Healthy Living Facebook Page — Exercise, cooking, gardening tips — www.facebook.com/groups/healthylivingcommunitypartnership
- Coordinated Approach To Child Health (CATCH) - www.facebook.com/CATCHhealth
Mindfulness Moments for Kids

What is mindfulness? It is simply a state of being that one can achieve when focusing their thoughts on the present while accepting their emotions, thoughts, and how their body feels. Practicing mindfulness can help children and caregivers learn to focus, manage stress, regulate stress and develop a positive outlook on life. Here are some ways to help your child learn about mindfulness.

Blowing bubbles
Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.

Mindful Posing
One easy way for children to learn about mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

*The Superman:* this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

*The Wonder Woman:* this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Concrete Support in Times of Need

ASK FOR HELP

All families at some point need help. Whether the challenge is joyous like the birth of a child, transitional like a job loss, or tragic like a serious illness, families need extra support. Families that know where to meet their needs and ask for help can handle life’s challenges and be successful.

Meeting your needs through community support and resources makes your family STRONG. Make sure you know where you can turn to during challenging times and know where to find help to meet day-to-day needs if necessary. We are here to help.

Community Partnership Family Resource Center 719-686-0705

Community Gardens

- Community garden beds are located in Woodland Park and Divide.
- Learn to garden at high altitude, grow fresh produce and connect with others!
- Have fun and get to know your fellow community gardeners!
- Enjoy your own homegrown food.
- Share a portion of your harvest with a local food pantry.

For more information on upcoming events contact
Jamie Krall at
Jamie@cpteller.org
Or call 719-686-0705
Nature Prints

What do we need?

- Natural objects like flowers and leaves
- Large pieces of paper
- Four small rocks or other heavy objects (optional)
- Washable paint
- Paper Plates
- Newspaper, tissue paper, clean sponge or old toys (optional)

What to do?

1. Go outdoors with your child to find leaves, flowers, or anything else that catches their eye. Choose a variety of different sizes, shapes and textures.
2. Place a piece of paper on a hard, clean surface like a patio or table. If needed, weight down all four corners with rocks.
3. Pour each color of paint into a separate plate or bowl.
4. Help your child dip each collected item into the paint and press onto the paper. Point out the colorful print that is left behind when they lift it.
5. Show them how the print changes depending on how hard or soft they press. What results do they like the best?
6. Continue printing until they use all the items they collected or are happy with their design.

What’s in it for us?

Social Emotional Development

* Children at this age are learning to regulate their bodies’ speed and pressure. This activity helps them see the difference that controlling their actions has on the end result.
* Working with delicate leaves and plants teaches children to be mindful. They sometimes have to use gentler actions.
* Creating nature prints builds children's self esteem. They take pride in their art.

Connecting Across Development

Cognitive development— Handling leaves and seeing their imprints helps children identify and understand the details that make them unique. The same goes for people.

Language development—When parents share the names of plants they recognize, children learn to identify them both by their characteristics and names. It’s not just a “flower,” it’s a “rose.”

Vroom for Quarantine

Bath time Sing-a-long

During bath time sing your child’s favorite songs. You can make up your own song about what’s happening in the in the bath too.

Are they pouring water from a cup, or pretending with a toy? Encourage them to sing their own song and respond to them.

BRAINY BACKGROUND

When you ask your child to respond to the songs, you’re helping them pay attention, while also making connections between what they already know and what they’re asking. These connections help them organize information in new ways, which is very important to learning.

www.vroom.org

GO FITNESS: MIGHTY MUSCLES

SLEEPING GIANTS

Children jump throughout the area until you call out, “Sleeping Giants!”

At that command, children collapse to the floor and lie very still.

When you call out, “Walking Giants!” children rise and start jumping again.

**Remind children to watch for the empty spaces as they move throughout the area and as they collapse to the floor.**

Substitute other traveling skills for the jumping. Possibilities include stomping and galloping.

https://catchinfo.org/about

Playgroup trip to the park 2019
This month's playgroup activities will focus on Social-emotional Development. Social-emotional development refers to a child’s ability to understand the feelings of others, control their own feelings and behaviors, get along with peers, and understand who they are.

<table>
<thead>
<tr>
<th>Monday – Divide</th>
<th>Wednesday – Divide</th>
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<tbody>
<tr>
<td>4. Facebook Live</td>
<td>6. Facebook Live</td>
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<tr>
<td>Painting with Water</td>
<td>Mother’s Day Fingerprint Art</td>
</tr>
<tr>
<td>10:00AM</td>
<td>10:00AM</td>
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<tr>
<td>Painting with water and cotton balls is a fun and mess free twist on a classic activity. Your little one will experiment with pressure control and will explore different painting techniques.</td>
<td>Let’s create something special for Mom for her special day. We will practice regulating speed and pressure while we make cards using our own finger prints.</td>
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<tr>
<td>Materials: Dark construction paper, cotton balls (or pom poms or paint brushes), bowl of water</td>
<td>Materials: Paints, cardstock, painter’s tape, wax paper, poem print out (can be found on the PG FB event page)</td>
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<tr>
<td>11. Facebook Live</td>
<td>13. Facebook Live</td>
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<tr>
<td>Leaf People</td>
<td>Blow Painting with Straws</td>
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<tr>
<td>10:00AM</td>
<td>10:00AM</td>
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<tr>
<td>This craft is super fun and easy to put together. Go for a walk around the park or your neighborhood and gather colorful leaves of all shapes and sizes to make some adorable leaf people.</td>
<td>Blow painting with straws is simple yet lots of fun for kids of all ages. Using a straw is a great way to help little ones experiment and practice regulating their breathing.</td>
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<tr>
<td>Materials: leaves of all shapes and sizes and colors, glue, white paper, markers</td>
<td>Materials: Cardstock or other heavy paper, liquid water colors or food coloring slightly watered down, dropper or pipette, drinking straws</td>
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<tr>
<td>18. Facebook Live</td>
<td>20. Facebook Live</td>
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<tr>
<td>Clean the Cars</td>
<td>Bubble Paint</td>
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<td>10:00AM</td>
<td>10:00AM</td>
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<tr>
<td>There’s an amazing need, want, desire that kids have to be helpful and to do jobs. When a child plays “clean the cars” they are both being helpful and doing a job so it satisfies all their little needs.</td>
<td>Using bubbles and food coloring, we will make unique art work. Blowing bubbles helps children see their breath; eventually they will understand that they can regulate it. They connect their breath with the image the bubbles create.</td>
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<tr>
<td>Materials: 2 bins (1 for water 1 for dirt/mud), cars, tear free soap for soapy water, scrub brushes</td>
<td>Materials: Hot water, dish soap, small bowls, food coloring, paper, bubble wands or straws, (optional) corn syrup</td>
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<tr>
<td>25. No Playgroup</td>
<td>27. Facebook Live</td>
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<tr>
<td>Memorial Day</td>
<td>Pouring Station</td>
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<tr>
<td>10:00AM</td>
<td>10:00AM</td>
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<tr>
<td>This fun sensory activity focuses on practicing self regulation as your little one pours from one container to another. If using food coloring it is also a great activity for color recognition and color mixing opportunities.</td>
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<tr>
<td>Materials: Large storage bin, different containers of various sizes, random measuring cups, water, food coloring (optional)</td>
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</tbody>
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If you need any of the supplies for the virtual playgroups please reach out to Jessica@cpteller.org or call 719-696-0705

Teller County Playgroup is FREE to any Parent or Caregiver with children ages 5 & under.

Location: Mondays and Wednesdays @ Community Partnership in Divide unless otherwise stated.

Facebook: www.facebook.com/playgroupndivide Website: www.cpteller.org