

OUR MISSION

TO PROVIDE THE BEST QUALITY CARE, EDUCATION, AND PROGRAMS FOR CHILDREN AND FAMILIES, AND TO SERVE THE COMMUNITY IN WHICH WE LIVE AND WORK!

About US

FAMILY RESOURCE NETWORK, FORMALLY KIDS' RESOURCE NETWORK, WAS FOUNDED IN 1985 AND MOVED INTO EL PASO COUNTY AREA IN 1992. OUR AGENCY WORKS TO REUNIFY CHILDREN FROM AGES 0-18 WITH A SAFE AND STABLE FAMILY ENVIRONMENT, AS WELL AS LOCATE AND FINALIZE PERMANENT PLACEMENTS IF A CHILD IS UNABLE TO RETURN TO THEIR BIOLOGICAL FAMILY. OUR EXCEPTIONAL FAMILIES AND STAFF GO ABOVE AND BEYOND TO PROVIDE DIVERSE SERVICES TO THE CHILDREN IN OUR COMMUNITY, EACH WITH UNIQUE AND SPECIAL NEEDS. THANKS TO OUR PARTNERSHIP WITH KALEIDOSCOPE COUNSELING, FAMILY RESOURCE NETWORK IS ABLE TO HOST A VARIETY OF OTHER SERVICES FOR CHILDREN AND FAMILIES, INCLUDING LIFE SKILLS AND FAMILY PRESERVATION WORKSHOPS; PARENTING, FOSTER AND ADOPTIVE SUPPORT GROUPS; INDIVIDUAL, COUPLES, FAMILY AND PLAY THERAPY; ASSESSMENTS; EVALUATIONS; INTERVENTIONS; AND CHILD AND FAMILY INVESTIGATIONS

IF YOU HAVE ANY EMERGENCY, PLEASE CALL THE EMERGENCY PHONE AFTER-HOURS; FOR NON-EMERGENCY SUPPORT PLEASE EMAIL OR CALL YOUR HOME SUPERVISOR.
EMERGENCY #719-661-5617

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SHOULD A CHILD IN YOUR CARE OR SOMEONE LIVING IN THE HOME HAVE SYMPTOMS OF COVID19, IMMEDIATE REPORT AND FOLLOW-UP MUST BE DONE IN A TIMELY MANNER.



Announcements

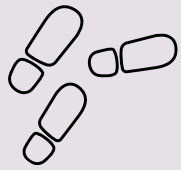
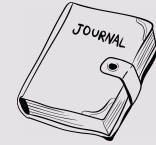
September is National Self-Care Awareness Month



For some self care ideas, please see next page

Self Care Ideas

Journal about how you're feeling



Walk in nature

Drink a cup of tea or coffee



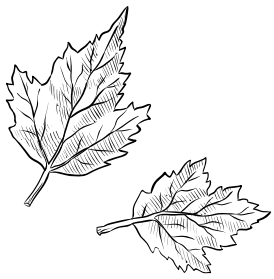
Meditate

Unplug from Social Media



Read a book





Upcoming Events



PEUBLO VS. HATCH CHILES

September is the peak harvest season for the Pueblo chiles. To try out your choice of mild, medium, or hot visit the Chile and Frijoles fest

Open from September 23-25

Located: Union Avenue, Downtown Pueblo, CO

For more information visit:

<https://www.uncovercolorado.com/events/chile-frijoles-festival/>

FALL LEAVES IN COLORADO SPRINGS

At 14,115 feet the viewer is able to survey fall' from mountains and plains. Just a short drive from Colorado Springs individuals are able to enjoy the views of bright yellows and oranges as the mountains embrace fall.



FOR MORE VISIT: <https://www.broadmooroutfitters.com/best-places-to-see-fall-colors-in-colorado/>

CHICKEN FLORENTINE CASSEROLE



Ingredients

- 2 cups uncooked edlbrow macaroni
- 3 cups shredded cooked chicken
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 2 cups shredded Swiss cheese
- 1 package (10 ounces) frozen creamed spinach, thawed
- 1/2 cup mayonnaise
- 1 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/2 cup season bread crumbs
- 2 tablespoons butter, melted

Instructions

Preheat oven to 350 degrees. Cook macaroni according to package directions
Meanwhile, in a large bowl, combine chicken, soup, cheese, spinach, mayonnaise, basil, garlic powder, thyme and pepper
Drain macaroni; gently stir into chicken mixture. Transfer to an ungreased 2-1/2-qt. baking dish. Toss bread crumbs and butter; sprinkle over casserole.
Bake, uncovered, until bubbly, 40-45 minutes

Nutrition Facts

1-1/2 cups: 539 calories, 36g fat (13g saturated fat), 111mg cholesterol, 1006mg sodium, 17g carbohydrate (4g sugars, 2g fiber), 36g protein

For more ideas visit: <https://www.tasteofhome.com/collection/quick-easy-family-dinners/>

VIRTUAL RESOURCES FOR EDUCATIONAL/ENGAGING ACTIVITIES AND TRAININGS

EDUCATIONAL RESOURCES FOR KIDS:

- <https://classroommagazines.scholastic.com/support/learnathome.html>
- <https://www.abcmouse.com/abt/homepage?8a08850bc2=T1235825474.1584502392.281>
- <https://www.funbrain.com/>
- <http://meandmyinklings.com/index.php/laura-kelly-designs-printable-library/>
- <https://www.khanacademy.org/>
- https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link
- https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku_w/mobilebasic
- <https://www.teachervision.com/>
- <https://www.familyeducation.com/>
- <https://www.sesamestreet.org/>

EDUCATIONAL RESOURCES FOR TEENS:

- <https://thecrashcourse.com/>
- <https://www.learn4good.com/games/for-high-school-students.htm>
- <https://www.vocabulary.co.il/sat-games/>

FOSTER PARENT ONLINE TRAINING OPPORTUNITIES

- <https://learn.nctsn.org/course/index.php?categoryid=11>
- <https://www.fosterclub.com/foster-parent-training/course-catalog>

UPCOMING TRAININGS

We are offering monthly foster parent trainings. Please reach out to your home supervisor directly for more information.

Some additional trainings you can access for Professional Development:

- <https://sesamestreetincommunities.org/professional-development/webinars/?training=parental-addiction>
- <https://sesamestreetincommunities.org/professional-development/webinars/?training=brain-builders>

Foster Family

If you have questions regarding the upcoming trainings please contact either Flora or Emilie at;

flora@familyresourcenetworkco.com
emilie@familyresourcenetworkco.com