



# Family Resource

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## NETWORK

### and Kaleidoscope Counseling

### 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

### OUR MISSION

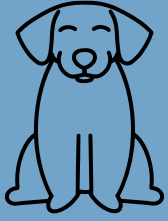
TO PROVIDE THE BEST QUALITY CARE, EDUCATION, AND PROGRAMS FOR CHILDREN AND FAMILIES, AND TO SERVE THE COMMUNITY IN WHICH WE LIVE AND WORK!

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

FLORA@FAMILYRESOURCENETWORKCO.COM  
SHAWNTEL@FAMILYRESOURCENETWORKCO.COM

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



# August is National Dog Month





# U.S. Olympic & Paralympic Museum

The U.S. Olympic & Paralympic Museum offers a timeless experience by capturing the history of Team USA at the Olympic and Paralympic Games, as well as the hopes and dreams of future generations.

## **Location:**

Downtown Colorado Springs:  
200 S. Sierra Madre Street 80903

## **\*Admission**

- Adult (13+): \$24.95
- Child (5-12): \$14.95
- Child (under 5): Free
- Senior (65+): \$19.95
- Military (With ID): \$19.95
- First Responders (With ID): \$19.95
- College Student (With ID): \$19.95

## **Operating Hours:**

- Monday: 10 a.m. - 5 p.m.
- Tuesday: 10 a.m. - 5 p.m.
- Wednesday: 10 a.m. - 5 p.m.
- Thursday: 10 a.m. - 5 p.m.
- Friday: 10 a.m. - 5 p.m.
- Saturday: 9 a.m. - 6 p.m.
- Sunday: 10 a.m. - 5 p.m.

Questions? Visit- [https://usopm.org/?\\_ga=2.74383378.1646133600.1690473843-786168095.1690473842](https://usopm.org/?_ga=2.74383378.1646133600.1690473843-786168095.1690473842)

# Cheesy Fiesta Beef Casserole



## Ingredients

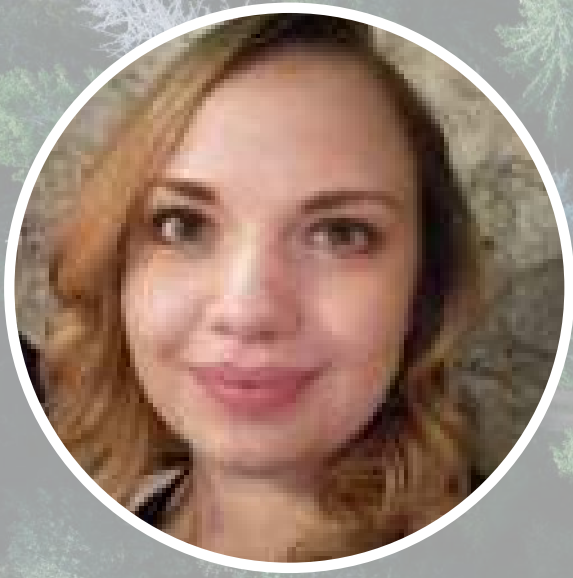
- 1 pound ground beef
- 1 medium onion, chopped
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup picante sauce
- 1/2 teaspoon chili powder
- 1 can (10-1/2 ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted
- 1 can (10 ounces) diced tomatoes and green chiles, undrained
- 1 can (4 ounces) chopped green chiles
- 1 package (9-3/4 ounces) nacho-flavored tortilla chips or plain tortilla chips, crushed
- 1 cup shredded sharp cheddar cheese
- 1 cup shredded Monterey Jack cheese
- Optional: Cubed avocado and sour cream

## Directions

- In a large skillet, cook beef and onion over medium heat until beef is no longer pink, 6-8 minutes, breaking up beef into crumbles; drain. Stir in beans, picante sauce and chili powder.
- In a bowl, combine soup, tomatoes and green chiles. In a lightly greased 2-1/2-qt. baking dish, layer half the chips, beef mixture, soup mixture and cheeses. Repeat layers.
- Microwave on medium-high, uncovered, until heated through and cheese is melted, about 12 minutes. If desired, top with avocado and sour cream.

For more recipes, visit:

<https://www.foodandwine.com/holidays-events/recipes-make-in-june>



# Employee of the Month

**FLORA**  
MILLER

I moved to Colorado Springs in 2012 after graduating from Oregon State University with a B.S. degree in Human Development and Family Sciences. I grew up in a large family and am the youngest of 6 children. I love spending time with my family and fur-babies. When I am not supporting foster and adoptive families, I enjoy playing board games, solving mysteries, playing video games and candle-making. You could say 'I'm an old soul.'

# VIRTUAL RESOURCES FOR EDUCATIONAL/ENGAGING ACTIVITIES AND TRAININGS

- <https://classroommagazines.scholastic.com/supp ort/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/m useums-galleries/museums-with-virtual-tours?utm\\_medium=social&utm\\_term=59F3F59E-653B\\_11EA-938E3D9296E8478F&utm\\_source=facebook.com&utm\\_campaign=travelandleisure\\_travelandleisure&utm\\_content=link](https://www.travelandleisure.com/attractions/m useums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B_11EA-938E3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link)
- [https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\\_w/mob ileb asic](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mob ileb asic)
- <https://www.teachervision.com/>
- <https://www.familyeducation.com/>
- <https://www.sesamestreet.org/>
- <https://thecrashcourse.com/>
- <https://www.learn4good.com/games/for-high school-students.htm>
- <https://www.vocabulary.co.il/sat-games/>

## Educational resources for teens:

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

## FOSTER PARENT ONLINE TRAINING OPPORTUNITIES

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

## 2023 Foster Parent Support Group Schedule

- August 16th
- September 20th
- October 18th
- November 15th
- December 13th

Some additional trainings you can access for Professional Development:

- <https://sesamestreetinc ommunities.org/professional-development/webinars/?training=parental-addiction>
- <https://sesamestreetinc ommunities.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](mailto:flora@familyresourcenetworkco.com) [emilie@familyresourcenetworkco.com](mailto:emilie@familyresourcenetworkco.com)