



# Family Resource

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## NETWORK

### Kaleidoscope Counseling

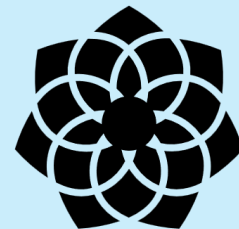
### About Us

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 years old 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 can 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 after-hours phone –  
(719) 661-5617

For non-emergency support, please email or call your home supervisor.

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Dear Families,

As the sun stretches a little longer each day and laughter fills the warm air, we are reminded that summer isn't just a season—it's a chance to pause, reconnect, and celebrate the simple joys that make family life so meaningful.

Whether it's chasing fireflies in the backyard, sharing stories over popsicles, or exploring a new trail together, these moments—small as they may seem—leave lasting impressions on growing hearts.

This season, I hope you find time to embrace both adventure and rest. Know that every effort you make as caregivers, mentors, and nurturers is seen and deeply valued. Thank you for all you do to build safe, resilient, and loving spaces for your families to thrive. Here's to a summer filled with light, laughter, and love.

With appreciation,

FRN

# SUMMER FUN!!

## WEEKLY CONCERTS & LIVE MUSIC

### **First & Main Summer Concert Series**

*Fridays, 5–7 PM | First & Main Town Center*

Kick off your weekend with live music, balloon animals, and festive energy—perfect for kids and grown-ups alike.

### **Paint the Town Blue – Old Colorado City**

*Tuesdays, 5:30 PM | Bancroft Park*

Bring your picnic blanket and enjoy live blues performances in the heart of Old Colorado City. Plenty of room for little ones to dance and play.

### **Little London Winds in Manitou Springs**

*Mondays, 7 PM | Soda Springs Park*

Delightful themed concerts like “An Evening on Broadway” and “Disney Beauties & Beasts” are sure to spark smiles and sing-alongs.



## NATURE & EXPLORATION

### **Garden of the Gods**

Stunning red rock formations and wheelchair-accessible trails. Explore nature, take family photos, or join a free guided walk.

### **North Cheyenne Cañon Park**

Hike to Helen Hunt Falls, visit the Starsmore Visitor & Nature Center, or simply enjoy a shaded picnic.

### **Red Rock Canyon Open Space**

A peaceful spot for easy trails and outdoor play, with scenic picnic areas and dog-friendly paths.



## Learning & Imagination

### **U.S. Air Force Academy Planetarium**

Catch a **free public show** about space, science, and adventure. Great for curious young minds.

### **Colorado Springs Pioneers Museum**

Interactive exhibits about local history and family activity days with crafts and storytelling.

### **Pikes Peak Library District – Summer Reading Program**

Read, create, and play your way through the summer with storytimes, crafts, performances, and reading rewards.

## Connections in the Kitchen



### **Honey-Lime Chicken Skewers**

#### **Ingredients**

- 2 lbs chicken breast, cubed
- 1/4 cup honey
- 1/4 cup lime juice (fresh preferred)
- 2 tbsp soy sauce
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste
- Wooden/metal skewers

#### **Steps**

1. Soak skewers in water (if wooden).
2. Whisk together marinade ingredients.
3. Add chicken and marinate 1–4 hours.
4. Thread chicken onto skewers.
5. Grill on medium heat, turning occasionally, for 10–12 minutes or until cooked through.



### **Rainbow Veggie Platter**

#### **Ingredients**

- Bell peppers (various colors), zucchini, mushrooms, asparagus, etc.
- Olive oil
- Salt, pepper
- Fresh herbs (basil, oregano)
- Lemon wedges

#### **Steps**

1. Slice veggies and toss with olive oil, salt, and pepper.
2. Grill or roast until lightly charred and tender.
3. Garnish with herbs and lemon juice.

### **Keep Your Brain in Shape**

#### **Interactive Learning & Games**

- [PBS LearningMedia](#): Standards-aligned videos, games, and lesson plans for Pre-K through high school. Great for both independent learning and family co-learning.
- [Starfall](#): Especially good for early learners (Pre-K to Grade 3), with phonics, math, and seasonal activities.
- [CoolMath4Kids](#): Fun, logic-based math games that feel more like play than homework.
- **Virtual Field Trips & Exploration**
  - [Google Arts & Culture](#): Tour over 1,200 museums and cultural sites virtually. Try the “Top 10 Virtual Museum Tours” for a family-friendly start.
  - [National Geographic Kids](#): Videos, quizzes, and facts about animals, science, and geography—perfect for curious minds.

### **Some additional trainings you can access for Professional Development**

#### [CO4Kids Foster Care Support & Training](#)

Offers online and in-person classes, including:

- Trauma-informed parenting
- Co-parenting and reunification strategies
- Behavior management and communication
  - Ongoing support groups



#### [ColoradoCWTS Training Portal](#)

Home to **free, certification-eligible courses** for foster, kinship, and adoptive parents. Topics include:

- Understanding childhood trauma
- Youth transitions and permanency
  - Cultural responsiveness
- Navigating systems and advocacy