



**First Start  
Partnerships**  
for Children & Families

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**thefamilycenter**

VIRTUAL CENTER

*Thriving Families for a Stronger Community*



## Heart to Heart

Times like these make it sort of difficult to see past the struggles and our wishes that things were different. Our brain, though, is a useful tool and can help us to re-frame our situation by using gratitude. I know that being thankful is not a new idea, but it is a powerful one. This year my family is reflecting on one thing we are thankful for each day. Over the past week, I have noticed that this one act of gratitude is bringing us together and helping us to be more positive. To quote Dr. Becky Bailey, "What we focus on, we get more of" and this year my family is choosing to focus on the good in our lives. Won't you join us?

-Nicole (The Family Center Director)

Want to learn about the science of gratitude, check out [this article](#) from Harvard about the effects of being thankful.



## Teaching Gratitude



Want to help your child learn gratitude? Here are some great resources:

[Notice, Think, Feel, and Do-The 4 Vital pieces to teaching gratitude to your kids.](#)

[Sesame Street Gratitude Video and Scavenger Hunt](#)

### FREE Activity Kits!

This year you can pick up a Giving Thanks Activity Kit from The Family Center. It includes fun activities to do with your children over the Thanksgiving break! Supplies are limited so be sure to pick up yours November 17th-24th at your local FCLS library.

## We are thankful for you!

Thank you for being a part of our village!

Just for opening this email, you will be entered to **WIN** one of 5 gift cards to a local grocery store.

Each month we will be featuring **giveaways** so be sure to check in with us!

We want to hear from you. What kind of prizes would you most like to receive?

Books or toys for my child

Select

Gift Cards (Stores, Restaurants or Gas Stations)

Select

An experience for my family (Tickets/Admission)

Select

Wellness for me (Massage, Classes, or Services)

Select



## Parent Leaders Wanted!

*Do you like helping other people?*

*Are you looking for a new way to be involved in the community?*

*Would you like to be a part of something new for families in Franklin County?*

If you answered yes to any of the questions above, we would love to talk with you about our Parent Cafe Training. We are looking for family leaders to be involved in designing opportunities for parents and caregivers to connect at events which involve small group discussions. Parent Cafes are physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family. Bonus: You can earn some money just for training with our team!

If interested, please email [Nicole](#).

## Vision Screening



When was the last time your child's vision was checked? The American Academy of Pediatrics (AAP) and the American Academy of Ophthalmology (AAO) recommend that all children begin vision screening at the age of 3 and be checked each year until at least the age 6. Healthy vision is important to learning! WellSpan shares more [here](#).

## Local Resource: Franklin County 211

Find yourself in need of resources for your family? Confused about what services are available to you? Want to hear more about what our community has to offer?

Check out 211! It is completely free, confidential and available 24/7/365. Call, text or visit the website to get connected today.



## Events

We will feature family-friendly local events each week on our Facebook page.

[Visit us on Facebook!](#)



Below you can find some great things to do from our partners!

[Franklin County Libraries](#)

[Alexander Hamilton Memorial Free Library](#)

[The Institute](#)

[Be the Village WASH](#)

[Sue Chefs](#)

Love what you see? Want to share it with your friends and family? When you submit a referral, your friend or family member will receive this amazing newsletter in their inbox each month!

AND you will receive a gift from us for helping us spread the word!

[Submit a Referral Today!](#)

[Visit The Family Center website!](#)

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