



# thefamilycenter

## VIRTUAL CENTER

*Thriving Families for a Stronger Community*



### Heart to Heart

These times are very trying, especially for those of us who are managing big emotions around tough news with children around. We worry about passing the emotions on to our little ones. Remember, though, that feelings are normal, your feelings are important, and as a parent showing feelings is healthy for your children. Children watch us and learn so much from how we handle the things thrown our way. If you avoid frustration, sadness or anger, your child will not see how you manage these emotions which are a bit harder for them to control. The important part of this process is the discussion with your child and helping them to understand feelings are not right or wrong-they are natural and EVERYBODY has them, what makes the difference is how we choose to respond to them!

[Managing Your Own Emotions: The Key to Positive, Effective Parenting](#)

### Updates

In our last issue, we asked what method would be most helpful for

you to learn about events in our area, and most of you chose The Family Center Connections or Social Media.

### Thank you for your input!

We will strive to share events and news that are important for families with young children. Stay tuned as we will be launching The Family Center Facebook page, which will allow us more opportunities to share events, activities and to gather together as the families of Franklin County.



What are you most excited about seeing on our new Facebook page?

Local family friendly events

Select

Activities to do with my kids

Select

Ways to connect with other families

Select

Parenting information and support

Select

Learning about community resources

Select



## Family Advisory Council



If you care for a child between the ages of 0-8 in Franklin County, we need you! We are forming a Family Advisory Council to help guide the services and programs we will offer at The Family Center. We will work together to listen to the wants and

needs of families in our county and plan for ways to make it happen! If you are interested, please click [here](#).

## 2020-2021 P-EBT Benefits



Has your child  
received 2020-  
2021 P-EBT  
Benefits?

Did you know you can now shop online at select retailers using your EBT benefits and pick up from the store? This is a great option to help keep you and your children healthy this Fall! Check out the participating retailers in our community:

- ALDI
- BJs Wholesale Club
- Giant Company, LLC
- Martin's
- Walmart

Many Franklin County families qualified for P-EBT during the pandemic due to schools operating virtually or on a hybrid schedule- including children 0-5.

Not sure if you qualify?

[Read more here!](#)

## Community Spotlight



Get the most you can out of the last days of Summer! The last time to swim at the Chambersburg Aquatic Center for the season is this weekend, but check out the Aquatic Center splash pad for FREE after Labor Day. The Splash pad is open 9 am-dusk and will remain open through mid-October (weather permitting).

## For families served by Early Intervention

C2P2 EI (Competence and Confidence Partners in Policymaking for Families of Children in Early Intervention) offers free training to help you learn the Early

Intervention System and actively participate in your child's team.

C2P2 EI is now accepting applications through October 8th for families interested in this free training which is both virtual and in-person.

[For more information, click here!](#)

## Local Events

**BACK to SCHOOL  
BLOCK PARTY**

**Saturday, September 11, 2021  
12:00 to 4:00 pm**

**FREE EVENT!**

**The Salvation Army Chambersburg**  
159 Lincoln Way West, Chambersburg, PA 17201

- Blow-Up Obstacle Course
- Blow-Up Basketball
- Blow-Up Bounce House
- Grab Bag Lunch and Refreshments
- Lots of Giveaways
- Prayer Tent
- Entertainment on a Big Blow-Up Screen
- and much more!

Due to current COVID-19 cautions, please be sure to wear a mask while enjoying activities and when in proximity to others.

INFLATABLES AND BACKPACK ILLUSTRATIONS BY UPKLYAK

### Get Healthy Now!

Living a life of good health and balance is a goal most people strive for but knowing where or how to get started can be challenging. In this *6-week program through WellSpan*, participants are provided with the necessary tools, tips and support to get started on a journey towards a **healthier life**. From meal planning, eating on the run and simple ways to stay active, along with learning how to use wearable technology to help guide your fitness, to creating a healthy sleep environment and

**DATE:** Mondays, Sept. 13-Oct. 18  
Thursdays, Sept. 16-Oct. 21

**TIME:** Mondays-12:00-1:30 p.m.  
Thursdays- 5:30-7:00 p.m.

**LOCATION:** Virtual (Zoom link will be provided upon registration) – taught out of Franklin County

**COST:** \$35/participant (optional \$50 for tracking device)

Register for Sept. 13<sup>th</sup> Lunchtime Class here:  
<https://www.wellspan.org/events/details/Get-Healthy-Now---Franklin-VIRTUAL/3215>

managing stress, participants will learn how to make healthy choices each day to improve overall health.

Register for Sept. 16<sup>th</sup> Evening Class here:  
<https://www.wellspan.org/events/details/Get-Healthy-Now---Franklin-VIRTUAL/3219>

A poster with a rainbow border. The title "PEACE IN THE PARK" is written in blue, arched letters. Below the title, the text reads: "Join us at parks throughout the county to learn easy mindfulness strategies for kiddos and a little about our program!" and "Stay tuned to our Facebook page for dates/locations!". At the bottom, there are two logos: "First Start Partnerships for Children & Families" and "the familycenter".

**PEACE IN THE PARK**

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Stay tuned to our Facebook page for dates/locations!

 **First Start Partnerships**  
for Children & Families

 **the familycenter**



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!

Follow Us!



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