A MESSAGE FROM THE ED
Aimee LeFevers

Family. We treasure them from the beginning of life, with our Cuddle Time program, and when we watch them suffer courageously, as with our Miss Jackie.

Babies at our Hill District Family Support Center enjoy time snuggling with their loved ones during Cuddle Time. Research shows that for babies to truly thrive, they need to be held and touched soothingly. To learn more about Cuddle Time, please see page 6.

Family Resources offers an Employee Assistance Program (EAP) to all staff. We recently called on EAP to help us cope, as a work family, with the sadness of watching our Billing Assistant, Miss Jackie, lose her battle with cancer. On this page, see the heartwarming letter Miss Jackie left us.

I hope this newsletter brings you warmth as you read the stories of what we do at Family Resources. And I hope you treasure your loved ones every day.

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A Letter from Miss Jackie

"Not having family in Pittsburgh isn’t easy. But the love I’ve received from the people at Family Resources makes this battle easier.

They have no idea how much each and every one has touched my heart!... I love everyone at Family Resources. Everyone has made me feel like part of a real family.

Thank you so very much.”
We also encourage staff to make positive phone calls home, even if just to say, “We are happy that James came to the program today.”

Attendance Incentive Charts are hung up at the sites. Children are recognized for their attendance, and a sticker is placed by their name and they earn an incentive. A predetermined number of incentives are required for a child in the BJWL program to attend field trips – an activity loved by both kids and parents!

We’ve had success with Operation Starfish at several of our sites, but it continues to be a work in progress. Sadly, we have lost our government funding for field trips this year and we won’t be able to offer field trips as an incentive.

If you’d like to help us throw starfish (our kids) back into the sea (our program), please use the enclosed envelope, or visit our website, to donate to a program that makes kids feel loved, safe and recognized as individuals.

BARK is an online predator screening app. We like to promote any resources that keep our kids safe, so please be informed and learn more about BARK at www.bark.us
A commitment to Social Responsibility drove Family Resources leadership to launch a campaign to encourage our staff to vote.

One of the major obstacles our staff faced getting to the polls was time constraints.

So, we are giving our staff the day off on November 3, 2020, if they vote!

**REGISTRATION ENDS 4/13/2020**
For more information check our website
www.familyresources.org/vote

Family Resources is proud to announce we were named a 2018-2019 Top Workplace! If you know anyone looking to work in a Top Workplace, we are hiring for everything from Master's Level Therapists to Youth Workers.

Send your resume to; workwithus@familyresources.org or call 412-363-1702 ext. 1409 to come in person and learn more!
BJWL Children in grades K-7 are encouraged to submit an art expression, or an essay, to show their understanding of Black History Month. Judging takes place on February 26th, followed by recognition of the winners and a celebration for all participants!
Our counselors are available for anyone in search of therapeutic services. If you or someone you know is looking for support on the journey to recovery or self-discovery, we are here for you.

Have you been feeling isolated? Let's talk about it!

- Do you find it difficult to get out of bed in the morning?
- Are you struggling to stay on top of your schedule?
- Do you make plans to complete your school work but have trouble executing?

6 licensed therapists
2 licensed psychiatrists

Evening and weekend hours

Most insurances accepted with options for the uninsured!

1425 Forbes Ave.
On Forbes near Mercy Hospital!

Give us a call at 412-363-1702 or visit us at familyresources.org!

Brian Tessmer, MA
Interim Director of Treatment
The "I Can Fix It Circle"!

In 2019, the Family Resources Therapeutic Preschool successfully implemented a restorative justice approach (called the “I Can Fix It circle”) to behaviors. When a child, “Timmy,” is angry, a teacher helps Timmy go to the calm down area marked by a purple circle in the classroom.

Timmy calms his own mind and body, and then identifies the behavior that he is going to fix using visual prompts posted in the classroom. After identifying the behavior, Timmy is presented with visual prompts of solutions to his behavior.

Timmy chooses a solution, fixes his behavior (repairing the harm), then is able to reintegrate into the classroom schedule. Using this method, we have seen a reduction in aggressive behaviors in the classroom. Our kids are also starting to use the “I Can Fix It” circle independently.

Jessica Souply, our head teacher, is proud of this method of behavior management, as our children are not being punitively punished for acting out. Instead, they are learning real-world problem-solving skills and using those skills in the moment to repair harm.

Cuddle Time is a program, offered by the Hill District Center for Nurturing Families, for non-walking Infants and their parent/caregiver. Using the Parents As Teachers Curriculum, the program helps parents to enjoy floor time activities, practice infant massage and learn about your baby’s development. If you're interested in participating, please contact the Hill District Center for Nurturing Families at 412-363-1702 x1423.