

FAMILY RESOURCE CENTER JULY 2022 PROGRAMS



MINDFUL ART

Friday, July 8 | 9:30 am | At MCC

Experience art as a healing modality. Our mental health and art staff will team up to create a safe space for stress reducing creativity. This is an adult's only group that meets in-person. Vaccination is required for all participants. *A maximum of 10 participants.

BREASTFEEDING LIME (SUPPORT GROUP)

Wednesday, July 6 & 20 | 2 pm | Via Zoom

Here you will find a free, safe and friendly space to meet other nursing families and get answers about your Breastfeeding and pumping concerns. Place information about your event here.

FINANCIAL COUNSELING

Wednesdays | 3 pm | Via Zoom

We have partnered with Neighborhood Trust to offer financial counseling services to anyone interested in planning for a strong financial future. All services are free and offered virtually.

HOW TO BREASTFEED NATURALLY

Wednesday, July 6 | 5 pm | Via Zoom

This interactive class helps expectant parents understand how breast feeding actually works. During the class, expectant parents will learn how to attach baby to breast, various feeding positions and techniques to help baby get as much milk as possible.

CARING FOR A NEWBORN

Wednesday, July 20 | 5 pm | Via Zoom

This class offers an interactive look at care routines for newborn babies. You will receive a password protected link to stream a filmed version of the workshop where all demonstrations feature real families and their newborn babies.

COOKING WITH KENYA

Friday, July 29 | 9:30 am | At Essex Market or Via Zoom

A free, monthly, in-person interactive cooking workshop where participants prepare nutritious, creative plant-based recipes. Participants will have an opportunity to engage in self-care, mindfulness practices that support healthy eating habits, and will receive \$6 in Essex Market Bucks for their participation. There will also be raffle prizes at the end of each workshop!

FOR A FULL CALENDAR OF EVENTS VISIT:

mannycantor.org/resourcecenterworkshops

This Family Resource Center is a community space composed of a team of trained care professionals, each of whom will thoughtfully partner with you in order to help you get connected to services related to housing, food, clothing, employment, safety, legal information, citizenship and immigration, crisis support, and more. FRC services are confidential, and our staff are steadfast partners who care and put your needs and the wellbeing of your family first. If you find that you need a helping hand, please reach out to us. All in the community are welcome.

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You belong here.



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