



thefamilycenter

VIRTUAL CENTER



Heart to Heart

Parenting can be lonely sometimes.

I know that sounds silly when we can rarely find a peaceful minute in our day, but caring for our children can be isolating. When I first became a parent, I lived about 4 hours away from everyone I knew. I think back to that time and it was quite possibly the most stressful time I have had as a parent. I didn't have friends and I felt too busy to make them. I was connected to people through social media and I worked out of the home, but I didn't feel any real connection. Some days, especially since the pandemic has made planning so hard, I still feel like that. We as parents and caregivers often make friendship and time to be around other adults a low priority, but social connections are important to our health. This month we will focus on ways that you can connect with others in our community, because healthy families raise healthy children.

-Nicole

Let us know!

Have our emails helped you to find new resources for you and your family?

Yes

Select

No

Select

Visit The Family Center
Website



Do you know someone who would benefit from receiving this newsletter? Complete referrals for your family and friends and receive a \$10 Sheetz gift card per referral!

Submit your referral [here](#).

Healthy Connections

Parent Cafés!



Looking for ways to connect with other parents? Check out our Parent Café! Parent Cafés are a safe space for parents to talk about the challenges and victories of raising a family.

We have two virtual Cafés this month:

February 10th 2-4pm: Celebrate Good Times

February 24th 2-4pm: 2022: The Year of You!

Cafés will be offered regularly, both virtually and in person, so be sure to check back each month as we add dates and times!

Fun for Your Child, Support for You

Our community partners have fun activities for your child and for you!

First Start Partnerships Home Visiting

First Start Partnerships Classrooms

Cumberland Valley School of Music Classes

Franklin County Library



Sign up
here!

Healthy Events in Our Community

Yoga for a Healthy Heart



Join us for a free 60-minute yoga session led by a local registered yoga instructor.

This virtual event is designed for those who have never tried yoga before and are looking to explore new ways to increase physical activity and reduce stress for a healthier heart. There will be a brief educational session on stress and heart health prior to yoga.

February 17 | 12:00 - 1:00 p.m.

February 22 | 6:00 - 7:00 p.m.

Virtual Classes

Register at [wellspan.org/events](https://www.wellspan.org/events)

Zoom link will be sent to individuals once registration is completed.

For questions, call 717-262-4602



We invite you and your family to embrace winter, keep moving and stay healthy!

Join us today to learn more about physical activity, healthy eating and stress management during the winter months. Winter STREAK runs from January through March, so you can keep up a "streak" of physical and mental well-being activities!

Winter STREAK Workshops:

All workshops are 30 minutes and take place at 12:30 p.m. and 5:30 p.m. for each date listed below.

- ✓ 1% More | January 5
Do 1% more to achieve results
- 🗓️ Creating a Winter Wellness Inventory | January 19
Setting goals with intention and purpose
- 🚶 Exploring the Wonders of Winter | February 2
Learn what, when, and how to exercise safely during the winter months
- 🍲 Transforming Winter Comfort Food Cooking Demo | February 16
A healthy transformation of 2 recipes - Zucchini Lasagna & Pumpkin Roll
- 🍷 Savor the Flavor with a Twist | March 2
Explore healthy ingredients to lighten up your favorite comfort food dishes
- 🏃 Maximize your Health | March 16
At-home workout exercises and tips to live well



Access resources, register for prizes, and learn more about upcoming Winter STREAK workshops at www.winterstreak.org or scan the QR code.

WellSpan Health, in collaboration with our community health coalitions across the region: Healthy Adams County, Healthy Berks County, the Community Health Council of Lebanon County, Healthy York, Hanover Lancaster Health, is inviting the community to participate in the "Winter STREAK" well-being program.

Presented by:



FMSD Registration

Fannett-Metal School District will hold its registration of kindergarten children on Thursday, February 24, 2022, 12:45 – 7:30 PM. This registration is for children who will be five (5) years of age by September 1, 2022. Parents must present their child's birth certificate and immunization record at the time of registration. Please call the

CASD Registration

Chambersburg Area School District is now accepting applications for children turning 5 before September 1, 2022.

WASD Registration

Waynesboro Area School District is excited to host their 4th Annual Coming to Kindergarten Celebration on February 17. This celebration is intended to jumpstart the excitement for families and children who will be starting Kindergarten in the 2022 – 2023

school at 717-349-3000 during school hours to schedule an appointment or if you have any questions or concerns.

CASD Registration

school year. Check out their website for more information and upcoming registration dates.

WASD Registration

Stay tuned!

We will work with our schools to let you know when registration begins for Greencastle and Tuscarora districts.

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First Start Partnerships
for Children & Families

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