



# thefamilycenter

VIRTUAL CENTER

*Thriving Families for a Stronger Community*



## Heart to Heart

*"I forget how to play."*

I caught myself saying this the other day. Of course that is not true, because play is a natural instinct, but it doesn't feel the same now as it did when I was younger. Play for children seems to look so free-the curiosity, the wonder, the new beginnings and open endings. Even though play can look a little different for us as adults, it is just as important. Whether it is playing video games, exercising, dancing to music, painting, reading, or laughing with friends, we are all still playing. When we do things that bring us joy, that is play- and our minds and bodies need it! Read more about the benefits of play for adults [here](#).

## Activities To Do Together



With our to-do list looming, playing with our children sometimes doesn't happen as often as we would like. When our kids ask us to play, they are really asking for some of our time and attention. [This article](#) from Today's Parent has some great ideas for playing with your child age by age. Try some today!

## Updates

Based on our poll, most of you are hoping to see activities to do with your kids and to learn more about community resources on our Facebook page. We will be adding new posts daily, so be sure to like and follow First Start Partnerships today!

Check us out on  
Facebook!



## Local Resource: Franklin County 211

Need help but not sure where to turn?

Call 211!

[Learn more about 211](#)



We Want to Know! Do you know about 211?

I use 211  
regularly

Select

I have used it once or  
twice

Select

I know about it but never used  
it.

Select

What is 211?

Select

Healthy Children are Ready Learners



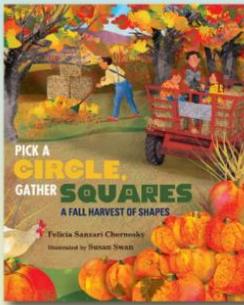
Kids grow so fast!  
 Make sure that you haven't missed a Well Child Check-Up. Even during the pandemic, these are our best tool to ensuring our children are healthy and ready to learn. Dr. Ira Listijani of Keystone Health explains more [here](#).

## Events

*You're Invited!* **GRAND OPENING AND RIBBON CUTTING StoryWalk® at Pine Hill**  
**Sunday, October 10 • 1–3 PM**  
**Pine Hill Recreation Area** (Off Mentzer Gap Road • Waynesboro)  
**Read, Walk, Talk and Enjoy Being Outside Together!**

- Guided walks on the brand new, permanent story trail
- Make-and-take craft related to the story
- FREE Nature Discovery Kit (for each child), filled with goodies that will keep them curious and exploring (for families who complete our brief survey)
- Antietam Dairy selling scoops
- Ribbon Cutting Ceremony

*Follow the signs on a gentle trail through the woods, reading a great story along the way.*





<p>Project Lead</p> 	<p>Funded in part by</p> 	<p>Also funded by</p> 	<p>And in-kind support from:</p> <ul style="list-style-type: none"> <li>• WASHINGTON TOWNSHIP</li> <li>• HOPEWELL MANUFACTURING</li> <li>• WAYNESBORO AREA SCHOOL DISTRICT "BE THE VILLAGE"</li> <li>• ALEXANDER HAMILTON MEMORIAL FREE LIBRARY</li> </ul> 
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The StoryWalk® Project was created by Anne Ferguson of Montpelier, Vermont and developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.

### Need a little help this Holiday season?

The Salvation Army's Annual Angel Tree sign ups take place in October. Sign ups will take place every Tuesday, Wednesday and Thursday throughout this month.  
[Find out more here!](#)

### Chambersburg AppleFest

AppleFest comes to town every fall on the third Saturday of October from

9-4 pm.

The 2021 event is on October 16th!  
Downtown Chambersburg will be alive with craft and art vendors, food vendors throughout the downtown.



**Franklin Countywide Job Fair**

**SAVE THE DATE**

October 21, 2021  
1:00 - 6:00

World Harvest Outreach

More details to follow next week



### Franklin Countywide Job Fair

Registration is encouraged but not required  
1090 Wayne Ave. Chambersburg  
40 employers. On the spot interviews and offers will be made. Se habla espanol.

[More Details Here](#)

[Franklin County Libraries](#)

[Alexander Hamilton Memorial Free Library](#)

[Chbg Rec Dept](#)

[Be the Village WASH](#)

[Sue Chefs](#)

## Parenting Supports from PennCares

### FREE! CARE FOR THE FAMILY CAREGIVER IN-PERSON or WEBINAR

Are you taking care of a child, parent or other family members with developmental or medical needs? Are you struggling with the stress of caring for them? Is the day to day stress impacting your daily life? Participants will learn how to identify stressors and learn strategies to decrease depression and anxiety of being a family caregiver. Stress Relief Kits will be given to participants at the live presentation. Participants will also be offered a free yoga class at Lotus Moon Gallery and Yoga and a free fun art make and take session at Hammer & Stain Chambersburg.

### GRANDPARENTS RAISING GRANDCHILDREN WEBINAR

Are you struggling with understanding how to support youth in their current educational experience? Have you forgotten that you are just as important to the success of the family? Do you want to learn some key tips to relieving stress? Grandparents Raising Grandchildren Part 2 will provide, through examples and resources, ways to gain solid footing through the challenges of 2020-21. Don't worry if you missed Part 1!

### TRAUMA-INFORMED PARENTING WEBINAR

This session will define Trauma and reflect on ways to assist others understand how Trauma intersects in several segments of our lives. We will discuss the effects of Trauma and how it can potentially change who you are

as a person. We'll learn helpful tips to support the influence of trauma and better understand how these affects appear in youth. There will also be minimal reflection on secondary Trauma as well.

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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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