



# Newsletter

## Prairie Family Center

August 2024

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### Connect with us!

PHONE:

719-346-5398

EMAIL:

[Office.prairiefamilycenter.com](mailto:Office.prairiefamilycenter.com)

ADDRESS: 1090 Rose Avenue,  
Burlington 80807

[www.prairiefamilycenter.com](http://www.prairiefamilycenter.com)

### PRAIRIE FAMILY CENTER

#### DONATIONS

Prairie Family Center holds regular fundraising efforts throughout the year to help fund our programs.

Currently, we are needing donations for emergency services to help with prescription, fuel, diapers, etc. We always accept monetary donations.

**OUR VISION, YOUR SUCCESS!**



Family Resource  
Center Association

### TWICE AS NICE THRIFT STORE

We are NOW open!  
Mon-Thur 9am-5pm

Fridays 9-7pm

Open every 3<sup>rd</sup>  
Saturday from 9am-  
12pm

NEW phone number  
for Thrift Store

719-346-5398

TWICE AS NICE THRIFT STORE

(CLOTHING, SHOES, HOUSEHOLD ITEMS AND ANTIQUES)

# UPCOMING EVENTS



Twice As Nice Thrift Store is NOW ON FACEBOOK! Go give us a LIKE. Our customers now have the option to schedule donation pickups on our FB page!

Prairie Family Center is now open, Mon-Thur 9am-4pm and Friday's 9am- 12pm.

YOU CAN ALWAYS MAKE A DONATION TO OUR NON-PROFIT @WWW.PRAIRIEFAMILYCENTER.COM OR BY USING OUR CODE. CHECK OUT OUR NEWSLETTER AND CALENDAR ONLINE @WWW.PRAIRIEFAMILYCENTER.COM **Donate by scanning our code ABOVE!**



Every day, Prairie Family Center works on providing our community with education and resources to build and support healthy and functional families. Please join us in supporting Prairie Family Center. By giving just \$10, you can strengthen our mission and our communities.

PRAIRIE FAMILY CENTER  
**BACK TO SCHOOL FEST**  
Games , Prizes & Free Backpacks for the first 50 school aged kids that join us  
Hosted by:  
All about being a teen members  
**FRIDAY , AUGUST 9TH  
10:00AM-12:00PM**  
1040 Rose Ave  
Burlington Co  
Make sure you wear clothes to get wet in  
We will be playing water games!

Prairie Family Center  
**FOOD BANK OF THE ROCKIES**



**AUGUST 12TH 9AM**

**PICK UP LOCATION**

Burlington Community Center  
340 S 145T Burlington CO 80807

For More Information : 719-346-5398

Prairiefamilycenter.com

**SENIOR COMMODITIES**

August 22 2024  
@Prairie Family Center  
1040 Rose Avenue Burlington  
CO 80807

Call us @ 719-346-5398 for any questions or concerns



Prairie Family Center

EVERY OTHER TUESDAY  
10AM - NOON

**MOM TALK**

WE WOULD LIKE TO INVITE YOU TO JOIN OUR MOM TALK GROUP! COME HANG OUT WITH US AND LEARN ABOUT BUDGETING, COOKING, GARDENING, PARENTING, SOCIAL SUPPORT AND MORE!



719-346-5398

www.prairiefamilycenter.com  
1040 ROSE AVENUE  
BURLINGTON, CO 80807

# UPCOMING PROGRAMS

## Certified Application Assistance

PRAIRIE FAMILY CENTER



### APPLICATIONS MAY INCLUDE:

- SNAP
- MEDICAID
- SSI
- SSDI
- LOW INCOME HOUSING
- LEAP
- AND MORE!

MON-THURS  
9AM-4PM  
FRI 9AM-12PM  
PRAIRIE FAMILY CENTER  
1040 ROSE AVENUE, BURLINGTON, CO 80807

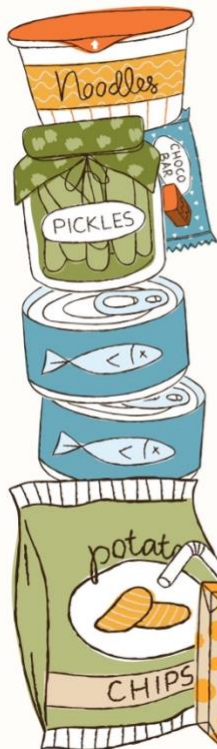


## SCAN TO DONATE TO OUR NONPROFIT



FOR MORE INFORMATION ☎ 719-346-5398

🌐 WWW.PRAIRIEFAMILYCENTER.COM



PRAIRIE FAMILY CENTER

## Food Pantry


9AM-4PM MON-THURS  
9AM-12PM FRI

1040 Rose Avenue, Burlington, CO

We are here to provide basic food commodities for those in need.

We accept donations of non-perishable food in jars, cans and sealed packets. Donated food will only be used if it is NOT expired or opened. Thank you!

www.prairiefamilycenter.com  
719-346-5398




### PRAIRIE FAMILY CENTER'S NURTURING PARENTING PROGRAM

NURTURING PARENTING IS A PHILOSOPHY THAT SUPPORTS PARENTS AND ADOLESCENTS LIVING TOGETHER IN A CARING AND SUPPORTIVE HOME THAT PROMOTES COOPERATION, RESPECT AND SELF WORTH.

LESSONS MAY INCLUDE:

- BRAIN DEVELOPMENT
- AGES AND STAGES
- PROBLEM SOLVING
- NEGOTIATION & COMPROMISE
- LOVE LANGUAGES
- DISCIPLINE, REWARDS & NON-ABUSIVE PUNISHMENT
- ANGER & STRESS MANAGEMENT
- RECOGNIZING & HANDLING FEELINGS
- PERSONAL POWER
- DEVELOPING FAMILY RULES
- ROUTINES
- COMMUNICATION

PLEASE CONTACT US TO BE ADDED TO OUR WAIT LIST! THANK YOU!



1040 ROSE AVENUE, BURLINGTON, CO ☎ 719-346-5398 🌐 WWW.PRAIRIEFAMILYCENTER.COM

# Easy Back To School Recipes

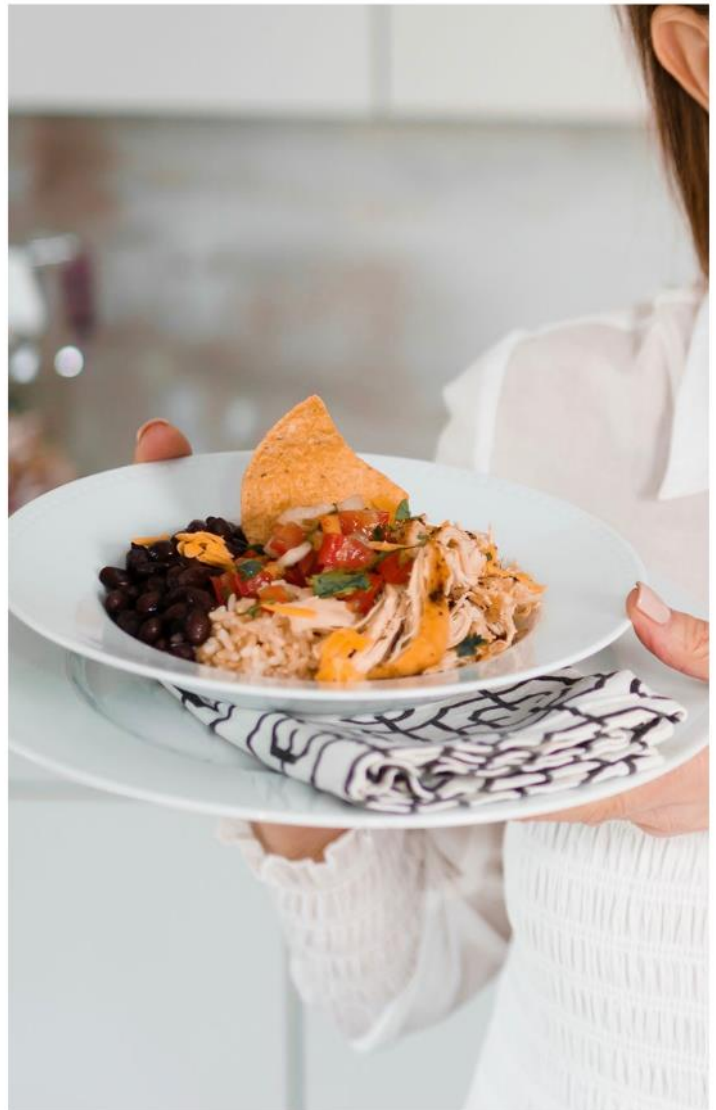
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EASY BACK TO SCHOOL  
DINNER IDEAS

## 5 STEP CROCKPOT CHICKEN

### INGREDIENTS

- 4 Skinless, Boneless Chicken Breast Halves
- 1 Tbsp. Olive Oil
- 1 Cup Chicken Broth
- ¼ Tsp. Cumin
- ¼ Tsp. Dried, Minced Garlic
- ¼ Tsp. Chili Powder
- ¼ Tsp. Oregano
- ¼ Tsp. Paprika
- ¼ Tsp. Kosher Salt
- ¼ Tsp. Black Pepper



This has been one of my favorite recipes for YEARS. Prepare in the morning and it's ready to serve by dinner! Easy and healthy.

~

*Click the image above for full cooking instructions.*

# 2 of 10

EASY BACK TO SCHOOL  
DINNER IDEAS

## BLACKENED SHRIMP TACOS

🕒 25 MIN.

### INGREDIENTS

- 1 lb shrimp peeled and deveined
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon oregano
- 1 tablespoon olive oil
- Avocado
- Cabbage slaw
- Cilantro
- 6 flour tortillas



This recipe from "The Almond Eater" is great for shrimp lovers. Ready in under 30 minutes and less than 5 steps!

~  
*Click the image above for full cooking instructions.*

TIFFANY BLACKMON™  
www.tiffanyblackmon.com