



# Newsletter

## Prairie Family Center

July 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.

## ALL ABOUT BEING A TEEN

Classes are Fridays 10am - Noon!  
1040 Rose Avenue  
Burlington, CO  
80807

- ART
- LIFE SKILLS
- COMMUNITY SERVICE
- BUILD POSITIVE SELF WORTH
- GARDENING
- FUN ACTIVITIES
- COMMUNICATION SKILLS
- BRAIN FUNCTION
- PEER PRESSURE
- AND MORE!

Lunch provided!

PLEASE GET AHEAD OF US AT  
WWW.PRAIRIEFAMILYCENTER.COM OR  
719-346-5398 TO ENROLL!



## FOOD BANK OF THE ROCKIES

MONDAY JULY 8TH 2024 9AM



CALL US @ 719-346-5398

For any concerns or questions.

BURLINGTON COMMUNITY CENTER  
340 S 14TH STREET  
BURLINGTON CO 80807

## SENIOR COMMODITIES

July 26th  
2024 9am

PRAIRIE FAMILY CENTER 1040 ROSE AVENUE BURLINGTON CO 80807  
719-346-5398



## MAKE HOMEMADE COOKIES TEEN CLASS

FRIDAY July 12th  
10am-12pm

CALL TO ENROLL  
719-346-5398





# 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



FOR MORE INFORMATION 719-346-5398 WWW.PRAIRIEFAMILYCENTER.COM

BROUGHT TO YOU BY PRAIRIE FAMILY CENTER

## FREE Summer Food Program



Grab n' Go!  
Mon-Thurs.

Breakfast:  
7:30-8:30 am  
Lunch: 11:15-  
12:15 pm



## BURLINGTON HIGH SCHOOL

380 MIKE LOUNGE DRIVE, BURLINGTON, CO 80807

**JUNE 3 - JULY 26, 2024**

MORE INFO :  
719-346-5398

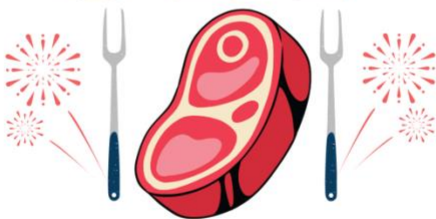


PRAIRIE FAMILY CENTER IS AN EQUAL OPPORTUNITY PROVIDER

### ALL ABOUT BEING A TEEN

4th of July

# OFF



**NO CLASS JULY 5TH** PLEASE ENJOY YOUR HOLIDAY  
NEXT CLASS WILL BE HELD ON JULY 12TH, 2024! THANK YOU!

## 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



# SALAD

## SESAME CUCUMBER SALAD

MAKES 4-6 SERVINGS

1. Slice cucumbers and green onions and place in serving bowl.
2. Whisk all dressing ingredients and pour over cucumber/green onion mixture.
3. Toss gently to combine.
4. Top with crushed peanuts and sesame seeds.

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

## INGREDIENTS

- 2 Large English Cucumbers
- 2-3 Green Onions
- 2 Tbsp Sesame Seeds
- 1/4 Cup Chopped Peanuts

## DRESSING

- 2 Tbsp Rice Vinegar
- 1 Tbsp Toasted Sesame Oil (or regular)
- 1 Tsp Raw Honey
- 1/2 Tsp Red Pepper Flakes
- Pinch of Sea Salt