



Newsletter

Prairie Family Center

June 2024

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Connect with us!

PHONE:

719-346-5398

EMAIL:

Office.prairiefamilycenter.com

ADDRESS: 1090 Rose Avenue,
Burlington 80807

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 3rd
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
- COMMUNITY 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

Next Monday June 10th
 9am
 @ Burlington Community Center
 For more info call us @ 719-346-5398

Senior Commodities JUNE 27TH

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

PRAIRIE FAMILY CENTER
ALL ABOUT BEING A TEEN

VOLUNTEERS NEEDED

START DATE JUN 7

PRAIRIE FAMILY CENTER IS LOOKING FOR TALENTED ADULT VOLUNTEERS AND/OR POSSIBLE PROJECTS FOR OUR UPCOMING PROGRAM.

WE WOULD TEACH TEENS SKILLS SUCH AS LIFE SKILLS AND MORE! WHILE TEACHING THESE SKILLS WE WILL BE TEACHING THE ALL ABOUT BEING A TEEN CURRICULUM WHICH INCLUDES THINGS SUCH AS EMOTIONS, PEER PRESSURE, POSITIVE SELF WORTH ETC

IF YOU HAVE A TALENT OR A SKILL AND WOULD BE WILLING TO HOST A WORKSHOP OR IF YOU KNOW A NEED (CLEAN UP, PAINTING, FIXING, BUILDING) IN OUR COMMUNITIES THAT TEENS COULD DO, PLEASE CONTACT US AT 719-346-5398. THANK YOU!

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



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

Brought to you by Prairie Family Center!

SUMMER FOOD PROGRAM



May 29 - June 27, 2024
Monday - Thursday
Breakfast: 8 - 8:30 am
Lunch: 11:30 - Noon



Stratton Elementary School

219 Illinois Ave, Stratton, CO 80836

www.prairiefamilycenter.com

719-346-5398

Prairie Family Center is an equal opportunity provider

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 Summer Fruit Smoothie Recipe

INGREDIENTS:

- 1/2 CUP ALMOND MILK
- 3 LARGE KALE LEAVES
- 3 ICE CUBES
- 1/2 OF A BANANA
- 6 BLUEBERRIES
- 2 LARGE STRAWBERRIES
- 3-4 MANGO CHUNKS
- 3-4 RASPBERRIES

DIRECTIONS:

1. I USE THE SMALLEST CUP ON MY NINJA WHICH IS DESIGNED TO MAKE A SMOOTHIE TO GO.
2. FILL YOUR CUP WITH FROZEN FRUIT AND KALE.
3. ADD ALMOND MILK.
4. TOP WITH ICE CUBES.
5. BLEND!

