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#### **LPCFC Winter Newsletter**

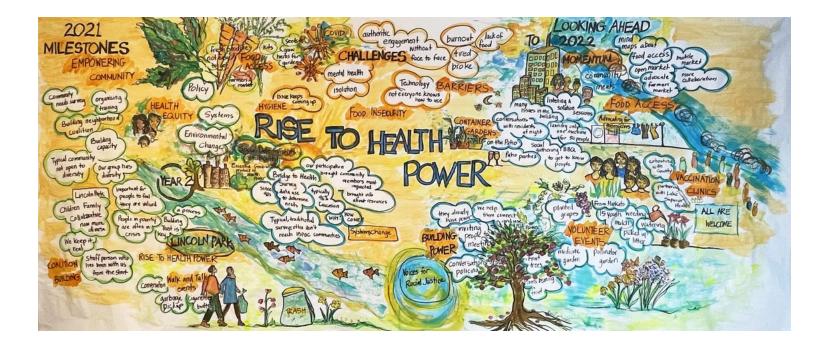


LPCFC Celebrates 10 Years of creating strong, thriving, healthy, and equitable communities in the Lincoln Park neighborhood!

#### **2021 Program Report Out and Updates**

#### **Health POWER**

We are pleased to start Year 3 of our contract with the Center for Prevention at Blue Cross and Blue Shield Minnesota for the Health POWER (People Organizing and Working for Equitable Results) funding initiative! In 2021, we trained 18 people in community organizing and built our Rise to Health Power Coalition. If you want more information, check out the Health POWER first and second year report <u>here</u>. Below is a Journey Map of the Rise to Health POWER coalition during 2021.





The Coalition members have been organizing events that sometimes include hot meals, with garden, pet, clothing, pantry, and hygiene product giveaways. Join us on Sunday March, 20th from 12pm-3pm for our next event!



Lincoln Park Children and Families Collaborative's Rise to Health Power Coalition

# LPCFC ChildCare

During 2021, we had 28 children participate in our Parent Aware 3 Star Rated LPCFC ChildCare program and engaged over 11 volunteers. Thanks to funding from Northland Foundation, ChildCare Aware, Community Action Duluth, and the State of Minnesota, we were able to continue operating during the pandemic. We provide childcare from 7:30AM-5PM Monday-Friday. Parents have the option of signing children up for full time, part time, or drop-in care. For more information about enrolling, call LPCFC ChildCare at 218-481-7346.

## **Circle of Security**

In 2021, 34 people graduated from 11 online classes, offered via Zoom, from the Circle of Security parenting classes. These classes were made possible with funding by the <u>Mardag Foundation</u> and St. Louis County Public Health and Human Services Opioid Funding. We will continue to offer classes online throughout 2022. People who are interested can learn more on our <u>Circle of Security webpage</u> and people can register to take the class <u>here</u>.

## **Big Red Bookshelf**



#### **Come Grab a Book!**

Despite the challenges our Big Red Bookshelf program faced due to the COVID-19 pandemic, we have six bookshelves open at LPCFC, St. Louis County Probation Office-Duluth, Windwood Townhomes, Lake Superior Zoo, Duluth Children's Museum, and Duluth Area Family YMCA. In 2021, nearly 3,000 books were donated by community members! We have 2 available bookshelves for new sites to join! If your organization or business is a place where children and families visit and you're interested in joining the Big Red Bookshelf program email madison.lpcfc@gmail.com.

#### **Supported Family Time**

Throughout 2021, we hosted 84 families and 118 children in our Supported Family Time program. We hosted a total of 1,032 visits at our space and in community settings, with 204 of those visits hosted virtually. We transported children and/or caregivers 490 times to and/or from their visits with us. We will continue offering this essential programming in 2022!

## **MDH Grant**

LPCFC was selected to participate in the Minnesota Department of Health's Youth E-Cigarette Prevention and Cessation Initiative! This initiative is a comprehensive, statewide effort to reduce youth e-cigarette use through leveraging existing youth programs to make sustainable changes to community policies, practices, systems, and environments. We are looking forward to this upcoming work!

## **Upcoming Opportunities**

#### **Duluth ACES**

Join Duluth ACEs on Saturday, March 26, 2022 for the "Building a Community of Resilience" Summit. This daylong virtual summit will shed light on the impacts and best-practices for supporting people who have experienced developmental, generational, and complex trauma. All are welcome to participate. However, those who may benefit most are those in social and human services, education, healthcare, youth development, caregivers, and those who have personally experienced trauma.

Click here to register!

#### Building Resilience Summit

Virtual Event This daylong virtual summit will shed light on the impacts and best-practices for supporting people who have experienced developmental, generational, and complex trauma. All are welcome to participate. However, those who may most benefits those in social and human services, education, healthcare, youth development, caregivers, and those who have personally experienced trauma.

**26 MARCH 2022** 8 AM - 4 PM



RISING **ABOVE** ADVERSITY Building a Community of Resilience

uth ACEs (Adverse Childhood Experiences) erest Group (DuluthACEs.com), in partnership h the Junior League of Duluth, St. Louis Coun nily Services Collaborative, and the Universit

DULUTH



Keynote Speaker:

Dr. Bruce D. Perry, M.D., Ph.D.

If rey's coauthor of "What Happened to c Conversations on Trauma, "will wide the keynote address, followed by erts from the Neurosequential work. These experts will address rent research and bast-practice tagles for generating developmentally immed and biologically respectful roaches to working with adults and dren. Attendees will be able to select in four different tracks depending on ir personal and professional interests. ertificate of attendance for CEUs will available.



### **Thank You and Miigwech!**

- All who donated to LPCFC during Give to the Max 2021. In total, including the match from our Executive Director, we raised \$8,310!
- Head of the Lake United Way and Northwestern Mutual for donating 375 books to our Big Red Bookshelf program during Day of Caring!
- Irving Community Club for \$1,500 for LPCFC during Designer Purse BINGO!
- Harbortown Rotary for awarding LPCFC \$300 for gardening supplies!

Please check out our <u>Supporters page</u> on our website to see all the amazing support we receive!



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