

Upcoming Events

Family Fest



This weekend! Come join us on Saturday from 10am-12pm at the Depot for a day of family fun! There will be activities for the whole family and prize giveaways!

WHEN:
Saturday, April 1
10:00 am - 2:00 pm

WHERE:
The Depot
506 W. Michigan Street
FREE PARKING in The Depot lot,
west of the building.

Presented in partnership by:



A play, learn, and resource fair for families with children ages 0-5!

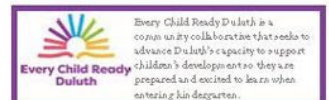
Each attendee will receive a \$10 Super One gift card (limit 5 per family, while supplies last), with more prize drawings and giveaways during the event!

Free activities including:

- Mini ballet lessons with Minnesota Ballet
- Music Together classes
- Ojibwe drum performances
- FREE Train Museum admission
- Duluth Children's Museum play area

Follow the link below for event details and updates:

<https://duluthlibrary.evanc.ed.info/signup/Event-Details?EventId=10731&backTo=Calendar&start-Date=2023/04/01>



Grocery Giveaway

Community Action Duluth

The Mobile Market will be popping up alongside the LPCFC's grocery giveaway!

Pay with your EBT card if you are a SNAP participant and receive 50% off produce up to \$20

**Sunday
April 23rd
11-1 pm**

Receive \$4 of free produce if you are over 60 or under 18 years of age

Located in Lincoln Park Commons Cafeteria
2424 W 5th St
Enter off 25th Ave



Stock up on free groceries at our next Grocery Giveaway event on Sunday, April 23rd from 11am-1pm! Thank You and Miigwech to Second Harvest Northern Lakes Food Bank for donating the food and hygiene items that make this event possible and to Community Action Duluth's Community Mobile Market for joining us!



Duluth-Opoly

Join us for a fun-filled Duluth Opoly tournament fundraiser on Friday, April 28, 2023, from 6:00PM-9:00PM at Clyde Iron Works! There will be prizes for 1st, 2nd, and 3rd Place Winners and a raffle drawing at the end for items donated by local businesses. All funds raised go towards supporting the work of LPCFC.

For more information check out our Facebook event [here!](#)

Buy your tickets [here!](#)

Meet in the Park

Save the date! We are excited to announce that Meet in the Park will be hosted this year at Harrison Park on Sunday, July 16th from 12pm-4pm. Come enjoy fun outdoor activities, get to know your neighbors, and explore community resources!



Date: Sunday, July 16, 2023

Time: 12 PM - 4 PM

Location: Harrison Park, 3002 W 3rd St.
Duluth, MN

Bounce House! • Food! • Arts & Crafts!
• Outdoor Activities! • Free Resources!



If you would like to be a sponsor or table at the event, fill out the form and send it to rachel.lpcfc@gmail.com. Sponsor form [here](#). Tabling form [here](#).

Awards

Good Egg

We are honored to be nominated as Good Eggs for both LPCFC and our Rise to Health Power Coalition for hosting our monthly Grocery Give Away events!



Don't miss the Egg-splotion event this weekend, Saturday 10am-1pm at the Harrison Community Center! For more information check out the facebook event [here!](#)

Pinwheel Award

FAMILYWISE IS PROUD TO PRESENT THE 2023

PINWHEEL FOR PREVENTION AWARD

TO

Lincoln Park Children & Families Collaborative

FOR OUTSTANDING CONTRIBUTIONS TO THE SAFETY
AND WELLBEING OF MINNESOTA CHILDREN

Ann Gaasch

ANN GAASCH
FAMILYWISE CEO



FamilyWise
THE HOME OF PREVENT
CHILD ABUSE MINNESOTA

Family Wise Services awarded
LPCFC a Pinwheel for
Prevention Award! We are
honored to receive recognition
for our efforts to strengthen the
safety and well-being of the
children in our communities.

5 Actions You Can Take to Prevent Child Abuse



Educate yourself and others about child abuse and how to prevent it

Child abuse doesn't happen in a vacuum. It often occurs when parents face stressful conditions like poverty or mental health and substance use issues. Abuse and neglect are often part of intergenerational cycles, but when parents have access to knowledge and tools, they can disrupt those cycles. Learn more by:

- Listening to the Remembering Resilience podcast: <https://rememberingresilience.home.blog/>
- Watching this Ted Talk on childhood trauma from Nadine Burke Harris: <https://tinyurl.com/5d8k5jes>

Address factors that contribute to child abuse, like homelessness and hunger

When parents face the stress of making ends meet every day, they are more at risk of abusing or neglecting their children. You can help prevent child abuse and neglect by supporting:

- A local Crisis Nursery or food shelf: Google "crisis nursery" or "food shelf" near me
- An organization working to address homelessness. Find volunteer opportunities at www.handsontwincities.org or www.volunteermatch.org, or donate to these causes at www.GiveMN.org.

Support a parent or child in your life

Parenting is hard, especially in a pandemic. With less time to rest and recharge, parents are at greater risk of abusing and neglecting their children. You can help give a parent a break: read a story (over Zoom) to a child, drop off a home-cooked meal, or simply send an encouraging text. Or take it further by supporting a parent or child through a mentorship program. Find a mentoring opportunity at www.mentormn.org.

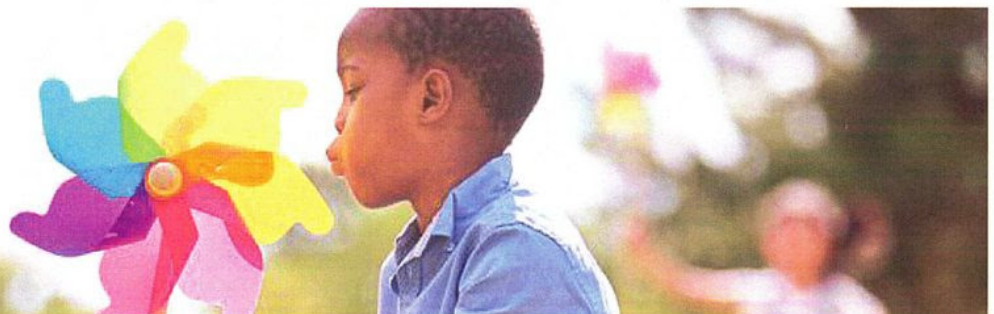
Be an advocate for children and families

Public policies and systems play a large role in child abuse prevention. Become an advocate by writing a letter to a local newspaper or by connecting with policy makers to make a difference for families in your community. Learn more at <https://preventchildabuse.org/resources/?topic=advocacy>.

Connect with FamilyWise

The FamilyWise continuum of care reaches parents wherever they are on their parenting journey, helping them break cycles of abuse and create healthy futures for their families. To get involved as a volunteer or supporter, visit www.familywiseservices.org.

www.familywiseservices.org/child_abuse_prevention_month



Community Connections

Join [Duluth Thrives](#) on Thursday, June 1st from 6-7:30pm via zoom for “Compassionate Communication: The Art of Empathic Listening & Speaking”

Participants learn the basics of the communication model known as Nonviolent Compassionate Communication(NVC). The goal of NVC is learning to discover what is really “alive” in us and others, versus making assumptions, judgments and diagnoses. Taught by Ann Harrington, M.A.

To register for this FREE Class send an email to



Compassionate Communication: The Art of Empathic Listening & Speaking

In this initial intro class, participants learn the basics of a communication model known as Nonviolent Compassionate Communication (NVC). It is a language of authenticity and empathy. The goal of NVC is learning to discover what is really “alive” in us and others, versus making assumptions, judgments and diagnoses.

This class is free through Duluth Thrives. Learn more and register at duluthaces@gmail.com All are welcome! Do join us!

When: Thursdays: May 18, May 25, June 1
Time: 6-7:30 pm via Zoom
Taught by Ann Harrington, M.A.
Ann Harrington Training & Consulting, annwharrington.com

Thank you and Miigwech!

Thank You and Miigwech to Fox 21 News for highlighting our Grocery Giveaway event on 3/26/23! Check out the news story [here!](#)

Please check out our [Supporters page](#) on our website to see all the amazing support we receive!



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