



LPCFC Celebrates 11 Years of creating strong, thriving, healthy, and equitable communities in the Lincoln Park neighborhood!



2022 Program Report Outs and Current Updates



Health POWER

We are pleased to start Year 4 of our contract with the [Center for Prevention at Blue Cross and Blue Shield of Minnesota](#) for the Health POWER (People Organizing and Working for Equitable Results) funding initiative! You can learn more about our work Years 1-3 of this project [here](#).

In collaboration with [Second Harvest Northern Lakes Food Bank](#), we have given away over 200,000 pounds of food since we started our Grocery Giveaway events in 2021. If you'd like to volunteer with us for 2023 events, please email rachel.lpcfc@gmail.com or call 218-464-0588.

Our next Grocery Giveaway event is on Sunday, February 26 from 11AM-1PM. We will continue to have [Community Action Duluth's Mobile Market](#) at the giveaways!

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
February 26th
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



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Youth Against Kommercial Tobacco (YAK)



In 2022, our youth advisory committee, YAK, formed and we took our first trip together, to the *Escape the Vape: Youth Leadership Summit* that took place in Minneapolis.

This year, we are attending the Minnesotans for a Smoke-Free Generation coalition's Day at the Capitol in St. Paul on March 14th. We look forward to connecting with our State Representatives and Senators to have conversations about commercial tobacco's harm.

SAVE THE DATE

—

MINNESOTANS FOR A SMOKE-FREE
GENERATION
DAY AT THE CAPITOL

TUESDAY, MARCH 14, 2023

RADISSON HOTEL ST. PAUL DOWNTOWN

—



YOGA IN THE CAFETERIA WITH LPCFC

2424 W 5th St.
Duluth, MN 55806

ENTER THROUGH THE SIDE
DOORS ON N 25TH AVE W.
YOGA MATS PROVIDED.
YOUTH / AGES 10-17.
PARENTS WELCOME.

Guide

Mel Peirson

Thursdays
5:00-6:00pm

Questions?

mel.lpcfc@gmail.com

8 week series starting on
Thursday February 23rd



YAK is sponsoring a free workshop series for youth that includes Yoga, Soul Food, and Anishinaabe Culture. Join us for Yoga at our space, starting Thursday, February 23 at 5PM.



LPCFC Childcare

During 2022, we had 29 children participate in our 4-Star Parent Aware rated childcare program. Funding from the State of Minnesota Child Care Stabilization Base and Financial Hardship grants, and grants for supplies through [ChildCare Aware](#), made it possible for us to continue operating throughout the COVID-19 pandemic.

We provide childcare from 7:30AM-5PM Monday-Friday. Parents/Guardians have the option of enrolling children in full time, part time, or drop-in care. We accept a variety of payments, including Private Pay, Child Care Assistance Program, WI Shares, and [Early Learning Scholarships](#). For more information, visit our [ChildCare webpage](#) or call 218-481-7346.



Big Red Bookshelf

In 2022, we had seven bookshelves open at LPCFC, St. Louis County Probation Office-Duluth, St. Louis County Government Services, Windwood Townhomes, Lake Superior Zoo,

Duluth Children's Museum, and Duluth Area Family YMCA. We also had more than 3,000 books donated by community members, 100 new books donated by Northland Foundation, and over 1300 new books donated by UPS!

We started 2023 off by opening 3 new sites! Children and families can now access books at the 148th Fighter Wing, Whole Foods CO-OP-Hillside, and Whole Foods CO-OP Denfeld!





Family Friends and Neighbors (FFN)

In 2022, we completed our *Awesiinyens: A Puppet Activity Book* and hosted over 4 Play and Learn make-and-take activities with children and their parents/guardians, as well as family, friends, and neighbors who also help care for them.

Awesiinyens

A Puppet Activity Book

Written by: Paula and Josephine Urrutia
Illustrated by: Moira (Miri) Villiard



The make-and-takes include the activity book and the supplies needed to create the puppets. The book has drawings of 35 animals with their Anishinaabe name on one side and their English name on the other. The book teaches language, storytelling, and the fine motor skills needed to draw, cut, and glue. If you'd like a copy, call 218-464-0588.

We're looking forward to hosting more Play and Learn make-and-take activities this year! To learn more about the Northland Family, Friend, and Neighbor Child Care Project, [click here](#).



Circle of Security Classes

In 2022, we offered 10 online Circle of Security parenting classes and 52 people graduated. These classes were made possible with funding provided by St. Louis County Public Health and Human Services (PHHS).

In 2023, we continue to offer classes online with funding provided by St. Louis County PHHS and [Medica Foundation](#). People who are interested can learn more on our [Circle of Security webpage](#) and people can register to take the class [here](#) or call 218-464-0588. .



Supported Family Time

Throughout 2022, we worked with 64 families and 99 children in our Supported Family Time (SFT) program. We hosted a total of 1,062 visits at our space and in community settings, with 197 of those visits being virtual. We transported children and/or parents/caregivers 369 times to and/or from their visits.

We will continue offering this essential programming in collaboration with St. Louis County PHHS in 2023, as well as hosting visits for Private Pay families. To learn more visit our [SFT webpage](#) or call 218-464-0588. The following is a kind note that a parent sent to a staff via text message: "It was an amazing experience thank you for everything you truly are a great person and you really have made a huge positive difference in our lives I can't thank you enough and I hope we'll see you again soon"

Our SFT program has been receiving support through internships from UMD and UWS and we are currently hosting 3 interns.

Samuella is a senior in the Social Work program at UMD and loves traveling and spending time with loved ones. Quote: “Interning at LPCFC has given me the opportunity to learn a significant amount about Supported Family Time programming.”





Ani is a senior in the Social Work program at UMD and has been spending the past several months learning about Supported Family Time programming and community outreach. Quote: "I've really enjoyed participating in the monthly Grocery GiveAways and getting to know more about Lincoln Park!"

Haley is a senior in the Social Work program at UWS and has just joined our Supported Family Time program. Quote: “I look forward to this great learning experience!”



Welcome 2023 LPCFC AmeriCorps VISTA



Rachel recently graduated in December with a Family Studies degree and will be working with LPCFC to help build our capacity. Quote: “I’m originally from South Dakota and excited to get to know the community!”



Thank you and Miigwech!

Rotary Club of Duluth for \$1500 grant towards staffing Grocery GiveAway events!

Irving Community Club for raising \$1,500 for LPCFC during Designer Purse BINGO!

All who donated to LPCFC during Give to the Max 2022. In total, we raised \$5956!

All who donated door prize items for our Fall Fest and Winter Celebration, thank-you!

Head of the Lakes United Way and Grandma's Marathon for work done in our childcare space and supplies donation drive for December 2022 Day of Caring, miigwech!

All UMD Public Health and Social Work students who volunteered 20-30 hours this semester!



Upcoming Opportunities

Join [Duluth Thrives](#) on Saturday, March 23, 2023 for “Shift Our Brains: Practices to Unravel the Impact of Trauma and Create Community Resilience”



SAVE THE DATE

March 25, 2023
8:15 a.m. – 12:30 p.m.
Cost: \$20

**Shift Our Brains:
Practices to Unravel the Impact of Trauma
and
Create Community Resilience**

Keynote Speakers
The Brain & Stress: What's Happening and What We Can Do About It
Christine Bright, MBA, Center for Healing and Justice through Sport
&
Implicit Bias, Diversity and Inclusion, Microaggressions
Jebbeh Edmunds, Founder and CEO of Jebbeh Consulting LLC

Panelists
Keynote speakers, along with LeAnn Littlewolf, Co-Director at American Indian Community Housing Organization(AICHO), and Carl Crawford, City of Duluth Human Rights Officer

Holiday Inn Conference Center Duluth, MN and also via Zoom

Registration and conference program available mid-February on the Junior League of Duluth website
Junior League of Duluth (juniorleagueduluth.org)



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



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