



SPRING 2022 NEWSLETTER

Sunrise Family Resource Center is 53 years old this year!

NEW, SUNRISE ADVISORY COUNCIL!

Sunrise is excited to announce the launch of the new Sunrise Advisory Council (S.A.C.)! The Advisory Council is a group of parents/caregivers from Bennington County that meets monthly to provide input for Sunrise programs and services. Council members also have the opportunity to represent Sunrise at community activities and events throughout the year. The first meeting of the S.A.C. will be held on Thursday, April 28th from 4 - 6 p.m. There are currently still a few open spots on the S.A.C., if you or someone you know is interested in becoming a member, please contact Susannah Wright: 802-442-0055 or swright@sunrisepcc.com

DID YOU KNOW?

Sunrise has partnerships with Planned Parenthood Vermont Action Fund, the VT Foodbank, the VT Diaper Bank, Felicia's Inc., and United Way of Rutland to offer the following items, free, to all in the community: menstrual products such as pads and tampons, diapers, and mattress covers (to help mitigate the spread of bed bugs). Stop in during open hours for these free items available to the community.

Sunrise program participants also have access to free clothing and shoes, children's toys and books, toiletries, household goods, baby formula, and fresh, frozen, and nonperishable food in our Pantry.

SPECIAL THANKS TO BENNINGTON COLLEGE & THE VT FOODBANK, FOR THEIR GRANT FUNDING TO SUPPORT THE STOCKING OF OUR PANTRY.

PRESORTED
STANDARD
U.S POSTAGE PAID
BENNINGTON, VT
PERMIT NO. 73



sunrisepcc.com



EARLY CARE & EDUCATION PROGRAM



(Infants and toddlers ages 6 weeks - 3 years.)
Contact our ECE Director, Anne Simonds:
802-442-0025 or asimonds@sunrisepcc.com

SAVE THE DATE!
6.25.22
SUNRISE & VAE

FREE "SUMMER JAM" FAMILY DAY.
11AM-3PM @ NORSHAFT LIONS PARK.
Moose Junior Band, Drumming, Whiffle Ball, Skateboarding Demo., Story Time, Food, and Community Partner Activity Booths. Join us!

SUNRISE SPRING CLEAN-UP DAY!

5.20.22 | 10AM - 3PM

Would you like to volunteer to participate?
Please give us a call! 802-442-6934

CHILD PASSENGER SAFETY TECHNICIANS: BE CAR SEAT SMART!



Sunrise is pleased to announce that we now have two Certified Child Passenger Safety Technicians on staff, Anne Simonds and Christine Lacroix-Coulter. Anne and Christine completed training through the VT Department of Health and can help educate anyone in Bennington County about proper car seat safety and can assist in car seat installations. Through this program, Sunrise can also provide free car seats to families in need. Questions? Call the main office and ask to speak with our Techs!

Sunrise works in partnership with individuals, families, and community members to provide a variety of supports and services. These services promote the growth and development of individuals and families through encouragement of strengths, expansion of opportunities, and support in times of stress.

Sunrise's VISION is that ALL families have the strengths and resources to reach their full potential.

Sunrise Recently Welcomed 2 New Staff Members:

John Winchester-

CIS Family Support Worker/
FAP Family Advocate



Carol Thompson-

Learning Together Program Teacher/Coordinator

VAE @ SUNRISE

Express yourself through art! VAE is holding free Art Sessions in the Sunrise studio setting with VAE teaching artist, Rhonda Ratray. All teens and adults residing in Bennington County are welcome to attend. For more information or to register: tgaghich@sunrisepcc.com | 802-442-0028

CONGRATULATIONS TO OUR 2022 DIRECT SERVICE GRANT AWARDEES!

Berkshire Family YMCA at Bennington Rec. Center, Bennington County Open Arms, Bennington Free Library, and Shire Kids.

BOOK LIST RECOMMENDATION!

Pregnant Girl: A Story of Teen Motherhood, College, and Creating a Better Future for Young Families, by Nicole Lynn Lewis.

The MISSION of Sunrise is “Strengthening Families”.

SUNRISE SUCCESS: PARENT & CHILD SPOTLIGHT



Serenity Davis stopped attending high school when she was 16. She became a mother to a beautiful baby girl, Liliana, at the age of 17. Serenity knew instantly that she wanted to be there for her child, and “be better” for her. She joined our Learning Together program and brought her newborn along to classes. When Lily was 6 weeks old, Serenity enrolled her in our Early Care & Education Program so she could focus on her studies and so Lily would have a nurturing environment to grow. Fast forward one year later and Serenity was the proud recipient of a diploma from Mount Anthony Union High School. She is now enrolled as a part time college student at CCV!

Serenity worked with our Family Supported Housing program to find a clean, safe, apartment to call home. Our Learning Together Program Teacher/Coordinator helped her get her driver's permit, and she is currently studying for her driver's license test. Serenity shared that, “I want to get my license so I can take Lily more places and be more independent.” She has a strong relationship with her Family Support Worker in our Children's Integrated Services program, as well as our Parent Educator, and knows she “can always call with questions or just to talk.” Last summer she attended our weeklong intensive program, Cultural Cookery & Art, where she discovered she liked to cook Jamaican curry! She enjoys our VAE @ Sunrise art classes and joins us monthly for our Making Meals & Memories family nights, which she feels are “a great way to bond with Lily and other parents”. She also participated in our Families at the Center pilot project and was recently nominated to become a member of our new Sunrise Advisory Council.

Serenity has truly blossomed over the last few years. She mothers her daughter with grace and her confidence is soaring. She shared with us that “Sunrise has helped me learn more about being a good mom, helps me find new ways to bond with Lily, and gives me support that I didn't think I would have when I became pregnant.”

**“MAKING MEALS & MEMORIES”:
FAMILY NIGHTS**



Making Meals & Memories is a free monthly family night, with a unique theme every month. This program is made possible with grant funding from the VT Children's Trust Fund. Any and all Bennington County families are invited to come and cook a healthy dinner together, engage with their child(ren) in fun activities and crafts, and bring home an activity bag with books, games, and healthy snacks!

Photos shown above feature our December, *Making Meals & Memories* event, "Winter Wonderland". Families decorated gingerbread houses together, cooked fresh vegetable and chicken stir fry with rice, and brought home bags filled with the following items: two story books, a snowman-making kit, paper snowflake craft and scissors, coloring book and crayons, apple chips, hot cocoa mix, and fact sheets about how snowflakes are formed and their unique shapes! Follow our Facebook page for announcements for the next *Making Meals & Memories* family night, and sign-up to join us!

April 2022

Dear Sunrise Community,

The crocuses are in bloom as are other spring flowers, reminding us of new beginnings, something we strive to offer at Sunrise. I was recently reminded of how honored we are to hear from families the many ways in which Sunrise has impacted their lives. Their stories capture the pride that is felt when graduating our alternative high school, the joy of having their child(ren) learning and growing in our Early Care and Education program, or the exuberance felt from engaging in one of our families cooking together events. Families come to Sunrise for many different reasons. Some are applying for a child care subsidy or inquiring about child care openings with area providers. Others attend our weekly Coffee Club or take a new parenting class. All participants have goals that Sunrise helps them attain.

Sunrise prioritizes families' basic needs. We rose to the occasion during the pandemic by providing even more extensive concrete supports. Our newly opened Pantry has seen a lot of activity, providing fresh, frozen, and nonperishable food, menstrual and hygiene products, household goods, clothing and shoes, toys and books, baby formula, and our community diaper bank. Advocacy is essential while stabilizing all situations that come through our doors, especially housing. It's important to note that many of our participants come to us with a long history of challenges prior to ever starting a family. They come to us already invested in their child's future and are looking for the supports and direction they need to improve their own lives, so their children's lives will be better. Sunrise gives them hope for their future and partners with them to create a step-by-step map that keeps them moving forward. We are particularly excited to begin our Sunrise Advisory Council this spring, so that the parents and caregivers we work with can provide their valuable feedback.

Our broad array of services have always been available to ALL families in our county. Recently, we are focusing more on the complexity of diversity, equity and inclusion, as it relates to the current culture. As an agency and as individual staff members, we are participating in trainings to ensure that our practices are integrated into our everyday life here at Sunrise. We've established a Diversity, Equity and Inclusion Committee to lead the way.

I recently read the book "Pregnant Girl", which was one of the most powerful books I've ever read. I encourage all to read it, as it examines not only the life of the author but the barriers that our system has put in place to keep people from economic mobility. It's a rich telling of what happens when young people become exhausted by these barriers and the hope that can be restored when supports and opportunities are in place. Your partnership with Sunrise makes these supports and opportunities possible, and for that, we thank you! We hope to see you at one of our upcoming events, detailed within this Newsletter.

Happy Spring!

Denise Main



OVER THE 2021 YEAR SUNRISE...

Held 67 Playgroups throughout Benn. County.

Hosted 154 Parent Education support activities.

Worked in partnership with 1,708 parents/caregivers.

Positively impacted the lives of 2,252 children.

Had 200 visits to our Pantry, after first opening in June.

Graduated 7 youth from our Learning Together Program.

DID YOU KNOW?

- 1 in 8 children in Vermont lived in food insecure households in 2019, 42% of whom are likely ineligible for federal nutrition programs... 40.4% of (VT) infants and 35.0% of (VT) children participate in the WIC program...
- 13.5% of children under age 9 have had two or more adverse childhood experiences (ACE)... The four most common ACEs in Vermont are: experiencing the divorce of a parent or guardian (16%), living in a home where it is hard to cover basic needs (14%), living with someone with substance use disorder (9%), and living with someone who has a serious mental health challenge (7%).
- In 2014, Vermont's rate of infants born with a diagnosis of drug withdrawal syndrome hit a peak rate of 35.7 per 1,000 live births, but has since dropped... to 24 per 1,000 live births. (*According to the Building Bright Futures' State of Vermont's Children: 2021 Year in Review Report.)

Would you like to help Sunrise work towards our mission of "Strengthening Families" in Bennington County? Would you like to honor a special mother, father, or caregiver in your life? **YOU CAN!**

When you make a donation to Sunrise between April - June 2022, to honor someone special, we will send a Mother's Day card, Father's Day card, or Thank You card to that special person.

Would you like to honor

a mother?

a father?

a caregiver?

If so, Sunrise can send:

a Mother's Day card

a Father's Day card

or a Thank You card

to a person or family of your choice, to let them know a donation was made in their honor.

Who is the card from?

Name:

Name and Address card should be mailed to?

Name:

Address:

OR, is this a general donation to Sunrise?

Yes!



THANK YOU!