

Sunrise Family Resource Center

Strengthening Families



2024 SPRING NEWSLETTER

“STRENGTHENING
FAMILIES” IN OUR
COMMUNITY.

Free “Summer Jam”
family day!



244 Union Street
Bennington, VT 05201

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★ **SAVE the DATE!**
SUNRISE FAMILY & VAE
SUMMER JAM
SAT. JUNE 22 11-3
Live Music • GOOD FOOD • FUN
COMMUNITY PARTNER BOOTHS • ART BUS!

Find us on the web, at
sunrisepcc.com, and
follow us on Facebook!



Dear Sunrise Community,

To begin with, I would like to send a big "Thank you!" to all who helped to make our 55th anniversary celebration a big success, despite the horrible weather conditions. "Sunstock" was an evening of great music, yummy food, Woodstock trivia, stories, and attendees that dressed like it was 1969, that all came together to create a very memorable event. We are looking forward to another "Sunstock" fundraiser in 5 years!



Sunrise's vision is that all families have the strengths and resources to reach their full potential. As a Parent Child Center, we provide concrete services to families we work with. Many wonder what exactly that entails. When we refer to concrete services, we are talking about various supports that can make families' lives less stressful, now. Concrete supports offer hope in the moment, alleviating daily pressures that we can all relate to. We know that concrete support in times of need promotes stability and integrity for families and we are committed to this. Primary prevention is a focus of our programs and services, and we work with families to ensure their basic needs are met, so we can keep them on track with their goals. This Newsletter highlights some of these important services that we offer our community.

So, how does Sunrise meet the ever-increasing needs of our community? First, we listen to the families and individuals in our community. We seek short-term grants through a variety of organizations to help, especially with food. We set aside some of our Parent Child Center Grant funding because this is that important. **We depend on our generous donors to help their neighbors and our community by embracing our vision. We are grateful every day to our donors and supporters. Your contribution ensures that together we can have a greater impact.**

Thank you for your support and happy spring!

Denise Main

Denise Main
Executive Director

Sunstock 2024!



"If we measure success by how an event makes us feel, then Sunstock was a huge success! It truly was a feel good event with most everyone dressing as if attending Woodstock themselves. Despite the storm, so many showed up to support Sunrise. All three bands provided us with great music throughout the evening, we had really yummy food from 10 different restaurants and markets, and about half of the attendance in which we were hoping. Pretty amazing in the midst of a storm. Our MC had plenty of trivia questions for the party goers, with prizes being given away along with personal stories of Woodstock being told. Little City Cider was the perfect venue and our host Greg Videtto and his crew were with us every step of the way. We couldn't have done this without our many sponsors, our dedicated board of directors and our amazing staff." -Denise Main





What are concrete supports and why do Parent Child Centers provide these services?

Sunrise is 1 of 15 Parent Child Centers located throughout the state of Vermont. These centers all deliver 8 Core Services including home visiting, early childhood services, parent education, playgroups, parent support groups, concrete supports, community development, and information and referral.

What concrete supports can Sunrise provide our program participants, free of cost?



FOOD

COUNTY-WIDE
DIAPER BANK

BOOKS & TOYS

TOILETRIES

LAUNDRY
VOUCHERS

BABY FORMULA

FEMININE
HYGEINE PRODUCTS

GAS CARDS

CLOTHING & SHOES

USED FURNITURE
& APPLIANCES

TRANSPORTATION


WASHER & DRYER
ACCESS AT SUNRISE

HOUSEHOLD GOODS

CLEANING SUPPLIES

BED BUG MATTRESS
PROTECTORS

As a Parent Child Center (PCC), we provide “wrap around services”. When families are in crisis and involved in our core programming, our staff members can’t focus on the family’s goals if there is a determined need for concrete supports. For example, how successful or productive would a parent education curriculum be for our home visitors, if the family is struggling with food insecurities, if the home is infested with bed bugs, if the children don’t have beds, if the parent can’t drive to the doctors, if the baby has no diapers, if the school stated the children are in dirty clothing, or are in need of a bath, or have lice? **Sunrise has limited funding to supply our program participants with these items, free of cost, so that we can deliver our programming effectively. Donations from our caring community, make a “concrete” difference!**



Family Supportive Housing



Family Supportive Housing (FSH) reduces the incidence/duration of child and family homelessness. This program supports homeless families with minors that need to transition to, and sustain stable housing. They provide targeted case management, service coordination, coordinated access to affordable housing, and customized, intensive, case management services. The Laveck family (shown in the photo to the left), spent 14 months in a shelter. "Before FSH I felt hopeless and alone. FSH helped lift me up to see what I wasn't able to, they helped me obtain safe and stable housing for my family!" - M.L.

Housing Navigation & Specialized Child Care



"When life got the best of me and my family... I felt defeated. I had just finished my first degree in human services (and my) family and I ended up in emergency housing trying to navigate the complicated system of assistance. Finally, after months of confusion, I came in contact with Sunrise. (They) helped me so much and within a few short months my three children and I were living in our own apartment. Working with Sunrise for housing and child care, (has given me) more inspiration to continue my education and my path to helping more families that have ended up in the same situation I did." - F.B.

Learning Together Program & Parents as Teachers

"The Learning Together Program (LTP) is a space where (young) parents can go and get their education along with learning everyday life skills. We focus... on credits that need to be accomplished and... we learn (about) the outside world as well. LTP has helped me get back into school fully and I enjoy coming. It helps with a variety of programs/classes you can take to expand your knowledge on your child... You can get childcare while getting your education or bring your baby along if they are still small. They can help you gain and achieve your goals outside of LTP too, to send you off on the right path for your future." -O.D.

"I like LTP because they don't just focus on schoolwork, they also teach you life skills and prepare you for the real world. LTP (is flexible)... (and the teacher) explains... how important it is for you to graduate. I also enjoy the Parents as Teachers program because it is helping me become a better parent... Sunrise has so many programs here to help, and if they don't provide what you need, they find a way for you to get it." -A.G.



When you make a donation to Sunrise between April - June 2024, to honor someone special, we can send a Mother's Day card, Father's Day card, or a Thank You card to that special person.

Please complete the form below and return it with the donation envelope.



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.

Who is the card from?

Name: _____

Address: _____

Who is the card to? Name and address card should be mailed to:

Name: _____

Address: _____

Please cut this form out and complete the donation envelope too!

Can you make a general donation to Sunrise or to our "Families on the Move" program? Please complete the enclosed envelope or donate securely online.

Warm the Children

Would you like to donate to the Bennington area Warm the Children program? Sunrise is the fiscal agent for that community-wide, volunteer-led program. Visit our donation page!



Thank you to the "Chicken Lady" & the "Egg Man" for their Shaftsbury farm-fresh egg donations for our Pantry!



Families on the Move

“Families on the Move made it so I am able to have less stress and more freedom. I can now work and be able to bring my children places in a safe car.”

“I appreciate every single thing! I am going through a speed bump in life- this lessened my worry. Thank you.”

Sunrise's "Families on the Move" program continues to address transportation barriers in our community. This program supports families on their paths to realizing "transportation independence", and is open to anyone in the community. Through this grant funding, our Transportation Coordinator can assist with driver's education, permits and licenses, car registrations, insurance, gas cards, repairs, and maintenance.

“Without this grant I'm not sure how I could have made this possible. Transitioning from homeless to housing with paying full rent and my car payment consumes all my money. My family is very grateful for your help so we can become self-sufficient.”



A One-Time Gift That Makes A World Of Difference

I am pleased to donate towards Sunrise's "Families on the Move" program, to help purchase reliable vehicles for individual families. This single gift has a long-term positive impact on the quality of life for a family. The stresses and challenges of planning the day-to-day logistics of family activities are greatly improved. The time saved by not working around public transportation schedules means more time available for family matters. Parents are more likely to encourage their children's involvement in school and community activities when transportation is not an issue. Family outings and day trips become possible. Equally important, parent/child time alone in a car is a wonderful opportunity for uninterrupted conversations.

I encourage car owners to go a few days without using their cars and experience how challenging it is to rely on others or public transportation; then consider earmarking a donation to this program. - "Families on the Move" donor, Rose-Marie Pelletier



SUNRISE IS UNDER CONSTRUCTION!

Sunrise recently had an unexpected issue with the old stone foundation of our 244 Union Street, main administrative building. The West wall of the basement collapsed, leaving the structure temporarily unsafe to occupy. A large pile of rubble in the basement needed to be removed, the sewer line had to be moved, a new support beam was added, a new concrete floor was poured, and a new wall was constructed.





It is unfortunate for us that cement costs are very high right now, and this was not an easy or cheap fix. Not to mention, the printing of this Newsletter was delayed! Sunrise is happy to help preserve the historic buildings that make our downtown Bennington neighborhoods great, and we thank our supporters for their donations.

We also want to thank those who came to our aide and performed this work: Aaron Gilbert for being our first on the scene to help us organize, Mark Onorato for excavating, Jeremy Nadeau for the concrete work, and Rick Bartholdi who moved our sewer line. They all arrived promptly and together made a plan to repair the building. "Thank you!"