

Strengthening Families, Building Community

Vision: *One community where all can thrive.*

Mission: *To provide experiences, relationships, and resources that advance equal access to holistic wellness for all within the broader Woodstock & Windsor communities—especially children, youth, and families—by working in collaboration with partner organizations and networks.*

Wishing you all a wonderful 2021!! SF,BC work took a little break over the holidays but we still managed to get a lot of good work done!

Here are a couple of things we have been working on to help folks stay connected and feel supported during these times:

Woodstock Area:

- Divorce Support Group: We continued to meet twice a month via zoom. Our email group size grew by one again this month and we now have 54 folks signed up. We average between 6-10 folks per meeting. We also continue to maintain the Upper Valley Divorce Support Group Facebook page where we share motivational quotes, articles and questions.
- Playgroup: With our partners for both Woodstock and Windsor Playgroups, The Family Place, Springfield Area Parent Child Center and Mt. Ascutney Hospital we shifted our walking groups into bi-weekly joint REGIONAL zoom playgroups. Each playgroup follows a schedule and will have an invited guest/topic expert. To date we have had a baby sign language expert and a Doula/Infant care specialist come and talk to the group. Coming up we have a “picky eaters” discussion and a Music Together demo.
- Woodstock Area Relief Fund: With the new year and WARF going into a new phase of organization, I will begin to phase out of my case manager duties. I will continue to work with my previously assigned returning applicants and the childcare cases that I am working with. It has been an absolute pleasure to work as one of the case managers on this relief fund.
- Free The Coats: Our 3rd Annual Free the Coats continues! All the remaining coats are now located in the lobby at the Ottawaquchee Health Center. Coats and other winter goodies will stay there throughout the season or as long as we have supplies.

Our community partners include Mt. Ascutney Hospital and Ottawaquchee Health Center (OHC), Ottawaquchee Health Foundation, Woodstock Elementary School (WES), Norman Williams Public Library, ArtisTree Community Arts Center and of course the North Chapel.

Community Wide:

- Community Health Improvement Plan: I continue my work as a co-leader of the Strengthening Families (SF) Collective Impact Workgroup. I am also the facilitator of the subsequent Action Teams that have been created out of the SF work. One group is actively working on developing quality playgroups around the Mt Ascutney Hospital service area (Woodstock and Windsor playgroups are the pilots). The second Action Team is working on collaborating with area partners to assist in creating a regional approach



to the parent education class called "Circle of Security". We are also working on ways to include an element of "Social Connectedness" to the training.

This is just a little bit of what we have been working on.

Spiritual Exploration:

Here's some of the cool opportunities we have coming up for the parents, caregivers and children:

1. Family-Based Spiritual Exploration: Leon and I have met up a few families via zoom in a one-on-one format to discuss their current SE needs. We will continue to meet with families throughout the year in this way. If you would like to meet with Rev. Leon and I for a Family-Based Spiritual Exploration session, please do contact me to schedule an appointment.
2. In response to Capitol Riots - UU Parenting Check-in: On Thursday January 14th at 4pm, Rev. Leon and I held space for an open discussion around and in response to the Capitol Riots.
3. Monthly Parent Check-ins - First Wednesdays at 8pm: Leon and I continue to host Monthly Parent Check Ins on the first Wednesday of every month at 8pm!
4. Facebook Group: We have a private Facebook Group for the parents signed up for the 2020-2021 Spiritual Exploration group. If you are interested in joining the group, please search "North Chapel Spiritual Exploration Group" or this link might work: <https://www.facebook.com/groups/289824028054854>
5. Christmas Eve: Thank you to the families who participated in this year's online Christmas Eve service. Thank you Diane for putting together a beautiful service including the children!!
6. Black Lives Matter Vigils: While we originally planned on attending these Vigils weekly, due to Governor's orders, these events are suspended. I will let you know when we are able to do them again.
7. Monthly Outdoor Gatherings: We had planned on getting together outside at least once a month, but due to Governor's orders, these events are on hold. In person gatherings will have to wait for now to do our part to keep ourselves, our families and our community safe!

If you have any questions, please do not hesitate to contact me, Geraldine Fowler at geraldine@sfbcv.org.

Respectfully,

Geraldine Fowler