



St. Helena Family Center

Enhancing LIVES
Strengthening COMMUNITY

August 2010

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OUR MISSION

The St. Helena Family Center connects community members with the information, guidance and services they need to fully develop their own strengths and be productive members of their families and of our community.

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From the Executive Director



Summer is here and there has been a lot going on at the Family Center. We are thrilled with the growth we have seen in our programs and with the community support that continues to gather around us. Our staff remains busy helping families gain the strength to continue succeeding in our community. If you are interested in learning more about the Center or would like to schedule a visit, please call Kristen Georges at 963-1919.

Program Update

Napa County Health and Human Services received funding for a program to provide **daily healthy lunches to kids 0-18** throughout the summer. The Family Center has been distributing 50 lunches to kids Monday through Friday. This has been a wonderful way to support the kids in our community and to make sure they are receiving a healthy lunch. Thank you to all who have helped bring this program together.

Beginning on September 8, **Napa Emergency Women's Services (NEWS)** will be providing a weekly four part class at the Family Center. These classes will be focused on increasing women's self esteem and improving their self awareness. The classes will also provide a support group and offer a variety of informational resources.

The Center has partnered with Clinic Ole to offer **free exercise classes** on Tuesday and Friday mornings from 9:00-10:00 at the Presbyterian Church in St. Helena. The classes include a variety of dance movements and are appropriate for all ages and fitness levels. A sitter is provided for children.

Special Thank You

A very special thank you goes out to Robert Adler and his wife, Alexis Deutsch-Adler. They are currently remodeling their St. Helena home and came up with an innovative way to clean out their house and raise money for the Family Center. The Adler's had a garage sale and donated all of the proceeds to the Center. We thank them for all of their generous support and for their creative donation idea!

Meet Our New Staff

Guadalupe (Lupe) Cachu, Program Coordinator - Lupe is responsible for our VITA (Volunteer Income Tax Assistance) program and Money Smart classes. She is also in charge of our annual Dia de los Muertos event and other outreach initiatives. Guadalupe graduated from Sonoma State University with a Bachelors of Arts degree in Sociology. She currently finish her full-time term of service with AmeriCorps giving 1700 hours of service work to the community of Calistoga. Being the first generation in her family to receive a college degree, she is motivated in pursuing her studies by obtaining a masters in Family Therapy. We share her time 50/50 with the Calistoga Family Center, where she has a similar role. Welcome Lupe!!

Sterling Silver Screen Movie Series

The Sterling Silver Screen movie series is back in full swing. It's a wonderful opportunity to gather up a picnic with your friends and family and to watch a movie outside . The movies take place at Sterling Vineyards and the proceeds benefit the St. Helena Family Center and Calistoga Family Center. There are two movies left this summer: **Saturday - August 14 - The Breakfast Club** and **Saturday - August 28 - The Trouble with Harry**. Come on out and enjoy the show under the stars!!

St. Helena Family Center

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