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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.

From the Executive Director



September is here: the kids are back to school, summer is coming to a close and the needs of families and individuals are on the rise. We are always looking for donations of gently used items to help families in need (bedding, towels, children's clothing or household items). Please call Cristina Avina at the Center if you have items to donate. 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

Want to learn more about the St. Helena Family Center and the programs we offer? There will be an **information meeting about the Center** on Thursday, September 2nd at 5 pm in the Community Center at Stonebridge Apartments in St. Helena. This meeting is open to everyone in the community.

On September 7 from 4-5 pm the Center will be providing an **orientation for the Raising a Reader children's literacy program**. The orientation will take place in the Community Hall of Hunts Grove Apartments in St. Helena. Please call the Center at 963-1919 for more information. The weekly **Raising a Reader** program will be on Thursday, September 9th from 4-5 pm at Hunts Grove.

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.



Sustainable Napa County

We have been working with Sustainable Napa County to improve our energy efficiency and our green awareness. Sustainable Napa County is a nonprofit organization bringing together Napa County business, agriculture, nonprofit, and government entities as part of a comprehensive, collaborative campaign for long term environmental, economic, and social sustainability. They are on a mission to help people get informed about sustainability, and be inspired to do the things they can do to make a difference. Check them out on the web more more information (www.sustainablenapacounty.org)

Meet Our Staff

Norma Ferriz, Site and Operations Manager - Norma is the liaison with the Center's partners and manages our day to day operations. She holds a Masters in Public Administration with a concentration in non-profit organization management. She brings fifteen years of experience in the non-profit environment including serving as Executive Director for Pronatura Veracruz, a Mexican non-profit. As a Mexican national, she is proficient in Spanish and English and her experience navigating between the Latin and Anglo cultures is a valuable asset for the Center. Best of all, Norma's joy for life brings very positive energy to the Center. Stop by and say hi to Norma!

Partner Events

Parents Can:

Up Valley General Disabilities Support Group

September 14 7:00pm - 8:30pm

Callistoga Family Center 1500 Cedar St

October 12 7:00pm- 8:30pm

St Helena Family Center 1440 Spring St

Or Visit www.parentscan.org/newsevents for a full list of Support Group Date / Time Schedule

ParentsCAN Grand Tradition Gala

October 1, 2010

Honoring Parents of the Year

Garen and Shari Staglin

Cope Family Center:

Napa River Rock & Stroll - Saturday, September 25th

6K family fun run and walk

For more information visit www.napariverrockstroll.org

St. Helena Family Center

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