



Rutland County Parent-Child Center
TRUST CONNECTION COMMUNITY

Sept/Oct 2019

***Fragile families are at greater risk of living in poverty.
Recognizing that stronger families are the first step to stronger communities, cities, and nations,
it is important to examine potential fault lines
(such as young parents, a single parent raising children alone, or income instability)
to prevent those lines from cracking open.***

A Note from the Executive Director:

The Parent Child Center of Rutland County understands the importance of offering a 2Gen Whole Family approach to supporting families. Not only do we offer high quality early childhood education programs for children, we also address the needs that parents face.

It is our priority to address barriers to successful and healthy parenting. The needs of families can be something simple (yet unaffordable) such as diapers and wipes or a more complex set of problems that threaten a family's stability such as homelessness. Either way, the staff at the PCC of Rutland is committed to walking side by side with program participants.

Your generous donation provides the necessary support of RCPCC's ongoing programming for Rutland County families

Donate

Mary

Rutland County Parent Child Center was privileged to host Diane Nilan CEO of **HEAR US: Voice & Visibility for Homeless Kids**. Diane spent two days learning about the struggles that youth and families face with homelessness in Rutland. She offered support and encouragement to the RCPCC staff and celebrated the vision of our transformative and comprehensive family support. RCPCC was grateful to engage in Diane Nilan's expertise in the field and provided us with a charge to action.



A Story of Impact

My name is Celine, after the song "The Power of Love". I'm 25 years old, yes I am young with many years left to learn and with open arms I welcome that. In the end of 2017 and the beginning of 2018 everything crumbled before my young family's eyes – trying to stay above water with disabilities, jobs lost or layoffs and such. My family became homeless, living in a tent. I was never the type to ask and reach for help because of my past, but when you focus on problems, you'll have more problems. When you focus on possibilities, you'll have more opportunities.

Rutland Parent Child Center helped me into transitional housing that was small but warm for my family and not a tent. Everything I possibly needed or wanted for help, whether it was a lift to the doctors, extra diapers, a bed to sleep in, or helping me get people to listen that we need assistance, they were there through the whole journey, wiping the tears off my face when I was close to giving up. They believed in me as a human being, a good person who deserved more than the deck of cards I was dealt with.



RCPCC Program Highlight:

Strong Families Parenting Group

Through RCPCC's Parenting Education program, participants work together to broaden and deepen their parenting effectiveness and find camaraderie to compliment the uniqueness of their own journey with their children. As with all of our RCPCC programming, parenting education emphasizes that building better relationships is fundamental to a better life. Parents can open up and learn in an atmosphere of goodwill and trust. Our parenting classes use the Strengthening Families Protective Factor Framework, comprising five complementary facets:

- Enhancing **parental resilience**
- Providing an array of **social connections**
- Providing parents **concrete support in times of need**
- Facilitating **knowledge of parenting and child development**
- Supporting healthy **social & emotional development in young children**

Parenting Education meetings are hosted by trained RCPCC facilitators but content is also peer-driven. We cultivate peer connection, confidentiality and mutual support. Gatherings feature light meals and social time, followed by more formalized interactive training. A certificate of completion is awarded after 20 hours (10 classes).

Strong Families Parenting Group currently meets Thursday 10:00 to 12:00 at our Pleasant Street location. **For more information, please call Corissa Burnell at RCPCC 802-775-9711**

"Alone we can do so little, together we can do so much" Helen Keller



Working at RCPCC

My name is Corissa Burnell and I am Director of Children's Integrated Services at Rutland County Parent Child Center. I am a mother of 3 boys, a wife of 13 years, a home owner, a community member and I am a neighbor. I came to RCPCC because I wanted to change lives and walk alongside my community as we strive for change.

Each and every one of us at RCPCC have faced hardships by choosing to do the work we do, but every day we push harder. We work hard to ensure that as an organization we provide wraparound services. So a family may walk through our doors for a meeting with their case manager, and may also leave with fresh fruits and veggies, make a new friend, or even have lunch! We break bread with our families,

we sit with them in their darkest hours while facing addiction challenges, custody, homelessness, food insecurities, and transportation barriers. We are providing bridges to basic human needs that many of us take for granted daily.

You see, our neighbors are struggling, either out in the open or behind closed doors. The services that RCPCC provides are essential to the success of this community. The best part about being a community is that it gives us the opportunity to accomplish what we can't alone.

Donate to Rutland County Parent Child Center.

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Your donation helps keep our vital programming in place.

Try This at Home!

French Bread Pizza

Prep Time: 30 min. Cook Time: 12 min.

- 6 whole Deli Rolls Or Crusty Italian Rolls
- Jarred Marinara Sauce Or Pizza Sauce
- Jarred Or Refrigerated Pesto
- 2 pounds Mozzarella Cheese, Grated
- Grated Parmesan Cheese To Taste
- Toppings: sliced onion, sausage, bacon, pineapple, tomatoes, black olives, sliced bell peppers
- ANY TOPPING YOU LIKE!



Preheat the oven to 375 degrees.

Slice rolls in half and lay them, cut side up, on a large baking sheet.

Top each half with a generous portion of either marinara or pesto. Next, top with a generous amount of grated mozzarella and Parmesan, if you'd like.

Add whatever toppings you'd like on top of the cheese!

Once all assembled, put the pan in the oven on the lowest rack for 8 to 10 minutes. Crank up the heat to 425 and put it on the highest rack until the cheese starts to bubble a bit and turn golden. Remove and serve immediately! You can cut the pizzas in half right across the middle so there are mini-French Bread Pizzas for everyone.