

BRIDGES OF SUPPORT



PCCs Make a Difference: The HEART Program

BY: ANONYMOUS MOTHER ACCESSING HEART

“Having your first child, your life totally changes and you can't fully prepare for the changes that will take place. I am a single mother of my first child. I have been trying to find a therapist to talk to about my struggles of being a single mother among other things. But especially now, therapists aren't easy to find. I had been working with the parent child center for a little while, when I heard about the HEART program. I was able to join the program... Working with Dominique these past couple months have been amazing. She can come out to me for our sessions and I feel it helps me to become a better mother. Working with her allows me to be able to express my struggles and maybe even get some feedback at times how to better approach something in the future. This is an amazing program and I highly recommend it to all parents who need a little support while trying to raise their babies, especially for new parents!”

The HEART Program at SAPCC offers...

Perinatal Mental Health Counseling

- Support with encouraging attachment after birth
- Support around postpartum mood disorders
- Support navigating relationships
- Offered in-home, telehealth, community, or office setting



Perinatal Grief and Loss Supports

- 1:1 counseling for birthing person and partner
- Help with funeral planning or commemorating the loss
- Support groups offered regularly
- Weighted Bear Program
- Annual Loss Ceremony on Oct. 15
- Additional supports and resources as needed

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Another Big Hit in our Region
OUTSIDE COVER



Fun times at Silver Lake with Traveling Playgroup!

Community Playgroups for the Win!

BY ANGELA KELLEY, ASSOCIATE DIRECTOR

SAPCC's playgroups have exploded with growth in the past year! Our PCC Specialists are at the helm (pictured below; top right). Celeste "Cece" Marquise leads Monday morning playgroup and Kayla Bapp leads traveling playgroup. The new "Dinner with Dads" playgroup is led by Rob Waters, Family Supportive Housing Coordinator (pictured below; top left). All playgroup facilitators support one another, as needed. Playgroups in surrounding communities are led by community partners. SAPCC provided 31 playgroup gatherings, reaching 79 children and 66 caregivers in the first six months of this year alone. The fun, learning, support and lasting connections that come from playgroups prove their value in our region. SAPCC's ability to listen to the needs of families and respond with creativity will continue being the force that drives this important community outreach effort. Great work, team!



Water play at "Dinner with Dads" was a huge hit for all!



Miss Cece! Miss Kayla!



Thank you to the Springfield Fire Department for welcoming Monday Morning Playgroup for a special visit in August!

Upcoming Events

Playgroups Each Week in Windsor & Springfield

ONGOING - CONTACT US FOR DETAILS

Parenting Classes & Workshops

ONGOING - CONTACT US FOR DETAILS

New Moms Group

1ST WEDNESDAY OF EACH MONTH - WINDSOR CONNECTION RESOURCE CTR

BINGO Fundraiser for SAPCC

FRIDAYS 5PM & SUNDAYS 1PM AT KJS PLACE

Santa's Workshop Event

DECEMBER 10

Upcoming Closings

Labor Day

SEPT 5, CLOSED

Staff Development Days

9/16, 10/14, 11/18, 12/16

PLAYWORKS CLOSED ALL DAY

SAPCC CLOSING @NOON

Thanksgiving Break

11/23 - 11/25, CLOSED



OUR PROGRAM

The Learning Together program provides wrap around support with individualized schedules that include:

- High school education through a robust hands-on learning environment with a variety of classes, group, and private academic sessions.
- Job skills training through on-the-job work sites where participants will gain valuable skills, such as professionalism, customer service, food service, early childhood education and more.
- Mental health counseling.
- On-site childcare to parents who need it.



LEARNING TOGETHER

Education, support, job training, parenting and life skills



WHY CHOOSE US

The obstacles for many teens and young adults in our region is overwhelming, especially when faced with the challenges of parenthood. SAPCC Provides a safe and supportive environment to pave a way toward becoming self-supporting, contributing workers, parents, and citizens.



A Huge THANK YOU for Supporting Our Work in the Revitalization of the Learning Together Program!



**Couch Family
Foundation**



**The A.D.
Henderson
Foundation**

Thanks to grants received from the Couch Family and AD Henderson foundations, the Learning Together program is set to kick-off on Sept 6, 2022! Contact us for more information and be sure to check our Facebook page for regular updates about how this program is changing lives in our region.

Donors & Friends: Thank You!

We would like to say thank you to our recent donors whose contributions are already helping build more bridges of support for children, families and caregivers in southern Vermont!

McEnaney & Company
Margaret Darrow
Chroma Technology Corp.
Will and Laurie Danforth
Margaret Kelly
Willow Farm

Tony and Ellen Pinter-Petrillo
Rebecca Durant
Hunter Thomas
Beth Tofel-Grehl
Joan Grossman
Judy Stern



DONATE

Visit www.sapcc-vt.org to make a charitable contribution to SAPCC today. SAPCC is a 501(c)3 nonprofit organization and all donations are tax deductible.



Springfield Area Parent Child Center Turns 30!



It's hard to believe how far the Springfield Area Parent Child Center has come since its humble beginnings back in 1992 when it was incorporated as a 501(c)3 nonprofit organization and opened its doors from a house on Myrtle Street in downtown Springfield. Growth was swift as the needs poured in from parents and caregivers in a community that had never seen an organization quite like SAPCC - where caring and committed staff understand that every family is precious and that our community is stronger when we invest in reducing adverse childhood experiences (ACES) in our youngest population. We will be highlighting photos from years past in every Bridges of Support Newsletter this year. We hope you enjoy the trip down memory lane!



Vermont Diaper Bank & Vermont's Unsung Heroes

BY JO ROBBINS, ADMINISTRATIVE ASSISTANT

Every couple of months something kind of magical happens in Vermont that most people are not aware of. The Vermont Diaper Bank Program shows up at The Family Place in Norwich with a U-Haul full of disposable diapers for the communities in the southern region. Representatives from about 60 organizations including food pantries, non-profits, doctor's offices, and childcare centers show up at the drop site and form an assembly line to unload the diapers and wipes from the truck, hand them down the line to the designated recipients who fill their cars with thousands of diapers and head off down the road to their facilities.

Kayla Bapp, one of Springfield Area Parent Child Center (SAPCC)'s PCC specialists, makes this trip to receive SAPCC's allocation. During the last diaper drop, Kayla managed to cram 4,000 diapers into her small Kia sedan, then drove to the center to unload diapers of all sizes to give out free to families of the center's southern Windsor and northern Windham county service area. Families may not be aware of how all this unfolds, but they are keenly aware of how fortunate they are to get this free service as seen in their smiles and heard in their words of gratitude every day.





Child Development is Beautiful: A Message From Our ED

BY MARGOT HOLMES, EXECUTIVE DIRECTOR

Today I looked out my window at a group of children playing on the playground. A teacher stepped away from a small group of kids to attend to another child and one young child began building with large plastic blocks we have. He struggled to lift them and worked hard to get them straight. He then tried to climb onto the blocks. My first thought was, "I hope someone sees him because he could fall and get hurt." After his first try the blocks fell over because they were not stacked straight enough. He then tried again to align the blocks so they wouldn't topple. He did it! Then upon lifting his leg up he clearly had a thought and decided instead to walk around to the other side where there was a small bench. Again, I thought "I'm worried he's going to use that bench to climb onto those blocks and they could fall and he could get hurt." Again, he went to the blocks and tried to put his leg up on them from the bench. They wobbled slightly. He then made a choice to sit down on the bench with just his legs resting on the top of the blocks; a much safer decision. His friend who had been watching came to sit on the bench with him. Another friend came over and also sat with him. Then they collectively chose to push over the blocks and each get one to push to another area of the playground. What did he learn? Not to mention what the other kids may have learned while interacting in that situation, he learned:

- Intuitive understanding of safety
- The limits of his own body
- The physics of trying to build something stable enough to carry weight
- Sharing his creation he had worked hard on with someone else
- Leadership
- Self-reliance

Had a teacher stepped in immediately the play may have looked very different. It may still have been informative and helpful to his development, but it would have been different. We focus a lot here at PlayWorks to ensure we are providing high quality care by keeping our teacher to student ratios low and to ensure kids have many opportunities to interact with caring, supportive instruction from adults. With probably 10 children on the playground and at least 3 teachers (that I could see from my window) I know that we are exceeding that standard. And yet, there are still times when it makes sense to let children play and navigate their world on their own. Play.....WORKS!!

Margot

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Fit 'n Fun Duck Run - Another Success!

Over 300 people attended the annual Fit 'n Fun Duck Run & Wellness Fair, at SAPCC in North Springfield, on Saturday, July 16. Along with watching 546 tiny rubber ducks race down the Black River, attendees enjoyed Cliffhanger's rock-climbing wall, the dunk tank sponsored by The Space, an obstacle course coordinated by the Edgar May Health and Recreation Center, and food prepared by Devin Lewis' BBQ and Cakes by Maddy. Booths by SAPCC, Uplift Acrobatics, Windsor County Mentors, Chester Dental, Talking is Teaching in Springfield, Strong Families, and Black River Acupuncture provided fun and resources. Black River Produce donated free produce for families to take. A huge thanks to our sponsors: McGee Chrysler Jeep Dodge of Springfield, Willow Farm Pet, North Star Health, Building Bright Futures, JCS Landscaping, and Shaw's Supermarket.