



A delivery of Birthday Bag donations to the Sandstone Food Shelf

### *Inside the Issue*

#### **COMMIT TO KIDS GIVING DAY**

A 24 hour digital event on  
August 31 to support local kids

#### **WOMEN'S EMPOWERMENT LUNCHEON**

Register now for this inspiring  
event on November 6th

#### **CONNECT FOR WELL-BEING**

RSVP for this education session  
from Aging Services

## **HELPING KIDS HERE AT HOME**

Did you know that Family Pathways programs and services support more than 6,500 local kids each year? From providing food to supervising visits with separated parents to offering shelter from violence, our work - with your support- makes a difference in the lives of kids in our community. That's why we're asking (continued on page 3)





## MAKAYLA'S STORY

### What does it mean to Commit to Kids?

Makayla is a teenage girl staying at the Black Dog Emergency Shelter with her mom. This young lady has had a trauma filled life since she was born. She and her mother spent years fleeing domestic violence and finally made it back to MN. Last week, she told one of our shelter advocates that in her short life this is the only time she has ever felt safe. She thanked our staff for giving her and her mom a safe and stable place to start their new and safe chapter of life.

Commit to Kids makes stories like this possible. Be part of changing the lives of kids in our community on our August 31 Giving Day.

[www.familypathways.org/committokids/](http://www.familypathways.org/committokids/)

If you or someone you know is experiencing abuse, call Family Pathways Domestic Violence and Sexual Assault Services

**24-Hour Crisis Hotline**  
**1 (800) 338-SAFE (7233)**

## SCHOLARSHIP RECIPIENTS

To contribute to the scholarship fund, visit [FamilyPathways.org/donate](http://FamilyPathways.org/donate)



Tania Bell, Forest Lake High School  
Attending Howard University for Nursing

"I plan on donating to future scholarships after becoming a Physicians Assistant so young kids with aspirations will be able to fulfill their dreams and goals as I did."



Shaylee Feske, Osceola High School  
Attending UW La Crosse for Psychology

"I was so glad to find a scholarship that was for me and specific to my experience. I want to be able to help those who feel like there is nowhere but down, even though that is not the truth."



LeSean Greer, Cambridge-Isanti High School  
Attending Macalaster College for Political Science

"Like many others my age, finding my place hasn't been easy...Life is full of challenges and opportunities and I am looking forward to facing them all."



Daedyn Pearce, Amery High School  
Attending UW River Falls for Equine Genetics and Reproduction Biology

"When I first moved here not everything was as beautiful and accepting as those green open fields...I have been forced to persevere and become a strong person while dealing with negativity which I believe makes me who I am today!"

## VOLUNTEERS NEEDED

Right now we are looking for help in Aging Services for Door-step Delivery and Homemaking. If interested please go to [www.familypathways.org/volunteer](http://www.familypathways.org/volunteer)

Back to School is right around the corner. If you know of any students looking to do service learning hours for activities or group events have them reach out to volunteer at a thrift store or food shelf! For more information, email [BrookeZ@FamilyPathways.org](mailto:BrookeZ@FamilyPathways.org)



# COMMIT TO KIDS GIVING DAY



(continued from page 1) you and supporters like you to come together on August 31 for Commit to Kids Giving Day. On August 31st, we will be hosting a 24-hour digital event to raise money in support of the services that ensure our local youth are healthy, safe, and well. Commit to Kids Giving Day is an investment in the services Family Pathways provides for youth in East Central MN and Western WI.

Check out [FamilyPathways.org/CommitToKids](https://FamilyPathways.org/CommitToKids) for more information and to donate on Giving Day August 31, 2021! Donations can also be made via check with the enclosed envelope.

## "THE KID NEXT DOOR" THE NEED IN NUMBERS

13%

CHILDREN LIVE IN POVERTY IN THE FAMILY PATHWAYS SERVICE AREA OF CENTRAL MN AND EASTERN WI



36%

CHILDREN ARE ELIGIBLE FOR FREE OR REDUCED SCHOOL LUNCHES IN OUR AREA

3.3 million

CHILDREN WITNESS DOMESTIC VIOLENCE EACH YEAR IN THE UNITED STATES



23

CHILDREN WERE LEFT WITHOUT A PARENT DUE TO DOMESTIC VIOLENCE IN 2019



## WOMEN'S EMPOWERMENT LUNCHEON *HOPE IS A GAME CHANGER*

**November 6, 2021\***

**11:30am-1:30pm**

Registration begins at 11:00am  
Maranatha Assembly of God  
24799 Forest Blvd., Forest Lake  
*Free to attend, registration required*

RSVP at [www.FamilyPathways.org/WEL](https://www.FamilyPathways.org/WEL)

### Featuring **Junita Flowers** Keynote Speaker



Through the power of story sharing, Junita will take you on an inspirational journey filled with hope, courage, a few risks and definitely some missteps, as a part of her process of clarifying, embracing and leaning into the life changing power of living life guided by purpose and intention...and it all began with hope.

*\*Please check our website for any updates or changes in relation to latest CDC guidelines*

# FAMILY PATHWAYS

## Host a School Supply Drive

FamilyPathways.org/  
schoolsupply

**BE PART OF REACHING THE  
GOAL TO FILL 500 BACKPACKS  
BY LABOR DAY!**

Filled backpacks will be distributed to each of Family Pathways 9 food shelves, plus the domestic abuse emergency shelter at Black Dog Hill by Labor Day. Help local youth to succeed in school!



6413 Oak St

North Branch, MN 55056

Donate by mail  
or online at

FamilyPathways.org



## Connect for Well-Being

Connect for Well-Being is a way for you to build connections with others and get tips for living a healthy life. Each week will be focused on a different topic to help you on your journey to better health

**This class is helpful for caregivers of those living with Dementia.**

### 6 Week Series:

**Session 1: Thursday, September 2**

Stress Management and Building Resilience

**Session 2: Thursday, Sept 9**

Eating for Wellbeing

**Session 3: Thursday, Sept 16**

Got Sleep?

**Session 4: Thursday, Sept 23**

Growing Gratitude

**Session 5: Thursday, Sept 30**

Creating Kindness

**Session 6: Thursday, October 7**

Laughter for Life



Time: 10:00 - 11:00 a.m

Location:

Cambridge Medical Center

Education Building-Birch Room

801 Dellwood Street South

Cambridge, MN 55008

Facilitated by Collette Colucci, Family Pathways Community Outreach/Educator & Karla Patrick, Community Health Program Specialist - Cambridge Medical Center, part of Allina Health

### To register or for more information

call Collette at 651.257.7905 or email [collette@familypathways.org](mailto:collette@familypathways.org)



Family Pathways programs are supported, in part, by the Federal Older Americans Act via contract with Central Minnesota Council on Aging under an Area Plan approved by the MN Board on Aging; by Minnesota Department of Human Services, local donors, cost share contributions, and our Family Pathways Thrift Stores.