



TLC Family Resource Center supports and strengthens all families, children, and youth with a wide range of free programs, support groups, education, and events.

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News and Events for November

Thank you for being a Super Donor

The mission of TLC Family Resource Center is to strengthen and support children, youth, and families as they strive to do the best they can with the circumstances they are in. In all of our programs, the key to our success is the one-on-one relationship and trust that we build. Our professional and trained staff meet people where they are and help them access and build on the strengths they have. We work with a wide range of people: a mom in recovery trying to stay healthy for their baby; a teenager learning to maneuver the changes and challenges of their body and hormones; a father trying to make ends meet for his family; a foster mom needing support in raising a challenging child. In our relationship with all these people, we help them find the Super part of what they are doing and build on it.



You can help us by being a Super Donor! Your end of the year gift will help to strengthen TLC with training, continuing education, new programs, and new staff so that we can be there for our families.

Please consider a gift on #GivingTuesday, November 27th, or on our website any time. If you are on our mailing list, you will also receive an appeal via snail mail. Give to the general fund to strengthen the whole organization or choose the program you want to support. We are grateful for your giving.

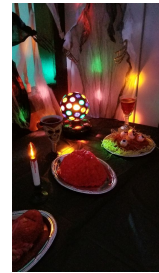
What's Been Happening

New parent educator joins our staff



Sarah Morrison is our newest parent educator. She has her Masters in Social Work from the University of Connecticut and a B.A in Social Justice and Environmental Stewardship. Sarah comes to TLC with more than seven years of creating, coordinating, and directing programs for youth and families in New Haven, Connecticut. Sarah is new to the New Hampshire area and enjoys spending time outside. She and her fiancé are busy planning their December wedding.

The Center for Recovery Resources sponsored a community Halloween Party on Oct. 25. With donations from local businesses including pizza from Out of the Ordinary and mac and cheese casseroles from the members of the Plainfield Community Church, children and adults alike enjoyed a feast followed by a screening a "Hocus Pocus." Thank you to all who helped make it a fun and safe evening for families in recovery.



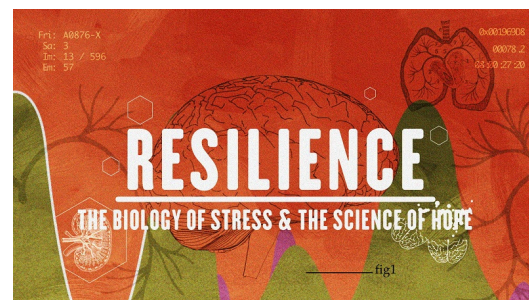
TLC Family Resource Center received \$1,500 in Community Grant money from Walmart in October to support its work and provide services with local impact. The grant reflects Walmart's commitment to giving back to the communities where it operates. TLC will use the funding to expand its free Rural Outright programming for members of the LGBTQ+ community, their families and allies. Maggie Monroe-Cassel, TLC's Executive Director, shown holding donation check.

Upcoming Events

For up-to-date information and a full list of support groups and upcoming events, please check our [Calendar of Events](#).

'Resilience' returns to area venues

There will be a free screening of *Resilience: The Biology of Stress and the Science of Hope* on November 7, 12-noon with a 30 minute discussion following for those who can stay. This is a must-see for those who care about others and the challenges they have. Adverse Childhood Experiences are introduced as a root cause of health concerns in our nation, from children to adults.



Lunch is provided free for those who register before the day of the event.

The screening will take place at The Center for Recovery Resources, 1 Pleasant St, Suite 104 of the Sullivan Street side of the building. There is parking on the street or in the parking garage on Main St. Please plan to arrive a few minutes early in order to get you lunch and find your seat. Register by clicking [here](#).

This event is being produced in partnership with CHaD, the NH Charitable Foundation, Greater Sullivan County Public Health Network, the Public Health Council of the Upper Valley, and TLC Family Resource Center.

Queer film series wraps up with A Fantastic Woman

Celebrate LGBTQ History Month at the Queer Film Series featuring a free screening of *A Fantastic Woman* on Friday, Nov. 9, at 6 p.m. at the Center for Recovery Resources, 1 Pleasant Street Suite 104 in Claremont. Refreshments will be served. For more information, email ruralnhoutright@gmail.com.

Diversity Reading series continues

Join the Claremont School District and Rural Outright, a community program of TLC Family Resource Center, for the next book in the Understanding Diversity and Inclusion through Children's Literature series with a reading and discussion of "Tell Me Again about the Night I was Born" by Jamie Lee Curtis. The free book reading will be held Thursday, November 15th, at One-4-All Family Space at 11 a.m.; TLC Family Resource Center at 12 noon; Maple Avenue Elementary School at 3:15 p.m.; Disnard Elementary School at 4 p.m. Claremont Soup Kitchen at 4:30 p.m., and Fiske Free Library at 6 p.m. Refreshments will be available. All of the readings are free and open to the public. Everyone is encouraged to attend.

NARCAN training is available



The Center for Recovery Resources, a community program of TLC Family Resource Center, is offering free NARCAN training. Just stop by the office to receive the training, which is open to anyone in the community. Many people mistakenly think that NARCAN is administered via an injection. It is administered through a nasal spray and has no effect on the person if they are not overdosing. Learning to use it and carrying it with you could save a life...anywhere. The Center is open

Monday to Friday, from 9 a.m. to 5 p.m., and is located at 1 Pleasant St. Suite 104 in Claremont. For more information about The Center and the peer recovery services offered, click [here](#).

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