

**Mark your Calendars for these upcoming WRCP FREE Events ...**

December 3: Family Paint Night

December 8: Turning 3 Workshop

January 21: Puppy Palooza

January - March: Parent Support Network

February 4: Masshealth Workshop

February 18: B-I-N-G-O Family Night



**Personal Notes...**

*We are entering the season of snow... Snow can be quiet, be pretty, be heavy, wet and messy. What a time of year!*

*However you celebrate this time, surround yourself with those you love and love you. Accept a neighbor's kindness (COVID rules applying), receive a smile and give one back behind the mask. You MAKE a DIFFERENCE....*

*This can be a difficult time of year...please do not do it alone. Please call us with any questions....413-204-2712*

See you soon!

**Amy Clark, BRE DS CEIS**

**Karen Klimek, RN**

Program Coordinator

Parent Coordinator

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**Registration 101**

*Any family wishing to be removed from this mailing list, please notify us by phone or email. Thom WRCP also sends this newsletter through email.*

**Registration is required to attend WRCP events.**

*If you would like to attend events, please register at 413-783-5500 to Amy ext. 116 or Karen ext. 127 or by sending an email to: [wrcp@thomchild.org](mailto:wrcp@thomchild.org) and let us know the name of the event and how many people are attending. Include ages of children if applicable.*

*If you prefer to receive information by email, rather than a paper version, please send your name, your child's name, and your email address to: [wrcp@thomchild.org](mailto:wrcp@thomchild.org) with your request.*

**Resource Corner...**

**Family TIES:**

<https://eiplp.org/massachusetts-family-ties/>

**Parent Leadership Connection:**

<https://eiplp.org/parent-perspective/>

**Courageous Parents Network:**

<https://courageousparentsnetwork.org/> ; En Espanol

**Feeding Matters**

<https://www.feedingmatters.org/resources-support/family-support/>

*Read with Me...*

**Puppy Palooza  
is January 21<sup>st</sup> at 6:30 p.m.**

**The first 5 to register get a  
free Puppy!!!**

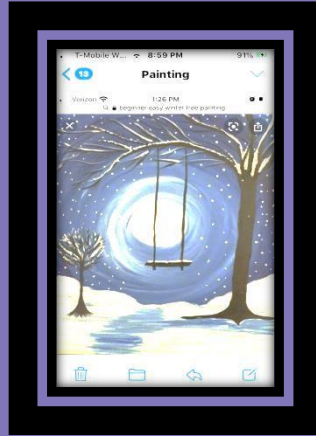


**(stuffed animal)....mailed  
to your home.**

**Register by 1/15/21  
to receive your**

**FREE PUPPY BOOK mailed  
to each participant home.**

**Family Paint Night**  
Join us as we create  
together!!!



**Register by 12/3/20**

Paint Kits will be mailed to you with all  
supplies. If you have a hairdryer, it is  
helpful in paint drying process.

**\*\* Parent Support Network\*\***  
(MORE INFORMATION COMING)

We will be meeting twice a month as  
Parents/Caregivers to connect, breathe, share  
and learn together.

Coming together as community is important.

This Support Network allows for  
12 guests at a time.

Join in when you can, skip when you must.

**FAMILY  
B-I-N-G-O NIGHT  
FEBRUARY 18 AT 6:30 P.M.  
PRE-REGISTER FOR  
YOUR BINGO CARDS**

**Meet us on ZOOM and WIN...**

**5 FAMILY PRIZES WILL BE  
AWARDED**

**LINK WILL BE PROVIDED TO  
ALL REGISTERED FAMILIES!**



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**SNOOPY SAYS,  
"I love treats!"  
....and "Just Breathe."**



**Just Breathe...**

*Taking Care of You...  
Simple Thoughts and Ideas...*

- Take a Warm Bath
- Exercise Breathing

(use phone applications, such as Calm,  
Breathwrk, Paced Breathing)

- Listen to Quiet Music
- Dance

**TURNING 3 ESSENTIALS  
WORKSHOP**

**Presented by: Cathy Hickey  
Federation of Children with Special Needs**

**December 8, 2020  
10 a.m. – 12 p.m.**

**Register at: <https://bit.ly/324QQJv>  
-provides information about the procedure for transitioning  
a child from early intervention (EI) to special education.**

**MASSEALTH WORKSHOP COMING  
FEBRUARY 4, 2021**

**10:30 a.m. – 12:30 p.m.**

**WATCH FOR MORE INFORMATION!!**