“It Takes a Village”  By: Emily Bradley

“What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured.”

-Kurt Vonnegut

It takes a village to raise a child. The phrase echoes in our ears, perhaps to be forgotten in the darkest moments when parenting can be overwhelming and can make us feel that we are on the journey alone. But at this time of year where we turn to joyful celebration with family and friends, it is also an opportunity to remind ourselves, that the village we create for our little ones, and for those of us reading this piece, may very well include Co-op.

The cooperative preschool model is meant to explore the very essence of the village, creating a community of parents as teachers and teachers as role models in learning and parenting alike. Co-op’s parent educational elements help build skills to cultivate the small, wild people that live in our homes. But co-op’s other mission is to build the village. This is the reason why parents are in charge and everyone has a role to keep the complex system working. We all take a turn, bring a snack, act as a guide, facilitate play, mitigate conflict and get messy! Each classroom provides a place for parents and children to come together and learn from each other; their classroom teacher and parent educator help guide the way.

The co-op village helps our families come together and explore, learn, look inward and also reach out. North Seattle College and the Co-op Parent Advisory Council (PAC) has branched out its endeavors in the last two and a half years to include the building of these villages in the shelter and low income communities around our great city. Parent educators are going into these communities every week to bring parent education activities, individual consultations and community building efforts to those who have the least access to these wonderful villages and the most need to fight the isolating feeling of parenting on one’s own. This pilot program began with the efforts of our dear Cesily Crowser with her work at the Ariddell Mitchell Home for teen moms. Our work now extends into the Sacred Heart Residential Shelter, Mary’s Place Day Shelter, Biscane’s Place nighttime Shelter and Brettler Place, a low income housing community right here in North Seattle. The children whose parents attend these classes, go to many of the schools that our own children may one day attend. The skills we help build and the village of support that we help create will be another tool for the parents to help these children work on the same social, creative, and problem solving skills that our little ones in co-op are learning.

This new effort is supported entirely by grants and fundraising. We are always looking for ways to raise funds to keep these classes going and support these communities.

As you celebrate the holidays this year and you socialize with your respective co-ops, if you’d like to consider supporting a family in one of these parent education classes that we’re working with, your gift would be most welcome. Sometimes co-ops choose to make donations at the holidays, do fundraising for a charitable cause, or reach out as individual families to support community efforts. If this is the case, or if you value the village of your preschool co-op and are looking for a way help other communities reap the benefits of parent education, I ask you to consider making a donation, so that a family may participate in one of these classes and begin to be part of their own village during some of their darkest times.

The cost of one parent to attend one of our one credit classes at the shelters is $64 for a year. The cost of supporting a class of students for the year is $1280. If you or your co-op would like to support the fledgling parent education efforts at these shelters, we welcome your donations of any amount. You may make checks payable to the North Seattle College “Education Fund” and specify Continued on page 2

In This Issue

It Takes a Village 1
Calendar 2
Preschool Fairs 2
Health Care Resources 2
What is PAC? 2
PAC Donations 3
Relationship Lecture 4
Neighborcare Health is committed to creating a health care home, encouraging long-term relationships between patients and providers that include medical, dental and mental health care. This means offering medical care as well as dental care, mental health services, health education and other services to care for the whole person.

We provide a range of primary care health services for men, women and children. We will care for you when you are sick and help you stay healthy with regular checkups and health education services. We will also help coordinate your care across multiple Neighborcare Health settings.

See flyer attached at the end of the newsletter for more information.

Know anyone interested in our preschools? Our co-op preschools will be hosting booths at two preschool fairs coming up in January!

On **Sunday, January 11th**, from 2-4pm, parents can explore Seattle's North Sound preschools at ParentMap’s North Seattle/Shoreline Preschool Preview. This event is held at Shoreline Community College (16101 Greenwood Avenue North, Shoreline, WA 98133). Parents can explore the area’s best preschools, connect with enrichment and extra-curricular programs, and enter to win prizes!

On **Sunday, January 31st**, from 10-12am, the Moms Club of Seattle NW will host a preschool Fair at St. Alphonsus Parish School (5816 15th Ave NW, Seattle, WA 98107). Preschools across North Seattle will be featured.

**Preschool Fairs**

**What is PAC?**

**About the Parent Advisory Council:**

The Parent Advisory Council (PAC) is composed of parents representing each co-op class in the Parent Education Program at North Seattle College as well as a faculty representative from the Parent Education Program, Health and Human Services Division.

PAC meets on a monthly basis and its major objectives are:

- To promote quality education for parents and their young children.
- To offer parent information and opinions for decision making by the Parent Education Program, Health and Human Services Division, North Seattle College.
- To unify the co-ops throughout the system by providing a communication network for voicing needs and sharing ideas.
- To provide year-to-year continuity and a sense of history for a program made up of many diverse elements.
- To make co-ops available to all socioeconomic groups.
PAC Scholarship Donations

PAC is very grateful for the donations we have received from classes and individuals to support PAC Scholarships so all families can participate in our preschool cooperative classes. There is a greater need than we have funds for this year, so donations are encouraged as you look for tax deductible donations at the end of the year.

A special thanks to Wedgewood Coop and the Cedar Park Toddler Class for making an extra donation to help with the funding need for this year.

If you wish to make a donation to the PAC fund, please make out checks to PAC (or Parent Advisory Council) and put on the memo line it is a donation for “PAC Scholarships” with a note if it is a tribute to Sandi or someone else; then mail to:

Parent Advisory Council
Parent Education Program
North Seattle College
9600 College Way North
Seattle, WA 98103

New “Cesily Crowser Memorial Homeless Family Support Scholarship Fund”

The Parent Education Program is pleased to announce that we have a new scholarship fund set up with the North Seattle College Education Fund in Cesily Crowser’s name. Cesily was a fulltime faculty member for 7 years and served as coordinator in her last year. Cesily started a class serving homeless teen parents and worked to expand classes at additional sites serving homeless families before her much too early death in February.

The Program now has classes at Mary’s Place, Sacred Heart Shelter, Brettler Place and Bianca’s Place. We miss Cesily greatly and are happy to have this fund set up in her memory and in recognition of her valuable legacy to our program.

We are seeking additional donations so that we can continue to fund these classes beyond this academic year. Please contact Parent Education Program Coordinator Betty Williams at Betty.Williams@seattlecolleges.edu or 206-934-4571 if you have questions or ideas for donations to this fund. Donations can be made out to “Education Fund” with “Cesily Crowser Memorial Fund” on the memo line, and mailed to:

Education Fund
North Seattle College
9600 College Way North
Seattle WA 98103

This newsletter is for you! Please submit your words, photos, and ideas to Stephanie Harwood stephanieharwood@hotmail.com
Reclaiming Your Relationship
Even the strongest relationships are strained during the early years of parenthood.
With Beth Goss, Certified Gottman Educator & Training Specialist

Learn how to attain relationship satisfaction by strengthening your friendship and improving communication after you've become parents.
Discuss strategies for making intimacy a priority within your relationship.

Beth Goss is a Certified Gottman Educator and Training Specialist for the Bringing Baby Home program. She is also a full-time faculty member at North Seattle College where she teaches parent education classes to families raising children birth-5 years. In addition, Beth is a certified childbirth educator and currently teaches classes and runs postpartum support groups for Swedish Medical Center in Seattle, WA. She is married and the

Free and open to the public
Bake Sale, Used Books Sale support PAC Scholarships
ASL Interpreter available upon request. Please contact Betty Williams (206)934--4571; betty.williams@seattlecolleges.edu before 02/01/2015

Presented by the Parent Advisory Council of the North Seattle College Cooperative Preschools
http://coops.northseattle.edu/
WHY NEIGHBORCARE HEALTH?

We provide a health care home. Neighborcare Health is committed to creating a health care home, encouraging long-term relationships between patients and providers that include medical, dental and mental health care. Patients and their families build relationships with a care team that understands their history, culture, family and their unique health needs.

We speak your language. Our staff members speak multiple languages, including: Amharic, Arabic, Laotian, Mandarin, Spanish, Somali, Tigrigna, Thai, Vietnamese and English.

We’re in the neighborhood. We provide quality health care in your neighborhood and in your school. We have clinics from Lake City to Rainier Beach, from High Point to Central Seattle. We also have clinics in elementary, middle and high schools in Seattle. We see patients in shelters, churches and schools as well as our own neighborhood clinics.

We can help with fees and insurance.

We believe that quality health care should be available to everyone, regardless of ability to pay. We accept coupons and most types of insurance. For patients who are not eligible for coupons or insurance, we also offer a sliding fee discount. We have eligibility specialists at most of our clinics who can help eligible patients sign up for insurance.

- The minimum fee for a medical appointment is $20.
- The minimum fee for a dental appointment is $45.
- We offer a $5 discount if the fee is paid at the time of your appointment.

Appointments

Please call any of our clinic sites directly to schedule an appointment.

We will schedule your appointment as quickly as possible. Sometimes you can get an appointment the same day, but we prefer you to call before you come to the clinic.