



Futures

Working together to build a better future for young parents and their children.

March 2005

I am Women. Hear me Roar!

This month, Futures is celebrating Women's History Month. Join us in taking a look at strong women in history, your own personal strengths, and how women are portrayed by the media and society. Begin the celebration with the famously powerful words of Helen Reddy.



*I am Woman, Hear me roar.
In numbers too big to ignore.
And I know too much
To go back an' pretend
Cause I've been down there on the floor.
No one's ever gonna
Keep me down again.*

Crissy and Adrianna at February's Family Fun at the Carousel.

*Oh yes I am wise
But it's wisdom born of pain.
Yes, I've paid the price
But look how much I gained.
If I have to, I can do anything.
I am strong.
I am invincible.
I am woman.*



Rachel taking Jeremy on his first ride on the carousel.

Activities this month include:
(Don't Forget- Free Childcare!)

- * **Empower Yourself!-** Discuss the important woman in your life and empower yourself. **Monday, March 7 from 3:30-5:30.**
- * **Children's Museum-** Bring your kids and explore the museum's many wonders with Kris. Meet at 111 N. Higgins. **Monday, March 14 from 3:30-5:30.**
- * **Discover yourself through art-** Create a montage that brings together all the pieces that make you. Meet at Futures **Monday, March 21, 3:30-5:30.**
- * **Movie...Killing Us Softly-** Take a look at how society and the media portrays women with hands-on activities. Meet at Futures. **Monday, March 28 from 3:30-5:30.**
- * **Storytelling Family Fun-** Bring your kids for yogurt sundaes, free books, and stories read by your friends at Futures! Meet at Futures **Wednesday, March 29 from 3:30-5:30.**
- * **PANEL-** We are looking for four or five Moms who want to share their stories with high school students. If you are interested, call Heidi at 542-4900.

Congratulations

- * Ashley is attending College.
- * Courtney received her GED.
- * Hillary is on her way to her diploma.
- * Jake received his fourth raise at work.
- * Five people got new jobs.

Futures Teen Family Resource Center is located at 1861 S. 12th St. (At the corner of 12th and Grant)

For More Information Call:
542-4900

Inspirational Women

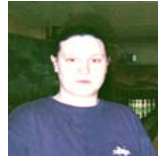
March 8th marks International Women's Day. People all over the world take the day to celebrate the economic, social, cultural, and political achievements of women. We asked several Futures participants what women they honor in their lives. Who's an important woman in your life?



Jenny

My Cousin

"She's done a lot with her life. She's a marine and married a great guy."



Kerri

Julia Roberts

"She started at the bottom and worked her way up. Look at her now!"



Rachel

My Mom

"She's one of those people who remain calm and still get everything done!"

Need Hours for WORC?

Group, PAT, Case Management meetings, and helping us with the newsletter count as WORC hours!

You are not alone...

Greater than 1 in 5 women report that they have been physically assaulted by a current or former partner in their lifetime. Relationship violence is nothing to be ashamed of, but it takes strength and courage to report an incident. As a women, you can help

others by respecting and educating yourself and using your strength as an example to empower other women around you.

Places to call for help:

- ◆ Student Assault Recovery Services: 243-6559

- ◆ YWCA 24 hour Crisis Line: 542-1944
- ◆ St. Pat's Hospital-First STEP: 543-7271
- ◆ Missoula Police Department: 911
- ◆ Rape Abuse Incest National Network: 1-800-656-HOPE

Meet Our Staff



Kris
PAT Educator

Like other members of the staff, I am also new to Missoula and the Futures program. I am a former teacher and early intervention specialist and am currently working as the Parents as Teachers (PAT) educator for Futures. I am having a great time meeting all the parents and getting to know your children. If you are interested in finding out more about PAT, please call me at 543-3550 ext. 47 or leave a message at Futures. I will be holding PAT meetings/activities once a month during the regular Monday group time. Our next PAT meeting will be at the Children's Museum on Monday, March 14th at 3:30. It's a great opportunity to have fun with your child and meet with other parents. I look forward to seeing all of you soon and remember, YOU are your child's first and best teacher!!

Around Town

- Free Car Seat Check-up are offered the last Friday of the month. Call Lonie Hutchinson at 258-3880 for an appointment. Free Car Seats are available.
- Dr. Seuss' 100th Birthday Celebration. Special Literacy events happening throughout Missoula and in the Public Library. Wed., March 2nd.
- The Montana Tobacco Quit Line offers counseling and support. Call 1-866-485-QUIT for more info.
- GED at Dickenson Lifelong Learning Center offers 3 different programs to receive your GED. Call Futures to find out.
- \$\$ St. Pats Hospital and Community Hospital can offer financial assistance. Call us for more info.
- Missoula Job Fair at UM's College of Technology (909 South Ave, Health Building) from 3:30-7:00. Register by April 14th. For more info call 728-7060.
- Friends to Youth offers individual and family counseling on a sliding fee scale. Call 728-2662.
- The Parenting Place offers respite care Mondays 6:30-8:30 and Wednesdays 5:30-8:30. Call for Reservations.



Futures Has Free Stuff!

- High Chair/Baby Bathtub
- Formula
- Maternity/Kids Clothes
- Toothbrushes

All over the world, countries and cultures celebrate woman on March 8th. This month, we want to know what wonderful woman has influenced your life in a positive way. Perhaps the teacher that believed in you, a family friend who listened to you, or a singer's lyrics that you believed in.

Here's a thought, you will be, or already are "a wonderful woman" in your child's life or a friend or families life.

Heidi

P.A.T Corner

Spring is in the air and March is National Craft Month. Take advantage of the nice weather and go outside and blow bubbles!! You can make your own bubbles by mixing:

1 part of Dawn Ultra, .25 parts of Karo syrup, and 15 parts tap water. ADD FOOD COLORING FOR GROOVINESS!

Try using the plastic forms from a six pack of soda or a bent hanger as a wand. If all else fails, use store bought bubbles or talk to your friendly neighborhood PAT person (that would be me!). Playing with bubbles is a great way to strengthen language skills, oral motor development in toddlers and visual tracking in young babies. HAVE FUN!!!



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parents and their children.

Futures
127 N. Higgins Suite 307
Missoula, MT 59802

● ● ● | Futures helps young parents build a secure future for themselves and their children by providing case management, education and career counseling, parent education, housing, counseling and leadership development.

March 2005



Futures' Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Remember: New Monday's 3:30-5:30	Group Time 3:30-5:30	1	2	3	Note: For more details on activities, check-out Page 1	
6	7 Powerful Women 3:30-5:30	8 International Women's Day Futures' Closed	9	10		
13	14 Visit the Chil- dren's Museum 3:30-5:30	15	16	17	18	19
20	21 Self-reflection Art Work 3:30-5:30	22	23	24	25	26
27	28 Killing Us Softly Movie 3:30-5:30	29 Storytelling Family Fun 3:30-5:30	30	31	All Futures Activities are Drug/Alcohol Free	