

Futures

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

November 2005

Moms giving thanks

I am most thankful for my mother because she helps me a lot with this pregnancy & without her I wouldn't of been able to make it through this.~ *Keithy*

I'm thankful for my baby girls, without them I'd be lost because they're my little babies. They bring joy when I'm sad. When they're happy, I'm happy.~ *Tonya*

I'm thankful Gavin , Meadow & my little baby to be. Thank y ou for Futures~ we'd be lost if it wasn't for you guys~ *Lisa*

I'm thankful for my family & that I live in Missoula and not in the hurricane disaster area.~ *Whitney*

I'm thankful to be able to be at home with my kids., because that it was I want to do.. And for my new little joy, Gavin.~ *Tara*

Food for Thanksgiving

- ☞ Free dinner at 4 B's restaurant- 4951 N Reserve from 10-2. Bus shuttle from the courthouse on Thanksgiving day!
- ☞ Salvation Army may give food boxes~ watch the paper.
- ☞ Food Bank will be giving away a turkey ~n~ fixings on Nov 21 & 23 from 10-1 and 5-7., & on the 22nd from 10-7!
- ☞ The Pov will be providing a nice traditional dinner~ times to be announced.
- ☞ Various local churches are providing food/dinners

Kudos to:

- ☞ Caroline & Connie for starting their GED!
- ☞ Whitney, Meagan, Nikki,, Shandra & Maria for studying hard in college!

Welcome to Futures:

- ☞ Lindsey, Kim, Stephanie & Tatiana

Pictures of our recent Family Fun Night!



RECIPES for Thanksgiving

Cheap-n-easy to make & kid approved

Peach & Rosemary Chicken

- 3 chicken breasts
- 1 c peach preserves
- 6 peach slices
- 1/3 Russian dressing
- 2 TBS rosemary

Place chicken in cake pan and spread jam on top. Pour dressing over chicken and place peach slices on each piece. Sprinkle with rosemary and bake at 325 for 50 minutes.

Green peas with minted garlic butter

- 2 cloves of garlic
- 1/2 c butter
- 2 TBS of parsley
- 1 TBS mint
- 1/2 bag of frozen peas

Boil garlic in water for 5 minutes. Crush garlic and butter, add parsley and mint and beat until fluffy. Cook peas and put butter on top.



Around Missoula



- ◆ Intro to Parenting Plans November 3, from 6:30-8 at Families First- call 721-7690 to register. 10\$
- ◆ Parent Expo!! November 5 from 8-3 at Sentinal High. Free workshops on infant massage, positive disciplining,, couples communication, learning through music and more.
- ◆ Indoor fun for kids! The Children's Museum offers **free memberships** to eligible families. You can pick up an app. at the Museum- **541-7529**.
- ◆ Safety seat check up at Karl Tyler Chevrolet, Nov. 18 from 10-2. Call Lonie 258-3880
- ◆ Did somebody say **free pizza?** Enjoy parenting chats every Wednesday, 12-1 p.m., at St. Patrick Hospital; Domino's Pizza provides lunch. [childcare is available!]
- ◆ Bring your kido's for a fun book reading of Stone Soup- Nov 8 at Russell at 3:30, or Nov 9 at Whittier at 5:00, or Nov 10 at Franklin at 2:00.
- ◆ Moving with Grief Interactive rhythm & movement workshop FREE @ Families First (815 E. Front) Tues. Nov 1, 6:30-8:00 721-6790 to register.
- ◆ Festival of the Dead procession on Higgins Ave Wed. Nov. 2, 5:30 meet at the XXX's. music/costumes opt.



A Note from Heidi

This month is Thanksgiving- a time to give thanks. Even if life feels overwhelming and isn't all that you would like it to be- there are still reasons to give thanks. The sun still paints the sky when it rises and sets. The birds still sing cute little songs. Warm bread still smells scrumptious. And what about toothpaste in the morning! Time keeps going and not every Thanksgiving is going to be like last year or this year- no one knows what the future holds- but you can keep making it more of what you want with each one.

I am thankful that you were born! I am thankful that you are alive and that our paths have crossed.

Heidi



Teen Family Resource Center
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(corner of Grant & 12th St).
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E-mail: futures@wordinc.org

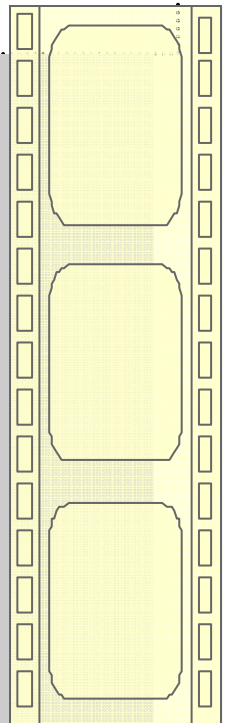
say cheese

Family Portraits for the holidays!

November 16th

Drop in the office anytime
between 12-4

& we'll take pictures of your
beautiful faces!

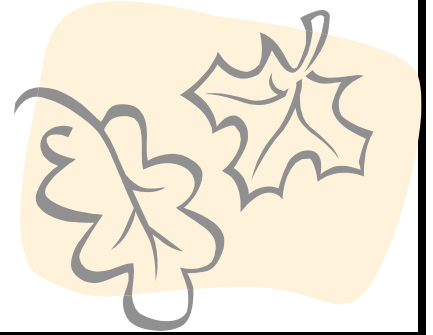


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Futures events this month:

November:

- ☞ Collect, create & organize your pictures with Beth at Futures- day to be announced.
- ☞ 16th- FAMILY PORTRAITS from 12-4 at Futures- get free pictures of your family
- ☞ 22nd- Parent & the Law from 5-7 at Futures- practical & hands on approach to knowing what you need to know
- ☞ 24th- Enjoy your Thanksgiving Day!



Working together to build a better future

Futures
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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.