

# HIGH POINT FAMILY RESOURCE CENTER



# MARCH

Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p><b>0-5 Enrichment: Art</b> 10:00am-12pm</p> <p><b>Open Lab:</b> 2pm-4pm</p> <p><b>STUDIO :</b> 4pm-6pm</p> <p><b>Exercise:</b> 5:30pm-7pm</p> <p><b>Guitar:</b> Basics - 6pm-7pm Advanced - 7pm-8pm</p>	<p>2</p> <p><b>Active Dads</b> 10am-12pm</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>3</p> <p><b>Donguri Playschool</b> 10am-1pm</p> <p><b>Cooking Matters</b> 10:30-12:30</p> <p><b>Open Lab</b> 2pm-4pm</p> <p><b>Vietnamese Programs:</b> 5pm-9pm</p>	<p>4</p> <p><b>Exercise</b> 10:30am-12pm</p>
<p>6</p> <p><b>Horn of Africa Playtime</b> 11am-12:30pm</p> <p><b>ESL @ HP</b> 1pm-2:30pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p>	<p>7</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Job Seekers</b> 2pm-4pm</p> <p><b>STUDIO</b> 4pm-6pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>8</p> <p><b>0-5 Enrichment: Storytime</b> 10:00am-12pm</p> <p><b>Open Lab:</b> 2pm-4pm</p> <p><b>STUDIO :</b> 4pm-6pm</p> <p><b>Exercise:</b> 5:30pm-7pm</p> <p><b>Guitar:</b> Basics - 6pm-7pm Advanced - 7pm-8pm</p>	<p>9</p> <p><b>Active Dads</b> 10am-12pm</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>10</p> <p><b>Donguri Playschool</b> 10am-1pm</p> <p><b>Open Lab</b> 2pm-4pm</p> <p><b>Vietnamese Programs:</b> 5pm-9pm</p>	<p>11</p> <p><b>Exercise</b> 10:30am-12pm</p> <p><b>Guiding Good Choices: Parenting Class</b> 4:30pm-7:00pm</p> <p><b>Somali Family Action Board</b> 5pm-7pm</p>
<p>13</p> <p><b>Horn of Africa Playtime</b> 11am-12:30pm</p> <p><b>ESL @ HP</b> 1pm-2:30pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p>	<p>14</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Job Seekers</b> 2pm-4pm</p> <p><b>STUDIO</b> 4pm-6pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>15</p> <p><b>0-5 Enrichment: Art</b> 10:00am-12pm</p> <p><b>Open Lab:</b> 2pm-4pm</p> <p><b>STUDIO :</b> 4pm-6pm</p> <p><b>Exercise:</b> 5:30pm-7pm</p> <p><b>Guitar:</b> Basics - 6pm-7pm Advanced - 7pm-8pm</p>	<p>16</p> <p><b>Active Dads</b> 10am-12pm</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p> <p><b>WS Timebank Mtg.</b> 6pm-8pm</p>	<p>17</p> <p><b>Donguri Playschool</b> 10am-1pm</p> <p><b>Open Lab</b> 2pm-4pm</p> <p><b>Vietnamese Programs:</b> 5pm-9pm</p>	<p>18</p> <p><b>Exercise</b> 10:30am-12pm</p> <p><b>Guiding Good Choices: Parenting Class</b> 4:30pm-7:00pm</p>
<p>20</p> <p><b>Horn of Africa Playtime</b> 11am-12:30pm</p> <p><b>ESL @ HP</b> 1pm-2:30pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p>	<p>21</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Kinship Care Support</b> 12pm-2pm</p> <p><b>Job Seekers</b> 2pm-4pm</p> <p><b>STUDIO</b> 4pm-6pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>22</p> <p><b>0-5 Enrichment: OPEN PLAY</b> 10:00am-12pm</p> <p><b>Open Lab:</b> 2pm-4pm</p> <p><b>STUDIO :</b> 4pm-6pm</p> <p><b>Exercise:</b> 5:30pm-7pm</p> <p><b>Guitar:</b> Basics - 6pm-7pm Advanced - 7pm-8pm</p>	<p>23</p> <p><b>Active Dads</b> 10am-12pm</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>24</p> <p><b>Donguri Playschool</b> 10am-1pm</p> <p><b>NH Computer Training</b> 9am-3pm</p> <p><b>Open Lab:</b> 2pm-4pm</p> <p><b>Vietnamese Programs:</b> 5pm-9pm</p>	<p>25</p> <p><b>Exercise</b> 10:30am-12pm</p> <p><b>HP Resource Coalition Resource Fair @ HP Community Center</b> 12pm-4pm</p> <p><b>GGC: Parenting</b> 4:30pm-7:00pm</p> <p><b>Community Dinner @ Elizabeth House</b> 5pm-7pm</p>
<p>27</p> <p><b>Horn of Africa Playtime</b> 11am-12:30pm</p> <p><b>Le Leche League</b> 10:30-12:00</p> <p><b>ESL @ HP</b> 1pm-2:30pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p>	<p>28</p> <p><b>Cooking Matters</b> 11am-1pm</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Job Seekers</b> 2pm-4pm</p> <p><b>STUDIO</b> 4pm-6pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>29</p> <p><b>0-5 Enrichment: STEM</b> 10:00am-12pm</p> <p><b>Open Lab:</b> 2pm-4pm</p> <p><b>STUDIO :</b> 4pm-6pm</p> <p><b>Exercise:</b> 5:30pm-7pm</p> <p><b>Guitar:</b> Basics - 6pm-7pm Advanced - 7pm-8pm</p>	<p>30</p> <p><b>Active Dads</b> 10am-12pm</p> <p><b>ESL @ Roxhill</b> 12:30pm-2pm</p> <p><b>Tutoring 1st-5th</b> 2:45pm-3:45pm</p> <p><b>Tutoring 6th-12th</b> 4pm-5pm</p> <p><b>Citizenship</b> 5:00pm-6:30pm</p>	<p>31</p> <p><b>Donguri Playschool</b> 10am-1pm</p> <p><b>Open Lab</b> 2pm-4pm</p> <p><b>Vietnamese Programs:</b> 5pm-9pm</p>	



**Neighborhood House**  
Strong Families. Strong Communities. Since 1906.



City of Seattle

High Point Family Resource Center  
Neighborhood House  
6400 Sylvan Way SW  
Seattle, WA 98126  
206.588.4900 ext. 3010

**Advocacy and Assistance** 206.588.4900

Asha Sheik Ismail.....ext. 3020  
Tram Chung.....ext. 3047  
Steven Van.....ext. 3048  
Thu Thai Duong.....ext. 3048  
Family Resource Center...ext. 3010

**NEW: 0-5 Enrichment Programs**

**On Wednesday's 10am to 12pm**

**1st and 3rd Wednesday: Toddler Art Class**

*Organized art activities with a focus on process art and exposure to materials to increase children's desire to create. Class from 11:30-12:30, please come early to play and socialize*

**2nd Wednesday: Storytime with High Point Library's Children's Librarian, Nathalie Glems**

*Join Nathalie, the High Point Children's Librarian, for stories and songs from 10:15-10:45. Stay to play.*

**4th Wednesday: STEM Activity**

*Stop in to participate in a STEM themed activity. This month we will be planting seeds. Bring them home and watch them grow! 10am-12pm*

**Every Wednesday drop in for Open Play from 10am-12pm**

**High Point Resource Coalition Resource Fair**

**“Know your Rights”**

Presentation for immigrant and refugee families

**Discover your Community:**

Learn about programs, resources, and activities going on in your neighborhood

**@ the High Point Community Center**

**Saturday, March 25th from  
12pm-4pm**

**Join us March 25th at  
Elizabeth House for a  
“Community Dinner”**

**Get to know your neighbors  
and learn about ways to stay  
active in the community.**

*\*Bring a dish to pass if you can*

**4:30pm-6pm  
3201 SW Graham St.**

**Are you looking for a job?**

***Come in on Tuesday's from  
2pm-4pm & sign up for 1-on-1  
support with a job coach***

- Find job openings
- Fill out applications
- Create a resume and cover letter
- Practice interview skills

**& MORE!**

**This program includes:**

**Free use of our computer lab  
with Wi-Fi, printers, fax  
machine, scanner, & copier**

**“Guiding Good Choices” Parenting Class**

*\*For Families that speak Somali*

**5 Week Class starting**

**Saturday, April 15th from 4:30pm-7:30pm**

**@ Neighborhood House High Point**

- For parents and caregivers of children ages 7 to 16 years old
- Learn to help your child make good choices and say no to drugs
- Learn how to set rules, strengthen family bonds and reduce conflict

**\*\$40 gift card, dinner, and childcare provided**