



News For MOMs

Recovery Support Groups



Monday May 19th
4:30pm-7:30pm

Art Expressions

Come explore a variety of arts & crafts! Learn the therapeutic value of creative expression!

Where:: Glenstone Village Community Room at 2835 N. Stone Ave.

RSVP to Piper for transportation (520) 307-2191

For women in treatment & transitional housing Haven pick-up is at 4:00pm

Make Way for Books presents
Raising a Reader Program!



FREE FUN, FOOD, BOOKS!

From April 5th through June 21st
Every Saturday @ 1-2pm

Children & family encouraged to attend!

Clubhouse at Glenstone Village Apartments
2835 N. Stone Ave, Tucson, AZ 85705

Lunch will be provided. Call your Health Educator to apply!

SPOTLIGHT on MOMs Gift Boutique

Come check out our MOMs Gift Boutique!

Are you an active MOMs participant? Any time between your first day and your 6-month program graduation day, come use our bright and colorful gift boutique.

Where? MOMs office, 811 S. 6th Ave.

What? An area full of kids books, baby clothing, infant formula, and more!

How? Ask your Health Educator!



Photo by Sang Schelble

Gift Boutique Guidelines

-1 trip to the gift boutique per month

- You can select:

a) 3 small items
(e.g., diapers, baby clothes, cereal)
or

b) 1 large item
(e.g., car seat, breast pump)

Watermelon Stars Recipe

Ingredients:

- ☼ Watermelon
- ☼ Popsicle sticks
- ☼ Star-shaped cookie cutter (or a knife)



How to make it:

1. Use a cookie cutter to cut juicy star shapes from 1-inch-thick slices of seedless watermelon.
2. Insert a Popsicle stick into each star, then set the pops on an aluminum foil-lined baking sheet.
3. Cover the stars with another sheet of foil and freeze for 1 hour or until firm.
4. Enjoy!

Know someone who might be interested in participating in the MOMs program?
Please have them call Corrie Brinley (520) 488-6927

MOMs Program Resources

Southwest Institute of Research on Women (SIROW)/ Mujer Sana Healthy Woman, 811 S. 6th Avenue (across from St. Vincent's Thrift Store). To use the computer lab or library in the office, or get case management in the areas of health, employment, etc. contact your Health Educator: Piper 520-307-2191 or Stephanie 520-307-7395

Compass Affordable Housing 2835 N. Stone Ave. Available to help you locate affordable housing based on your individual needs and location. Start early—finding housing requires time up front! To make an appointment to discuss housing options, contact John Roldán at (520) 240-7218

Las Familias 1600 N Country Club (on the NE corner of Country Club and Lee). Offers trauma counseling and support for adults & children. Contact Alicia Perez at (520) 327-7122 Ext. 1221

The Parent Connection 5326 East Pima Street (west of Craycroft). Offers age-specific parenting classes, mother-baby play groups, baby CPR & Safety, and newborn baby care classes. If you're interested in signing up for a class, contact Alison Tibbals at (520) 321-1500

Free Community Help

Drop-in Job Help

When: Mondays 12:00pm - 3:00pm

Thursdays 9:00am - 12:00pm

Where: 101 N. Stone Ave, Tucson- Joel D. Valdez Main Library

Contact: (520)791-4010, askalibrarian@pima.gov

Free career service, computer & technology Help,

Admission: Free

Meet A Lawyer Legal Clinic

When: Saturday May 3, 2014 10am-2:30pm

Where: Tucson Mall, JC Penny Court, Lower Level, near the soft play area.

Contact: (520)623-8258 Pimacountybar.org

One on one free legal help for 15 minutes! First come, first served. Legal resources and handouts too.

Admission: Free

Downtown Family Events

Locomotive Saturdays

When: Every Saturday, year round, beginning March 29, 2014. 10 am to 1 pm

Where: 414 N. Toole Ave., Tucson, AZ- Historic Train Depot

Contact: (520) 623-2223

Explore transportation history, see freight trains pass by, or ring the locomotive bell at the Southern AZ Transportation Museum.

Admission: Free

Cinco de Mayo Fiesta-Tucson Tortilla Festival

When: Sunday May 4, 2014, 10:00 am to 3:00 pm

Where: 133 W. Washington St., Tucson, AZ -Presidio San Agustín del Tucson

Contact: 520-791-4865, ext. 21

Art and music with tortilla sampling and children's activities.

Make tortillas and enjoy the entertainment!

Admission: Free

Take Back the Night Recovery Support Group



FREE Events & Family Fun!

Outdoor Family Day: Damsels & Dragons

When: Saturday May 24, 9am—11:30am

Where: Pima County Agua Caliente Park 12325 E. Roger Road

Take an up-close look at the natural history of damselflies & dragonflies that make Agua Caliente's riparian area their home. Use nets to capture these delicate looking insects for close inspection before releasing them back to nature. Families w/ kids ages 5-12.

Contact: (520) 615-7855 or eeducation@pima.gov

Admission: Free

Cool Down with Splash Pads!

Brandi Fenton splash pad

When: April 22 through October 31, 7:00am -7:00pm, daily.

Where: Brandi Fenton Park, 3482 East River Road

Contact: NRPR at (520) 877-6211 for more details.

Admission: Free

Catalina Park splash pad

When: 7:00am to dusk, daily.

Where: 900 North Fourth Avenue, near University Blvd.

Built in 1902, Catalina Park is one of the City's oldest parks.

Admission: Free

