



# THE SOUTHSIDE



Southside Family Nurturing Center  
 Summer/Fall 2007  
 Volume 2, Issue 2

## Growing Community (and veggies) at SSFNC

This year the PM Preschool class planted their first garden at the Village in Phillips Community Garden at 2432 17<sup>th</sup> Ave S, one block from SSFNC.

The students started their garden by first planning what they would plant. This took some research and we tasted a variety of vegetables and identified the ones they liked on a picture chart that hung in the dining room.

Many of the children were at first reluctant to try the vegetables but eventually they discovered that they actually enjoyed them.



The teachers

were surprised when spinach was chosen as a favorite by many of the children. After choosing their top six vegetables the class began to plant seeds inside to begin the growing process.

We watched them sprout and then transplanted the new plants into the garden. While transplanting the plants the children were very gentle and protected the roots.

Each student had the opportunity to water the plants every week. Class was also sometimes held in the garden so the students could watch their plants grow and use magnifying glasses to observe the bugs that helped their plants grow.

We also practiced "garden walking" which involved the students walking

gently between the different garden plots and we talked about respecting the other community members' gardens.

When it was time to harvest the veggies we picked beans and pulled carrots. All of the vegetables harvested were then brought back to Southside for the kids to eat for snack. The children helped wash the vegetables and enjoyed eating them.



We are looking forward to planting our garden again next year as it gives our students a wonderful opportunity to learn where their food comes from and how to grow it on their own.

## Capital Campaign is Nearing Completion!

Construction continues on here at Southside as we near the end of our Capital Campaign. Now that the newly renovated third floor has finally been completed, staff members have moved their workspaces up to the top floor of our wonderful building.

With views of downtown Minneapolis, all Teachers, Family Workers, Father' Program Facilitators, and some administrative staff are now housed in this new space.

Some work still remains to meet our goal of completing all major construction by the end of 2007. Among the work left to be done is the installa-



tion of the elevator, completion of a new wheelchair-accessible Southwest entry to the building, and new private bathrooms for the toddler and preschool classes.

All of us here at Southside are greatly looking forward to the completion of this project and to the expanded opportunities that these new spaces will bring. The building will now be compliant with ADA regulations, allowing us to better serve individuals with physical limitations.

The second floor, where all staff offices were previously located, will now offer new spaces that will allow us to improve our programming and to serve families even better. The second floor will now feature a large conference room that can be used for meetings, trainings, and events; a Father's Program room; improved parent group space; and an improved play session room.



*"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more." -Rosabeth Moss Kanter*

We have answered the call both for our building and for ourselves. We have moved into our renovated third floor. It has been a dizzying experience filled with boxes, toys, remnants and promise, a mix of history, possibility and chaos. Restoration is energizing and challenging and let's be honest messy, but it is an inherently hopeful act.

Here at Southside we are all about hope. We have luminous new offices, a redefined second floor with space for family conferences, celebrations, community meetings and training. We will at last have a toddler classroom with its own bathroom and our 114 year old building will soon be ADA compliant. Nothing extraordinary it seems ever happens without the adjoining muddle. We relearn that truth every day in our work, we refresh our knowledge that beauty emerges from chaos, imperfection and even pain. That without the muss there is no miracle.

Sincerely,  
Barb Olson, Executive Director

## Please Join Us!

**You are invited to the 2007 Annual SSFNC Holiday Concert with Marty Haugen and Marc Anderson, with special guest Robbie Robinson.**

This year's concert will take place on Sunday, November 18 at 7 PM at St. Joan of Arc Church on 4537 3<sup>rd</sup> Avenue South in Minneapolis. Advance tickets are \$20, which includes one raffle ticket. Tickets at the door will be \$25 not including a raffle ticket. Additional raffle tickets will be available for purchase, with a chance to win signed CDs, sheet music, and the grand prize: Marty Haugen's very first guitar! You can purchase your tickets in person at St. Patrick's Guild at 1554 Randolph Ave. in St. Paul or at 66th St. and Lyndale Ave. in Richfield. You can also purchase your tickets directly from us by calling Holly at (612) 721-2762 x.220. Tickets will be available beginning October 1.

All proceeds will be donated to SSFNC, so we hope you can join us.



## Board Chair's Report

In June 2007, the New York Times Magazine presented data to show in startling figures, that the poor are getting poorer and the rich richer. As we hear people tell their experiences we find that economics is at the base of many of the crises that families at SSFNC endure.

We recognize that we are in a period of economic complexity where the structure of compensation, taxation and community well-being seems to many of us to be out of balance.

SSFNC benefits from the generos-

ity of foundations and individuals who donate to us and we are deeply grateful. We are in a climate of resistance to public funding for human services however, that constantly puts pressure on the agency, and we know this is a pattern across Minnesota.

It is a source of inspiration for members of the Board to work to understand the circumstances that bring people to our door, and to collaborate to make change for the good of us all. I am very glad to participate in this work and to offer my greetings to our

community through this Newsletter.

Please do come and visit our renovated building, call for a tour or offer help in any way you may, as a volunteer, as a donor, as a community connection and encourager.

Thank you for your support and for walking this precious journey with us to cherish all children in our city. I look forward to meeting you.

Sincerely,  
Rosemary Link,  
on behalf of the Board of Directors

## Summer Programming at SSFNC

The summer program at Southside this year was filled with lots of field trips, fun adventures, community events, and culminated with two wonderful graduation ceremonies for our AM and PM Preschool classes.

The summer started out with the Annual May Day Parade, sponsored by In the Heart of the Beast Puppet and Mask Theatre (HOBT). For the third consecutive year, SSFNC has



partnered with HOBT to provide arts programming to our families and this year we had a record-breaking thirteen families participate in the May Day Parade in South Minneapolis!



Some of the field trips that we took were to Minnehaha Falls, the Quaking Bog and the Wild-

flower Garden and Bird Sanctuary, Central Library, Fort Snelling, and many other parks around Minneapolis.

To conclude the summer, our annual Preschool Graduation Ceremonies, took place on August 2. This year, we graduated eleven preschoolers who will be moving on to Kindergarten. We are so proud of them and

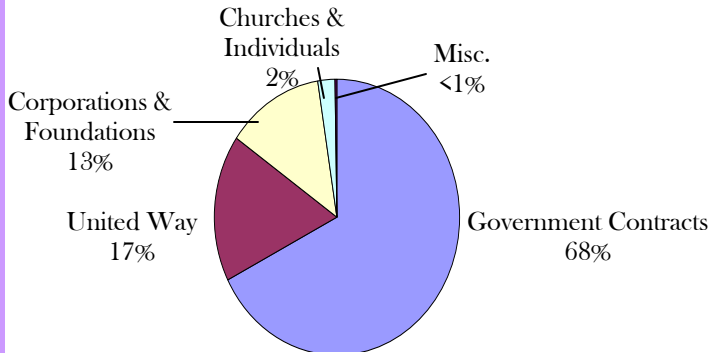


wish them the best of luck in school and all of their future endeavors!

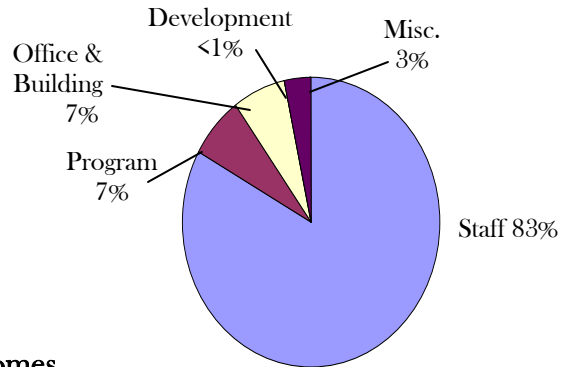
# SSFNC Annual Report 2006

We are pleased to announce that this year we are publishing our first Annual Report. Below you will find a summary of our finances and program outcomes for 2006. For a complete copy of the Annual Report, please visit our website: [www.ssfnc.org/publications](http://www.ssfnc.org/publications). To request a printed copy, contact Julia Davidson at (612)721-2762 x. 241.

## REVENUE



## EXPENSES



## Program Outcomes

- ◇ 91% of children improved in their ability to follow routines with adult guidance.
- ◇ 88% of children improved their skills in at least two areas of cognitive, language, motor, or self-help domains.
- ◇ 91% of children improved or maintained at a satisfactory level their attendance to school.
- ◇ 65% of parents improved or maintained at an adequate level their ability to sustain their families.
- ◇ 60% of parents improved or maintained at an adequate level their ability to nurture their children.
- ◇ 60% of parents improved or maintained at an adequate level their ability to provide safety and protection for their children.
- ◇ 75% of parents improved or maintained at an adequate level their ability to regulate and manage their children.
- ◇ 71% of fathers developed an emotional connection with their children.
- ◇ 64% of fathers developed behavior management skills.
- ◇ 25% of non-active fathers responded to outreach efforts by Father's Program staff.

**Want to do your part to support Southside's programs?** Make a financial contribution by detaching the portion below and mailing it along with your check in the envelope provided.

**You can also donate securely online at [www.ssfnc.org/donate](http://www.ssfnc.org/donate)**

All donations are fully tax-deductible and you will be making a substantial difference in the lives of the children and families we serve. If you have any questions, feel free to call or email Julia Davidson, our Development Director at (612)721-2762 x.241 or [juliadavidson@ssfnc.org](mailto:juliadavidson@ssfnc.org).



## YES! I WANT TO CONTRIBUTE!

sf07

My check made payable to SSFNC is enclosed in the amount of:

- \$500
- \$250
- \$100
- \$50
- Other \_\_\_\_\_

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Only send me this newsletter by email

I would like to designate my donation for: \_\_\_\_\_

# Playing is More than Just Fun

Play sessions are widely considered to be the most appropriate treatment for helping children work through difficult problems, such as family violence. Play sessions are to children what counseling is to adults—using play, children’s natural medium of expression and communication, to help them express their feelings more easily through toys, instead of words.

At SSFNC, children enrolled in the preschool classes are identified by their teachers as needing additional attention through play sessions. Individual play sessions take place once a week from October through May. In these one-on-one sessions, our trained play session leaders help the children feel accepted and understood



and gain a sense of control or understanding of their difficult family situation, thus enabling the healing process to begin.

Current research shows that play therapy is effective among children who have trouble with problematic behaviors, social adjustment, and personality issues. It has also been demonstrated that the longer a child participates in play sessions or play therapy the more effective the therapy is in affecting the child’s behaviors, social interactions, and personality.

In a recent study it was determined that play sessions can help children deal with a wide range of social, emotional, behavioral and learning problems. Situations in which play session have been effective include: children whose problems are related to trauma or life stressors, such as divorce, death, relocation, hospitalization, chronic illness, assimilate stressful experiences, physical and sexual abuse, domestic

violence, and natural disasters.

As we work towards readying children to enter kindergarten and have successful school experiences, it is essential for children to know how to manage their feelings and work through difficult situations that they are dealing with. It has been proven that if children are not successful in kindergarten, first, or second grades, they are less likely to perform well as they grow older. By providing individual play sessions to children who need them, we will be able to help them develop the skills they need to succeed in kindergarten and beyond.

Sources:

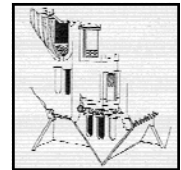
*“The Efficacy of Play Therapy with Children: A Meta-Analytic Review of Treatment Outcomes;” Bratton, Ray, Rhine & Jones; 2005.*  
*Empirically Based Play Interventions for Children; Reddy, Files-Hall & Schaefer; 2005.*



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*If you would like to be taken off of our mailing list, please contact our Development Director, Julia Davidson at juliadavidson@ssfnc.org or (612)721-2762 x.241*

*Together with families and community, we nurture children, build on family strengths and find alternatives to violence. Since 1974 Southside Family Nurturing Center, located in the Phillips Neighborhood of South Minneapolis, has served culturally diverse families suffering the effects of child abuse and neglect. As one of the first private, nonprofit agencies to implement holistic family treatments in the state of Minnesota, SSFNC pioneered programs based on our belief that child abuse and neglect are treatable and preventable.*

*For more information about SSFNC, visit our website at www.ssfnc.org or call (612)721-2762*