The Matthews House is proud to offer a variety of community-based services designed to promote the overall health and well-being of youth and families. Our Community Activities provide fun recreational opportunities, resources for families in-need, parenting education and support, and access to education and vocational training. We are Growing Stronger Together!

**PROGRAMMING**

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**LOCATIONS**

**CLC @ Fullana**
220 N. Grant Avenue
Fort Collins, CO 80524
(970) 449-5191

On the corner of Loomis and Laporte. Use entrances on the east side.

**CLC @ The Genesis Project**
400 S. Link Lane
Fort Collins, CO 80524
(970) 449-5191

Near the corner of E. Magnolia and S. Link Lane, north of Mulberry.

**ICON KEY**

- **C**: Children Activities Offered
- **B**: Meal Provided
- **P**: Registration Required

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**Recreation**

**Zumba**

This dance-based exercise class with Latin music is open to ages 11+. The class is offered three times a week. Please call ahead to register your children for Children Activities. At CLC-Fullana.

Contact: Rob Cardona (970) 449-5191

**Open Gym**

Youth and young adults aged 13+ can join in on basketball games, outdoor sports, and other recreation activities. At CLC-Fullana.

Contact: Shawn Keefer (970) 631-4979

**Latin Rhythms**

Kids aged 8+ and adults can learn a variety of Latin dances, including Salsa, Bachata, Merengue, and other regional dances from Mexico. At CLC-Fullana.

Contact: Rob Cardona (970) 449-5191
Family Services

Family to Family (F2F)
This program is offered to families with children 0-18 years old. Parents have the opportunity to work one-on-one with a Transition Facilitator for assistance in navigating community resources. Assistance can be one-time or ongoing. At CLC-Fullana and CLC-Genesis Project.

Be Ready Early Childhood Navigator (ECN)
Early Childhood Navigators help connect parents to community resources that support school readiness in children in the areas of health, language, and behavior. This program is open to families with children aged 0-8. At CLC-Fullana and Loveland.

Colorado Community Response (CCR)
This voluntary, 3-month program offers case management services for families with children 0-10 who would like support connecting to resources in Larimer County. Participants are referred directly from the Department of Human Services. CCR is statewide and The Matthews House administers the program in Larimer County. (Not open to community at-large)

For all Family Services contact: CLC (970) 449-5191

Parenting Support

Best Start for Babies & Toddlers
The Best Start classes are a series of 10 classes that provide education and support for parents to feel more confident in their ability to respond to their young children in healthy and positive ways.

Contact: bsb@thematthewshouse.org & CLC (970) 449-5191

Parent Café
Parent Cafes provide a safe space for parents and caregivers to explore their strengths and examine how they can strengthen their families in relation to key protective factors.
http://tinyurl.com/Parent-Cafes-TMH

Contact: Kristen Caporelli (970) 413-1321
Parenting Support

The Incredible Years
This parenting group is for families with children ages 3-6. The program sets the stage for sensitive, nurturing, and competent parenting. A social-emotional curriculum for children is included.

Parent & Child Playgroup
Positive socialization and play help children develop important skills. Playgroup is an opportunity for kids to play and spend quality time with their parents in a fun environment within the community. Parents also get to know each other and build social connections.

Foster & Kinship Provider Training
Foster care provides temporary care of a child or children while supporting family and agency efforts to reunify the parents with their children. People seeking certification as a foster or kinship provider in Larimer County attend this 8-session training.

Education & Career Development

High School Equivalency Program
The Center for Adult Learning offers preparatory classes for adults seeking to take a High School Equivalency test. The class costs only $50 per semester. At CLC-Fullana.

English as a Second Language
The Center for Adult Learning offers English as a Second Language classes. The class costs only $50 per semester. At CLC-Fullana.

Cooking Matters
This 6-session cooking and nutrition class equips adults with the food skills and confidence to prepare healthy meals at home. At CLC-Fullana.

Restaurant Ready
Restaurant Ready is a culinary training program for students aged 16-24. The class meets 3 days a week for 8 weeks and explores a variety of professional kitchen skills. Students are also trained in food safety, kitchen safety, and personal safety. The students are taught a series of power skills to equip each one with the tools to be successful in a professional kitchen.
Youth Activities

Homework Helpers

Students in grades 3-8 (must be at least 8 years old) come to this daily after-school program for enrichment opportunities, a snack, and academic work time. The program is in session most days that the school district is in session, and busing is available from select schools. At CLC-Fullana and CLC-Genesis Project.

Contact: Lise Harwell (970) 692-1274

Summer Zone

Students aged 8-16 participate in this summer extension of the Homework Helpers program. The program includes enrichment opportunities, a snack, and weekly field trips. At CLC-Genesis Project.

Contact: Lise Harwell (970) 692-1274

Art Group

Youth aged 10-21 get a chance to work out their creative side during this activity. A volunteer instructor provides supplies and direction in completing various art projects each week. Past projects have included sculpture, painting, charcoal, and papermaking, all while exploring light, color, lines, and space.

Contact: Shawn Keefer (970) 631-4979

Community Engagement

Be Ready Fair

This is collaborative fair that targets families with children in the early childhood range (ages 0-8). The fair provides activities for children and resources for parents. The fair aims to help spread awareness to the community about building school readiness. The Fort Collins fair occurs in early fall, and the Loveland and Estes Park fairs both occur in late winter/early spring.

Community Baby Shower

This annual event celebrates new moms and moms-to-be in our community with games, food, community resources, and gifts for them to take home. The event happens in early May, but is open to any mother who recently had a baby or is currently pregnant.

Speed Kickball

The Speed Kickball tournament and BBQ happens annually in June. Families can eat a grilled meal together, meet other families in the community, and either watch or participate in a quick kickball tournament.

For all engagement events contact: Tressa Bass (970) 692-7639
Community Engagement

Thanksgiving Dinner
This long-standing tradition of the Community Life Centers happens every November. A traditional Thanksgiving dinner is served, along with carriage rides, crafts, and family photos.

Sweetheart Dance
The Sweetheart Dance is a family dinner and dancing event. Families can enjoy a free meal together and dance the night away.

Other Family Dinners
Family dinners are special themed events that happen at one of our Community Life Centers at different times throughout the year. Families are able to enjoy a free meal together, meet other families in the community, and participate in themed crafts or activities.

For all engagement events contact: Tressa Bass (970) 692-7639