



390 14th St, Burlington, CO 80807 | 719-346-5398 | www.prairiefamilycenter.com

# Prairie Family Center

**Vision**  
"Our Mission, Your Success!"

**1997**  
Established

Serving  
**Kit Carson & Cheyenne Counties**

**8**  
Staff

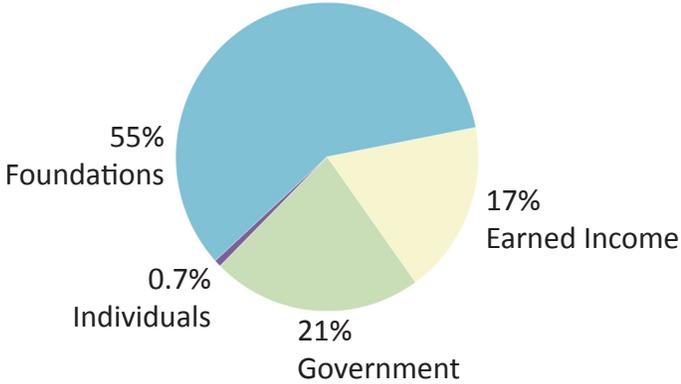
**Mission**  
Provide our community with the tools and resources to build, support and educate, healthy families.

**\$513,800**  
2017-2018 Budget

**944**  
families served annually

**501(c)3**  
Org structure

**Types of Funding**



## Key Programs

- CATCH Kids Club
- Cooking Matters
- Exploring Foods
- Food Friends
- Free Summer Food
- Getting Ahead
- Healthier Living Class
- Literacy for Little Ones
- Mighty Kids Moves
- Nurturing Parenting

**Serving Our Community**

Prairie Family Center recently added "to build and educate" to our mission statement. We added these two statements because we recognized that as an organization we wanted to give our families a helping hand, not a hand out. We provide emergency services but with the CFSA2.0 and our education programs we are able to help our families set goals and help them through the process of reaching those goals. Prairie Family Center's vision "Our Mission, Your Success!" brings to light that the individuals we serve, the organizations that donate, our staff and our communities will be successful through each other.

Highlights

Prairie Family Center had a great year. We moved to a larger space that accommodates the Twice Nice Thrift Store and our program offices under one roof. This has helped us become unified and serve the community in more complete methods of meeting the needs of the community. Prairie Family Center was able to expand our CATCH after-school program to include 6th-8th grade students. We were selected to participate in a 2-week pilot program from Share Our Strength to provide summer meals to families via pre-made breakfast and lunch delivered to their homes, gift cards to purchase ingredients to create breakfast and lunch recipes at home, and purchasing and delivering ingredients for families to create breakfast and lunches at home. After the pilot, the PFC Share our Strength Coordinator went to Washington, DC to sit on a panel to encourage the USDA to fund this program. We were very excited to be a part of this opportunity to provide our community with nutritious meals during the summer. We are pleased to announce we will be continuing this program this next year.



Family Success Story

Prairie Family Center has had many success stories. We would like to share this particular story of a woman on a very fixed income. She has health issues which causes her to struggle with staying focused and on task. She has MS, seizures, and now high cholesterol. She has been participating in our Nurturing Parenting Classes, Healthier Living, Cooking Matters, Food Bank and Getting Ahead Program. She is a smoker and for many years did not want to talk about how cigarettes were depleting her finances. After attending the Getting Ahead Program and recognizing the strengths that she has in her own personal life, she has reported to advocates that she called and decreased the number of cigarettes from 15 to 10 and now 7 or 8. She reported that she found out that she has high cholesterol but after taking the Healthier Living and Getting Ahead Program she used her investigative skills to research foods and drinks she could consume to help lower her cholesterol. Even though she continues to utilize the Food Bank, she brought in a list of the foods that she had researched so that she could manage her cholesterol levels. During the Getting Ahead Program she felt encouraged to create a support group for people with the disease to have a place to talk and learn about resources within the area and create relationships. She approached the executive director about hosting this group at PFC.



How You Can Help

Donations and/or grants for our Emergency Services program that provides assistance with hotel stay, prescription help, transportation, etc. and also funding for veterans that live in our community but also those that are traveling through that are needing assistance.

