

TEAMWORK:

A QUARTERLY CHILDREN'S
CLINIC AND FLEX NEWSLETTER
FROM OUR TEAM TO YOURS

ISSUE 23 /WINTER 2025



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WINTER IS HERE

The twenty third issue of our Children's Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed in the waiting room at the Clinic, and archived [here on our WEBSITE!](#)

Want to unsubscribe from this newsletter? No problem!

E-mail lgray@cutchins.org and we will remove you from the mailing list.

This newsletter has been made possible through our agency partnership with United Way of the Franklin & Hampshire Region.

United Way of the
Franklin & Hampshire Region



Cutchins Programs
for Children & Families

LETTER FROM THE DIRECTOR

Hello Clinic and Flex Families,

We are happy to send along our Winter 2025 newsletter to our Clinic and Flex families. I am writing this to you all on the cusp of the Winter school break, with holiday prep energy swirling about and the hopes of snow in the next day or so. (well, not too much snow because, well, shoveling!)

This newsletter contains a good deal of information we hope you will find helpful. In addition to our regular “Staff Picks” and “Meet the Team” sections, there is info on:

- Our Wicked Fun Clinic Birthday, held one rainy and yes, wicked fun day this fall
- Cutchins Agency updates: including our Annual Superhero Run, a Super 60 Award and also a “Save the Date” for our Dancing with the Local Stars event
- A quick update on our building renovations and pending addition of the first floor
- Local resources for those experiencing food insecurity, organized by county.

As we say goodbye to 2025 and welcome 2026, I encourage you to take this time to orient to a new year. Let’s leave behind things in 2025 that do not serve us, and take 2026 as an opportunity to find and follow our internal compasses. I hope the new year brings you and yours whatever is needed for the year ahead.

With Kindness,

~Amanda Jenkins Harrison, LMHC
Vice President of Community Services



FOOD RESOURCES

FRANKLIN COUNTY FOOD SERVICES



Northfield

Pantry:

First Parish Unitarian Church
Meal Program
Blessed Trinity Parish Bread of Life Kitchen

Orange

Pantry:

Franklin County Community Meals Program
St. Mary's Church
Meal Programs:
Franklin County Community Meals Program

Shelburne Falls

Pantry:

Community Action! West County Emergency Food Pantry

Turners Falls

Pantry:

- Brick House Community Resource Center
- Franklin Area Survival Center
Meal Programs:
- Franklin County Commuter Meals Program
Mobile Food Bank
- Food Bank of Western MA

Wendell

Pantry:

- Wendell Good Neighbors

For more details, scan the QR Code!



FRANKLIN COUNTY FOOD SERVICES



Ashfield

Pantry:

First Congregational Church: Hilltown Churches Food Pantry

Greenfield

Pantry:

Blessed Trinity Parish Food Pantry
Community Action! Center for Self Reliance
Dial/Self Franklin County Outreach
Faith Baptist Church
Stone Soup Cafe; Everybody's Community Store
The Community Builders Inc
Meal Programs:
Blessed Trinity Parish Bread of Life Kitchen
Franklin County Community Meals Program
Stone Soup Cafe
The Salvation Army
Greenfield Corps
Mobile Food Bank
Food Bank of Western MA

Leverett

Pantry:

- North Leverett Baptist Chi

Millers Falls

Pantry:

- Friends of Montague Public Libraries

New Salem

Pantry:

- Wendell Good Neighbors Backpack Buddies

HAMPSHIRE COUNTY FOOD SERVICES



Leeds

Pantry:

Project New Hope Inc.
Soldier On, Inc. VA Food Pantry

Southampton

Pantry:

- Southampton Congregational Church Community Cupboard

Northampton

Pantry:

Northampton Survival Center
St. John's Episcopal Church of Northampton
Tapestry Health Systems, Inc.
Meal Programs:
First Churches of Northampton Friday Community Breakfast

Ware

Pantry:

- Trinity Episcopal Church Jubilee Cupboard
Mobile Food Bank:
- Food Bank of Western MA Grenville Park

South Hadley

Pantry:

Neighbors Helping Neighbors



HAMPSHIRE COUNTY FOOD SERVICES



Amherst

Pantry:

- Amherst Survival Center

- First Baptist Church

Meal Programs:

- Amherst Survival Center
- CHD Not Bread Alone Soup Kitchen

Mobile Food Bank

- Food Bank of Western MA Boulder's Apartment

Belchertown

Pantry:

- Belchertown United Church of Christ
- St. Francis Parish Food Pantry

Goshen

Pantry:

- Hilltown Food Pantry

Granby

Pantry:

- Neighbors Helping Neighbors

Huntington

Pantry:

- Pioneer Valley Assembly of God; Huntington Food Pantry

Easthampton

Pantry:

- Easthampton Community Center
- Easthampton Congregational Church Food Cupboard
- Pioneer Valley Power Packs Backpack Program

Mobile Food Bank:

- Food Bank of Western MA

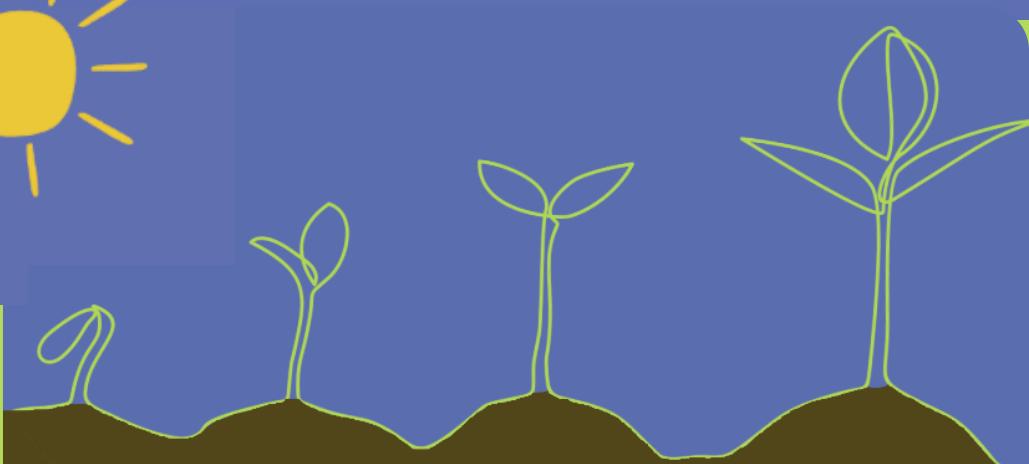
Build Update!

We are so excited about our expansion and can't wait to introduce you all to the new space!



Well folks, the renovation to downstairs is progressing, but we have hit a few speedbumps and the progress is a bit slower than we hoped. As you know we had hoped to move into the first floor this fall, but a more likely estimate at this time is early spring.

Help Us Grow



Cutchins Programs
for Children & Families

Why Donate?

- Support us in serving more clients with innovative trauma treatment services to address the crisis in youth mental health affecting vulnerable populations and area families.
- Give in honor or memory of someone who believed in compassionate care, and our mission and values of Hope, Integrity, Acceptance and Belonging.
- We are a certified 501(c)(3) non-profit - your donation is tax deductible.



QR Code for Direct
Donation Link and to
Donate in Any
Amount

Please share this fundraiser with
anyone you think might like to
Help The Children's Clinic grow!

 Cutchins Programs
for Children & Families

40TH ANNIVERSARY BIRTHDAY PARTY

We were so excited to host our Wicked Fun 40th birthday party for the Clinic this fall. The rain could not spoil our fun! We were so happy to celebrate our lovely Clinic with friends, families, community members, and current and former Clinic employees.

We were honored to be recognized for 4 decades of supporting the youth of our community, along with our Founding Director Dr Cynthia Monahon, with citations from State Rep Lindsay Sabadosa. Big thanks to all who made this event a huge success.

Alice Barber

(She/They)

Clinical and Training Coordinator

I've worked here for: A mere 3 months...after about 30 years of working with children and teens all over the Pioneer Valley



Describe your job, what do you do?: Mostly, I see kids for therapy. I also am helping to develop a training and consultation arm of our outpatient program. This means that there will be more opportunities for school staff and parents/guardians to learn about the work we do here at Cutchins.

What do you love most about your job? What I love most about my job now - and for all of the other years of doing this work - are the moments of magic that happen in sessions. Sometimes they are so small that I really have to be "on my game" to notice them. Sometimes I don't notice them until after the session is over and I'm in my thoughts. Sometimes someone has to point them out to me. Sometimes these magic moments are so big that they light up the room. And they are all based in connection, caring, creativity, and a willingness to move through really hard things together.



What's a fun fact about you? I am from a small town in Southeastern Pennsylvania. Kennett Square is the mushroom capital of the world. I try to visit every New Year's Eve when (instead of a ball drop) they drop a big, lighted mushroom from a crane in the middle of town.

MEET THE TEAM

Jordan Caywood

Pronouns: She/They

Position: Clinician, Children's Clinic and Flexible Support Services

I've worked here for: 3.5 years

Describe your job, what do you do?



When I'm not working at the Children's Clinic, I am meeting with clients in their homes and out in the community. My job is to support kids, teens, and their families in navigating challenging experiences, learning and practicing new skills, and making steps towards their goals. I do this using a combination of art, play, and talk therapies. It is my biggest goal that my clients feel seen, heard, and valued for the unique people they are when they're with me!

What do you love most about your job?

My favorite part of this job is connecting with and building meaningful collaborative relationships with my clients and their families.

What's a fun fact about you?

I have visited 6 countries- Italy, France, Belgium, Germany, England, and Canada!

SAVE THE DATE / SUPERHERO RUN

THANK YOU FOR BEING A SUPERHERO!



WE CAME TOGETHER

We did it! This year was truly special. We had our 9th Annual Superhero Run 5k/10k, added a Kids Fun Run, and a Fall Family Festival. We wanted our event to be open to children and families, just like our services.

YOU MADE IT HAPPEN

We want to appreciate all who came out to RUN, stayed for the FUN, and supported Cutchins by showing up!



GRATITUDE!

Also, we want to thank our volunteers! We were lucky enough to have 32 volunteers to make our event happen! We had students from Springfield College's OT program, local high school students, board members, and more!

SAVE THE DATE

DANCING *with the local* STARS

SILENT AUCTION & FUNDRAISER DINNER

Dancing Around the World



May 9, 2025 | Hotel Northampton

www.cutchins.org

[Learn More >](#)

SAVE THE DATE

Our annual fundraiser will take place on **May 9, 2025** at the Hotel Northampton in Northampton, MA. This year, we will transport you through an evening of “Dancing Around the World”, featuring iconic dance performances by local talent, an incredible silent auction, and an elegant plated dinner. Don’t miss this chance to support Cutchins Programs’ most important fundraiser of the year and help support critical mental health services for children and families, locally.

Event Details

Date: May 9, 2025

Location: Hotel Northampton

Time: 6PM-10PM

Admission Pricing: Individual-\$100.00 Table of 10-\$1,000.00

Early Bird Discount: 10% discounted pricing available but only through March 14th!



We're proud to share a special video celebrating Cutchins receiving the Super 60 Award!

This recognition highlights the incredible dedication, compassion, and hard work of our entire Cutchins community. We couldn't be more honored — and we're excited for you to see this moment.

Insight Timer - Website and Phone App: Manny's Pick

Insight Timer is a popular, free app and web platform offering a vast library of guided meditations, music, and talks from world-renowned experts to help users with stress, sleep, anxiety, and overall well-being, featuring a customizable timer, community features, and tracking for meditation progress, making it one of the largest mindfulness resources available. **(Ages 13+)**

<https://insighttimer.com/>



Ologies Podcast about ADHD (Parts 1 & 2) - Michelle's Pick

Experts in the field discuss what it is like to live with ADHD and what options are available for support and education.

<https://www.alieward.com/ologies/adhd>

