

# 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](mailto: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

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 show 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 Ce  
Meal Programs:
- Franklin County Commur  
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

### Northampton

#### Pantry:

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

### Southampton

#### Pantry:

- Southampton Congregational  
Church Community Cupboard

### Ware

#### Pantry:

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

### Easthampton

#### Pantry:

- Easthampton Community Center
- Easthampton Congregational  
Church Food Cupboard
- Pioneer Valley Power Packs  
Backpack Program
- Mobile Food Bank:  
Food Bank of Western MA

### Goshen

#### Pantry:

- Hilltown Food Pantry

### Granby

#### Pantry:

- Neighbors Helping Neighbors

### Huntington

#### Pantry:

- Pioneer Valley Assembly of  
God; Huntington Food Pantry



## Build Update!

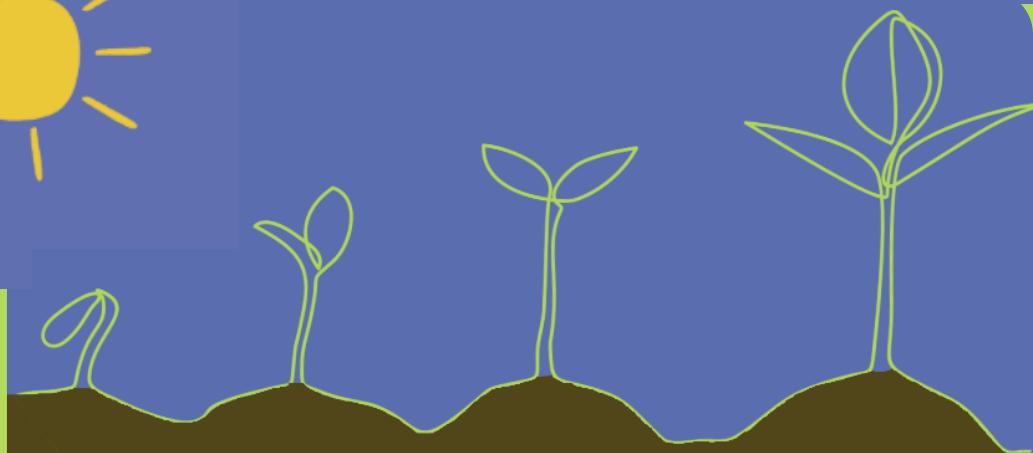
We are so excited about our expansion and can't wait to introduce you all to the new space!



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*



# 40<sup>TH</sup> 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.



# 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?**

IMy 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!



# THANK YOU FOR BEING A SUPERHERO!



## WE CAME TOGETHER

We did it! This year was truly special. We had our 9<sup>th</sup> 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](http://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/>



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### 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>

