

Cope Close-Up

August 2009

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First Stop for Families

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Dear Cope Supporter,

Here we are halfway through August! There's been a relaxed, summer feeling still in the air, most likely due to the presence of children -- ours -- in the Cope house. They're back at school as of today, so we've turned our eyes to fall.

Though it's still summer, we've been hard at work helping families in our community. Earlier this month, we co-sponsored a **Financial Wellness Fair** hosted by Redwood Credit Union (*Family Economic Success*). Now we're gearing up to begin implementing the **CAP (Child Assault Prevention) project** in Napa schools (*Child Abuse Prevention Council*), and readying our [Fall Schedule](#) of classes and workshops (*Parent Education*)! Our other programs, especially our safety net services, have been heavily utilized over this summer of belt-tightening and budget cutbacks.

While the direct service staff has been doing what they do best, our development team and stellar Board of Directors have been busy working on several events and opportunities for people both in and out of the community. Please join us, and feel free to share this newsletter with your friends and families both near and far!

Thank you for your support!

Fresh Aire Festival breezes into Napa

Passes are still available for the **Fresh Aire Festival**, an educational retreat focused on personal well-being and eco-consciousness. Taking place **Friday-Sunday, August 28-30** at Napa's Westin Verasa, its mission is to promote the health and harmonious development of the whole person, creating a healthier and more sustainable planet. This is your opportunity to attend any of more than 75 sessions devoted to health and wellness, fitness, nutrition, outdoor activities, yoga, eco-conscious living, meditation, wine tasting, music and more, facilitated by over 60 leading authorities.



Ticket prices are lower than ever. While a one-day pass is still \$99, you can now get a **three-day pass for just \$110!** The three-day pass includes four sessions per day on Friday and Saturday and two on Sunday, plus early morning sessions, all-day expo, keynote address and a free concert by Lawrence Juber!

Cope Family Center will be hosting a booth at Saturday's **Fresh Aire Expo**, open from 10am to 5pm **FREE** to the public. We'll be there not only to talk about healthy families and the services we offer, but also to promote our **Napa River Rock & Stroll** event.

One change to note for our supporters: Sunday's Benefit Reception has been replaced by the Napa premiere of the new movie "**Fresh**," sponsored by Whole Foods and benefitting Cope Family Center and the Land Trust of Napa County. See what the "Fresh" buzz is about at www.freshthemovie.com/news/

For Festival tickets and more information, visit www.napafreshairefest.com.

Napa River Rock & Stroll approaches starting line

It's just around the bend! Cope Family Center's **Napa River Rock & Stroll** 6K family fun run will hit the Napa River Trail at 8:30am on **Saturday, September 26th**. Registration begins at 7:00am at Kennedy Park on race day, but register early for the best deal, as **prices go up on September 12th**.



How far is 6 kilometers? It's about 3.7 miles, and you can sprint, jog, or amble at your own pace. In addition, race entrants will have exclusive access to a portion of the trail that's currently not open to the public, courtesy of the **Napa County Flood Control District** and the **Napa Valley Wine Train**. Registered participants will also receive a race bib, T-shirt, snacks, water and freebies, as well as free parking at Napa Valley College and shuttle service back to parking from the Finish Line Festival!

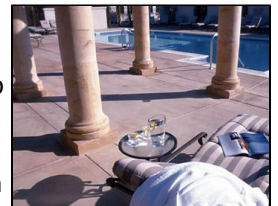
The **Finish Line Festival at Veterans Memorial Park in Downtown Napa** is free and open to the public, so even if you don't plan to walk or run, you can be there to cheer on your friends and enjoy live music and family-friendly booths.

Special thanks to **First 5 Napa County**, who've made funding available to give "Strollerships" to 50 low-income families with children 0-5! Families interested in applying for a "Strollership" can contact Michele Grupe at mgrupe@copefamilycenter.org

To register, or for more information, visit www.napariverrocknstroll.org

Rockin' Raffle benefits Cope Family Center

In conjunction with both the above events is our **Rockin' Raffle**, with prizes ranging in value from \$100 to \$4,000! Grand prizes are a retreat for four to **Villagio Inn & Spa** and two nights for two at **Bardessono**. Other prizes include a getaway to Cabo; VIP Luncheon for 6 at Joseph Phelps; VIP wine tastings and tours; stays at Meadowood, the Napa River Inn, the Marriott; and much more!



The first drawing will be held at the Fresh Aire Expo on **Saturday, August 29th**, and the second at the Rock & Stroll's Finish Line Festival on **Saturday, September 26th**. But buy your ticket before the first drawing, because *even if you win in August, you're still in the running for prizes in September!*

Raffle tickets are \$20 each. Download the [raffle ticket order form](#) here ~ all proceeds from the raffle will benefit Cope Family Center's ongoing mission to prevent child abuse and neglect, provide parent education and support families in our own community!

Cope Family Center :: First Stop for Families

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