



## AHM Family Resource Center Newsletter Winter 2012

The AHM Family Resource center is a collaborative effort among AHM Youth Services, Andover, Hebron, and Marlborough schools, and the State Department of Education. Funding is provided through a grant from the State Department of Education.

**Home Visits** We offer home visits, **free of charge**, using the National Parents as Teachers curriculum. A trained Parent Educator will visit your home once each month to talk to you about your child's development, do an activity, and bring handouts or other requested materials. All families living in Andover, Hebron, and Marlborough, with children ages Birth through 5 are eligible for this service. Please call Becky Murray at (860) 228-9488 or Laurie Larsen (860) 228-0871 if you would like more information.

**Play and Learn Groups** meet at the Family Resource Center at Gilead Hill School for families from the towns of Andover, Hebron, and Marlborough. During the groups, children participate in activities, crafts, snack, and circle time. The group is also a friendly supportive place to meet other parents and children! A free developmental consultation will be included for each child enrolled. Groups are 1 hour and 15 minutes, once a week. The cost for the Spring session, which runs from January 30-June 9 is \$90/family. Families wishing to participate and experiencing financial hardship may request a fee reduction by calling 228-9488 to speak to Nella Stelzner. If you have further questions about Play and Learn Groups, please call Laurie Larsen at (860) 228-0871.

### Spring 2012 Play and Learn Openings

Monday 10:30 Multi-Age  
Wednesday 9:00 Toddler (ages 1-2)  
10:30-Multi-Age

**KinderRHAMa Preschool Registration for the 2012-2013 school year will be held on Tuesday, 3/27/12 from 6:30-8:00 PM at the KinderRHAMa classroom at RHAM High School. Please call 228-9488 for more information or to arrange a visit.**



### KinderRHAMa Preschool Program

This program is for children ages 3-4 and is held at RHAM High School. The mission of the program is to provide a safe, stimulating, and developmentally appropriate environment for children. Program hours are: 3 year olds T/Th 8:30-11 AM, 4 year olds M/W/F 8:30-11 AM, and 3 & 4 year olds T/Th 12:00-2:30 PM. Cost of 2011-2012 school year is \$110/month for the 2 day program and \$164/month for the 3 day program.



### Coffee and Discussion: A Group for Parents

Come join us for discussion, exchange of information, and handouts on various topics pertinent to parents with children of all ages. Sessions will be held from 9:30 to 10:30 a.m. at the FRC at Gilead Hill School. Discussion is free, child care is provided in the next room at the cost of \$3/child. Please R.S.V.P. to Laurie at [ahmfrc@hotmail.com](mailto:ahmfrc@hotmail.com) or 228-0871.

### Tuesday, February 7: Nutrition for the Family-

Dealing with picky eaters, making meal times pleasant, nutritional guidelines

### Tuesday, March 6: Family Routines-

Scheduling, routines that work, organized activities, sleep, and family time

### Tuesday, April 10: Engaging Cooperation in

Children-Getting Children to listen, dealing with tantrums, and setting limits effectively

### AHM Family Resource Center Staff:

**Becky Murray**-FRC Coordinator

**Laurie Larsen**-Parent Educator, Mentoring Coordinator

**Leslie Capozza**-Play and Learn Assistant

**Cari Duigou**- KinderRHAMa Preschool Teacher

**Heather Holbrook**- KinderRHAMa Assistant Teacher

## Literature based preschool nature program

Tuesday, 1/31, 2012, from 11:30-12:00 at KinderRHAMa Preschool at RHAM High School.  
Cost: \$3.00 per child

Featuring puppets, a live rabbit, and a hamster! For children ages 1-5 and parents. A teacher from the CT Audubon Society will bring animals, incorporate the animals into a story, "The Blizzard", and discuss animal habitats in this fun presentation

Registration is required by calling (860) 228-5310



## Safe Home Alone Readiness Program

for Children Ages 10 and up

Presented by Mindy Johnston of Safety for Youth and Adults, (SEYA), this is a four-hour program to prepare children to be safe when staying home alone. Through role playing, hands-on activities, and speakers from local police and fire departments, children will learn basic fire, medical and personal safety tips.

**Place:** AHM Youth & Family Services

**Dates:** 2/29, 3/7, and 3/14 (graduation). At least 1 parent should attend graduation

**Time:** 5:00-6:30 PM on 2/29, 3/7, 5:00-6:00 PM on 3/14

**Cost:** \$25/child, including materials, payable to SEYA

Registration is required by calling Becky at 228-9488 X16 and sending a \$25 check made payable to "SEYA" to AHM Youth Services, 25 Pendleton Dr., Hebron, 06248 or email [beckym@ahmyouth.org](mailto:beckym@ahmyouth.org) with any questions.

## Family Movie Night: Mr. Popper's Penguins

Wednesday, February 22 from 6:30-8:00 PM  
AHM Building, 25 Pendleton Drive, Hebron  
Cost: \$2/adult, \$1/child, Popcorn included!  
Bring a blanket to sit on. Please call 228-9488 to register.



## Lanterns Mentoring Program:

This program matches up trained adult volunteer mentors with school aged children. Mentoring takes place at the child's school (Andover, Hebron, or Marlborough) during school hours and provides children with friendship and support. If you are interested in the mentoring program and would like more information, please call Laurie Larsen at 228-0871 or [lauriel@ahmyouth.org](mailto:lauriel@ahmyouth.org).

## Important Phone Numbers

### AHM Youth Services

228-9488, [www.ahmyouth.org](http://www.ahmyouth.org)

A variety of services, including counseling for children and families

### Birth-3

1-800-505-7000, [www.birth23.org](http://www.birth23.org)

Screening and services for developmental delays in toddlers and infants

### Husky Health Infoline

1-800-ct-husky,

[www.huskyhealthcare.com](http://www.huskyhealthcare.com)

State administered Health Insurance

### CT Safe Kids

<http://www.ctsafekids.org/>,

Information about safety, including car seat checks

### CT Parent Advocacy Center

<http://www.cpacinc.org>

**Toll-Free:** 800-445-2722 or 860-739-3089

A statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 26.

### Infoline Dial 211 from anywhere in CT

Resources for a wide variety of services, from child care to support groups, to mental health services.