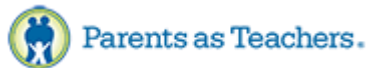




AHM Family Resource Center Newsletter

Fall 2016

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.



The AHM Family Resource Center offers free Home visits through this national program! Home visits are available once or twice a month according to your schedule to talk to you about your child's development, bring an activity to do with your child(ren) and handouts specific to your child's age. 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 at (860) 228-0871 if you would like to set up your personal visit today!

Play and Learn Groups meet at the Family Resource Center at Gilead Hill School. Parents and children participate in fun activities, crafts, snack, and circle time as children work on social skills!! Groups are 1 hour and 15 minutes, once a week

Fall Session: 9/12/15-1/19/17

Cost: Fall session is \$100/family. (Families wishing to participate and experiencing financial hardship may request a fee reduction.)

Registration will be held on 9/1 from 9:00-11:00 in the FRC at Gilead Hill School. For further information, please contact Laurie Larsen at 228-0871 or lauriel@ahmyouth.org.

Play and Learn Group Times

All groups are multi-age unless otherwise noted.

Mondays 9:00 A.M.

Thursdays 9:00 A.M.

Fridays 9:00 A.M., 10:30 A.M.



AHM Family Resource Center Staff:

Becky Murray-FRC Coordinator

Laurie Larsen-Parent Educator, Mentoring Facilitator

Cari Duigou- KinderRHAMa Preschool Teacher

Heather Holbrook- KinderRHAMa Preschool Teacher

Music Together Generations™

For children Birth-5, parents, caregivers, and elders

Dates: 10/6/16-12/15/16

(no class on Thanksgiving)

Class meets at AHM Youth and Family Services, 25 Pendleton Drive in Hebron

Time: 11:00-11:45 A.M.

Cost: \$115 for 10 sessions. Free for elders.

Financial aid may be available.

An intergenerational music program where people of all ages come together to enjoy music, sing and dance! The class will be taught by a trained, registered Music Together™ teacher from Arts from the Heart. She will lead this group of children and their parents or caregivers in music and movement experiences. Each class offers a dozen songs and rhythmic rhymes, including finger plays, small- and large-movement activities, and instrument play. Children are invited to bring a "grandfriend" (a grandparent, elderly neighbor, or friend). **Please call Becky Murray to register at (860) 228-9488**



Family Hike and Bird House Building on Saturday, 10/1 from 10:00 -11:30 A.M. Meet at AHM building

Did you know we have wonderful trails behind our building at AHM which can be enjoyed by families? A collaboration between St. Peter's Episcopal Church Steve Fish, an AHM Board member, this trail hike will take you through the forest and fields of Hebron. We will also build bird houses! Bat Houses will be available to purchase. **Please call Michelle Hamilton at (860) 228-9488 to register.**



Infant Massage

For parents/caregivers and babies ages 6 weeks -walking. Taught by a licensed massage therapist, come learn the

basics of infant massage in a nurturing, calm atmosphere. Dates, Fees, Times TBD. Please call Becky at (860) 228-9488 if you are interested.

Free Developmental Screenings

For families with children ages Birth-5 These are a fun and easy way to chart your child's progress in different developmental areas. Screening takes approximately one hour and can be done in your home or at the FRC at Gilead Hill School, whichever you prefer. Please contact Laurie at (860) 228-0871 or lauriel@ahmyouth.org or Becky at (860) 228-9488 or beckym@ahmyouth.org



Safe Home Alone Readiness Program for Children Ages 10 and up at AHM Youth & Family Services

10/17 and 10/24 from 5:00-6:30 PM and 11/7 from 5:00-6:00 (Graduation).

Cost: \$40/child, including materials.

At least one parent should attend graduation.

Presented by Mindy Johnston of Safety for Youth and Adults, (SEYA), this four-hour program prepares children to be safe when staying home alone. Through role playing, hands-on activities, and speakers, children will learn basic fire, medical and personal safety tips. Please call Becky at (860)228-9488, or mail registration form (available online at www.ahmyouth.org) with payment to AHM. Financial aid is available for families who are experiencing financial difficulty.

Lanterns Mentoring Program

This program matches up trained adult volunteer mentors with school aged children. Mentoring takes place at the child's school 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.



KinderRHAMa Preschool Program

This collaborative program between AHM Youth & Family Services and RHAM High School is for children ages 3-4 and is held at RHAM High School. 3 year olds attend on T/Th from 8:30-12 PM, and 4 year olds on M/W/F 8:30-1:00 PM. Before care (7:00A.M.-8:30 A.M.) and After care (12:00 P.M. or 1:00 P.M.-2:30 P.M.) are available for an additional fee. **As of this time, a few spaces remain in the 3-year-old program for 2016-2017 year.** Please call Becky for Information.

Important Phone Numbers/Websites

- ❖ **AHM Youth Services (860) 228-9488, www.ahmyouth.org**
A variety of services, including counseling for children and families.
- ❖ **Birth to Three 1-800-505-7000 www.birth23.org**
Screening and services for developmental delays in toddlers and infants.
- ❖ **Access Health CT: Health Care for CT residents <https://www.accesshealthct.com/AHCT/LandingPageCTHIX>**
- ❖ **CT Safe Kids <http://www.ctsafekids.org/>**
Information about safety, including car seat checks.
- ❖ **CT Parent Advocacy Center Toll-Free: 800-445-2722 or 860-739-3089 <http://www.cpacinc.org>** 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 anywhere in CT <http://www.211ct.org/default.asp>**
Resources for a wide variety of services, including child care, support groups, and recreational programs.
- ❖ **Out and About Mom <http://www.outandaboutmom.com/>**
A very comprehensive guide to many different activities for families with kids of all ages. Includes detailed info about parking, food, restrooms, prices, and stroller accessibility.
- ❖ **Parents as Teachers <http://www.parentsasteachers.org/>**
Parents as Teachers helps organizations and professionals work with parents during the critical early years of their children's lives, from conception to kindergarten.