

Family Resource Center Newsletter

1318 Enfield Street, Enfield, CT 06082

www.enfield-ct.gov (860) 253-5144



Important Dates:

January:

Grandparent Group – Jan 9
Single Parent Group – Jan 19
Guiding Young Children's Behavior
Workshop – Jan 25
Building Healthy Kids and Families
Presentation – Jan 26
Kindergarten Transition Mtg – Jan 26

February:

Music & Movement – Feb 1
Grandparent Group – Feb 13
Single Parent Group – Feb 16
Autism Support Group – Feb 27

FRC CLOSED:

Martin Luther King Day – Jan 16
President's Day – Feb 20

NO FRC PROGRAMS:

Winter School Vacation: Feb 20-21

AUTISM SUPPORT GROUP

Our first meeting is scheduled for Monday February 27th at 6:00pm at the Enfield Child Development Center, 110 High Street, Enfield, CT. The topic for that evening is, "Understanding the IEP and Effectively Working With Teachers." Parenting consultant Cheryl Oliver will share her professional, personal and practical knowledge in working with children who are on the spectrum. Please email kfaherty@enfield.org or call 860-253-5144 if you would like to sign up or would like more information. Additional dates for upcoming meetings will be announced shortly.

Please let us know if you have any questions or would like more information about the Autism Support Group by contacting Kate Faherty kfaherty@enfield.org or Cherylann Oliver info@achieving-excellence.net



SNOW CANCELLATION POLICY

Now that winter has arrived, please take note that when Enfield Public Schools have a late opening or no school, ***play groups and programs will be cancelled.*** Please check your local news for listings or call the snow line at 253-5170. We will also leave a message on our voice mail with information.

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

When: Mondays Jan 9 & Feb 13

Time: 5:45 – 7:30 pm

Where: ECDC, 132 South Road
Enfield

Register: Please call the FRC at (860) 253-5144 for more information or to sign up.

SPONSORED BY THE COMMISSION ON AGING AND THE FAMILY RESOURCE CENTER



SINGLE PARENT SUPPORT GROUP

When: Thursdays Jan 19 & Feb 16

Time: 6:00 – 7:30 pm

Where: FRC Annex, 110 High Street
Enfield

Register: Please call the FRC at (860) 253-5144 or email amorales@enfield.org for more information and to sign up.



**SUPPORT THE ENFIELD
FAMILY RESOURCE CENTER
BY PURCHASING A
CALENDAR!!**



**Town of Enfield
2012 Recycling Calendar**

The Enfield Family Resource Center will be selling the Town of Enfield's 2012 Recycling Calendar.

The calendar highlights the town's recycling schedule and has lots of tips and reminders to encourage recycling. It is an attractive nature calendar with some months highlighting local activities or groups.

All proceeds for calendars purchased at the Family Resource Center will benefit the Family Resource Center and support all the programming we offer!

The calendars are \$2.00 each and you can purchase them during your playgroups or call us at 860-253-5144 to arrange to pick up one or more at our Enfield Street School location.

Spread the word to your family and friends to help us make this a successful drive. We appreciate your continued support!

MUSIC AND MOVEMENT

When: Wednesday, Feb 1 (Snow Date: Feb 8)
Time: 10:00 and 10:45 (Two Sessions)
Where: FRC at Alcorn School

Children ages birth-five, parents and caregivers are invited to join the Family Resource Center for a Multi-Sensory Music and Movement Program. The program will encourage literacy and language through energetic, interactive music and movement sessions. The session will include finger play activities, dance and movement.

Please Call the FRC at 860-253-5144 or email kfaherty@enfield.org to reserve your spot for this free program! Space is limited.



COAT DRIVE

The Family Resource Center will be collecting new coats, hats and mittens in all sizes over the next few months to distribute to Enfield children who need them. If you would like to donate a coat, you may drop it off at either our Alcorn or Enfield Street School sites. Please call us first to ensure someone will be there to take your donation. Due to health reasons, we will only be accepting new coats, hats and mittens(tags must be on them). Thank you in advance for your generosity. If you are in need of a coat for your child, please call us so we can try to provide one for you.

**Need help addressing your young child's
challenging behaviors?**

211 Child Care will present:
**Guiding Young Children's Behavior:
(a workshop for parents and providers)**

This workshop will address common challenging behaviors in young children. It will provide strategies that providers/parents can use to help guide behavior as children grow and discuss appropriate consequences for different ages/stages of development.

Wed, January 25, 2012 at 9:30 am

Location: Alcorn School

Child Care will be provided. Please contact the FRC at 253-5144 to reserve your space!



Building Healthy Kids and Families

Johnson Memorial Hospital Clinical Nutrition Supervisor, Ann Chickosky, RD, CD-N will present "Building Healthy Kids and Families." The presentation will feature tips on learning how to build healthy habits early in life, a foundation for healthy lifestyles. It will be held on Thursday January 26 at 6:30 pm at the Enfield Child Development Center, 110 High Street. Child care and refreshments will be provided. Please call 253-5144 or email amorales@enfield.org to sign up. Parents, family members and child care providers are invited.

**FREE LEARNING THROUGH PLAY
GROUPS FOR ENFIELD FAMILIES!**

Come and join us for songs, stories, toys and activities. This is an interactive and educational playgroup for Moms, Dads, Grandparents, caregivers and their children. Bring your children ages birth to five.

Get out and meet other people in the community who have children of similar ages. There is no charge to attend.

Mondays: 9:30-10:30 or 10:30-11:30

At Enfield Street School, 1318 Enfield Street

Fridays: 9:30-10:30 or 10:30-11:30

At Alcorn School, 1010 Enfield Street

You must register to attend. Call 253-5144 or email kfaherty@enfield.org.

**ADULT EDUCATION & FAMILY
LITERACY PROGRAM AT ALCORN
SCHOOL**

GED Classes: Thursdays & Fridays

ESL (English as a Second Language):

Tuesdays & Thursdays

All Classes 9:00-11:00 am

Child care and literacy activities provided for children ages 6 months and up during classes. Call the FRC at (860) 253-5144 for more information and availability.

Adult Education has moved its main office to Alcorn School. For more information, please call 860-763-7032.

Classes will begin on January 23rd.



The Enfield Early Childhood Collaborative KITE--Key Initiatives to Early Education-- invites **Enfield parents and preschool educators of incoming kindergarteners** to attend:

Preparing for the Kindergarten Transition
Thursday January 26, 2012
6:30-8:00pm
Henry Barnard School All Purpose Room
Light refreshments available

This event is being organized for parents and educators of children who will start Kindergarten in September 2012. Parents and educators will receive information on the goals and expectations of a child entering kindergarten, transition tips and registration information. Enfield Kindergarten Teachers will be available to share information about the kindergarten experience and to address some parent concerns.

Please RSVP to Kate Faherty at 860-253-4769 or kfaherty@enfield.org by **January 19, 2012**

Snow Date - Thursday, February 2, 2012

Babysitters will not be available

If transportation is an issue please notify us when you RSVP



Enfield Child Development Center

We currently have availability for preschool age children. We have limited openings in kindergarten and also sliding fee or Care 4 Kids openings in School Age, Grades 1 & 2. Applications can be obtained one of three ways: Online at the Town of Enfield website under the Social Services Department link, we can mail them or parents are welcome to stop by anytime and pick one up. We have an open door policy. Our contact information is below:

South Road Location:
860-763-7003

High Street Location:
860-253-5212



Strengthening Families

Next Session: 01/17/12 Orientation: 01/10/12

Just because your child is growing up doesn't mean you have to grow apart. Strengthening Families helps families with youth (10-14) come together. This free 7 week program is designed to help your family prepare for the various struggles that may lie ahead by showing love and setting limits.

Parents learn to:

- * Encourage good behavior
- * Set rules and consequences
- * Protect against substance abuse
- * Help with peer pressure
- * Learn ways to show love and support

Youth learn to:

- * Identify dreams and goals
- * Deal with stress
- * Follow rules and resist peer pressure
- * Handle conflict
- * Get along with others

For: Parents/Caregivers and Youth (ages 10-14)- Free Dinner and Child Care are provided
 When: Tuesday evenings 5:15 - 8:00 PM (7 weeks)
 Where: Angelo Lamagna Activity Center, 2nd Floor, 19 North Main St., Enfield, CT

To register or for more information please call
Ruby Gainen, Program Director, Strengthening Families,
CHR at (860) 253-5020 ext. 139.

Creating a Partnership between the School, Family and Community.



PARENT LEADERSHIP ACADEMY
Be the change you want to see.

More than ever Enfield needs the active input of parents in the decision-making processes that affect our children.

Explore and develop your leadership potential!
 The Parent Leadership Academy (PLA) will teach you how to:

- Run productive meetings
- Plan successful projects
- Network with key community leaders
- Understand and manage conflict
- Improve your ability to speak effectively to any group

Orientation and Teambuilding Retreat: February 25, 2012 9:30am – 3:30pm
Academy Workshops: Thursdays 5:30pm – 8:30pm
12 weeks beginning in February

Join us for our 7th year helping Enfield parents discover the leader within ourselves. Our workshops are guided by professionals from around the country and world and will give you the tools and confidence you need to ask for and receive positive change in your life and in your community.

Time Commitment: PLA will meet for one Saturday session and then once a week in the evening for a total of 12 weeks. Each workshop is 3 hours long and includes dinner. Participants will graduate after completing the sessions and participating in a group chosen community project for at least 10 hours. The only requirement for participation is our willingness to invest our time and energy.

Cost: FREE OF CHARGE to any Enfield parent, grandparent or guardian.

Childcare: FREE OF CHARGE to those who request it at the time of registration.

Application Deadline: January 31st - Enrollment is limited to 15 participants so apply early!

To receive your application and more details please call or e-mail the following:

Amy Witbro, Enfield Public Schools, awitbro@enfieldschools.org, 860-253-6552

Lisa Rogers, Parent Leadership Academy, mrogers03@snet.net, 860-749-4852

Chris Chesworth, Parent Leadership Academy, cches16@cox.net, 860-212-1237

Informational Drop In Open Houses:

Thursday 01/19/12, 6:30-7:30 at Alcorn School, 1010 Enfield Street, Room 217

Tuesday 01/24/12, 6:30-7:30 at Barnard School, 27 Shaker Road, Board Room

We will also be at the January PTO Meetings.

Mental Illness in the Family: Recognizing the Warning Signs

In adults:

- *confused thinking
- *prolonged depression (sadness or irritability)
- *feelings of extreme highs and lows
- *excessive fears, worries and anxieties
- *social withdrawal
- *dramatic changes in eating or sleeping habits
- *strong feelings of anger
- *delusions or hallucinations
- *growing inability to cope with daily problems and activities
- *suicidal thoughts
- *denial of obvious thoughts
- *numerous unexplained physical ailments
- *substance abuse

In older children and pre-adolescents:

- *substance abuse
 - *inability to cope with problems and daily activities
 - *change in sleeping and/or eating habits
 - *excessive complaints of physical ailments
 - *defiance of authority, truancy, theft and/or vandalism
 - *intense fear of weight gain
 - *prolonged negative mood, often accompanied by poor appetite or thoughts of death
 - *frequent outbursts of anger
- In younger children:**
- *changes in school performance
 - *poor grades despite strong efforts
 - *hyperactivity
 - *persistent nightmares
 - *persistent disobedience or aggression
 - *frequent temper tantrums

Depression cuts across gender, race and ethnicity. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months or years. Treatment can help most people who suffer from depression. Depression is a treatable illness.

If you feel that you or someone you care about is suffering from the disease of depression, call the Enfield Family Resource Center at 860-253-5144 for some resources that can help you.

We're on the Web!
www.enfield-ct.gov

Just a Reminder that we're on



"LIKE" US !

And get info on upcoming events.