

THE FAMILY RESOURCE CENTER



The Family Resource Center (FRC) offers family support services that enhance parenting, promote family involvement with the schools, and help children to succeed academically, socially, and emotionally. Continuing activities are highlighted below, but please call the FRC or check the FRC's Facebook page for more information about these and other programs, as dates and times are subject to change.



A PROGRAM OF THE BRIDGE FAMILY CENTER

EARLY LEARNING PLAYGROUPS

Drop-in playgroups facilitated by FRC parent educators for children birth to four accompanied by caregiver with free play, circle time, and snacks. No charge. Playgroups are ongoing, but please call or check Facebook page to confirm as there are occasional breaks.

Charter Oak International Academy 425 Oakwood Avenue, West Hartford	Tuesdays & Thursdays	9:00 - 10:30 AM
Duffy Elementary School 95 Westminster Drive, West Hartford	Wednesdays	10:15 - 11:15 AM
Webster Hill Elementary School 25 Webster Hill Boulevard, West Hartford	Tuesdays	10:00 - 11:00 AM
Wolcott Elementary School 71 Wolcott Road, West Hartford	Thursdays	9:00 - 10:00 AM

ENGLISH FOR FAMILIES AND FUTURES

A 15-week free adult beginner English language course that includes parenting, family literacy activities, and the use of a laptop computer. Children ages 2-4 are welcome to attend with their parents or caregivers. Please call the FRC to register or for more information. Limited to West Hartford residents.

Charter Oak International Academy 425 Oakwood Avenue, West Hartford	Mondays and Wednesdays	9:00 AM– 12:00 PM
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GRANDPARENTS WISDOM CIRCLE

A support group for grandparents who are helping to raise their grandchildren facilitated by a marriage and family therapist. Program is ongoing, but please call the FRC or check Facebook page to confirm dates.

Charter Oak International Academy 425 Oakwood Avenue, West Hartford	Generally Twice a Month on Fridays	10:00 – 11:00 AM
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AGES & STAGES DEVELOPMENTAL SCREENING

Opportunity to complete Ages & Stages screening questionnaire, look at materials from the Parents as Teachers curriculum, and speak with FRC parent educators about your child's development. Please call the FRC to schedule an appointment.

HOME VISITS

At request of parents, staff members from the Family Resource Center visit families of young children at home. Parents as Teachers curriculum is used during these visits.

PIZZA & PARENTING

Monthly lunch-and-learn series that addresses various topics of interest to parents and caregivers. \$5 per family. Children welcome. Please call the FRC to register. Information about upcoming events is also available on Facebook page.

CIRCLE OF SECURITY PARENTING

The Circle of Security® Parenting™ program is an 8-week researched-based program that supports and strengthens a parent/caregiver's ability to understand and support a child's emotional needs.

UConn PEOPLE EMPOWERING PEOPLE (PEP)

PEP is a 10-week course for parents, grandparents, and guardians that was developed by the UConn Cooperative Extension. Participants explore values, communication, self-awareness, parenting, power, and advocacy in a supportive group setting. The course culminates with a group community service project and a celebratory graduation dinner. Childcare and refreshments are provided at each meeting. PEP applications are generally available in December. Meetings are held between February and April at a time chosen by the group. Please call the FRC for more information. (Pending funding)

PARENT LEADERSHIP TRAINING INSTITUTE (PLTI)

PLTI is a 20-week course for parents, grandparents, and guardians that was developed by the CT Commission on Children. PLTI devotes sessions to understanding your own history and its impact on leadership development, how to work within the political system, how to understand budgets, policy decisions, the media and also includes discussions about needs assessment and problem solving. PLTI begins with a day-long retreat. During the course, participants complete an individual community project. The program concludes with both a local and statewide graduation. Dinner and childcare (for children 3 and older) are provided at each meeting. There is generally an information session in November, and applications will be made available at that time. Institute will begin with a full-day Saturday retreat in mid-January, and weekly classes will be held on Thursday evenings. (Pending funding)

SUMMER PROGRAM: 1,2,3 READ WITH ME

School readiness program focused on helping children hone math, literacy, and social skills, during summer before enrolling in Kindergarten at Smith or Charter Oak. Program includes stories, arts & crafts, music, yoga, and field trips. Applications available in March.

Charter Oak International Academy 425 Oakwood Avenue, West Hartford	End of June to End of July	9:00 – 11:30 AM <u>OR</u> 12:15 – 2:45 PM
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GREAT BY 8

Great by 8 is a community partnership, comprised of parents, early childhood educators, health professionals, school district administrators, and local politicians, who work together to ensure that every young child in West Hartford, in every school, is healthy, engaged, and supported. Focus areas include: quality care for infants and toddlers; developmentally appropriate learning experiences for pre-K children; social / emotional health of elementary school children; equity for families; and expanding family support. If you are interested in receiving updates and information from Great by 8 or getting involved, please e-mail us at whgreatby8@gmail.com. We welcome your involvement!