



## AHM Family Resource Center Newsletter Winter 2010

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.

### AHM Family Resource Center

**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. You can call Becky Murray at 228-9488 or Laurie (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, and enjoy crafts, socialization, 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 February 1-June 4, is \$80/family. If you are currently enrolled and want to re-enroll either for the same time or a different time, please talk to Laurie Larsen. 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.

Registration for Spring Play and Learn Groups will be held on Thursday, January 21 from 6:30-8:00 PM at AHM Youth Services, 25 Pendleton Drive, in Hebron.

### Spring 2010 Play and Learn Schedule:

Monday	9:00
Tuesday	9:00 /10:30
Wednesday	9:00(Toddler)/10:30
Friday	9:00/1:00-Infant group

### Community Preschool Informational Open House to be held at AHM Youth Services

This event for parents will be held at the AHM Youth Services building, 25 Pendleton Drive in Hebron, on **Monday, January 11** (snow date: Wednesday, January 13) from 6:30-8:00 PM, for the purpose of letting families find out about area preschools. Information will be available about preschool programs offered in the towns of Andover, Hebron, Marlborough, and Columbia. Private and public preschools, as well as home day cares offering preschool curriculum will be attending. Area preschools will have tables with information about their programs including philosophy, types of activities for children, fees, staff to student ratio, and other important considerations. This event is free and open to the public.



### 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. Current 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. 2009-2010 fees for the 2 day/week program are \$100/month and for the 3 day/week program are \$150/month.

KinderRHAMA Open House/Registration for the 2010-2011 school year will take place on **Monday, March 22** from 6:30-8:00 PM at the KinderRHAMA classroom at RHAM High School. Please call 228-9488 for more information.

### AHM Family Resource Center Staff:

Becky Murray-FRC Coordinator  
Laurie Larsen-Parent Educator, Mentoring Coordinator  
Leslie Capozza-Play and Learn Assistant Volunteer  
Cari Duigou- KinderRHAMA Preschool Teacher  
Heather Holbrook- KinderRHAMA Assistant Teacher



**Parent and Infant Group** Fridays, 1:00-2:15  
February 5-May 28 at the FRC at Gilead Hill School. For parents and babies ages Birth to one year. Bring your baby, meet other parents, and talk about whatever joys and/or challenges you are facing! Developmental and parenting information are available in an informal, friendly atmosphere. The fee is \$50 for the semester. Please call 228-9488 to register.

### Toilet Training 101

January 27 from 6:30-7:30 PM at AHM Youth Services, 25 Pendleton Drive in Hebron  
Thinking about toilet training your child? Come join us for an informative workshop with helpful hints for successfully negotiating this stage. Free, but please call Laurie Larsen at 228-0871 to register.

### Workshop for Early Care Providers: The Importance of Promoting Diversity in our Classrooms

Wednesday, 2/10 from 6:30-8:00 PM  
Light Dinner will be served at 6:00  
Ingrid Canady, Assistant Director for Program Development and Workforce Support Services with the State Education Resource Center, will discuss ways to promote diversity in the classroom. **Free**, but please RSVP to Yvonne Rondini at (860) 295-1139 or Becky Murray at (860) 228-9488. This event is sponsored by Today's Child Care Association.



### Art Smart

This Art Class for 2 and 3 year olds and their parents will be held at the FRC at Gilead Hill School from 9:00 -10:00 on Thursdays 1/21, 1/28, 2/4, and 2/11. Little ones will experience age-appropriate art activities, help master fine-motor skills, and learn about cause and effect as they make changes in materials. Developmental information will be provided for parents. Projects may include pudding finger paint, contact paper collage. The cost is \$28/child. Please call Laurie Larsen at 228-0871 to register.



### Preschool Science

In this 5 week class, children ages 3 ½-5 will conduct simple experiments using non-toxic materials. Parents are not required to stay for the class. Program dates are 1/20, 1/27, 2/3, 2/10, and 2/24 from 12:30-1:30 in the KinderRHAMa classroom at RHAM High School. The fee for the class is \$30. Registration is required by calling 228-9488.



### Kids in the Kitchen

This 5-week cooking class for children ages 3-5 will be held on 5 Mondays: 1/25, 2/1, 2/8, 2/22, and 3/1 from 12:30-1:30 in the KinderRHAMa classroom at RHAM High School. Parents are not required to stay for the class. Children make and eat simple, nutritious recipes. The fee for the class is \$30. Registration is required by calling 228-9488.



**Kids' Crafts** This 5-week Arts class for children ages 3-5 will be held on Wednesdays, 3/3, 3/10, 3/17, and 3/24, and 3/31 from 12:30-1:30 at the KinderRHAMa classroom at RHAM High School. Children will explore a variety of different art materials. Parents are not required to stay for the class. Cost is \$30 for the class. 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

#### Infoline

Dial 211 from anywhere in CT

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