

AHM Youth Services Programs

For more program information, please check out our website, www.ahmyouth.org

➤ Free Home Visits for parents and children ages Birth-5

The AHM Family Resource Center offers free home visits to families living in Andover, Hebron or Marlborough with children ages Birth-5 once or twice a month using the national Parents as Teachers curriculum. These visits focus on child development as well as parenting information and support. They are structured to include both the parent and the child in conversation and play and are fun and educational! Please call (860) 228-9488 if you would like more information.

➤ Play and Learn Group Openings

There are openings in Play and Learn Groups for children ages birth-5 and parents or caregivers at the AHM Family Resource Center at Gilead Hill School. Groups are 1 hour and 15 minutes. During the group, children enjoy crafts, socialization, snack, and circle time. The group is also a friendly, supportive place to meet other parents and children. There are handouts and information available for adults on various aspects of child development and parenting. There is a fee of \$80 for the semester (Sept. 13-Jan. 21) per family. These are the days and times of groups: Monday at 10:30, Thursday at 9:00, Wednesday at 9:00 for Toddlers (Ages 12-24 mos.), Thursdays, Parent-Infant group (Birth-12 months) from 10:30-11:30 (Infant group is \$50). Families who want to participate in the program who are experiencing financial difficulties may have this fee reduced. Please call Laurie Larsen at (860) 228-0871 to register.

➤ Limited openings in KinderRHAMa Preschool at RHAM High School

KinderRHAMa Preschool, located at RHAM High School, has a few openings still remaining in Fall 2010. The program is sponsored by AHM Youth Services and RHAM High School, and is for children ages 3-4 years from the towns of Andover, Hebron and Marlborough. Two teachers run the program with the assistance of students from RHAM High School taking coursework in Child Development. Activities include: Circle/story time, outside play, singing circle, science and math based activities, and daily arts and crafts projects. KinderRHAMa preschool starts the week of September 13, 2010. The cost for the 2 day program is \$105/month, and for the 3 day program is \$156/per month. Children must be toilet-trained to participate. Please call (860) 228-9488 for more information.

➤ For those families with older children, just a reminder that the AHM Teen Center is open 5 days, a week, Monday-Friday!

➤ Positive Parenting Workshop for Blended and Stepfamilies

This workshop will be held from 6:00 – 8:00 pm on Wednesdays, October 13, 20, and 27, at AHM Youth and Family Services, 25 Pendleton Drive, Hebron. The fee is \$50/family. Some reduced fees are available for those in need at this time. Couples are encouraged to attend together – married, living together, dating. All are welcome. The goal of this workshop is to strengthen adult-child relationships, clarify roles of parents and stepparents, and increase cooperation and peace at home. This workshop will be presented by Ruth Ettenberg Freeman, LCSW, and EASTCONN's Family Services Coordinator. She has taught parenting education for over 25 years. To register, please call (860) 228-9488.

➤ **Mentoring Program**

The Lanterns Mentoring Program, sponsored by AHM Youth Services, is currently accepting student referrals and adult volunteers for Fall 2010. The program pairs students (typically 4th grade and above) with adult volunteers who serve as positive role models. Students meet with their mentors one hour per week at school during lunch and recess. Adults who volunteer to be mentors are required to complete a personal interview, background check, and training before being accepted by the program. While together, the mentor and students are able to play board games, talk, read, eat lunch, do craft activities, and basically spend quality time together. The goal of the program is for mentors to form meaningful friendships with students and to provide one-on-one attention within the school system.

Students may be referred to the program for a variety of reasons, including but not limited to difficulty in the classroom or at home, peer issues, low self-esteem, or a need for extra attention. If a parent is interested in having their child participate in the program, they can contact the school. A teacher or administrator can make a referral.

For information on volunteering, or making a referral, please call Program Coordinator Laurie Larsen at AHM Youth Services: 228-0871, or e-mail her at ahmfrc@hotmail.com.

**Watch for exciting news about AHM coming back to Marlborough
Elementary this fall!**