

## **Andover, Hebron, Marlborough Family Resource Center**

Gilead Hill School  
580 Gilead St (Rt. 85)  
Hebron, CT 06248  
Phone: (860) 228-0871 or (860) 228-9488  
Fax: (860)228-1213  
[hebronfrc@yahoo.com](mailto:hebronfrc@yahoo.com)



The philosophy of Family Resource Centers is that healthy development and good education begin with access to support services from birth and quality childcare.

When these services are offered in schools, they are readily accepted and accessible.

The vision of the Family Resource Center is to prevent an array of childhood and adolescent problems by strengthening the family.



### **Play and Learn Groups**

- ❖ For parents and children ages Birth-5
- ❖ Meet other parents!
- ❖ Learn more about child development and get information on parenting issues in a fun and relaxed atmosphere
- ❖ School Readiness activities

### **Parenting Workshops/Lectures**

Need some new ideas? Come attend an informational lecture or participate in a workshop on different aspects of family life! Topics include:

- ❖ Effective discipline
- ❖ Communication with children
- ❖ Family nutrition
- ❖ Children's health
- ❖ Instilling self-esteem in your child

### **Positive Youth Development**

- ❖ Lanterns Mentoring Program for children in grades 4-7
- ❖ Trained volunteers meet once a week with children to offer support

### **Childcare**

Before and After School Care and Kindergarten care is provided by the PREP program (Parks and Rec Enrichment Program) at Gilead Hill School for K-6th graders. Please call Hebron Park and Recreation at 228-5971 for more information.



### **Field Trips**

- ❖ Taken to various local places such as farms, museums, and parks for family enrichment.
- ❖ Held several times a year for families.



### **Training for Childcare Providers**

- ❖ Workshops are offered to family and center daycare providers on various topics
- ❖ CPR, First Aid classes and Medication classes are offered on a regular basis

### **Resource and Referral**

Based on families' needs, staff can assist with referrals for: Counseling, either child or family, special needs, school concerns, concerns about child development

- ❖ A Resource Booklet with contact information for schools, libraries, recreational activities, mental health services, and crisis intervention is updated and distributed annually

### **Personalized Home Visits**

- ❖ Free visits to families with children ages Birth-5 using Parents As Teachers curriculum
- ❖ Offered on a bi-monthly or monthly basis
- ❖ Information and hand-outs on child development and parenting issues are presented



A collaborative effort between  
AHM Youth Services,  
Andover, Hebron, & Marlborough Schools,  
& the State Department of Education

