

CFR Connection

2017 Issue 4



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Helping Children Build Emotional Vocabulary

As adults we understand that in order to correctly understand our feelings and those of others we need to first have the words for those feelings. With young children they say that they are either "happy", "mad", or "sad". Just think of all the other feelings that are in between those! So how do children learn all these other feelings? It is up to us- those who are part of their lives. We can teach these emotions either directly, incidentally through conversation and play, and through special activities.

Adults can teach feeling words directly by pairing a picture or photo of a feeling face with the appropriate feeling label.



Frustrated



Proud



Loved

At first, preschoolers are better at recognizing feelings with drawn pictures than with photographs. These drawn pictures can be found on various websites. These can be added to large craft sticks, cut and pasted on a cube, and made into a feeling wheel with a spinner. After explaining these feelings with examples, ask them to reflect when they have felt this way so that they have a greater understanding of the feeling. They love to make these faces in a mirror!

Adults can teach children new feeling words by providing emotional labels as children experience emotions. As early as infancy, when a baby laughs and smiles, the adult can say "oh, you are happy." The same can go with an older child who is struggling with a task and the adult says "Oh, you look frustrated." Giving a label to a child's emotion allows them to identify their own internal state. By learning to label their emotion, a child will then be able to state their emotion and then proceed to regulate it. This is especially effective when it is a negative feeling.

An example of a special activity for daycare and classrooms is that each child would check in each morning by picking a feeling face picture that best shows how they are feeling and put it next to their name. In my preschool classrooms, our Good Morning song was one about feelings where I would ask each child "and how are you?" At first all children would just say fine or happy but as the year progressed many more feeling words were used.

Source: Center on the Social and Emotional Foundations for Early Learning—Vanderbilt University

See page 10 for books that feature feeling faces and words.

staff & site...

Penn Yan Staff

Julie Champion — Executive Director, ext. 2304
Heather Fiero — Director of Operations, ext. 2306
Tiffany Higgins — Healthy Families Supervisor, ext. 2309
Amanda Hines — CACFP Administrator, ext. 2310
Mary Jepsen — Registration Coordinator, ext. 2313
Forrest Keeton — PSP Family Educator, ext. 2312
Tracy Killigrew — CCRR/Infant-Toddler Specialist, ext. 2314
Barb Owens — Professional Development Coordinator, leave messages at ext. 2301
Colleen Scott — Family Support Worker, ext. 2308

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Abby Townley — Director/Early Childhood Educator, CACFP Monitor, (315) 531-3438

Geneva Staff

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Heather DeRuyter — Health Care Consultant, (585) 613-5783
Joan Diaz — Office Manager/Legally Exempt Administrator, ext. 2201
Amanda Everett-Smith — Family Educator, ext. 2205
Courtney Johnsen — Registrar, ext. 2210
Eileen Kiesinger — Family Educator, ext. 2222
Dawn Waite-Dinehart — Geneva Site Coordinator/PSP Supervisor, ext. 2204

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Teresa Bryan — Office Manager, CCR&R Specialist-Referral & LE, ext. 2401
Shelly Wilcox — Legally Exempt & Seneca Falls Site Coordinator/Registrar, ext. 2403

Canandaigua Staff

Teresa Deacon — Family Assessment Worker, 315-412-4527
Terri Knight-Miller — Office Manager, CCRR Specialist-Referral, ext. 2501
Tina Pierce — Family Support Worker, ext. 2506
Sarah Scorsone — Healthy Families & Canandaigua Site Coordinator, ext. 2507
Alison Snyder — Family Support Worker, ext. 2508

Main Sites: Regular office hours are Monday-Friday, 9-4:30

****Children's Center hours are:**

Monday, Tuesday, Thursday 9:00am-5:00pm

Wednesdays 1:00pm-4:00pm

Website: www.cfresources.org

Like us on [Facebook](#)

Board of Directors

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Penn Yan Center

263 Lake Street
Penn Yan, NY 14527
315-536-1134
Fax: 315-536-9918

Children's Center

Yates County Courthouse
415 Liberty Street
Penn Yan, NY 14527
315-531-3438

Geneva Center

671 S. Exchange Street
Geneva, NY 14456
315-781-1491
NEW Fax: 315-789-2524

Seneca Falls Center

115 Fall Street
Seneca Falls, NY 13148
315-568-0945
Fax: 315-568-0978

Canandaigua Center

514 S. Main Street
Canandaigua, NY 14424
585-919-2476
Fax: 585-394-2078

agency highlights. . .

Child & Family Resources staff bids a fond farewell to two dedicated employees this issue. The bittersweet milestone of work retirement has been achieved by both Debra Hartman and Anetta Oppelt.

As agency Board Chair from 1992 until 1995, Anetta helped to lead the agency from a preschool program to the beginning stages of a multi-faceted family service agency. In the mid nineties Anetta was hired as the Business Manager. As featured in a 2006 newsletter issue: "Those "dark ages" consisted of no technology, DOS programming, manual inputs for payroll, billing and one year of history in annual auditing. After 10 years with the agency, Anetta looked back on that period of growth as "a satisfying though bumpy ride". Anetta, working for Kodak for 18 years in the corporate setting says she learned to adjust to the differences from the profit world to the non- profit world. "It's a different mind-set," Anetta remarks. A community coming together, the strength and contributions of the agency as a whole and working cooperatively and intimately together to create change was the mind-set Anetta held in her comparison."



Eleven years, and three new sites later, it's Anetta's 20th anniversary with Child & Family Resources as the Director of Finance and Administration responsible for the financial functioning of a non-profit within the many ever changing laws, recording and reporting requirements for numerous contracts, human resources activities, operational management and accounting. Anetta has been a crucial part of agency management and success. Her dedication to integrity focused work, accountability, attention to detail and incredible work ethic has been a strong supporter of the agency's continued growth and achievement. Her dedication and fierce commitment to Child & Family Resources mission and staff -as well as her professionalism will be sorely missed.

Debra Hartman's 16 year journey with Child & Family Resources started with a role in the Child Care Resource and Referral project as a Referral Specialist responsible for assisting parents with finding child care. Her smiling face also greeted customers in the Penn Yan office as it grew from a single office to three suites. With her expertise in exceptional customer service and skills in computer data systems, Deb has grown the Referral team from one staff to three. Deb was integral in Child & Family Resources's achievement of National Quality Assurance as she lead the charge in the long three year process. We will also miss Deb's dedication to her team and agency, her can-do outlook and amazing team player.

We wish you both the best of luck, fun and relaxing moments in your retirement!!

*We extend our sincere gratitude to every person who supports Child and Family Resources with contributions of time, goods and money.
Thank you.*

Geneva Walmart for a grant to purchase 2 computers for child care providers to use for required training.

Geneva Rotary Club for a donation to purchase car seats and portable cribs for families in Geneva.

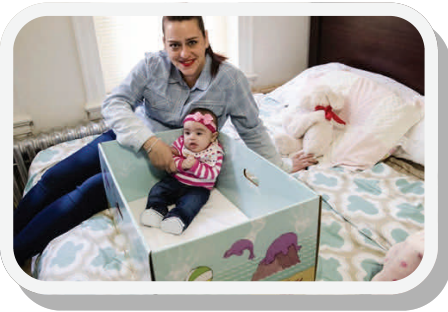
Our Mission Statement

Child & Family Resources is dedicated to providing affordable and accessible programs that enhance and support the education of parents, caregivers, and child care providers, as well as encourage the highest quality of care and positive learning experiences for young children.



Babies Sleeping in a Box?????

If you are like me the idea of a baby sleeping in a box is very strange. It makes me think of a picture I saw many years ago of a poor family that had their baby sleeping in a dresser drawer. However, the more I read about these boxes and all of the best sleep practices that we have now due to studies, the idea of a baby sleeping in a box that is a “safe clutter-free sleep space” is not so absurd to me anymore. If you really stop and think about this the box idea is the same as the basinet.



Studies have shown that box sleeping has decreased sudden infant death. (Infant sleeping on their backs is the safest position.) The boxes do not allow room for all of the dangerous things that a crib does, such as; bumpers, stuffed toys, extra blankets and pillows. Sleeping in a box also does not allow for accidental suffocation by the baby getting trapped between a mattress and the wall or an adult rolling over on them.

After learning all of these reasons why box sleeping is good and you still find it kind of weird just take all of the safety precautions that the box sleeping is promoting and incorporate them into your babies sleeping environment.

Sources: <https://www.babyboxco.com/pages/safe-sleep-program>

Star-Gazette March 12, 2017

Just the Facts...

“**The Period of Purple Crying**” is a phrase used to describe the time in a baby’s life where they cry more than any other time. This period starts around when the baby is 2 weeks old through their 3rd –5th month. The crying is not your fault, the baby does NOT hate you, you are NOT a failure.

The Letters in **PURPLE** Stand for

P

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

U

UNEXPECTED

Crying can come and go and you don’t know why

R

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

P

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

L

LONG LASTING

Crying can last as much as 5 hours a day, or more

E

EVENING

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.



Dear Child Care Providers,

Hope you all have planned programming that will excite the minds of the children you serve. And I hope the children look forward to attending your program daily because they feel safe and are challenged all while having fun!

Let's turn to the topic of health and safety. By now you all should have completed the federally mandated FOUNDATIONS OF HEALTH AND SAFETY. I completed the training as well. The training was a refresher for me, but also challenged me to dig deeper into health and safety topics that were missing or were briefly mentioned. One such topic was toxicity of paint and varnish.

Have you ever wondered what makes paint and varnish toxic? We know and understand what health and safety concerns **lead** may have on children and adults when exposed. And we know how to prevent exposure because of the trainings offered by OCFS, Child & Family Resources, Inc., and the Department of Public Health. But is **lead** the only substance in paint and varnish that make a product toxic? When we read paint and varnish labels, are we aware of other substances that maybe harmful? Okay, I'm going to admit my knowledge was limited. So, I decided to tackle the topic.

I started with the regulations, which is stated for all modalities of care as: "**Toxic paints or finishes must not be used on room surfaces, furniture, or any other equipment, materials or furnishings which may be used by children or are within their reach.**" So, that list includes but not limited to, painted walls, ceilings, woodwork, cabinets, furniture, flooring, children's toys etc. Next, I went to the New York State OCFS website for information. I looked at the page designated for provider's information. I read the list under the Health & Safety heading. There I found 19 topics from Influenza Prevention to Pool Guidelines and Lead Prevention, yet nothing on toxic paints and finishes such as varnish.

Lastly, I researched the internet. Here is what I found. Some immediate side effects when using paint or varnishes are nausea, dizziness, and/or headache. These symptoms may occur if the environment has limited air circulation, meaning not opening enough windows. Even when using nontoxic paints or varnishes it is important to keep the area well ventilated. Toxins in paint and varnishes may include formaldehyde, heavy metals and volatile organic compounds. **Volatile Organic Compounds (VOCs)** are chemicals that evaporate easily at room temperature. The term organic indicates that the compounds contain carbon. Some paints may say low VOCs. Is the paint okay to use? Check out this website for more information: <https://www.consumerreports.org/cro/news/2008/04/what-are-vocs-in-paint-and-is-more-or-less-of-them-better/index.htm>.



And did you know that the VOCs given out during painting can last up to five years! Older paints were made with toxic pigments. Some highly toxic pigments are lead based, others may contain cadmium, mercury, sulfates, barium, and chromates depending on the color of the paint. If you have any of these older paints stored in your basement or garage, **Do Not** use them and **PROPERLY DISPOSE**

...continued on page 7

Did you know?

...that caring for 3 or more unrelated children for more than 3 hours per day per child is considered illegal care according to NYS law?

Call:
315-536-1134
Ext. 2313
for more information

New Child Care Providers:

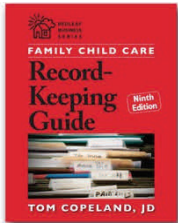
*Elizabeth
Zagorski*

New CACFP Providers: *Chelsea Feligno*

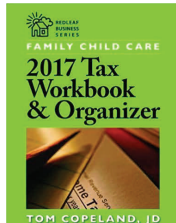
Tammy Butler

specialized training...

Record Keeping and Taxes according to Tom Copeland



5 (BR)
6:30-8:30
Canandaigua Site
January 9



Good recording keeping is essential for the family child care business. This training will help family child care providers learn how to keep good records, what records are essential for their business, what deductions they can use, how to figure time/space percentages, food expenses, as well as other expenses. Preparing these records for tax preparation can be confusing. Using the information and experience from Tom Copeland, nationally known child care business expert, will make all of this clearer and easier for the upcoming tax season and all those that follow.
(Identified audience—new and experienced FDC & GFDC)

\$70 per person—EIP and CSEA eligible CBK: 7
Trainer: Barb Owens, Credential #14334

FCC 5 Plus+
6:30—8:30

Geneva

**February 13, April 10, June 12, August 14,
October 9, December 11**

This series is for family and group family providers who have had 5 or more years in the child care field, all modalities. Providers who attend will set the topics at the first session. At the end, all 9 topics will be covered. Due to the nature of this series it is not eligible for EIP funding.

\$250 for 15 hours of training—all topic areas

To sign up or if you have any questions contact Tracy Killigrew at 315-536-1134 ex 2314

Contracts and Policies –

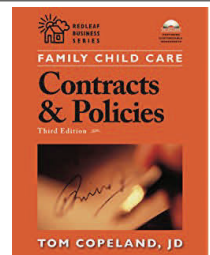
Tom Copeland

5 (BR), 7 (SDC)

6:30—8:30

Geneva Site

April 24



Two of the greatest tools for both the family child care provider and the parents are the written contract and policies. With this training, the provider will be able to create or modify the contracts and policies. The provider will receive information on what needs to be a part of each, how to incorporate these into written form, how each of these are exclusive to the individual program as well as legal issues that may occur with the contract. The information presented in this training is based on the expertise of Tom Copeland, nationally recognized expert in the field of the business of family daycare.

Fee: \$70—EIP and CSEA eligible CBK: 5,7

Trainer: Barb Owens, Credential 14334

What is Best Practice for Babies

OCFS: 1 (CD), 2 (NH), 3 (PD), 7 (SDC), 9 (SBS)

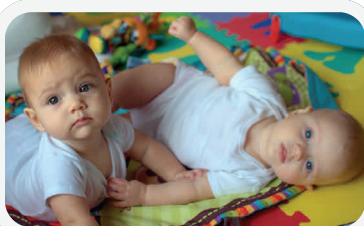
6:30—8:30

Penn Yan Site

March 27

FREE

Several topics related to babies will be discussed in this training, however the main focus will be on program development. Topics such as: promoting movement, circle time, and free toys. Also in this training several infant topics will be highlighted such as: freedom of movement; sudden infant death; purple crying; shaken baby; nutrition; health needs; infant care; infant development and red flags to look for. Come share your ideas on infant movement as well as infant care.



CBK: 1, 4, 5, 6

ELG: 1, 2, 3, 4

Trainer: Tracy Killigrew

**To register for all classes,
contact Heather Fiero at
315-536-1134 ext. 2306**

specialized training

CPR and First Aid are a requirement for Child Care programs in New York State.

At least one certified staff must be on site at all times.



- ♦ Classes below are offered with our American Red Cross Certified trainer
- ♦ Class fees: \$125 per person.
- ♦ To register for our classes contact Heather Fiero @ 315-536-1134, ext. 2306

NEW DATES !! Geneva site only

January 20th 9:30 — 4:30 (bring lunch)

April 21st 9:30—4:30 (bring lunch)

MAT is back!

Medication Administration Training

This class is for child care providers and staff who want to administer medication to children in care. (2NH, 4SS)

Classes held on Saturdays:

February 10

All sessions: 8:00 - 5:00 at the Geneva Site

Non-refundable registration fee is required.

All fees must be paid 3 days prior to the class.

Registration/materials fee	\$50.00
Course fee	\$150.00

Trainer: Heather DeRuyter, RN, Health Care Consultant

Register at

ecetp.pdp.albany.edu.findtraining.aspx
keyword 'MAT'

Attention Child Care Center Directors...

All new directors hired since October 1, 2017 are now required to take the Health and Safety training :

Competencies in Child Care for Day Care Centers and School-Age Center Directors.

Child and Family Resources will be offering this class. Although this class is designed for new directors, established directors will also benefit. Different from the basic health and safety course, this one is designed so that directors can modify and/or create effective health and safety policies that will lead to Best Practice.

This class is 15 hours. It will be presented during the day from 9:00—2:00. This time frame will allow SACC directors to be onsite for both before school and after school programming. We will have the class once a week for 3 weeks. The sites will be either in Geneva or Canandaigua. The cost is \$250. This is EIP eligible for those who qualify. Directors will need a copy of "Caring for Our Children, Third Edition (available on Amazon if you don't have it), a copy of their regulations and a copy of their policies. As the dates are set, all DCC and SACC directors will be notified via email. If you have any questions, please contact Barb Owens at barb.owens@cfresources.org or call our Penn Yan office at 315-536-1134.

Registrar's corner... continued

...continued from page 5

of them. These items may also be flammable. A list of highly toxic pigments, possible toxic pigments and potentially toxic pigments can be found on the following website: <http://captainpackrat.com/furry/toxicity.htm>

The bottom line is: read labels and avoid toxic substances. Don't become complacent even if the product may say nontoxic paint. Do your homework and research nontoxic paints and varnishes, especially those used on children's toys. Keep your paint and varnish labels handy if completing a project so your licensor or registrar can verify compliance to the above stated regulation

Sincerely,
Mary Jepsen
Registration Coordinator

parenting

Don't worry that children never listen to you; worry that they are always watching you.
Robert Fulgham

Listen to the desires of your children. Encourage them and then give them the autonomy to make their own decisions.
Denis Waitley

Even as kids reach adolescence they need more than ever your focus to watch over them. Adolescence is not about letting go. It's about hanging on during every bumpy ride.
Ron Taffel

Hugs can do great amounts of good — especially for children.
Princess Diana

Parents were invented to make children happy by giving them something to ignore.
Ogden Nash

At the end of the day the most overwhelming key to a child's success is the positive involvement of parents.
Jane D. Hull

Believe me, my children have more stamina than a power station.
Ronnie Coltrane

Always kiss your children goodnight, even if they are asleep.
H. Jackson Brown, Jr.



New Meal Patterns for CACFP—start date October 1, 2017

We have been talking about this for a year and now the time has come! The following is a synopsis of the changes. If you have any questions, please call Amanda.

INFANTS:

- ◆ Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.
- ◆ Juice or cheese food or cheese spread are no longer allowed to be served.
- ◆ Allow ready-to-eat cereals at snacks.

CHILDREN:

- ◆ The combined fruit and vegetable component is now a separate vegetable component and separate fruit component.
- ◆ At least one serving of grains per day must be whole grain-rich.
- ◆ Grain based desserts no longer count towards the grain component (sweet crackers allowed).
- ◆ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of 3 times per week.
- ◆ Yogurt must contain no more than 23 grams of sugar per 6 oz.
- ◆ Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2-5; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 and older.
- ◆ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.
- ◆ Breakfast cereals must contain no more than 6 grams of sugar per ounce.
- ◆ Frying is not allowed as a way of preparing foods on-site.
- ◆ Tofu counts as a meat alternative.
- ◆ Juice is limited to once per day.

**The Little Mouse, the
Red Ripe Strawberry,
and the Big
Hungry Bear**
By: Audrey Wood



“Berries with Banana Cream”
(½ strawberries and
⅓ cup whole grain dry cereal)

Ingredients

½ cup low-fat plain yogurt
½ ripe banana
1 T. orange juice
2 cups sliced strawberries
1 tsp. honey
Dash of cinnamon
Whole Grain Cereal

Directions

1. Put yogurt, banana, and orange juice in a bowl and mash until most chunks are gone.
2. Divide banana cream into 4 bowls and top with ½ cup strawberries, ⅓ cup dry cereal, honey, and cinnamon.

CACFP Training

February 7

Penn Yan — 6:00—7:30

**There will only be 4 CACFP trainings this year:
February 7, April 14, September 19, & November 8.**

To register call Amanda at 315-536-1134, ext 2310

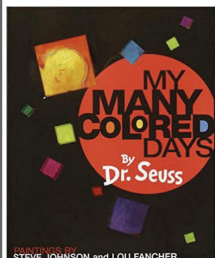
The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department." "If you need to file a complaint, USDA uses specific language. Therefore, If you wish to file a Civil Rights program complaint of discrimination, you must complete the USDA Program Discrimination Complaint Form, found online http://www.ascr.usda.gov/complaint_filing_cust.html, or call any USDA office. You may also call 866-632-9992 to request the form. A letter can be written, however it must contain all the information present on the form. Send your completed complaint form or letter to: USDA Office of the Assistant Secretary for Civil Rights 1400 Independence Ave, SW, Stop 9410 Washington, D.C. 20250-9410 or E-mail address: program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities can contact USDA through the Federal Relay Service at Local or Federal relay: (800) 877-8339 Spanish relay: (800) 845-6136."

big hands, little hands ...

Children's books featuring feeling faces and words

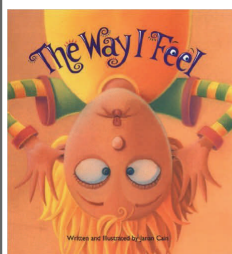
Books are a fun and wonderful way to teach, interact and entertain children. The following are books that will assist you with teaching children feelings. They also have wonderful illustrations.

My MANY COLORED DAYS by Dr. Seuss



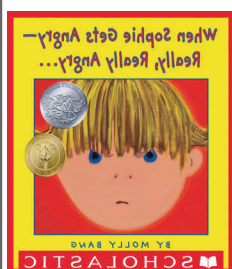
It was published posthumously in 1996 by Alfred A. Knopf, after Seuss's death in 1991. It features paintings by Steve Johnson and Lou Fancher. A rhyming story, it describes each day in terms of a particular color which is in turn associated with a specific emotion. Children love this book. One of my favorite books!

THE WAY I FEEL by Janan Cain



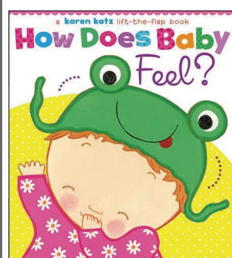
Feelings are neither good nor bad, they simply are. Kids need words to name their feelings, just as they need words to name all things in their world. The Way I Feel uses strong, colorful, and expressive images which go along with simple verses to help children connect the word and the emotion.

WHEN SOPHIE GETS ANGRY- REALLY, REALLY ANGRY by Molly Bang



Everybody gets angry sometimes. For children, anger can be very upsetting. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. In this Caldecott Honor book, kids will see what Sophie does when she gets angry. What do you do?

HOW DOES BABY FEEL? by Karen Katz

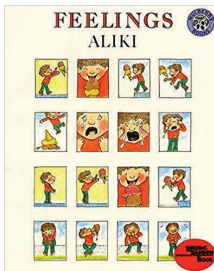


Baby feels happy, sleepy, hungry, and more in this delightful book.

*Baby wants milk and crackers.
How does Baby feel?
Hungry!*

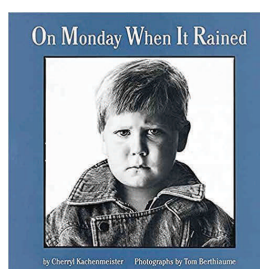
There are so many feelings that Baby can have!

FEELINGS by Aliki



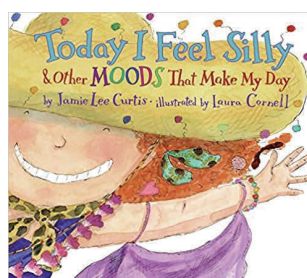
Happy, sad, shy, excited--how do you feel? Sometimes it's hard to explain your feelings. Share this book with a friend and you'll both feel terrific!

ON MONDAY WHEN IT RAINED by Cherryl Kachenmeister



In simple, straightforward text and marvelously expressive pictures, the author and photographer have captured the thoughts and feelings of one small boy. Whether he is proud or scared, lonely or excited, the boy's face mirrors his emotion with the wonderful directness of childhood.

TODAY I FEEL SILLY: AND OTHER MOODS THAT MAKE MY DAY By Jamie Lee Curtis



Follow a little girl with curly red hair through 13 different moods, beginning with silly: "Today I feel silly. / Mom says it's the heat. I put rouge on the cat / and gloves on my feet." Of course, silly soon turns to grumpy and mean... to excited... to confused, and so on. Recognizing one's own mood swings is a developmental mile-

stone, one that some adults haven't yet mastered! Cornell's watercolor illustrations--wildly expressive and energetic--effectively capture the volatility of our redheaded star.

There are many more children's books about feelings. All of these books are available at your library. Enjoy!!! Happy reading!!!! Remember the time you spend with your child reading will be comforting to both of you.

get connected ...



New Treatment Service!!!
Center of Treatment Innovation (COTI)
Contact information To Call for Help
1-833-4FLACRA 1-833-435-2272

COTI is a State Targeted Response created to address the Opioid & Heroin Crisis in our communities. FLACRA's COTI will focus on increased access to treatment, unmet treatment needs and reducing overdose related deaths for those in Ontario and Yates counties. **There is no cost for this service!**

Certified Peer Specialists and SUD Clinical Specialist are part of the Immediate Community Response Team and are ready to meet those in need.

FLACRA will provide information and services 24/7 to family, friends and persons experiencing Opioid/Heroin related issues, providers, key partners, stake holders and other persons experiencing Substance Use Disorders. FLACRA's mobile van travels throughout Ontario and Yates counties.

FLACRA utilizes medication assisted treatment (MATs). This method uses medications, counseling and behavioral therapies in tandem with Mobile Clinical and on-demand services including outreach and TeleHealth. Credentialed staff will provide mental health assessments to connect individuals with the appropriate level of care including those that have HIV, Tuberculosis and/or Hepatitis.

Services Offered

- ◆ Certified Peer Specialists
- ◆ SUD Clinical Specialists
- ◆ Medication Assisted Treatment
- ◆ 24/7 Availability for all persons in need
- ◆ Immediate Response Team Serving Ontario and Yates Counties
- ◆ Telehealth providing access to Medical Personnel

CHILD & FAMILY RESOURCES, INC.

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____ Email: _____

Enclosed is my/our gift to Child & Family Resources, Inc. in the amount of \$ _____

This contribution is a Memorial Gift Honoring: _____

☐ Please call me to discuss my gift through my will of estate plan



December 2017— March 2018

December

1st Star Shine-Main Street, Penn Yan
25th-30th Offices closed

January

1st Offices closed for holiday
15th Martin Luther King, Jr.—Offices
closed

February

19th President's Day—Offices closed

March

11th daylight savings time begins

Parenting Meetings and Support!!

Together Time 2018 (Penn Yan site)

Session Dates Coming Soon!!

Mondays, 9:30-11:00am

Free for Parents and children to play & learn together!

Baby Café (Canandaigua & Penn Yan sites)

Baby Café Canandaigua

1st & 3rd Wednesdays, 10-11:30am

Baby Café Yates

1st & 3rd Thursdays, 9:30-11am

Free breastfeeding and parenting support!

Families In Transition (FIT)

Assisting Children in Transition (ACT)

Dates and locations vary all year long.

*Parenting class for separating, divorcing and
co-parenting parents. (fee scale available)*

Child & Family Resources, Inc. is an official Child Care Resource and Referral Agency affiliated with the New York State Office of Children and Family Services, Division of Child Care Services, Regional Office, 259 Monroe Avenue, Rochester, NY 14607.
585-238-8531 www.ocfs.ny.gov



Child & Family Resources, Inc.
263 Lake St.
Penn Yan, NY 14527

*Children are educated by what the
grownup is and not by his talk.
Carl Jung*



Community Partner

