

# Family Services At DEPC

Down East Partnership for Children offers a variety of services and resources for families with children ages 0-8.

## Child Care Referral

- Help finding quality child care, after school and school-aged care options in Nash, Edgecombe, Halifax, Wilson and Warren counties.



## DEPC Scholarship Program

- Assistance with child care if parents are working a minimum of 30 hours per week or in school full time.
- Serves children birth to age 3 and follows the same financial guidelines for income eligibility as the Department of Social Services.
- Families are required to pay parent fees on average of 10% of their gross income.

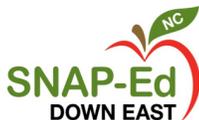
## North Carolina Pre-K (NC Pre-K)



- Serves children in Edgecombe and Nash counties who are 4 by August 31st of each school year.
- Children who are at-risk are served in this state-wide program on the school calendar year.
- There are no fees to families using this program. Slots may still be available for classes starting in September.

## Health, nutrition, & physical activity programs

- **Join FIT (Families Involved Together)** We are a diverse group of empowered parents working to break down barriers and build skills that help us successfully advocate for our children. For FIT meeting dates or general information contact Kelly Spivey at [kspivey@depc.org](mailto:kspivey@depc.org)
- **Snap-Ed Down East** Look for healthy, low-cost recipes on DEPC's Snap-Ed web page
- **Places to Grow and Play** map features area parks and places to play



# Playgroups & Family Support Services

## Virtual Play and Learn Groups

Kaleidoscope® Play and Learn Groups

16-week series

Includes:

- Fun weekly packets that include a themed craft, virtual book selection, song/fingerplays, coloring sheet, supportive parent handout as well as activities to try at home.
- Weekly snacks and monthly play incentives for children
- \$25 Gift Card for caregivers who participate 13 out of the 16 weeks

Groups are designed for families with children ages birth to 5.

Registration required. Contact Debra Boudreau at [playgroups@depc.org](mailto:playgroups@depc.org) to join a group!



## Triple P®

Positive Parenting Program



When you become a parent you're expected to be an instant expert. But all parents struggle from time to time- and that's where the Triple P- Positive Parenting Program can help. Triple P is a world-acclaimed program that gives you the skills you need to manage misbehavior and prevent problems from happening in the first place. From toddler tantrums to a teenager's defiance, from bedtime dramas to outright disobedience, Triple P helps you sort through the issues that affect families everywhere.

You choose a workshop on a broad topic that affects your family, or schedule a one-on-one consultation session around a specific parenting issue. Triple P online is also an option. Triple P is available at all times for every family in Edgecombe and Nash counties.

For more information, contact Jennifer Cobb at ext. 270 or [jcobb@depc.org](mailto:jcobb@depc.org) or visit the Triple P website at <http://www.triplep-parenting.com/nc>



All the information  
you need with one call

## Incredible Years

Free 16-week parenting class.

For parents of children 3-5 years of age.

Evidence-based parenting curriculum that has proven positive results for families.

In a virtual setting, parents will learn how to:

- Promote positive social and emotional behaviors
- Establish predictable household rules and routines
- Incorporate play with your child within your daily schedule
- Effectively manage your child's challenging behaviors

Registration required. For more information or to register contact Jennifer Cobb at ext. 270 or [jcobb@depc.org](mailto:jcobb@depc.org). Incentives offered! Weekly meal and gas cards.

## Circle of Parents

A support group for parents of children, ages birth to 18, with special needs (any physical or developmental disability). Parents are able to spend time connecting with each other, offering encouragement, support and suggestions for managing the care of their special needs child. During these virtual meetings, the school-age children participate in developmentally age appropriate activities within their own Circle of Kids group. This program meets by conference calls or zoom **most Monday nights from 6:00 - 8:00 pm** during the school year as well as other specified times. Circle breaks for the Summer.

Registration required. Contact Iris Ray at [iray@depc.org](mailto:iray@depc.org).



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