

UPCOMING EVENTS

REGISTER TODAY!

Scan the QR code ⇒



Triple P Discussion Groups

Learn tips to deal with your child's (ages 0 - 5) difficult behaviors. Each meeting includes *a gas card and fun play incentive!*

Contact Sarah Winters: swinters@depc.org.

Fighting and Aggression	Feb. 28	6 to 8PM
Hassle Free Shopping	March 21	6 to 8PM
Dealing with Disobedience	April 18	6 to 8PM

Circle of Parents

Interested in joining a support group for parents of children ages birth-18 with special needs?

Mondays - **IN-PERSON** at DEPC 6:00-8:00PM **VIRTUAL** 6:30-8:00PM

Contact Iris Ray: 252-985-4300, ext. 205 or iray@depc.org

Playgroups

Starts February 13

New 16-week series for families with children birth through 5 years of age.

Mon/Tues. at DEPC 9:30-11:00AM **Weds.** at Spring Hope 9:30-11:00AM

Contact Debra Boudreau: dboudreau@depc.org.

Triple P Level 4 Group

May 2 - June 6 (Tuesdays)

Join us for 4 weeks as we personalize parenting for challenges in your home with children ages 3-8.

Dinner provided from 5:30 to 6:00PM. Group from 6:00-8:00PM.

Contact Sarah Winters: swinters@depc.org.

Incredible Years

Jan. 12 - May 4 (Thursdays)

Evidence-based parenting curriculum that has proven positive results for families. **5:30 - 8PM**

Contact Sonja Person: 252-985-4300, ext. 241 or sperson@depc.org.

Incredible Years Reunion

June 13 5:30 - 8PM

Learn the Signs, Act Early.

From birth to age 5 years, children should reach certain milestones in how they play, speak, learn, act and move. As caregivers, it is important to track our children's development and act early if we have concerns. The Centers for Disease Control and Prevention has developed an **Act Early Initiative** to help caregivers do just that. *For questions or more information on Act Early and available resources, please contact Abbi Mullens at amullens@depc.org.*

Or download the CDC's user friendly and easy to navigate app, **Milestone Tracker**, in the App Store on your device.



FAMILY SERVICES



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 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.
- Families are required to pay parent fees on average of 10% of their gross income.

Health, nutrition, & physical activity programs

- 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

North Carolina Pre-K (NC Pre-K)

- Serves children in Edgecombe and Nash counties who are 4 by August 31st of each school year.

Information on available community resources

- **Family First** counselors are available to offer families information on more than 150 community resources including *Dolly Parton's Imagination Library*, where children receive free monthly books.

For more information, please call

252-985-4300

