

FAMILY SERVICES

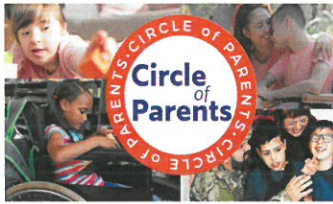


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Down East Partnership for Children

Family First counselors are available to offer families information on over 150 community resources including choosing quality childcare referrals for Nash and Edgecombe counties. If you need childcare options, parenting information or resources, please call Family First at 252.985.4300 ext. 220. Counselors are available Monday through Thursday, 9 am to 5 pm and Fridays 9-12 Noon.

Circle of Parents



A support group for families of children, ages birth to 18, with special needs. Caregivers can spend time connecting with each other, offering encouragement, support and suggestions for the care of their special needs child. Circle meets on Monday nights from 6:00 – 8:00 in a hybrid model. All children in the family are also able to participate in children's activities.

REGISTRATION REQUIRED. Please contact **Sonja Person** at sperson@depc.org or 252-985-4300, ext. 241 for more information on available resources.

Kaleidoscope® Play & Learn Groups (16-week series)

Caregivers and their children, under the age of 5, are invited to join us at Down East Partnership for Children in Rocky Mount or at Spaulding Family Resource Center in Spring Hope. Spend time playing and discovering ways to help our children continue learning at home. **Registration Required.** Please contact **Debra Boudreau** at dboudreau@depc.org or 252-985-4300 ext. 270 for more information.



Triple P® Parenting Group Level 4 FREE

As a participant in this group you will:

- Connect with other caregivers!
- Discover new ways to be a positive parent.
- Enhance your child's behavior while increasing social skills and self confidence.

Open to families in Nash or Edgecombe counties with children ages 3-8.

April 30, May 7, 14, 21, 28 June 4
Tuesdays | 5:30-8:00pm

IN PERSON at DEPC
Scan the QR code to register.

DINNER & CHILD CARE PROVIDED. WEEKLY GAS CARDS AND PLAY INCENTIVES! SPACE IS LIMITED! REGISTRATION REQUIRED.

CONTACT Sarah Winters at 252-985-4300 ext. 233 or email at swinters@depc.org

Down East Partnership for Children
215 Lexington Street | Rocky Mount, NC 27801 | 252-985-4300 | www.depc.org

NC SNAP-ED

Triple P Discussion Groups:
For caregivers with children ages birth to 5.
Held in person at DEPC
Hassle-Free Meal Time:
April 16, 5:30-7:30pm

Triple P Seminars:
For caregivers with children ages birth to 5. Held in person at DEPC

Raising Confident, Competent Children:
May 16, 5:30-7:30

Triple P Briefs:
Schedule one-on-one coaching for topics of your choice

For more information on Triple P parenting support and upcoming events, please contact Sarah Winters at SWinters@depc.org or 985-4300 ext. 233. Triple P is available at all time on the Triple P website at <https://www.triplep-parenting.com/nc-en/free-parenting-courses/triple-p-online/>

Use this Code to Register!

You may use this QR code to register for Family Services programs.



APPLY for Pre-K TODAY!

Visit: www.depc.org Call: 252-985-4300

NC Pre-K

NC Pre-K Applications are available in English and Spanish. Program locations are in private sites, public schools, and Head Start. Contact Family Services if you need help selecting a service provider. See the DEPC website for eligibility requirements and financial guidelines. There are no fees for families using this program.

HOW TO APPLY: Applications may be accessed from the DEPC web page (<https://depc.org/child-care/pre-k-information-page/>) or picked up from 215 Lexington Street in Rocky Mount.

DEPC Scholarship Program

Offers families opportunities for assistance with child care if they are working a minimum of 30 hours per week or in school full time. This program serves children birth to age 5 and family income must fall below 85% of the state median income. Families are required to pay monthly parent fees on average of 10% of their gross income.

HOW TO APPLY: Applications may be printed from the DEPC web page or picked up from 215 Lexington Street in Rocky Mount. For more information, call 252-985-4300, ext. 220.

Help your child grow and thrive with CDC's free Milestone Tracker app.



cdc.gov/MilestoneTracker



We are offering one-on-one parenting support. Call DEPC's Family First line at 252-985-4300, ext. 220 for more information.