

## Support for All Families

Down East Partnership for Children strives to ensure every family, and every child, has a safe and welcoming space in our community. For every family, that looks different, but it takes a community to raise a child. We want to be a part of your community.

At DEPC, every program we offer looks closely at the way we surround families and children with the support they need. Through our partnership with the Positive Childhood Alliance (PCANC) of North Carolina, team members are trained in the 5 Protective Factors. These attributes serve as buffers, helping caregivers find resources, support, or coping strategies that allow them to parent effectively, even under stress. Here are a few ways Protective Factors are a part of DEPC programming:

**Social and Emotional Competence:** skills needed to nurture and develop positive relationships between the child and caring adult which affect all aspects of behavior and development. Whether you are looking for one-on-one support, a more intensive series of programming, or a quick one-time Discussion Group with caregivers facing similar challenges, Triple P (the Positive Parenting Program) will meet you in the thick of parenting. By being a part of these programs, families connect with their children in ways they never have before and see their relationships thrive.

**Knowledge of Parenting & Child Development:** support to understand that children thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations, and safe opportunities that promote independence. As a part of our playgroups, held at DEPC, Spaulding Family Resource Center, and Edgecombe Memorial Library, families work together to discover how to help their children learn social and early literacy skills through play and build connection with other caregivers who are facing similar life experiences. Join us, connect with other families, and help your kids flourish.

**Resilience:** helping caregivers of children cope with the stresses of everyday life. One incredible program at DEPC is our Circle of Parents support group. This group is focused on supporting families with children with special



### Playgroups are back!

*This fall we welcome our friends back to playgroups in Spring Hope, DEPC and Tarboro! Call us for more information!*

needs, ages 0-18. In this group, families share challenges, work to overcome them, and support each other no matter what they face.

**Concrete Support:** connecting families to the resources needed to meet their basic needs. Over the last 3 years, DEPC received money from the American Rescue Plan Act to help families with gas, groceries, beds, car seats and so much more. While this money has come to an end, we continue to look for funders to support these efforts. If you would like to fund this effort, please contact us or visit our website to donate. If you have questions, please reach out to us.

**Social Connections:** a network of emotionally supportive friends, family, and neighbors can be a huge help. NCPReK programs provide amazing connections as well as a thriving educational program. DEPC can help families connect to a program that works for your child and will ensure he/she is ready for kindergarten. Apply today at <https://depc.org/child-care/pre-k-information-page/>. If your child isn't

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# FAMILY SERVICES



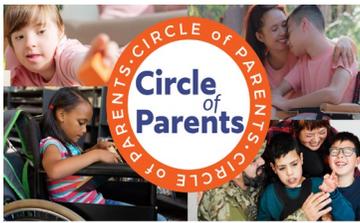
Use this Code to Register!

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



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 parents of children, ages birth to 18, with special needs. Parents can spend time connecting with each other, offering encouragement and support in caring for their special needs child. Circle meets on Monday nights from 6:00 – 8:00 pm in a hybrid format. All children in the family are invited to participate in children's activities. **REGISTRATION REQUIRED.**

Contact Sonja Person at [sperson@depc.org](mailto:sperson@depc.org)

Visit: [www.depc.org](http://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 to 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.



## 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, Spaulding Family Resource Center in Spring Hope, or at Edgecombe County Memorial Library in Tarboro. Spend time playing and discovering ways to help our children continue learning at home. To register: **Contact Bethany Lambeth at [blambeth@depc.org](mailto:blambeth@depc.org) or 252-985-4300 ext. 270.**

## 2025-2026 Family Services Calendar



**Triple P® Positive Parenting Program**  
When you become a parent you're expected to be an expert expert. But all parents struggle from time to time - and that's where the Triple P® Positive Parenting Program can help. Our research-based programs are available around a special consulting hour as well as monthly group sessions and discussion groups. Triple P is also an option. Triple P is available at many for every family in Edgecombe and Nash counties. [Triple P@depc.org](http://www.depc.org/depc)

**Triple P® Discussion Groups**  
 Bedtime Routines: **Tuesday, September 16, 2025 5:30-7:30pm**  
 Hisssie Free Meal Time: **Tuesday, March 31, 2026 5:30-7:30pm**

**Triple P® Level 4 Groups**  
 August 28 - October 2, 2025 (Thursdays) 6:00-8:00pm (5:30-6:00 Dinner)  
 October 28 - December 9, 2025 (Tuesdays) 6:00-8:00pm (5:30-6:00 Dinner)  
 April 14 - May 19, 2026 (Thursdays)

**10am to Noon-VIRTUALLY**  
 6:00-8:00pm (5:30-6:00 Dinner)  
 6:00-8:00pm (5:30-6:00 Dinner)

Down East Partnership for Children | NC SNAP-ED

**Triple P Group:**  
 Six week course for families with children 3-8.  
 Tuesdays, Oct. 28-Dec. 9,  
 5:30-8:00pm



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

For more information on Triple P or to register for upcoming events, please contact **Abbi Mullens at [amullens@depc.org](mailto:amullens@depc.org)** or visit the Triple P website at <http://www.triplep-parenting.com/ncLearn>

## Incredible Years - Preschool Series Begins Jan. 15

Families with children ages 3-5 meet for 16 weeks, beginning January 15, to learn how to: promote positive social and emotional behaviors in your child, establish predictable household rules and routines, incorporate play with your child within your daily schedule, and effectively manage challenging behaviors. **Thursdays from 5:30 to 8:00pm.**

**REGISTRATION REQUIRED.** Contact Sonja Person at [sperson@depc.org](mailto:sperson@depc.org)

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



**For more information**  
Please call 919-829-8009 or email [info@positivechildhoodalliance.org](mailto:info@positivechildhoodalliance.org)  
**PositiveChildhoodAllianceNC.org**



Visit [MyPlate.gov](https://www.MyPlate.gov) for more recipes!

## Apple & Chicken Salad

Recipe from [MyPlate.gov](https://www.MyPlate.gov)

Perfect for a summertime taco night!

### Ingredients

- 2 red apples
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)



### Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

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quite old enough for PreK, we would love to help connect you to high quality childcare centers or homes. Just call 252-985-4300 ext. 220. Think about a regular meet-up for outdoor play with friends with similar age children at Discovery Park or your local playground!

Would you like to know more about Protective Factors and how you can be an advocate for children in our community? You can join the PCANC Alliance for free and receive all sorts of tools to guide you in this work. Join today at <https://positivechildhoodalliance.org/alliance-member-sign-up/> or reach out to **Abbi Mullens, DEPC Family Services Program Manager**, for more information.

## Need help choosing a child care provider?

It is one of the hardest decisions a parent will make. We can help you make an informed decision about quality, licensed care for your child. We currently serve Edgecombe, Halifax, Nash, Warren and Wilson Counties.



**STRONG BODIES, BRIGHT MINDS!**

**DRINK WATER**  
Water keeps you cool and smart – choose water instead of soda!

**EAT HEALTHY FOODS**  
Color your plate with fruits and veggies every day!

**BE ACTIVE**  
Move your body for at least **60 minutes** every day!

**MAKE HEALTHY CHOICES EVERY DAY**  
**YOUR BODY WILL THANK YOU!**



215 Lexington Street | Rocky Mount, NC 27801  
(252) 985-4300 | [depc.org](http://depc.org)

Down East Partnership for Children is a nonprofit organization founded in 1993. It provides a model of services focused on prevention and intervention targeting young children ages 0-8. It leverages investments from local, state and national partners to launch every child as a healthy, lifelong learner by the end of the 3rd grade. For more information about DEPC, visit [www.depc.org](http://www.depc.org).



*Thank you for making our Book Drive a huge success! We appreciate all the book donations you made! We received thousands of books and can't wait to get them in the hands of young children in our community. A special shout out to Braswell Memorial Library and Edgecombe Memorial Library!*



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## Mark Your Calendar

**Training Calendar:** Visit [depc.org](http://depc.org) for the latest Training Calendar for Child Care Professionals

**Circle of Parents:** Hybrid schedule on Monday nights

**Kaleidoscope® Play & Learn Groups:** Groups are back! For children ages 0-5 at DEPC, Spring Hope and Tarboro!

**Triple P Group:** Six week course for families with children 3-8. Tuesdays, Oct. 28-Dec. 9, 5:30-8:00pm

**Incredible Years:** 16-week program for families with children ages 3-5 Begins Jan. 15, 2026

**DONATE TODAY!**



SCAN QR CODE



Wednesday, October 15 | 10 am to 12 Noon  
at Down East Partnership for Children

Mark your calendar to join the NC Budget & Tax Center and Down East Partnership for Children (DEPC) for a continuation of the Child Care and the Bottom Line discussion. This event is open to business and community leaders, early childhood education advocates, HR staff and public officials.

- This session will:
- Explore the challenges facing our early education system
  - Share the bottom line on what our system needs to thrive
  - Highlight why policy choices matter for the well-being of families and our economy

Coffee and light snacks provided.

RSVP to Jackie Kearney at [jkearney@depc.org](mailto:jkearney@depc.org) or call 252-985-4300.



215 Lexington Street  
Rocky Mount, NC 27801  
252-985-4300  
[www.depc.org](http://www.depc.org)

## Coffee & Community Connections Early Education & the Bottom Line Discussion October 15 - 10 am to Noon

Mark your calendar to join the NC Budget & Tax Center and Down East Partnership for Children for a continuation of the Child Care and the Bottom Line discussion. This event is open to business and community leaders, early childhood education advocates, HR staff and public officials. This session will:

- Explore the challenges facing our early education system
- Share the bottom line on what our system needs to thrive
- Highlight why policy choices matter for the well-being of families and our economy.

Light snacks and coffee provided. Interested in sponsoring? Call us! Please RSVP to Jackie Kearney at [jkearney@depc.org](mailto:jkearney@depc.org)