NEWSLETTER

Free Workshops This Month

Fathers Matter

Healthy Eating and Meal Making for Men. Guest presentation from a registered dietitian.

February 6th 6:30pm

Hagaman Memorial Library 227 Main St. East Haven

February 19th 11:30am

West Haven Family Resource Center Savin Rock School 50 Park St. West Haven

Registration required

Door Prize for 1st attendee!

Call Hector 203-804-8865

Group Connection

Discipline and Setting Limits

February 10th 9:30am-11am

East Haven Family Resource Center DC Moore School 82 Elliot St. East Haven

Registration required

Door prize for 1st attendee!

Call Evelyn 203-468-3898

Program Updates

Shoreline MIECHV is happy to share some exciting news - we have extended our region from East and West Haven to also include Branford and North Branford! Shoreline MIECHV will now be servicing families in all four towns. In addition, we also have a new website with all of our programs information. Referrals can now be made online!

Refer Today!

Call Alison Tyliszczak, LCSW for more information 203-466-1958 or visit us online at <u>http://www.shorelinemiechvpat.org</u>

Community News

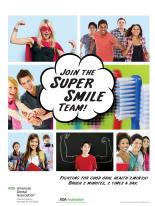
Starting Tuesday, Feb 4th 2014 The Mobile Food Pantry will now be distrubuting a variety of fresh food for free to families. You do not need to be an East Haven resident to participate. Distribution will be the first Tuesday of every month. Call Marissa Velazquez, 203-468-3898 for more information.



Distributions will be the 1st Tuesday of every month. food bank

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February Health Tips



February is National Children's Dental Health Month. **Did you know** dental care is free for families who are currently enrolled in Husky A, C and D? To find out if you qualify, or for information and additional dental resources you can call 1-877-284-8759.

Fathers Matter Groups



Highlights

East Haven Library Fathers Matter Workshops have become a success! Nineteen attendees came to the last group!

Coming Soon!

We are getting ready to launch 24/7 Dad! This workshop consists of twelve - 2 hour sessions. This program is designed to help men improve their parenting skills and fathering knowledge.



Highlights

West Haven

Fathers Matter

be held at the

Workshops will be

starting! They will

Family Resource

Center Located

in Savin Rock

School!

FOR MORE INFO ON THE WEST HAVEN OR EAST HAVEN DAD GROUPS CALL



2013-2014 Groups

October First Workshop kick off Reading to your Child November Co-Parenting Workshop held at the libraries of both towns December Dealing with Stress workshop. First workshop in WH - 2014 -January Discipline workshop. Largest attendance in East Haven February Mens Healthy eating Workshop. Dietitian will be presenting. LOOKING FORWARD Topics will be on -*Child Self Esteem *What Does Being a Dad Mean to You *Free Dental Coverage (Presentation by HUSKY)

HECTOR AT 203-804-8865