

# 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 <http://www.shorelinemiechvpat.org>

## Community News

Starting Tuesday, Feb 4th 2014  
The Mobile Food Pantry will now be distributing 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.

### Mobile Food Pantry Delivery

All are Welcome.  
Please bring your own bags.



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Please bring your own bags.

Connecticut Food Bank will be distributing a variety of fresh products for free distribution to families.

**Tuesday, February 4th from 9:00am-10:00am**  
St. Clare Parish

234 Coe Ave., East Haven, CT (Rear Parking Lot)

For more information call: Marissa Velazquez @ 203.468.3898  
mvelazquez@east-haven.k12.ct.us

Distributions will be the 1st Tuesday of every month.

CONNECTICUT  
foodbank  
A PARTNERSHIP TO ALLEVIATE HUNGER

## February Health Tips



ADA American  
Dental  
Association  
Advancing oral health

ADA Foundation  
Advancing oral health

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!

## Highlights

West Haven Fathers Matter Workshops will be starting! They will be held at the Family Resource Center Located in Savin Rock School!

## 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.



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

**HECTOR AT 203-804-8865**



## 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)