

SPRING, 2011

APRIL is
CHILD ABUSE PREVENTION MONTH



When children are nurtured, they can grow up to be happy and healthy adults. But when they lack an attachment to a caring adult, receive inconsistent nurturing, or experience harsh discipline, the long-lasting consequences can affect their health, well-being, and relationships with others.

Being the best parent you can be involves taking steps to strengthen your family and finding support when you need it. Parenting isn't something you have to do alone.

When you have the knowledge, skills, and resources you need, you can raise a happy, healthy child.

CIDS is here to help. That's why we publish this newsletter, teach parenting classes, and offer many other services to everyone in our community at no cost to participants. Please see the following pages for more details about the services we offer and also services offered by others in our community.

Program of P.E.A.C.E.

(Positive Education Always Corrects Errors)

presents

MENTORING MONDAYS

Place: YWCA (211 Lake St, Elmira)

Time: 5:00 – 6:30 p.m.

Mentoring and Educating Community Youth in the areas of:

- Modeling Positive Behaviors
- Substance Abuse
- Positive Decision Making
- Life Skills

Contact: Mr. Troy Council or Willie Owens
1-888-561-9057 www.ProgramOfPeace.com



BOOK FEST 2011
Saturday, APRIL 16
10:00 a.m.-2:00 p.m.

Ernie Davis Community Center
362 East 5th St. Elmira NY

Free and open to the public

Theme: **"CELEBRATE ME"**

Featured presenter: Floyd Cooper
(at 11 a.m.)

(Award winning author and illustrator)

The book fest is a free annual event that offers book-centered fun to community families. The **Family Reading Partnership** organizes the event and partners with individuals, organizations, and businesses throughout the area to bring parents and children together around the excitement of children's books.

The Book Fest:

- Helps the community come together to celebrate children's literature.
- Heightens interest in books and promotes family reading.
- Encourages teachers to use books interactively in the classroom.
- Involves community organizers and individuals in the effort.
- Creates a showpiece event for the community.

*Family Reading Partnership of Chemung Valley
PO Box 3493, Elmira NY 14902
607 398-9205*

IF YOU HAVE SOMETHING YOU WANT PRINTED
IN THE CIDS NEWSLETTER, PLEASE CALL

733-6533 OR

E-MAIL INFO@CIDSFAMILIES.COM



This newsletter and roster of Services are produced as a public service by the Family Life Development Center at C.I.D.S. 161 Sullivan Street, Elmira, NY 14901. Alise L Mahr, Editor. Judy Weidman, Asst. Editor. To add, delete, or request more information, contact: CIDS, Phone (607) 733-6533; Fax (607) 733-0939; or e-mail info@cidsfamilies.com. The CIDS Newsletter is published 3 times year. The funding for this newsletter is provided by the Chemung County Children & Family Services, Chemung County School Readiness Program, United Way of the Southern Tier, and Chemung Valley Rural Health Network.



C.I.D.S.
161 Sullivan St.
 Elmira NY 14901
 (607) 733-6533

Family Life Development Center (FLDC) - "The Positive Parenting Program" is dedicated to strengthening family life in Chemung Co. through free classes and workshops relevant to today's families. See previous page for schedule.

Healthy Families Chemung County (HFCC) – a program to enhance health for children and families in the County through home visits.

Prenatal Early Infancy Program (PEIP) provides maternal and child health services through home visits to women in Chemung Co. under the age of 20, in their first pregnancy.

Early Childhood Services Team (ECST) provides developmental screening for children birth through 6. The team provides counseling for parents regarding developmental issues and refers children for appropriate remediation as necessary.

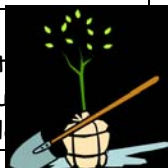
School Readiness Project (SRP) –An initiative to ensure that children arrive at school socially, cognitively, physically and emotionally ready to learn. CIDS provides nurse home visitation services to families of infants and preschoolers in Chemung Co. and also provides child development screenings until each child enters school. Nurses make home visits to support the health and welfare of infants, toddlers and their families. They provide both skill-building and parent education curricula as well as provide timely and effective referrals to appropriate service providers.



**ARE YOU EXPECTING?
 WHAT ARE YOUR FAMILIES' CONCERNS?:
 Preparation for Labor & Delivery? Parenting Skills?
 Housing? Finances?**

Healthy Families of Chemung County is a CIDS program designed to help parents manage their growing families no matter what their challenges are. For over 10 years, **Healthy Families** has provided information, support, and resources to expectant mothers in Chemung County. A **Healthy Families** assessment worker would be happy to sit down with you to explore community resources that may be of assistance. For more information, please call Barb or Joan at 733-6533. They will meet with you in your home at your convenience.

EARTH DAY is APRIL 22, 2011 and it aims to inspire awareness of and appreciation for Earth's environment. Help our Earth this year by planting a tree or picking up roadside trash, and as always reduce, reuse and recycle.



"1-2-3-MAGIC"

(Effective Discipline for 2- 12 year olds)
 A 6-hour, 3 session discipline series! Discover your own unique parenting style along with the 1-2-3 Magic Workshop and Preventive Teaching Techniques!!
TUESDAYS IN MAY
MAY 10th, 17th, & 24th. from 11:30 am - 1:30 pm

Held at CIDS, 161 Sullivan St. Elmira, NY
 Call 733-6533 to register

"SURVIVING YOUR ADOLESCENTS"

A 3 hour-workshop for parents of teens & preteens
FRIDAY, JUNE 3rd, 9:00 a.m. to NOON.
CIDS, 161 Sullivan St., Elmira, NY



All are welcome to these workshops - held at CIDS
 Call CIDS 733-6533 for more details & to register.

COPING WITH SEPARATION AND DIVORCE?

- Classes can help and are available at little or no cost.
- **Chemung Co.** - CIDS 733-6533 (space permitting, out-of-county residents are welcome)
 - **Tompkins Co.** – CCE 272-2292 (Parents Apart)
 - **Steuben Co.** – (607) 936-3837

The above classes fulfill the requirements for New York State Unified Court System's Certification for Parent Education & Awareness.

The following groups do not fulfill the requirements but offer support:

DIVORCECARE

- ☐ **First Presbyterian Church 1054 W. Clinton St., Elmira**
Also meeting at the same time:
Divorcecare for Kids (for children ages 5-12.)
Each session begins with a light family dinner at 5:30.
 Contact: Laurie Desmarais 734-1614 for details or go to www.divorcecare.com

☎Talk To: **PARENT HELP** 1-800-716-3468
 free telephone assistance for dads & moms living apart

If you are looking for any type of parenting information, good web sites to visit are:

- www.unce.unr.edu/publications and
- www.chemungschoolreadiness.com



If you want to view the CIDS Newsletter online go to www.chemungschoolreadiness.com click on Resource Library. Under Newly Added, click on CIDS Newsletter or go to:

www.ihnet.org/provideronline

Under Categories (left side of screen) click on Agency Newsletters – look for CIDS Spring Newsletter.

HORSEHEADS FAMILY RESOURCE CENTER

Horseheads First United Methodist Church
1034 W. Broad St., Horseheads, NY 483-1067
www.ChemungSchoolReadiness.com



Come and ♥ Learn together, ♥ Enjoy creative play, and
♥ Connect with other families

SPRING HOURS

Mon. 8:15 a.m.– 2:00 p.m. Gym 10:00 a.m. – 1:00 p.m.
Tues. 1:30 - 7:30 p.m. Gym 4:00 – 6:30 p.m.
Not open Wed. & Thurs. at this time.

Contact: **Joan Ostrander at 483-1067** or
e-mail jostrander@cseop.org for current information.

SOUTHERN TIER MOTHER'S CENTER

Meets at the: Horseheads Family Resource Center
Horseheads First United Methodist Church
1034 W. Broad St., Horseheads, NY 483-1067

MOM and CHILD PLAY GROUP
Tuesdays, 9:30 - 11:30 A.M.

PARENT CHILD RESOURCE CENTER

Booth Education Center – Room 122
414 Davis St. Elmira NY (607) 735-3593
www.elmiracityschool.com/prc/cfm

The PCRC is for children ages 6 and under. It is open to all families and offers many services, all at no cost:

- ☺ Drop-in Play Center
- ☺ Resource Lending Library
- ☺ Parent Education Programs

HOURS: Mondays: 1:30 – 3:30 pm
Tuesdays: 10:00 – 1:00 pm
Wednesdays: 10:00 – 1:00 pm

For more information contact **Mary Jane Belinky, 735-3593**



NONNIE HOOD PARENT & FAMILY RESOURCE CENTER

300 Civic Center Plaza, Suite 210, Corning, NY
(607) 936-3837 www.nonniehoodprc.org

The Nonnie Hood PRC is dedicated to building healthy families by providing child development information and resources in a supportive family-centered community.

HOURS Effective Jan. 2011

Mon.–closed. Tues. Wed. & Fri. 10:00 am – 3:00 pm
Thurs. 12 – 7 pm, Sat. 10 a.m. – 1:00 pm



NONNIE HOOD PRC also offers:

“PARENTING WITH HEART” call 1-800-553-2033 ext. 144 and
“FLEXIBLE FAMILIES: PARENTING THROUGH SEPARATION & DIVORCE”. Upon completion participants will receive a certificate.
Call **Julie at 936-3837** for information.



**HELP starts with
2-1-1**

Find Help * Give Help

Dial 2-1-1 or 1-800-346-2211 to speak with a call specialist.
www.211helpline.org

CHEMUNG VALLEY LA LECHE LEAGUE

Horseheads First United Methodist Church
1034 W. Broad St., Horseheads, NY 14845
www.lalecheleague.org

ALL meetings take place on
THURSDAYS,

10:00 – 11:30 a.m. at the

Horseheads First United Methodist Church
For more information contact:

Michelle (607) 733-6958 mlwlovell@msn.com
Kate (607) 732-1835 LLLkateC@gmail.com
Peggy (607) 737-0777 mshultz@infoblvd.net or
Cynthia (607) 562-7364



CORNELL COOPERATIVE EXTENTION

425 Penna. Ave., Elmira, NY 14904
(607) 734-4453 www.cornell.edu

EATSMART NY (ESNY) a free, educational program with lessons planned around the needs of class members. ESNY builds skills with Activities, Food preparation, Games, Fun! You can learn to: • cook economical, tasty meals; • keep food safe from bacteria; • move for health; • feed picky eaters; • buy the most food for your money. Classes are scheduled regularly.

Check the class schedule by calling Deb or Lisa,
Nutrition Program Educators, at **734-4453.**



EATING RIGHT WHEN MONEY'S TIGHT

Class series will help you save money while feeding your family delicious meals. Class members will have fun, food, and prizes while preparing the recipes. Classes are on-going. Registration is required. Call 734-4453.

FOOD, FUN AND FRIENDS Mothers of young children have the opportunity to cook together and visit. You will receive information on staying healthy and feeding your children. *The 6 meetings are in the DSS Building, CCE Office, Room 110, 425 Penna. Ave. Elmira. Classes start April 19 from 10 – 11:30 a.m.*

Don't miss out – call Deb or Lisa at Cornell Coop.
Ext. 734-4453 for details and to register!

WOUNDED HEALERS' BEREAVEMENT SUPPORT GROUP

St. Mary Our Mother School
511 Westlake St., Horseheads, NY 14845 796-2795
www.woundedhealers.com

WHBSG is open to anyone who needs support, education and understanding in a time of grief after the death of a loved one.

Next Meeting **TUESDAY, APRIL 12**
7:30 – 9:00

St. Mary Our Mother School
811 Westlake St., Horseheads, NY

GOOD GRIEF with DARCIE SIMS
“May Love Be What You Remember Most”



Meetings are held the second Tues. of each month.
For more info. call: **Jeannette or Chris at 607-796-2795**

MOTHERS & BABIES PERINATAL NETWORK

457 State Street, Binghamton, NY 13901
1-800-231-0744 www.mothersandbabies.org

CHA – Community Health Advocates

(Connecting You to Health Care and Health Insurance)

Mothers & Babies Perinatal Network is pleased to be part of the CHA network in NYS serving Chemung Co. as well as surrounding counties.

Community Health Advocates is a network of organizations from around New York State that helps New Yorkers:

- Get Health Care
- Get Health Insurance and
- Get the most out of it



If you have any of these questions, CHA can help:

- What is health care reform?
- How can I get health care with a limited budget?
- How can I get health insurance?
- What are my rights?
- How do I deal with medical bills?
- How can I resolve a dispute with my insurance?
- How can I keep my insurance?
- How can I reduce my insurance?

Please call the number listed above for more information

ELMIRA COMMUNITY CARE CENTER

Elmira Med. Arts. Building, Suite 209
571 St. Joseph's Blvd., Elmira, NY 14901
962-2032 www.sthealthministry.com

The Center provides free medical, dental and patient prescription assistance to people in Chemung, Steuben, and Schuyler Counties without medical insurance or ability to pay. Eligible potential patients and volunteers are invited to call the Health Ministry of the So. Tier at 962-2032. Appointments are needed.

The CSA Southern Tier Celiac Support Group

meets the 1st Thursday of every month at 7:00 p.m. in
Ye Old Chapel at St. Joseph's Hospital
For more info contact: Janet LaRue, 607-565-3477

STEELE MEMORIAL LIBRARY

101 E. Church St., Elmira, NY 14901
733-9134

NATIONAL LIBRARY WEEK: APRIL 10-16

Check local Libraries for special days. Go to www.cclld.lib.ny.us

Tues. April 12, 6:30 – 7:30 pm WimpY Kid Party. Ages 7 and up can come and play games and activities based on this popular series. Snacks provided. No registration necessary.

Thurs. April 14, 3:30 pm Domino the Great presents "Read to Succeed" The magical storyteller will show how much fun reading and magic can be.

Fri. April 22, 3-4 pm Easter Egg Hunt. Come and hear Easter stories and hunt eggs in the library. Lots of prizes. For children ages 2-12. Registration is required.

FAMILIES ANONYMOUS

Bethany Lutheran Church
256 S. Walnut St., Elmira, NY 14904
607 – 733-6775



If someone in your family has a Drug/Alcohol Behavioral problem, can you see what it's doing to you? Families Anonymous offers free help for those concerned about drug abuse and behavioral problems of a relative or friend. Completely anonymous, non-professional, and non-religious. Meetings are held:

Every Monday, 7:00 p.m. at

Bethany Lutheran Church, 256 S. Walnut St., Elmira

UPCOMING EVENTS:

Easter Bunny at the Arnot Mall – April 12 – 23

SPRING FLING FESTIVAL – April 30

Grand Central Plaza, Horseheads, Face painting, finger printing, tractor show, horse demonstrations, and more.

HUNT FOR THE GOLD SHOES



Community Event, **Starting APRIL 23.**

Look for 1 of 300 good shoes (gold painted sneakers) throughout 11 parks and walking trails! Look for gold ticket inside the shoe. Then turn in the shoe and ticket for a chance for a big prize at the final celebration at Tanglewood Nature Center (May 21). For more info. and to find out which parks, go to www.tranlewoodnaturecenter.com

OLD MACDONALD FARM FAMILY DAY

SPRING CRAFT SHOW

Sat. June 4, 10:00 – 3:00

Chemung Co. Fairgrounds, Elmira NY



NATIONAL TV TURN-OFF WEEK!

Take a break from TV and encourage play and learning activities. Some things kids like to do that don't involve TV are: Δ Games Δ Toys, Δ Music Δ Storytelling Δ Books and magazines Δ Hobbies and crafts Δ Grab some old clothes for make believe Δ Walks. Δ HAVE FUN.





ROSTER OF SERVICES

SPRING 2011



ALBE2 (formerly Cerebral Palsy and Handicapped Children's Association) 1118 Charles St., Elmira NY	(607) 734-7107
ABUSE SUPPORT GROUP FOR WOMEN	(607) 732-1979
ADOPTION HOMEFINDERS – Chemung County DSS – Children & Family Services Division	(607) 737-5410
AIDS SUPPORT GROUP	1-800/388-9416
AL-ANON	(607) 734-1567
AL-ATEEN	(607) 732-6353
ALCOHOL ANONYMOUS (A.A.) PO Box 14, Elmira NY 14902. See Narcotics Anonymous	(607) 737-6733
AMERICAN RED CROSS 917 Stowell St. Elmira NY	(607) 734-3317
ANGEL FOOD MINISTRIES www.ewcangelfood.com	(607) 738-9225
A.R.C. (Advocacy, Resources, & Care for Persons with Dev. Disabilities & their families) 711 Sullivan Street, Elmira, NY 14901; Wide range of services for developmentally delayed adults	(607) 734-6151
ARCTIC LEAGUE	(607) 733-4576
ARNOT-OGDEN CHILDBIRTH PREPARATION CLASSES & SIBLING CLASSES	(607) 737-4499
ASTHMA AWARENESS GROUP for children & Families	(607) 737-4100
BIG BROTHERS / BIG SISTERS of the CENTRAL SOUTHERN TIER	(607) 962-3148
C.A.P. Program (Chemung County Adolescent Pregnancy Prevention Program) Free, confidential services for Chemung County teens. Clinic services include birth control supplies, exams, screenings for STDs, pregnancy tests and support for postponing sexual involvement. Weekend teen cafes & youth development programs.	(607) 734-6174 ext.306
CAPABILITIES 1149 Sullivan Street, Elmira NY 14901	(607) 734-2006
CAR SEAT SAFETY PROGRAM Chemung Co. Sheriff's Office – 203 William St.	(607) 737-2987
CAREGIVER SUPPORT GROUP	(607) 739-8711
C.A.S.A of the Southern Tier (Court Appointed Special Advocates) PO Box 778, Corning, NY 14830	(607) 936-2272
CATHOLIC CHARITIES (215 E. Church St)	(607) 734-9784
C.A.T.S. Program (Children & Adolescent Treatment Services) Elmira Psychiatric Center, 100 Washington St., Elmira, NY 14901	(607) 737-4819
CEREBRAL PALSY OF CHEMUNG COUNTY (Jerry Kohena Dental Clinic)	(607) 734-7107
CH.A.D.D. - Chapter of the Southern Tier (Kathy Mattoon) Support & information for children & adults with attention deficit disorders; www.chaddonline.org/chapters/chadd	(607) 739-0105
CHEMUNG COUNTY CHILD ADVOCACY CENTER 304 Hoffman St., Elmira NY 14905	(607) 737-8449
CHEMUNG COUNTY DENTAL CLINIC (Medicaid eligibility required)	(607) 737-2870
CHEMUNG COUNTY DEPARTMENT OF SOCIAL SERVICES	(607) 737-5302
CHEMUNG COUNTY FAMILY COURT PO Box 588, Elmira, NY 14902-0588	(607) 737-2902
CHEMUNG COUNTY HEALTH DEPARTMENT 103 Washington St., P. O. Box 588, Elmira, NY 14902-0588; Free immunizations; Free "well child" clinic; WIC Program	(607) 737-2028
CHEMUNG COUNTY TRANSIT www.chemungcountytransit.com	(607) 734-5211
CHEMUNG COUNTY YOUTH BUREAU 599 Harris Hill Road, Elmira, NY 14903; Various programs for healthy youth development, including Summer Cohesion.	(607) 737-2907
CHEMUNG PROJECT FOR BAIL 210 Lake St., PO Box 588, Elmira NY 14902-0588 Fax: 734-8898	(607) 734-8854; 734-8898
CHEMUNG VALLEY La LECHE LEAGUE First United Methodist Church, 1034 West Broad St., Horseheads mlwlovell@msn.com	(607) 733-6958, 732-1835, 737-0777, 562-7364
CHEMUNG VALLEY MOTHERS OF TWINS CLUB Arnot Ogden Petri Room Support & Information for Parents of Twins & Multiples.	(607) 425-6396, 565-4840, 733-1208
CHILD ABUSE HOTLINE	Public – 1-800-342-3720; Mandated 1-800-635-1522 Rochester – 1-716-238-8531; Childcare Complaints 1-800-732-5207
CHILD AND ADOLESCENT BIPOLAR FOUNDATION	www.bpkids.org
CHILD ADVOCACY CENTER 304 Hoffman St., Elmira NY 14905	(607) 737-8449
CHILD CARE COUNCIL 571 E. Market St., Elmira NY 14901; Information, Guidance & Training for Chemung County Childcare Providers; Resource Center for Chemung County Parents searching out qualified child care.	(607) 734-3941
CHILD HEALTH PLUS	1-800-231-0744
CHILDREN'S INTEGRATED SERVICES (SPOA & CCSI) 414 Davis St. Elmira NY 14901 Free service to Chemung County parents who need guidance to get the help their child needs.	(607)737-5582
C.I.D.S. (Comprehensive Interdisciplinary Developmental Services) 161 Sullivan St., Elmira, NY 14901, Diverse programs of support & education regarding all aspects of raising healthy children in Chemung County families.	(607) 733-6533

CIRCLE of FRIENDS	(607) 733-7661
CODE ENFORCEMENT Horseheads 739-7605; County 737-2019; City of Elmira 737-5654	
COMMUNITY DISPUTE & RESOLUTION CENTER - "C.D.R.C." www.CDRC.org	(607) 734-9087
215 E. Church St., Suite 103, Elmira, NY 14901.	
COMPEER/FAMILY TO FAMILY	(607) 733-7661
500 Walnut St., Elmira, NY 14901	
CORNELL COOPERATIVE EXTENSION	(607) 734-4453
425 Penna. Ave, Elmira, NY 14904; Support & Education for Numerous Aspects of Family Life.	
COUNCIL ON ALCOHOL & SUBSTANCE ABUSE OF LIVINGSTON COUNTY, INC.	(607)737-5215
571 St. Joseph's Blvd. Suite 102, Elmira NY 14901	
CPS/DSS	(607) 737-5417
CRISIS PROGRAM	(607) 737-5369
A mobile response team providing telephone and face-to-face crisis counseling & referral serv. 24 hrs. a day 7 days a week.	
DEPRESSION & BIPOLAR SUPPORT ALLIANCE Finger Lakes, Inc. (DBSA)	(607) 734-4789
www.dbsafingerlakes.org	
DIRECTED ACTIVITIES FOR YOUTH – see NEW DAY	
DIVORCECARE (SUPPORT GROUP)	(607)734-1614
First Pres. Church, 1054 W. Clinton St., Elmira NY www.DivorceCare.com	
DOMESTIC VIOLENCE 24-HOUR HOTLINE	(607) 732-1979
DOORWAYS TO HEALING (a free weekend workshop/retreat for women diagnosed with cancer)	(607) 734-1751
DOWN SYNDROME SUPPORT GROUP	(607) 734-6151, EXT 153
711 Sullivan Street, Elmira NY 14901 Meets the fourth Wednesday of each month	
DSS	(607) 737-5302
EARLY INTERVENTION PROGRAM	(607) 737-5569
Special Children's Services, Chemung County Dept. of Social Services, 425 Pa. Ave., Elmira 14904; At no cost to family, early diagnosis & intervention for developmental delays in children ages birth to 3.	
EASTGATE APARTMENTS	(607) 732-1182
ECONOMIC OPPORTUNITY PROGRAM, INC. (EOP)	(607) 734-6174
650 Baldwin St., Elmira NY 14901 Program Links: Child Care, Energy Services Bureau, Family Development	
ELMIRA HOUSING AUTHORITY	(607) 737-7100
ELMIRA PSYCHIATRIC CENTER BROAD HORIZONS DAY TREATMENT PROGRAM	(607) 739-3581
% SCT BOCES, 459 Philo Road, Building 1, Elmira NY 14903	
ELMIRA PSYCHIATRIC CENTER	(607) 737-4711
100 Washington St., Elmira NY 14901	
ELMIRA YOUTH COURT	(607) 737-5802
317 East Church St., Elmira, NY 14901	
ERNIE DAVIS CENTER	(607) 733-5962
362 E. Fifth St., Elmira NY 14901	
FAMILY COUNSELING CENTER of Family Services of Chemung County	(607) 737-1353
550 E. Church St., "Dunn Building", Elmira, 14901; Affordable counseling	
FAMILY COURT OF CHEMUNG COUNTY	(607) 737-2902
FAMILY DEVELOPMENT PROGRAM	(607) 734-6174 EXT. 290
650 Baldwin St., Elmira NY 14901 www.cseop.org	
FAMILY HEALTH PLUS	1-800-231-0744
FAMILY SERVICES OF CHEMUNG COUNTY	(607) 733-5696
1019 E. Water St., Elmira, NY 14901; Full Service Mental Health Clinic Offers Treatment, Counseling & Parent Education/Support	
FINGER LAKES PARENT NETWORK www.flpn.org	(607) 425-3346
Support for parents of children who have emotional/behavioral problems. Family Consultant, Tina Stanton	
"FLYERS" Program	(607) 735-3590
FOOD STAMPS	(607) 737-5302
"FOSTER HOME" HOMEFINDERS – Chemung County DSS – Children & Family Services Division	(607) 737-5410
GATEWAYS (Catholic Charities)	(607) 733-8274 ext. 229
GED EXTERNAL PROGRAM	(607) 739-7684
SCT BOCES 459 Philo Road, Elmira NY 14903	
GLOVE HOUSE	(607)734-5238
220 Franklin St. Elmira NY 14904	
HATHORN REDEVELOPMENT	215-7255
HEAD START	(607) 734-6208
650 Baldwin St. Elmira NY 14901	
HEALTH ON DEMAND	(607) 737-4499
HEALTHY FAMILIES PRENATAL SERVICES	(607)733-6533
CIDS- 161 Sullivan St. Elmira NY 14901 Prenatal assessments regarding services in the community for expectant mothers.	
HEAP	(607)737-5368
HELPLINE - INFORMATION & REFERRAL	211 or 1-800-346-2211
Connecting people with services in Steuben, Allegany and Chemung Counties...Provides comprehensive information and referral, Monday – Friday, 8:30 a.m.– 5:00 p.m. and 24-hour 7 days a week crisis referral.	

HERITAGE PARK	(607) 732-3853
HIV/AIDS SUPPORT GROUP	1-800/388-9416
HOFFMAN PLAZA (applications)	(607) 737-7102
HORSEHEADS FAMILY RESOURCE CENTER www.chemungschoolreadiness.com	(607) 483-1067
HORSEHEADS YOUTH BUREAU	(607) 739-3517
2305 Grand Central Ave, Suite C, Horseheads, NY 14845; Various programs for healthy youth development.	
HORSEHEADS YOUTH COURT	(607) 739-3517
2305 Grand Central Ave, Suite C, Horseheads, NY 14845;	
KINCARE www.nysnavigator.org . navigator@nysnavigator.org	1-877-Kininfo or 1-877-454-6463
LAW GUARDIAN OFFICE	(607) 733-9187
LEGAL AID	(607) 734-1647
LIFELINE www.safelink.com (government supported program for free cell phones and airtime)	1-800-977-3768
LITERACY VOLUNTEERS of CHEMUNG & SCHUYLER COUNTIES	Elmira 733-8606; Watkins Glen 535-4015
Steele Memorial Library in Elmira; St. Mary's Church in Watkins Glen;	
MEDICAID	(607) 737-5360; 1-800-231-0744
M.I.C.A. (Mentally ill Chemically Addicted) 550 E. Church St.	(607) 737-2490
MOMS Program	(607) 737-8180
Health Center for Women, 600 Fitch Street, Elmira NY 14905 Contact Person: Lucy Keith	
"MOPS" – Mothers of Preschoolers International- www.mops.org	1-888-910-MOPS
Several Locations: Big Flats 562-3444; Elmira 732-6580; Horseheads, 739-7168; Painted Post 962-7000	
"MOPS" (TEEN MOPS) elmirateenmops@yahoo.com	(607) 733-7033
Westside United Methodist Church, corner of E. Church St. & Foster Ave.	
MOTHERS AND BABIES PERINATAL NETWORK www.mothersandbabies.org/	1-800-231-0744
457 State Street, Binghamton, NY 13901	
NARCOTICS ANONYMOUS	(607) 387-8292
NEIGHBORHOOD LEGAL SERVICES	(607) 734-1647
215 E. Church St., Suite 301, Elmira, NY Free legal advice to low income people	
NEW DAY (Directed Activities For Youth)	(607) 735-3705
NEW DAWN – So. Tier Addiction Rehabilitation Services	(607) 737-7801
St. Joseph's Hospital, 555 E. Market, Elmira NY 14901 Intensive outpatient & inpatient treatment of chemical dependency .	
NEXT STEP	(607) 734-6174
650 Baldwin St., Elmira, NY 14901; Offers Case Management Services for Teen Parents	
OFFICE OF THE AGING – DEPARTMENT OF AGING AND LONG TERM CARE	(607) 737-5520
425 Penna. Ave., Elmira NY 14904	
"OUR HOUSE" (Salvation Army Halfway House)	(607) 734-0032
401 Division St., Elmira NY	
PARENT HELP	1-800-716-3468
Free, confidential assistance for dads and moms living apart	
PARENT TO PARENT OF NYS www.parenttoparentnys.org/	(607) 535-2802 or 800-971-1588
Located in the Arc of Schuyler Co., PO Box 205, Watkins Glen NY 14891. Offering support, information and referral, parent matching program and more to families who have a child with a disability, chronic illness, or health care concern.	
PARENT RESOURCE CENTER (Nonnie Hood PRC)	(607) 936-3837
300 Civic Center, 2 nd Floor, Suite 1, Corning NY 14830; Parenting Instruction & Support for all area residents	
PARENTS OF MULTIPLES SUPPORT GROUP	(Joanne Reed) (607) 527-4016
Coming PRC 300 Civic Center 2 nd Floor, Suite 1, Corning, NY Meets 1 st Thursday of every month, 6 p.m.	
PATHWAYS, INC. www.pathwaysforyou.com	(607) 937-3200
33 Denison Parkway W. Corning, NY 14830	
PFLAG – Parents & Families of Lesbians and Gays	(607) 962-1554
Big Flats Community Center, 476 Maple St., Big Flats, NY 14814 Meets 3 rd Tues. of the mo. 7 pm (closed July & Aug)	
PLANNED PARENTHOOD OF So.TIER 755 E. Church St., Elmira (607) 734-3313; (301 S. Main, HHs.) (607) 796-0101	
PROJECT RACHEL	1-888-972-2435
Support for women who have had an abortion.	
PUBLIC ADVOCATES OFFICE	(607) 737-5577
219 Madson Ave., Elmira NY	
PUBLIC DEFENDER'S OFFICE	(607) 737-2969
RAPE CRISIS OF THE SOUTHERN TIER - hotline www.rcst.org	1-888-810-0093
RAPP Relatives as Parents, 211 Lake St. 14901	(607) 733-5575
REACH - Therapeutic Foster Care Program	(607) 937-3200
Provides therapeutic foster care services to youth and families. Trains & supports adults as "professional parents" to help.	
RETRouvaille (Western NY Chapter)	(585) 586-1150
For couples whose marriages are nearing divorce: Faith-based help to return love and respect to the couples' relationship. No charge.	
R.S.V.P. (Retired & Senior Volunteer Program) VOLUNTEER CENTER (Fax: 734-4166)	607) 734-4161
911 Stowell St., Elmira NY 14901; Community Involvement, - regardless of age.	
RURAL HEALTH NETWORK	(607) 737-2826

SAFEHOUSE		(607) 732-1979
<i>Chemung County Domestic Violence Hotline; Support, Crisis Intervention, Emergency Shelter, & information.</i>		
SAFE PLACES		(607) 733-5962
<i>Ernie Davis Community Center, 362 E. 5th St., Elmira NY</i>		
SALVATION ARMY		(607) 732-0314
<i>414 Lake Street, Elmira NY 14901</i>		
SAGE PROGRAM (DSS Jobs)		(607) 737-5329
SAMARITAN CENTER		(607) 734-4898
<i>480 S. Main Street, Elmira NY 14904</i>		
SCHOOL READINESS PROJECT	www.chemungschoolreadiness.com	(607) 215-6308
SCT BOCES – see GED PROGRAM		(607) 739-7684
S.E.A.D.S. (Support, Education, & Accessing Disability Services)	Joyce Simons	(607) 734-3640
SECOND PLACE EAST (Homeless shelter)		(607) 734-4898
SECTION 8 – Tri County		(607) 562-2477
SENIOR NOTEBOOK Television Program	(Broadcast every Sat. 10:30 am on WENY-TV-Channel 36)	(607) 737-5520
S.H.A.R.E. (“Source of Help in Airing & Resolving Experiences”)		(607) 562-8856
<i>L.D. Clute Education Bldg. corner of Ivy & Grove Streets; (Maryanne Amisano). For Parents who have lost an infant through SIDS, pre-maturity, miscarriage, or stillbirth. Meets 3rd Thursday each month, 7:00 PM, Room 3. Drop-ins welcome.</i>		
S.I.L.P. (Supervised Independent Living Program)		(607) 734-4263
SMOKING CESSATION		1-866-697-8487
SOCIAL CONNECTION		(607) 732-4855
<i>454 W. Church St., Elmira NY. A social club for the recovering mentally ill.</i>		
SOUTHERN TIER ADDICTION REHABILITATION SERVICES		(607) 737-7802
<i>555 E. Market Street, Elmira NY 14901</i>		
SOUTHERN TIER HOSPICE & PALLIATIVE CARE		(607) 962-4100
<i>11751 E. Corning Road, Corning, NY 14830</i>		
SOUTHERN TIER LEGAL SERVICES		(607) 776-4126
<i>104 E. Steuben St., Bath, NY 14810</i>		
SOUTHERN TIER MOTHERS’ CENTER		(607) 962-5581 or 562-3135
<i>P. O. Box 14, Big Flats, NY 14814; Mother & child activity groups/ support & education for parents.</i>		
SOUTHERN TIER PREGNANCY RESOURCE CENTER	(Formerly Crisis Pregnancy Center)	(607) 732-2111
<i>571 St. Joseph’s Blvd., Suite 201, Elmira NY 14901 www.stprc.org</i>		
SOUTHERN TIER TOBACCO AWARENESS COALITION		(607) 937-9922
<i>1 Park Place, Corning, NY 14830</i>		
SOUTHPORT RECREATION & YOUTH SERVICES		(607) 732-4265
<i>83 Personius Rd., Pine City NY 14871; Various programs for healthy youth development.</i>		
SPECIAL FRIENDS – “LUNCH BUDDIES”		(607) 734-7132
SPOA – see Children’s Integrated Services		(607) 737-5582
S.T.A.R.S. – So. Tier Addiction Rehabilitation Services		(607) 737-7802
<i>St. Joseph’s Hospital, 555 E. Market, Elmira NY 14901</i>		
STRONG KIDS/SAFE KIDS		(607) 272-0034 or 742-4265
<i>Annual August event at Chemung Fairgrounds. Promotes children’s health and safety. www.elmirasksk.com/index.htm</i>		
TANGLEWOOD Community Nature Center		(607) 732-6060
<i>443 Coleman Avenue, Elmira, NY 14903 ; Offers year-round educational programs to groups and families</i>		
TRI COUNTY HOUSING		(607) 562-2477
<i>Po Box 451, Big Flats, NY 14814</i>		
TRINITY OF CHEMUNG COUNTY		(607) 737-5215
<i>571 St. Joseph’s Blvd. Suite 102, Elmira NY 14901</i>		
TWIN TIERS BREASTFEEDING NETWORK	Renee (607) 735-5717; Jeanne (607) 737-2039	
UNITED WAY OF THE SOUTHERN TIER		(607) 936-3753
VESID (Vocational Help For People With Disabilities)		(607) 734-5294
WIC (Nutritional Support for WOMEN, INFANTS & CHILDREN)		(607) 737-2039
WELLNESS CLINIC (Ernie Davis Family Center – room 110)		(607) 734-6174
WOUNDED HEALERS’ Bereavement Support Group, Inc.		(607) 796-2795
<i>511 Westlake Street, Horseheads, NY Cell # 315-568-5227 www.woundedhealers.com</i>		
YMCA		(607) 733-7656
<i>425 Penna. Ave. Elmira NY 14904 (Main Branch); 800 Broad Street (Horseheads Branch)</i>		
YWCA		(607) 733-5575
<i>211 Lake Street, Elmira, NY 14901; Diverse programs of education/support/recreation to foster healthy family life</i>		
YOUTH COURTS	<i>(See Elmira or Horseheads Youth Court)</i>	



CIDS FAMILY LIFE DEVELOPMENT CENTER

PARENTING CLASS SCHEDULE

161 Sullivan Street, Elmira NY 14901

Call: 733-6533

Sorry.....Childcare is not provided. Please make other arrangements.

No fees charged. (Pre-enrollment is required for all of our classes.)

PARENTING WITH HEART

Mondays starting **APRIL 25**

11:00 a.m. – 1:00 p.m.



(A 10-week parenting class where YOU decide what you want to learn! Topics may include: communication, addiction, discipline, child safety, child development and more.

PARENTING OPPOSITIONAL CHILDREN



AGES 6-16

Tuesdays, beginning **APRIL 12**

6:00 – 8:00 p.m. (6 weeks)

or

Tuesdays, starting **SEPTEMBER 20th**

6:00 – 8:00 p.m. (10 weeks)

POSITIVE PARENTING OF NEWBORNS - AGE 3

MAY 12, 19, & 26

4:00 – 6:00 p.m.

(A 3-week , 6 hour series)



POSITIVE PARENTING OF AGES 4-12

APRIL 12, 19, 26, & May 3

4:00 – 5:30 p.m.

(A 4 week, 6 hour series)



NEW for 2011 !!!

1-2-3 MAGIC

(Effective Discipline for 2-12 year olds)

Tuesdays in May:

May 10, 17 & 24

11:30 a.m. – 1:30 p.m.

(A 6-hour, 3 session Discipline series)

Discover your own unique parenting style along with the 1-2-3 Magic workshop and preventive teaching techniques.



LABOR & DELIVERY CLASSES

(for expectant parents up to age 21)

APRIL 14, 21, 28

4:00 – 6:00 p.m.

(3 sessions each series)

Taught by a trained Childbirth Educator



SURVIVING YOUR ADOLESCENTS

(3-hour Workshop)

For parents of Teens & Preteens

FRIDAY, JUNE 3rd

9:00 a.m. – Noon.



PARENTING THE 2ND TIME AROUND



Tuesdays, beginning **JULY 26th**

11:30 a.m. – 1:30 p.m. (6 week series)

REUNIFICATION

Tuesdays, beginning **SEPTEMBER 20th**

4:00 – 5:30 p.m. (10 weeks)

1-2-3- Magic Workshop included in the series.



CO-PARENTING AFTER SEPARATION & DIVORCE

2011

Monday & Wednesday, May 2 & 4, 5:00 – 8:00 p.m.

Wednesdays, June 1 & 8, 10:00 a.m. – 1:00 p.m.

Mondays, July 18 & 25, 5:00 – 8:00 p.m.

Monday & Wednesday, August 1 & 3, 5:00 – 8:00 p.m.

Wednesdays, September 21 & 28, 10:00 a.m. – 1:00 p.m.

Monday & Wednesday, Oct. 17 & 19, 5:00 – 8:00 p.m.

Mondays, November 7 & 14, 5:00 – 8:00 p.m.

Wednesdays, December 7 & 14, 10:00 a.m. – 1:00 p.m.

(Fulfills the requirement for NYS Unified Court Certificate for Parent Education & Awareness Program)

Step parents are encouraged to enroll!!

Pre-enrollment is required for all participants

Note: Co-parents always attend separate sessions

Funding for the CIDS Parenting Education Program is provided by:

United Way of the Southern Tier, Chemung County School Readiness Project, Chemung Valley Rural Health Network, and NYS Parent Education & Awareness Program.