TANGLEWOOD NATURE CENTER
443 Coleman Avenue
Elmira NY 14901, 732-6060 or www.tanglewoodnaturecenter.com

“Winter Wiggles”
A Free Pre-K Program
every Wed. 10:00 – 11:00 a.m.
This is a weekly program pairing a Tanglewood animal with a storybook.

FOR: Elmira City School District
Come to the STEELE MEMORIAL LIBRARY any time
FEBRUARY 20-24th
(winter break) for a family fun event

SCAVENGER HUNT
Bring your children in to learn with them about topics they are studying or will be studying in months to come. This is a fun way to be involved in your children’s education, and a fun way to keep them challenged during break. Complete the Scavenger Hunt together and have your child BRING IT BACK TO THE SCHOOL OFFICE to receive a prize.

STOP IN THE LIBRARY TO PARTICIPATE!

Family Reading Partnership of Chemung Valley
BOOK FEST 2017
SAT. MARCH 4, 2017
10:00 a.m. – 2:00 p.m.
DIVEN Elem. School (1115 Hall St., Elmira)
THEME: “TAKE A FRIEND ON A READING ADVENTURE”

C.I.D.S.
SURVIVING YOUR ADOLESCENTS
Horseheads School District is hosting an overview workshop on
Thursday, MARCH 16, 2017
6:00 – 7:30 p.m.
Horseheads Middle School
This workshop is for Horseheads District parents of Intermediate and Middle School students only.

COMMUNITY BABY SHOWER
Saturday, MARCH 18, 2017
1:00 – 3:00 p.m.
ARNOT Ogden Medical Center
600 Roe Ave., Elmira, NY
(go through the front door and down the stairs or take the elevator to your right)
Fun Games and Door Prizes every 15 minutes!
This event is FREE and open to all pregnant women/families, and parents of children less than 12 months of age.
 Agencies & vendors will be on hand to answer questions about pregnancy, birth, breastfeeding, baby safety and more. All families will get a ticket for a door prize for attending and have a chance to win extra door prize tickets by visiting information booths and education sessions.
Hosted by: Mothers & Babies Perinatal Network in collaboration with ARNOT Health, Chemung Co. Health Dept., WIC & CIDS. For more information contact: Mothers & Babies Perinatal Network: 1-800-231-0744

TIPS for Avoiding Winter Bugs
• Get vaccinated against flu
• Wash your hands often
• Limit exposure to infected people
• Keep stress in check
• Eat right
• Sleep right
• Exercise

This newsletter and roster of Service are produced as a public service by the Family Life Development Center at C.I.D.S., 161 Sullivan St. Elmira NY 14901
Alise L. Mohr, Editor, Judy Weidman, Asst. Editor. To add, delete or request more information contact: CIDS, 733-6533; Fax 733-0939 or e-mail info@cidsfamilies.com. Support for this program is provided by the United Way of the Southern Tier, Chemung Co. School Readiness Program, and the Jr. League of Greater Elmira-Corning. Web Site – www.cidsfamilies.com. Rev. 2/6/17
2017
PARENTING CLASS SCHEDULE
161 Sullivan Street, Elmira NY 14901
Phone: 733-6533
Class Schedule updates at www.cidsfamilies.com
Sorry……Childcare is not provided. Please make other arrangements. No fees charged.
(Pre-enrollment is required for all of our classes.)

CO-PARENTING AFTER SEPARATION & DIVORCE
2017
Mondays, Feb. 27 & March 6 10:00 am – 1:00 pm
Mon. & Wed. May 15 & 17 3:00 – 6:00 p.m.
Mondays, June 19 & 26 10:00 am – 1:00 pm
Step parents are encouraged to enroll!!
Pre-enrollment is required for all participants
Note: Co-parents always attend separate sessions

1-2-3 MAGIC & MORE
(Effective Discipline for 2-12 year olds)
(A 3-hour Workshop)
Mon. MARCH 20
10:30 a.m.– 1:30 p.m.
and
TUES. APRIL 4
2:00 – 5:00 p.m.

TANTRUMS
Managing meltdowns in public and private
(By 1-2-3 Magic Parenting)
Mon. MARCH 13
11:00 a.m. – 1:00 p.m.
and
Mon. APRIL 3
1:00 p.m. – 4:00 p.m.

SURVIVING YOUR ADOLESCENTS
(A 3-hour Workshop)
For parents of Teens & Preteens
Thurs., MARCH 2
1:00 - 4:00  p.m.
and
Thurs., JUNE 1
9:00 a.m. – Noon
HORSEHEADS SCHOOL DISTRICT is hosting an overview workshop
SURVIVING YOUR ADOLESCENTS
Thursday, MARCH 16, 6:00 – 7:30 p.m.
Horseheads Middle School
This workshop is for Horseheads District parents of Intermediate and Middle School Students only.

THE FIRST TWELVE MONTHS
A three hour workshop on
Mon. APRIL 10
3:00 – 6:00 p.m.

THE TODDLER YEARS, AGES 1-4
Tues. JULY 11
12:30 – 3:30 p.m.

POSITIVE PARENTING OF AGES 4-12
Mon. & Wed. FEB 13 & 15
11:00 a.m.– 1:30 p.m.
and
Mon. & Wed. JUNE 5 & 7
12:30 - 3:00 p.m.

REUNIFICATION
8 week series starting
Tuesdays, MAY 9, 2017
11:00 a.m. – 1:00 p.m.
Both 1-2-3 Magic Discipline & Tantrum Workshops included in the series.

"If a community values its children, it must cherish their parents.” Dr. John Bowlby

Support for the CIDS Parenting Education Program is provided by: United Way of the Southern Tier, Chemung County School Readiness Project, NYS Parent Education & Awareness Program and the Junior League of Greater Elmira-Corning, Inc.

2/9/17
C.D.S.
161 Sullivan St. Elmira NY 14901
(607) 733-6533, www.cidsfamilies.com

INFANT REGISTRY PROGRAM - I.R.
All newborns in Chemung County are offered enrollment in the C.D.S. Screening and Assessment Program to detect and/or prevent developmental problems. Nurses gather information through hospital visits and parent questionnaires to determine if a child is at risk for developmental or social problems. Follow-up services then commence.

NURSE FAMILY PARTNERSHIP - N.F.P.
The Nurse Family Partnership provides maternal and child health services to women in Chemung County in their first pregnancy less than 27 weeks gestation. Clients receive health care guidance and education during pregnancy and after the birth of the baby until the child’s second birthday, to ensure healthy outcomes for both mother and child.

FAMILY LIFE DEVELOPMENT CENTER - F.L.D.C.
The Family Life Development Center is dedicated to strengthening family life in Chemung County through information, education, and support relevant to today’s families. Services include parent education classes, workshops, and more.

EARLY CHILDHOOD SERVICES TEAM - E.C.S.T.
The Early Childhood Services Team performs developmental screenings of preschool-aged children. A screening consists of standardized tests assessing vision, speech, language, gross motor, fine motor, hearing, and social development. The team provides counseling for parents regarding developmental issues, and refers children for appropriate remediation as necessary.

SCHOOL READINESS PROJECT - S.R.P.
The Chemung County School Readiness Project is an initiative to ensure that children arrive at school socially, cognitively, physically and emotionally ready to learn. CIDS provides home visitation services to the families of infants and preschoolers in Chemung County, and also provides child development screenings until each child enters school. Home visits are made to support the health and welfare of infants, toddlers, and their families. Home visitors provide both skill-building and parent education curricula, offering a wide range of topics from nutrition to literacy. In addition, they provide timely and effective referrals to appropriate service providers while remaining an ongoing source of support for the participants.

COMMUNITY HEALTH WORKER PROGRAM - C.H.W.
The Community Health Worker provides information, answers questions, and connects women to resources for all areas of health and wellness.

HEALTHY FAMILIES CHEMUNG COUNTY - H.F.C.C.
The Healthy Families Chemung County program follows the Healthy Families America model. Healthy Families serves Chemung County families who are expecting, or who have an infant under the age of three months. Home visitation services can continue until the child enters school or turns 5 years old. The Healthy Families program aims to support families, enhance parent-child interaction, and provide parents with information on child development, nutrition, bonding, discipline, and brain development. Also, the program makes referrals to other needed services. www.healthyfamiliesnewyork.org

COPING WITH SEPARATION AND DIVORCE?
Classes can help and are available at little or no cost.
- Chemung Co. - CIDS 733-6533
- 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

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.imom.com.

Also try www.b-inspiredmama.com. A place to connect moms with simple kids arts and crafts, easy recipes and preschool learning fun.

If you want to view the CIDS newsletter online go to the CIDS web site at: www.cidsfamilies.com

BABY BISTRO
Providing support for ALL moms, soon to be Moms and their families
First MONDAY of Every Month
Starting MARCH 1
From 10:30 – 11:30 a.m.
HORSEHEADS FAMILY RESOURCE CENTER
1034 W. Broad St., Horseheads and
Fourth TUESDAY of Every Month
From 11 – 12 p.m.
STEELE MEMORIAL LIBRARY (children’s section)
101 E. Church St., Elmira
(Children’s Section)

Deciding how you are going to feed your baby is one of the most important decisions you will have to make as a parent. Breastfeeding is the natural way to feed your baby.

Come and learn more. We’re here to HELP.
More info? call: Pat 737-2899, Jenn 742-7705, or Renee 735-5717.

TWIN TIERS BREASTFEEDING NETWORK
Educate * Encourage * Empower
Meets 2nd Wed. of each month, 12 noon – 1:00 p.m.
at the Women’s Health Center 600 Fitch St, Ist Floor Conf. Room
Contact: Pat 737-2899 or Renee 735-5717
Facebook – Twin Tiers Breastfeeding Network

IF YOU HAVE SOMETHING YOU WANT PRINTED IN THE CIDS NEWSLETTER, PLEASE CALL 733-6533 OR E-MAIL INFO@CIDSFAMILIES.COM

VISIT OUR CIDS WEBSITE WHERE WE UPDATE THE NEWSLETTER ON A REGULAR BASIS.
www.cidsfamilies.com
MOTHERS & BABIES PERINATAL NETWORK
Of Central New York, Inc.
457 State Street, Binghamton, NY 13901
1-800-231-0744  www.mothersandbabies.org
Is your child covered?
IT’S NOT TOO LATE!
To apply for Child Health Plus and Medicaid!
There is no Deadline for Child Health Plus and Medicaid. Child Health Plus is a low cost program for children less than 19. Medicaid is a free public program for adults & Children.
✓ Dental Care  ✓ Emergency Care  ✓ Vision care
✓ Hospitalization  ✓ Preventive Care  ✓ Presc. & much more
Health Insurance Application Assistance
• Child Health Plus  • Medicaid
• NYState of Health Marketplace.
Appointments are scheduled weekly at the following:
Chemung Co. Health Dept.  1st United Methodist Church
WIC Office, 103 Washington St.  1034 W. Broad St.
Elmira NY  Horseheads, NY
Please call our office at 1-800-231-0744 to set up your appointment for health care and health insurance.
For any families that have the need to change physicians and are encountering issues on navigating this process, you can contact:  Connie Palmer, Community Health Advocacy Project Coord. at (607) 772-0517 ext. 124 of 1-800-231-0744.

AIM NAVIGATOR PROGRAM
AIM Independent Living Center’s Navigator Program helps people find affordable health insurance through the NY State of Health, the state’s health-plan marketplace.
Our navigators, who are available at several locations in Chemung County, help individuals, families and small businesses compare insurance options and enroll into coverage. This program is free, neutral and confidential.
To find out more, contact Breanna Wilson at bwilson@aimcil.com; or call 962-8225 ext. 118, or visit aimcil.com.

FIDELIS CARE
Fidelis Care is the New York State Catholic Health Plan, providing quality, affordable, NY State sponsored health insurance coverage for people of all ages and at all stages of life.
For more information you can contact a Navigator for Fidelis: Lori Gilbert, (607) 237-5448 or DGilbert2@fideliscare.org.
Mon., Wed., & Fri. – St Joseph’s Hospital – Outpatient Services
Waiting Room – (8:30 am – 12:00 noon) and
Tues., Thurs., Arnot Medical Center at desk next to registration at top of stairs (1:00 – 4:00 p.m.)

HEAP (Home Energy Assistance Program)
HEAP assists lower-income individuals and families with heating costs. HEAP grants vary depending on household income, family size, type of heat, presence of children under 6, adults aged 60 or over and disabled individuals. During the HEAP season you can apply for HEAP online at www.mybenefits.ny.gov or at
Catholic Charities Samaritan Center, 380 S. Main St., Elmira NY
Applicants should include proof of income, residency, identity, and Social Security number for each household member, and a copy of the current utility bill. Applications may be e-mailed, or faxed to Catholic Charities. NOTE: An in-person or phone interview is only required for new applicants.

LITERACY VOLUNTEERS
Of Chemung and Schuyler Counties
FREE Reading Help for Adults
Call: 607-734-6174  www.cseop.org
Literacy Volunteers of Chemung and Schuyler Counties offers free tutoring for people looking to improve their English reading and writing skills, or looking to learn English (ESL tutoring).
We also offer tutoring for people studying for the GED and TASC tests

EOP HEAD START PROGRAM
Head Start is a 2 yr. school readiness program at no cost.
Head Start’s education curriculum aligns with common core to ensure children are Kindergarten Ready.
✓ Is your child 3, turning 3, or 4 years of age?
✓ Are you looking for a wonderful Preschool Experience?
✓ Your child does not have to be potty trained.
✓ Recruitment is all year long.
9 different sites around Chemung County
Head Start Provides:
• a structured classroom setting  • advocacy
• disability services  • referrals
• socialization skills  • educational services
• nutritional meals  • health screening
Applications are available at EOP every day 8:30 – 4:30
650 Baldwin St. Elmira NY 14901
Contact: Selena Wandell, Enrollment Facilitator 734-6208 x276
Like us on Facebook  www.cseop.org

DODSON'S WIRELESS
150 Lake St (HSBC Building) Elmira NY 14901
DDP is also be located in this location.
(607) 737-5218
Trinity of Chemung County is an agency that helps individuals overcome challenges and lead more productive, healthy lives.
Trinity of Chemung Co. is a community based treatment center for chemically dependent men, women, children and their families, providing outpatient and specialized treatment programs. For more info call 737-5218 or go to www.trinityofchemungcounty.com.

TRINITY OF CHEMUNG COUNTY
“Providing the community with Alcohol & Drug Treatment & Prevention Services.”
150 Lake St (HSBC Building) Elmira NY 14901
DDP is also be located in this location.
(607) 737-5218
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MOPS

TEEN MOPS  If you are a teen between 13 & 21 who is pregnant or has a child under 6 years of age, please join us. Meetings are free. Meals are provided for both mom and child. The group meets: 

2nd & 4th Tuesday 5:30 - 7:30 p.m. 
Southside Alliance Church, 530 Penna. Ave, Elmira NY. (Across from Paesano’s Pizza on the Southside) 
call:  Rebekah, 738-1765 
E-mail: ElmirasTeenMops@Gmail.com 
or Elms Teen Mops on Facebook. 

MOPS GROUP FOR MOTHERS OF PRESCHOOLERS: 
This year’s theme: STARRY EYED IS………….

● Seeing the light in darkness & choosing to live courageously in both. 
● It is opening our eyes to wonder & choosing hope over fear. 
● Starry Eyed is significant acts of kindness that send ripples of light into the world. 
● It is a choice to live fully & wholly & breathe our way back to life. 

Meetings are held at: 
Southside Alliance Church, 530 Penna. Ave, Elmira NY, 
1st and 3rd Tuesdays of every month, 9:30 – 11:30 a.m. 

What to expect: 
BRUNCH – delicious food and plenty of coffee 
SPEAKERS to encourage, give insight and offer practical ideas 
SMALL GROUPS – to develop & grow friendships with other moms 
CRAFTS – embrace your creative side or try something new 
CHILDCARE – is provided to our MOPPETS in a pre-school setting. 

Like us on Facebook – Elmira

COMMUNITY FOOD DISTRIBUTION 
2017 SCHEDULE 
To be held at the FOOD BANK of the So. Tier 
Free Food for those who need it, while supplies last. 
First come, first serve, held rain or shine. 

WHEN: The following Saturdays from 10:00 - 11:00 a.m. 
March 25, June 24, Sept. 23, Dec. 16, 2017 
WHERE: Food Bank of the So. Tier 
NOTE: This is a drive thru food distribution. (Hosted by (Food Bank of the So. Tier. 388 Upper Oakwood Ave, Elmira NY) Contact: Caroline Tolbert, 796-6061 x4000

SOUTHERN TIER 
PREGNANCY RESOURCE CENTER 
601 Penna. Ave., Elmira NY 14904 

MAN PROGRAM* 
2nd & 4th Tuesday 5:30 - 7:30 p.m. 
The M.A.N. Program is led by our male volunteers and it is a parenting program for men with children up to 3 years old. It consists of 12 lessons and every dad who participates will earn Baby Bucks to purchase items in the Boutique for their child. 

Classes are held at the LIFE CENTER, 601 Penna. Ave. (Calvary Chapel of the Twin Tiers, side door). To register go to www.stprc.org or call 737-6952. (The time coincides with the Teen MOPS Program)

CHEMUNG CO. HEALTH DEPT. CLINICS 
737-2028, Press 2 

Immunizations: By appointment only 
Lead Testing: 6 mos. – 18 yrs. (Fingerstick) by Appy. only 
HIV/STD Testing: Walk in - no appt. necessary on: 
Tues. 9:00 – 11:30 am and 1:00-3:30 pm 
Fri. 9:00 - 11:30 am. Free & Confidential 
Breastfeeding Information: call 737-2028 ext. 73213

CHEMUNG CO. HEALTH DEPARTMENT 
103 Washington St., Elmira, NY 

Physically Handicapped Children’s Program/ 
Children with Special Health Care Needs 

PHCP is a funding source to help parents meet the medical expenses of caring for a disabled child. The diagnostic & evaluation components of the program provide no-cost services, including orthodontia, at authorized specialty centers to confirm disabilities. This program is available to individuals from birth to 21 yrs. old. Call Pat Tremaine, R.N. at 737-2899.

SUPER SATURDAY 
A well supervised, recreational and enrichment program operated by the Chemung County Youth Bureau for youth in kindergarten to 6th grade who reside in the City of Elmira, Town of Elmira and Town of Southport. The program begins at 8:30 a.m. at the Elmira YWCA, 211 Lake St., with a free breakfast, then youth participate in two workshops. 

WINTER SCHEDULE: 
Each Sat. from Feb. 25 – April 1. 
8:30 - 11:00 a.m. 

Online registration begins Mon. Feb. 13 at 8:30 a.m. until Wed. Feb. 22. Go to elmirasupersaturday.com to register. Workshops offered: Fun & Fitness; Silly, Snowy Science; Art Around the World; Swim Kids; Kids Kitchen. 
This program is offered free of charge with the exception of swimming. For more information contact the Chemung Co. Youth Bureau at 737-2907

The CHILD CARE COUNCIL is having a FUNDRAISER!!! They are joining efforts with the Elmira Jackals for their game on SATURDAY, MARCH 11th

The Child Care Council receives a portion of the funds raised through on-line ticket sales for this game or if one purchases tickets at the Box Office and mentions the Chemung Co. Child Care Council. The evening will also include “Chuck a Puck” and the Fur Circus.