



CHILDBIRTH & PARENTING  
**PROGRAMS**

FOR TEENS & YOUNG ADULTS



**CHILD, HOME**  
AND  
**COMMUNITY**

2011-2012 Program Schedules



Building a better future for children by empowering teen parents through education, advocacy and collaboration.

## 2011-2012 PROGRAMS

- Childbirth Classes
- Parenting Instruction
- Parent Support
- Decision-Making/
- Prevention Education
- Babysitting Workshops



## CHC's 2011-2012 PROGRAMS:

*Serving all of Bucks and Montgomery Counties*

### PRENATAL CHILDBIRTH CLASSES:

#### **Focus on Motherhood (FOM)**

Are you expecting? This fun and informative program prepares young expectant moms and dads for childbirth. Master breathing and relaxation techniques, as well as learn what to expect during labor and delivery. FOM eases fears and makes childbirth as comfortable as possible, while turning a crisis into a positive new beginning.

### TEEN PARENTING PROGRAMS:

#### **Building the Family: Parent Support**

Has the birth of your child changed your life? Do you feel alone? You're not alone! Each month teen moms and dads come together to share their experiences and to support each other through the challenges of being a teen parent. This fun monthly group provides help with food, clothing, housing, as well as the support needed to get you through school.

#### **School-Based Program & Teen Parent Education Project (TPEP)**

Are you pregnant or parenting and still in high school? Help is available! CHC's School Program can make it possible to continue your education even if you are pregnant or parenting. It offers assistance with your medical needs, food, clothing

and even diapers and formula if you need it. During class time, the program brings together other young moms and dads like yourself to share experiences with each other and to find help for your situation. CHC's School Program can give you what you need to succeed at both.

#### **Creative Careers**

The Creative Careers program assists teen parents in their career development and placement through exploration of values, interests and career choices, combined with job readiness skills and tools to obtain and maintain a successful career leading to self sufficiency.

### COMMUNITY OUTREACH PROGRAMS:

#### **Teen Parenthood Awareness: Fact & Fiction**

A prevention program designed to provide an "eye-opening" view of pregnancy and parenting to non-pregnant teens. The program improves decision-making skills, dispels romantic illusions of parenting and motivates teens to prevent untimely pregnancy.

#### **Babysitting 101**

Child care and emergency basics for youth caring for siblings or neighbors.

## Focus on Motherhood Childbirth Classes – FREE!

Have fun while preparing for childbirth. Learn what to expect during labor and delivery and make childbirth as comfortable as possible. Moms and dads-to be, turn a crisis into a positive new beginning.

	LOCATION	DAY	TIME	SUMMER '11	FALL '11	SPRING '12
BUCKS COUNTY	<b>Doylestown Hospital Children's Village</b> 595 West State Street Doylestown, PA 18901	Mondays	7:00 – 9:00 p.m.	6/6 to 8/15	9/19 to 12/12	2/20 to 5/7
	<b>Grand View Hospital</b> 700 Lawn Avenue Sellersville, PA 18960	Tuesdays	7:00 – 9:00 p.m.	6/7 to 8/9	9/20 to 12/6	2/21 to 5/8
	<b>Lower Bucks Hospital</b> Bath & Orchard Roads Bristol, PA 19007	Thursdays	6:30 – 8:30 p.m.	6/9 to 8/11	9/22 to 12/8	2/23 to 5/10
	<b>St. Mary Medical Center</b> Route 413 Newtown, PA 19047	Mondays	6:30 – 8:30 p.m.	6/6 to 8/15	9/19 to 12/12	2/20 to 5/7
	<b>Mother Bachman Maternity Center</b> 2560 Knights Rd Bensalem, PA 19020	Tuesdays	6:00 – 8:00 p.m.	TBA	TBA	TBA
MONTGOMERY COUNTY	<b>Abington Hospital</b> 1200 Old York Road Abington, PA 19001	Wednesdays	7:00 – 9:00 p.m.	6/8 to 8/10	9/21 to 12/14	2/22 to 5/9
	<b>Montgomery County Human Services Center</b> 1430 DeKalb Street Norristown, PA 19401	Thursdays	7:00 – 9:00 p.m.	6/9 to 8/11* <i>*Norristown Public Library 1001 Powell St, Norristown, PA 19401 from 6:00 – 8:00 p.m.</i>	9/22 to 12/8	2/23 to 5/10
	<b>North Penn Visiting Nurse Association</b> 51 Medical Campus Drive Lansdale, PA 19446	Wednesdays	6:30 – 8:30 p.m.	6/8 to 8/10	9/21 to 12/14	2/22 to 5/9
	<b>Pottstown Medical Center</b> 1600 E. High Street Pottstown, PA 19464	Mondays	7:00 – 9:00 p.m.	6/6 to 8/15	9/19 to 12/12	2/20 to 5/7

➔ To register or for more information go on-line to [www.CHCinfo.org](http://www.CHCinfo.org) or call CHC at 215-348-9770 or toll-free at 1-888-215-9770



## Building the Family

### Parents Support Group – **FREE!**

Come have fun and share with other teen moms and dads your experience of being a teen parent. Meet new friends and get help with food, clothing, housing, as well as the support needed to be a great parent.

	LOCATION	DAY	TIME
BUCKS COUNTY	<b>Doylestown Hospital Children's Village</b> 595 West State Street Doylestown, PA 18901	1st Thursday	7:00 – 9:00 p.m.
	<b>Grand View Hospital</b> 700 Lawn Avenue Sellersville, PA 18960	3rd Thursday	7:00 – 9:00 p.m.
	<b>Lower Bucks Hospital</b> Bath & Orchard Roads Bristol, PA 19007	2nd Wednesday	6:00 – 8:00 p.m.
	<b>Abington Hospital</b> 1200 Old York Road Abington, PA 19001	2nd Monday	7:00 – 9:00 p.m.
MONTGOMERY COUNTY	<b>Norristown Public Library</b> 1001 Powell St. Norristown, PA 19401	2nd Wednesday	6:00 – 8:00 p.m.
	<b>North Penn Visiting Nurse Association</b> 51 Medical Campus Drive Lansdale, PA 19446	2nd Thursday	7:00 – 9:00 p.m.
	<b>Pottstown Medical Center</b> 1600 E. High Street Pottstown, PA 19464	2nd Thursday	6:00 – 8:00 p.m.

## Child, Home and Community

204 N. West Street, #101, Doylestown, PA 18901

Phone: 215 348-9770 | Fax: 215 348-2138 | [www.CHCInfo.org](http://www.CHCInfo.org)

 A United Way Agency

Child, Home & Community is registered with the Bureau of Charitable Organizations. A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free, within PA 1-800-732-0999. Registration does not imply endorsement.

## Teen Parent Education Project

### School-based Parenting Support

Meet other young moms and dads like yourself to find ways to cope with parenting while going to school. With this program you get what you need to succeed as a student and as a parent. To join the group contact CHC or your school's principal, guidance counselor or nurse.

#### LOCATIONS

##### Bucks County School Districts

- Bristol Township
- Bristol Borough
- B.C. Vocational H.S.
- Centennial
- Central Bucks
- Morrisville
- Neshaminy
- Pennridge
- Pennsbury

##### Montgomery County School Districts

- Norristown
- North Penn
- Pottstown
- Souderton
- Perk Valley

## Teen Parenthood Awareness: Fact & Fiction Decision-making Skills & Prevention Education

A unique decision-making course designed to make junior and senior high school students aware of the long-term effects of pregnancy and parenting. The program is available to schools and youth groups.

## Babysitting 101

### Childcare & Emergency Basics

This interactive program is developed and presented by Child, Home and Community staff for children ages 11-14. This six-hour program, taught by experienced and trained workshop facilitators, is designed to help young people become more qualified and responsible as babysitters. The program includes child care and emergency basics. To set up programs or register, check our website or call 215-348-9770.

