

THE EAST ARLINGTON FAMILY SUPPORT CENTER IS A COLLABORATION OF PARENTS, COMMUNITY LEADERS AND AGENCIES TO SUPPORT FAMILIES AND THE COMMUNITIES IN WHICH THEY LIVE.

East Arlington Family Support Center

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The beginning of school is a stressful time—for everybody.

The East Arlington Family Support Center opened its doors to the East Arlington community on June 29, 2009. We are proud to have been able to help many families during the summer who were dealing with everything from child abuse, to eviction, and even domestic violence. We have also been working hard to prepare for the beginning of the school year.

We recognize that the beginning of the school year brings a lot of stress to lots of people. Kids once again have to deal with bullies; parents and grandparents are paying for new school clothes and supplies; and teachers are managing classrooms full of hyperactive children.

When families are dealing with other issues—such as unemployment, a recent



divorce, or an increase in the electric bill—the beginning of the school year can sometimes become a breaking point.

The Family Support Center is here to provide support to all those families of East Arlington that are either looking for an extra bit of help, hoping to connect to other families, or are simply

interested in getting involved in their community.

Inside you will find a calendar of the activities that will be provided at the Family Support Center. These activities are all free, and many more are soon to come! Thanks to the generosity of many agencies and the hard work of several community leaders, the East Arlington Family Support Center will be able to provide many great activities and programs throughout the school year.

Our phone number is on the back. You can call, email or stop by and visit us! We are located inside the Hugh Smith Recreation Center.

Marcela Nava
Family Support Center
Manager

Back-to-School Parenting Tips: *De-Stress Your Daily Routine*

- ◆ Select clothing and explore breakfast menu choices the night before.
- ◆ Establish a petty cash box for late notices on field trips or extra lunch money.
- ◆ Develop a family and individual calendar to display weekly schedules.
- ◆ Get lunches, monies and backpacks ready the night before and place them in plain view, preferably by the door.
- ◆ When you arrive home, set a calm tone by establishing a 15-20 minute quiet period before starting homework or chores.
- ◆ Remember to provide a bedtime routine including consistent prep time and goodnight hugs and kisses.

—The Parenting Center
www.theparentingcenter.org



The Family Support Center has partnered with almost 50 different agencies—and the list continues to grow.

What is available at the Family Support Center?

The Family Support Center offers many services on-site and referrals, including:

- ⇒ Parenting Classes
- ⇒ ESL Classes
- ⇒ Youth Job Readiness
- ⇒ Immunizations
- ⇒ CHIP/Medicaid/Food Stamps Applications
- ⇒ Family Fun Nights
- ⇒ Teen Fun Nights
- ⇒ Individual Counseling
- ⇒ Family Counseling

- ⇒ Support Groups
- ⇒ Case Management
- ⇒ Marriage Preservation
- ⇒ Domestic Violence Intervention
- ⇒ Parent Education such as—
 - ◆ Nutrition
 - ◆ Gangs
 - ◆ Teen Pregnancy
 - ◆ Health Care
 - ◆ Child Development
- ⇒ Referrals for—
 - ◆ Emergency Assistance
 - ◆ Early Childhood Intervention
 - ◆ Mental Health Services
 - ◆ Disability Assistance
 - ◆ Legal Assistance
 - ◆ Medical Care
 - ◆ Drug and Alcohol Treatment
 - ◆ Homelessness
 - ◆ Adult Employment
- ⇒ AND MORE....

Family Support Centers are governed, designed, and improved by participants and community members.

Recent Accomplishments

The first few weeks of the Family Support Center were spent meeting with families, settling into our office and refining our basic procedures for working with families. It was important for us to have this time in order to be fully prepared for the beginning of the school year.

Thanks to the support from Arlington ISD during the summer, we are proud to share the following accomplishments:

27 families with 48 children participated in services.

The top five services provided include:

- ◇ Emergency Assistance Referrals
- ◇ Family Counseling
- ◇ Health Information and Referrals
- ◇ Health Insurance Enrollment
- ◇ Advocacy Services

The ways that families found out about our program include:

- ◇ 22% - Marketing (newsletters, media)
- ◇ 22% - Other participants
- ◇ 19% - Neighborhood Leadership Team
- ◇ 15% - Other agencies
- ◇ 11% - Hugh Smith Recreation Center
- ◇ 4% - Churches

We also hosted our first Teen Night and are excited to continue planning monthly Teen Nights and Family Nights.



Parents, as leaders of families, are a great untapped source of community leadership.

Opportunities for Involvement

Here at the Family Support Center, everybody is a PARTICIPANT. We believe that any effective program that supports families MUST involve families in the decisions they make. We also believe that the strongest support for any parent is other parents.

There are many opportunities for parents and individuals to participate as leaders in the Family Support Center. These include:

- ◇ Connect with parents and teachers at child's school
- ◇ Connect with a church or other faith community
- ◇ Participate in community-wide activities
- ◇ Participate in parent groups
- ◇ Encourage your children to participate in youth groups
- ◇ Participate in the Parent Council to provide leadership over the activities offered at the Center
- ◇ Participate in planning projects like Teen Nights or Family Fun Nights
- ◇ Visit local businesses, agencies, and other places to talk about the Center
- ◇ Reach out to your family members and other people from your cultural group
- ◇ Give feedback about ways to improve the Center

Please contact the Family Support Center for more information.

CALENDAR: SEPTEMBER 2009

Unless otherwise noted, all activities listed below are FREE.



YOUTH EMPLOYMENT ORIENTATION (Workforce Solutions)

September 5th (Saturday): 10am—11am

Are you between the ages of 16 and 21 and live in Tarrant County? Do you need your high school diploma or GED? Do you have some issues that are holding you back from getting the job you want? This is your opportunity to advance in your education and job opportunities.

To register: Contact the Family Support Center.

BULLYING (The Parenting Center)

September 8th (Tuesday): 6pm—8pm

Is it teasing or is it bullying? Find out whether it's teasing or bullying while learning practical solutions for the bully, victim, parents, and schools to apply. This is a great class for both parents and school personnel.

To register: Contact the Family Support Center.

STRENGTHENING FAMILIES PROGRAM (Santa Fe Youth Services)

September 14th (Monday): 5:30pm—8:00pm (15-weeks)

A nationally recognized program to help parents build on their strengths in showing care & concern while setting limits, help youth develop skills to handle peer pressure and build a positive future, and help families grow, affirm, and support each other.

To register: Contact the Family Support Center.

ESL CLASSES (Arlington ISD)

September 15th (Monday - Friday): 8:30am-11:30am & 12:30pm-2:45pm

Classes are multi-level, from beginning to intermediate. Only open for parents of children in a Title I school (includes all of East Arlington). Early Childhood Education is provided.

To register: Contact the Family Support Center. Your name will be put on a waiting list, and you will be contacted once a spot becomes available. -- OR-- Complete the form that AISD sends to parents at the beginning of the school year.

GANGS IN YOUR COMMUNITY (JB Vasquez & Associates)

September 22nd (Tuesday): 6pm—8pm

Come learn about the gangs in East Arlington, why young people join gangs, how to identify gangs, and recent trends. This informative presentation includes lots of pictures and is great for parents, professionals, and concerned neighbors.

To register: Contact the Family Support Center.

NEIGHBORHOOD LEADERSHIP TEAM MEETING

September 25th (Friday): 12pm—2pm

A regular meeting of the decision-makers behind the Family Support Center. This meeting is open to all members of the East Arlington community

To register: Contact the Family Support Center to RSVP for this meeting.

Many different activities are offered on-site at the Family Support Center.

Contact the Family Support Center to stay updated on future activities and events.

The Family Support Center believes that parents are the experts in how their children should be raised.



The East Arlington Family Support Center will work with you to identify what resources are available to support your family, connect you to those resources, and provide ongoing support to ensure your success.

Note: Specific eligibility requirements may apply. Availability of programs will vary, so please contact the Family Support Center for the most current information. Based on the primary language of participants, interpretation will be arranged and some activities may be offered bilingually.

EAST ARLINGTON FAMILY SUPPORT CENTER BASIC INFORMATION

EAST ARLINGTON FAMILY SUPPORT CENTER

We are located inside the Hugh
Smith Recreation Center at:

1815 New York Avenue
Arlington, Texas 76010

Phone: 817-277-3050

Fax: 817-860-9495

E-mail:

familysupport@allchurchhome.org

We are online!
[www.allchurchhome.org/
eastarlingtoncenter.html](http://www.allchurchhome.org/eastarlingtoncenter.html)



About the Family Support Center

The East Arlington Family Support Center is a community-based program whose goal is to ensure the healthy development and growth of young children by supporting their families and the communities in which they live. In order to do this, the Family Support Center focuses on the family as a whole by working with all the individuals in a family. The Family Support Center works with parents as partners in order to ensure that the services provided at the Family Support Center reflect the priorities of the community.

Requirements

There are no eligibility requirements to enroll in the Family Support Center, whether one is a grandparent, a single individual, a teenager, or a parent. The Family Support Center works with several different programs, each with its own different eligibility requirements, and we will work with a family to identify which programs they are eligible for.

How It Works

In order to begin participating in programs through the Family Support Center, a brief enrollment is completed with a Family Support Specialist. Families have three options to complete this enrollment:

- ◆ Stop by during the following times:
 - ◇ Monday, Tuesday, and Thursday: 9am-12pm, 3pm-6pm
 - ◇ Friday: 9am to 1:30pm
 - ◇ Other times available by appointment only.
- ◆ Call us at (817) 277-3050.
- ◆ Email us at familysupport@allchurchhome.org

Basic information will be collected over the phone or in person. This information will then be used to guide a family towards the services that will be most helpful for them. Services may be off-site, on-site, or may be provided by the Family Support Specialist herself. Efforts will be made to identify and remove barriers that can interfere with successful participation in Family Support Center services.

Some families may also benefit from having in-home support and case management while participating in services through the Family Support Center. The Family Support Center will connect these families to a counselor that can provide more intensive support.

Timeline for Participation

There is no time limit for being enrolled in the Family Support Center. Starting at enrollment, a Family Support Specialist will work with a family to identify how long they can expect to participate in different services. Families that discharge from the program are always welcome to reenroll at any time. Some of the most common reasons for discharging from the program may include:

- ◆ Family/family member met their goals.
- ◆ Family/family member moved out of the area.
- ◆ Family/family member switched to a different program (outside of Family Support Center).