

Our Programs Include:

Counseling & Mental Health

- Individual, Couples and Family Counseling
- Substance Abuse Counseling
- Assessments and Testing
- Bilingual & Bicultural Counseling
- Parent & Children in Divorce Classes

Family Support & Stabilization

- Therapeutic Mentors
- Family Skill Builders
- Parent Education Groups

Early Intervention Services

- Developmental Assessments
- Parent Education Workshops
- In-Home Services
- Play Groups

Disability Resources

- Adaptive Sports
- Community Education & Awareness
- Information & Referral Service
- Equipment Loans
- Support Groups
- Resource Library

Family Support and Stabilization



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The Mission of CHD

is to provide a broad range of high quality, community-oriented human services dedicated to promoting, enhancing and protecting the dignity and welfare of people in need.

Family Support Services

Family Mentors and Family Skill Builders meet with families in their homes to help parents strengthen relationships, increase communication, enhance parenting skills, learn about child development, and become aware of community resources. We provide case management and help families prevent or reduce substance abuse and domestic violence. Parent education classes and support groups are also available.

Trained family support specialists offer in-home support to parents including:

- **Family Skill Builder**
- **Family Mentor Program**
- **Family Mentor Self Sufficiency**
- **Education and resources**

Parent Education and Support Classes

Are you....

- **Worried about your children?**
- **Looking for better ways to communicate?**
- **Wondering how to let your children try new things while still keeping them safe?**
- **Wanting to help your child succeed in school?**
- **Tired of those daily family disagreements?**
- **Overwhelmed?**



This 10 week course can give you the knowledge and the encouragement to improve your parenting skills. Discussions will include:

- **Ages and stages of child development**
- **Effective parenting, including positive discipline/logical consequences/timeout**
- **Getting cooperation**
- **Avoiding bedtime battles**
- **Safety and health**
- **Sexuality**
- **Talking with teachers, doctors and other professionals... how to ask the right questions**
- **Nutrition and meal planning**
- **Planning family activities and conducting family meetings**

Parents & Children in Divorce

This five hour seminar will help you parent your children through the difficult and challenging transition of divorce.

Costs of In Home Services

Family Mentor Services are offered to West Springfield families with children attending HeadStart, Early Childhood Center, or CPC Preschools. There is no cost to families. These services are funded through the West Springfield Community Partnerships for children.

Family Mentor Self Sufficiency Services are available to West Springfield families at no cost with funding provided by the West Springfield Community Development Office.