

Parenting and Child Care

Description : Today's family faces many challenges, the following resources are supports that aid parents' to raise safe and healthy children. The common goal of the listed resources is to strengthen families.

List of Resources

| NAME | CONTACT INFO | OTHER INFO |
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| PARENTING | | |
| Healthy Families Program WCAC | WCAC 61 Pine Street Southbridge Phone: 508-909-0061 X13 | Health and parenting education for first time parents age 20 and under. Serves first time parents of all ages who live in Southbridge. |
| Women, Infant, and Children (WIC) | 61 Pine St. Southbridge Phone: 508-765-0139 228 Main St. Webster Phone: 508-943-6183 | Food and nutrition supplement to pregnant women and low income families with children up to age 5. |
| Catholic Charities Skills, Opportunities And Resources Program | 79 Elm St. Southbridge MA 01550 Phone: 508-765-5936 Ask for Lisa | Program for parenting and life skills training. No fee. For residents of Southbridge, Sturbridge, Charlton, Dudley, Webster |
| Pregnant/Parenting Teen Program (You, Inc.) | 328 Main St. Southbridge Phone: 508-765-9101 X47 Phone: 800-435-9990 (emergency assistance) | Serves those up to 24 years old including parenting education & support groups, information and assistance in education completion. |
| Early Head Start (WCAC) | 25 Cole Ave. Southbridge, MA 01550 Phone: 508-765-4738 | Home-based education and social services for parents with children from newborn to 3 years old. |
| Parents Apart Classes GB Wells | 29 Pine Street Southbridge, MA 01550 Phone: 508-765-2200 X2843 after 5 p.m. to register. | Massachusetts court mandated program for all parents who are divorcing and have children under 18 years of age. |
| Early Intervention Partnership Program Kennedy-Donovan Center | 486 Worcester Street Southbridge MA 01550 Phone: 508-765-0292 | Home visiting support for high risk pregnant and postpartum mothers and newborns to age 3 with special needs. |
| Parent Stress Line | 24 hr Nationwide Hotline: 1-800-632-8188 | |
| Parents Helping Parents | Phone: 1-800-632-8188 www.parentshelpingparents.org | Runs a statewide network of support groups for parents. |

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Harrington Hospital Care Management Department
Compendium of Resources Fact Sheet

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| MDSC (MA Down Syndrome Congress) Parents First Call Program | 1-800-664-6372 781-221-0024 x206 www.mdsc.org firstcall@mdsc.org | Parental support from a trained volunteer who is a parent of a Down Syndrome child. |
| Auburn Youth and Family Services | 21 Pheasant Court Auburn, MA Phone: 508-832-5707 | Offers afterschool program, summer program, parent support groups, parenting classes, parent/child activity groups. |
| CONNECTICUT Nurturing Families Network (Day Kimball Healthcare) | Phone: 860-928-6541 X2077 Mon – Fri 8 a.m – 4:30 p.m. | Free services for 1st time parents with children < 3 months old, including phone support and home visits. Education for parenting a child up to age 5. |
| CHILD CARE | | |
| Head Start | Southbridge: 508-765-4738 Oxford/Webster/Spencer: Phone: 508-987-0829 | Free family centered pre-school for children 3 – 5 years old of low-income families. |
| Child Care Resources | 799 W. Boylston Street Worcester, MA 01606 Phone: 508-856-7930 www.sevenhills.org | Assists eligible families (determination is made by Dept. of Transitional Assistance) with search for subsidized child care. |
| Charlton Child Care Provider's Assoc. | www.charltonchildcareproviders.com | Local providers offering child care services. Each program will vary so view the provider's page for all details, including contact info. |
| Guild of St. Agnes Child Care Center | 88 Masonic Home Road Charlton MA 01508 Phone: 508-434-2345 | Childcare program for children age 15 months to 5 years. Vouchers accepted. |
| Worcester Comprehensive Education and Care, Inc. (WCEC) | 160 Tacoma St. Worcester, MA 01605 Phone: 508-852-3792 | Childcare programs for children ages 4 weeks to 13 years. Sliding scale, DSS vouchers accepted. Transportation assistance for DSS cases. |
| Kids Unlimited | 35 Trolley Crossing Road Charlton, MA 01507 Phone: 1-800-422-6738 | Referral system to licensed private day care homes and subsidized day care. \$30 referral fee upon acceptance. |

*Additional information and resources can be accessed through
Mass 2-1-1 Referral Line by dialing "211" or 877-211-6277 or www.mass211.org.
Multilingual ~ Available 7 days a week - 24 hours TTY: 508-370-4890.

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