



Serving
underserved and
uninsured patients
at Connecticut's
largest network of
community
health centers.

Administrative:

635 Main Street
Middletown, CT 06457
860.347.6971

Service Locations:

CHC of Clinton
114 East Main Street
Clinton, CT 06413
860.664.0787

CHC of Enfield
5 North Main Street
Enfield, CT 06082
860.253.9024

CHC of Groton
333 Long Hill Road
Groton, CT 06340
860.446.8858

CHC of Meriden
134 State Street
Meriden, CT 06450
203.237.2229

CHC of Middletown
635 Main Street
Middletown, CT 06457
860.347.6971

CHC of New Britain
One Washington Square
New Britain, CT 06051
860.224.3642

CHC of New London
One Shaw's Cove
New London, CT 06320
860.447.8304

CHC of Old Saybrook
263 Main Street
Old Saybrook, CT 06475
860.388.4433

**Dental Center
of Stamford**
141 Franklin Street
Stamford, CT 06901
203.969.0802

Norwalk Smiles
49 Day Street
Norwalk, CT 06854
203.854.9292

www.chc1.com

December 9, 2009

Approbations Committee

Lydia Heredia
Outreach Worker
Community Health Center Inc.

Members of the Approbations Committee,

Nurturing families is a prevention program not an intervention program. We go into the homes and educate the families with several curriculums such as Parents as Teachers, partners for healthy babies and other prevention programs which includes shaking baby's syndrome, SID'S. We conduct Ages and Stages, to name a few of the tools we use with the families. During the course of the visits we ask what kind of resources they might need to help them stay connected to the community. Home visits are an integral part of the program by helping mothers become comfortable with being just a mother. We monitor post partum depression and work with other professionals to help the family cope with the new child and the mother's state of mind.

We help them set realistic goals; continue their education whether it is a high school diploma or a college education.

In the 11 years as a nurturing family's educator, on my watch there have been only 2 pregnancies that were not planned. Two other pregnancies were planned. Dealing with the stresses of today's society, the mothers have made the decision as far as not having any more children. Many have waited for their economical situation to get better before deciding to have any more children.

Many of these families have private insurance from their fathers. The preventive care such as immunizations and health visits to the doctors has been an important step for the families to accomplish. Sending their children to school and becoming a part of their education is another step in keeping the family bonded.

When a baby is born there is not a "How to" book given to them in order to learn how to be a parent. Many young families do not have the support system to help them achieve many of those goals. The engagement and prevention of these serves will keep our young families from become a statistic.

Please keep the "Nurturing Families Program" in the budget; we will suffer the consequences in the years to come if the program is terminated. There is data that is accountability results based and shows that the program is worth saving.

