

Parent Education Classes and Support Groups in the Brattleboro AHS District

Prenatal through age 8

Agency of Human Services

Topic Key: 1- Health/nutrition , 2- Adoptive parenting, 3-Kinship care,4-Working parent issues, 5-Transitions,6-Step-parenting,7-Infant care,8-Touchpoints for parents, 9-Conscious parenting, 10-Parenting your tween, 11-Parenting your preschooler, 12-Parenting your toddler, 13-Peer relationships, 14-Bedtime routines, 15-Family relationships, 16-Play, 17-TV or media, 18-School success, 19-Siblings, 20-Making good choices, 21-Communication, 22- Setting limits

Organization	Program/ Service	Topics covered	Length of program/ frequency	Supports provided	Age of children served/ children included?	Geographic area served	Eligibility	Contact person	Fee (yes or no)
Brattleboro Area Kinship Connections	Kinship support group	3	monthly	No	all ages/no	Brattleboro area	For caregivers who are raising a family member's child	Ross Gibson 451-6445	no
Brattleboro Food Co-op	Classes for children and parents on healthy eating , cooking & nutrition	1, 20 Also: cooking, nutrition, shopping on a budget & herbal wellness	varies	Yes: -Child care -Meals	all ages/ sometimes	n/a	n/a	Lizi Rosenberg --Education & Outreach Coordinator 802-246-2842 eocbfc@sover.net	some have a small fee
Brattleboro Memorial Hospital	Prenatal classes: Baby Basics Breastfeeding Basics Birthshop Lamaze	Variety (including birthing and caring for an infant)	varies	No	prenatal and infants (baby in utero generally)	Windham Co., Franklin Co., and Cheshire Co.	Expectant parents	Dawn Kersula Brattleboro Memorial Hospital Birthing Center 17 Belmont Ave. Brattleboro, VT dkersula@bmvht.org	some have a fee
	New Moms Group	1,4,5,7,8,9, 14,15,16,17,19,20,21 Also: post-Partum exercise & healthy homes	1.5 hours 1x weekly/most weeks of the year	No	infants/yes		open to anyone with an infant		no

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Family and child therapists, etc. *Annie Briccetti	S.T.E.P.(Systematic Training for Effective Parenting) parenting classes	All	1.5 hrs. a week for 7 weeks/1-2x annually	No	6-12/ sometimes	Windham & Windsor Co and SW NH	n/a	Annie Briccetti, LICW, LLC PO Box 86 Putney, VT (802)387-6689 annebric@vermontel.net	yes
*Lorni Cochran	Moments of Meeting	Child development	1.5 hours a week for 4 weeks	?	Infants/yes	Tri-state area (MA, NH & VT)	n/a	Lorni Cochran Movement Therapist 6494 Hinesburg Rd. Guilford, VT (802)257-8641 lornicochran.com	yes
*Stepfamily Services	Workshops, coaching and support groups	4,5,6,8,9, 10, 11, 12, 13, 14, 15, 16,17,18,19, 20, 21, 22	workshops 1,2 days or 6 weeks coaching is 3 sessions	Sometimes	All/ will be in the near future	New England	Member of a stepfamily	Iishana Artra, PhD, CNL, CPC (802) 258-1052 stepfamilyservices@gmail.com	yes
*Therapeutic Movement for Parents of Babies and Young Children	Workshop to help identify movement patterns specific to caring for babies and young children.	Identifying movement patterns, impact of parenting on the body, tools to lessen pain & dis-comfort	2 hours, 1x	No	Babies & young children/ Class for caregivers only	Brattleboro area	Accessible to all	Emily Megas-Russell (802) 689-0715 wgreatheart@gmail.com	yes
Lead Safe and Healthy Homes	Lead Safe Work Practices Class	1, lead safe work practices to protect children from lead poisoning.	3 hours ongoing	No	all/no	Windham and Windsor Co.	n/a	Parks Place 44 School St. Bellows Falls, VT 05101 (802) 463-9927 ext. 208	yes

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Prevent Child Abuse Vermont	*Nurturing Parenting Programs *Circle of Parents *Shaken Baby Syndrome Prevention Program	All Also: setting boundaries, family rules, and helping children build self-esteem	Varies, 9-15 weeks or all year/varies	Yes: Child care Meals	All ages/yes	Windham Co.	Open to anyone in a parenting role (shaken baby open to all)	Suzan Marshall Windham County Family Support Program/ 54 Harris Place, Brattleboro, VT 802-498-0606 1-800 CHILDREN smarshall@pcavt.org or www.pcavt.org	no
Rescue, Inc.	First Aid and infant/child CPR classes	First Aid & CPR	3-6.5 hours/varies	No	all ages/yes sometimes	Windham Co., Chesterfield & Hinsdale, NH	Open to anyone	Karen Rancourt PO Box 593, 541 Canal St. Brattleboro, VT (802) 257-7679 trainingcenter@rescueinc.org	yes
Vermont Adoption Consortium	Adoption support group	Adoption support & other parenting topics	2 hours, 1x monthly, ongoing	No	birth to adolescence/ no	Brattleboro area	adoptive parents	Danna Bare Graham Kidder (802) 258-0308 dannab@lundvt.org	no
Vermont Department of Health-WIC	Breastfeeding: Preparing for Birth and the First 10 days <u>Secrets of Baby Behavior</u>	Breastfeeding support and information 1,7 <u>reading newborn/ Infant cues</u>	45 minutes, 1x/every other month	No	prenatal/ newborn	Brattleboro Agency of Human Services District	open to anyone <u>WIC participants</u>	VT Dept. of Health, WIC office 232 Main St. Brattleboro, VT (802) 257-2880	no

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Windham Northeast Supervisory Union	Family events/ Playgroups	1,2,4,5,6,7, 11,12,13, 14, 15,16, 17,18, 19, 20,21,22	1.5 hours, 3-4x annually/1.5 hours, 1x weekly	Yes: child care meals take home materials	prenatal To kindergarten/ yes	WNESU supervisory union towns (includes Athens & Westminster)	n/a	Molly Oglesby WNESU/25 Cherry Hill St. Bellows Falls, VT (802) 376-6204 molly.oglesby@wnesu.com	no
Winston Prouty and WSESU	Positive Solutions for Families (class)	5,11,13,14,15, 16,21, 22, family rules and positive support	2 hours for 6 weeks	Yes: child care meals	preschoolers/ no	WSESU towns: Brattleboro, Dummerston, Putney, Guilford Vernon (some flexibility)	parents/ caregivers of preschoolers	Brandy Levesque 209 Austine Dr. Brattleboro, VT (802)258-2414 ext. 228 brandy@winstonprouty.org	no
Winston Prouty, HCRS, Early Education Services	Mothers' Circle / Moon Time	The challenges of parenting an infant (or young child)	2 groups happening: * weekly, 10-12 pm at W.Prouty, Tues. * the 1 st and 3 rd Thurs. from 6-8 pm at EES	Yes: -childcare -refreshments or dinner (for evening group)	infant/ yes	Brattleboro AHS district and beyond	mother parenting an infant (the age of the child is flexible)	Jessica Greene Health Care and Rehab. Services 51 Fairview St. Brattleboro, VT 05301 254-7500 ext. 2291 or 258-8723	no
Winston Prouty	Fresh Start	Support for moms with past or present DCF involvement	1.5 hrs weekly	Yes: meals	All/no	Brattleboro AHS district and beyond	Mothers with past or present DCF involvement	Alison Wheeler 209 Austine Dr. Brattleboro, VT (802) 257-2101 ext. 314 alison@winstonprouty.org	no
Women's Freedom Center	Women for Sobriety, Inc.	Support group for women struggling with alcohol and/or drug addiction	1x weekly	Yes: snacks childcare if requested in advance	n/a/ no	Tri-state area (VT/NH/MA)	Women who are struggling with alcohol or drug addiction (don't need to be a parent)	(802) 257-7364 advocates@womensfreedomcenter.net	no
Youth Services/ Bellows Falls	Young Mom's Group	1,4,5,7,8,9, 11,12,13,1 4,15,16, 18,19,20, 21,22	2 hours, 1x monthly/ 1 hour, biweekly	Yes: Child care Meals Transportation Case management	All ages/yes	Greater Falls Region including the following Brattleboro AHS towns: Westminster & Athens	Young mothers 16-24	Youth Services 257-0361	no

This map is sponsored by Early Education Services, a Vermont Parent Child Center. The map will continue to be updated on a regular basis, so if you have information on a class or support group that could be added to this list, please contact Sandy Stark, Parent Child Center Coordinator at: [sstark@wsesu.org](mailto:ss Stark@wsesu.org)

Despite updates, classes/groups may change at any time. It is recommended that you call or email the contact person before attending a class or group.

****Also check out the on-line calendar for parents in Windham County! Go to: www.rockinghamlibrary.org/parent**