

Infant Child Enrichment Services
Raising Healthy Families Program

Services are Free and Voluntary



Therapeutic Services

- One-on-one and/or family counseling to help families heal and grow stronger.
- Emphasis on skill building for individuals and members of the family.
- Strengths-based, client-centered, and flexible.

Home Visiting Parenting Support

- In-home visitation with a *Family Success Coach* begins with an intake and is followed up with weekly appointments.
- Visits are individualized and paced to accommodate the family's needs while working on parenting goals.
- Protective factors that make a family strong are emphasized.
- Advocacy support (i.e. Family Support Specialists join parents at school meetings such as IEPs, SSTs).

Parenting Classes

- **Year Round Evening Classes**
 - Class topics rotate throughout the year. All age groups are targeted (0 - 18 years old).
 - Child care is provided on site and a light meal is served.
 - Tuesday evenings from 5:30-7:00pm.
- **Specialty Monthly Workshops**
 - Rotating topics include Understanding Trauma, Strengthening Your Family, and Calming the Chaos.
 - Third Wednesday of every month from 5:30-7:30pm.

All classes currently take place at ICES – 20993 Niagara River Drive in Sonora.

Parent Leadership Opportunities

- Yearly training for parents wishing to make their own families stronger and explore opportunities in community advocacy.
- Monthly parenting meetings (i.e. discussion of parenting topics /speaker meetings) for graduates and other parents wishing to become parent leaders.

A Family Can Receive Services By:

- **Calling ICES/Raising Healthy Families @ (209) 533-0377**
- Referrals for in-home parenting support can start with a self-referral from a parent or from agencies working with the family (i.e. TCBH, CWS, Schools, CNVC, etc).
- Contact with the family is made within the week of the referral.
- All parents involved with ***Raising Healthy Families*** are given guidance and encouragement using evidence based practices. The work focuses on reducing toxic stress in their lives and finding ways to nurture the relationships with their children with a focus on connection and love.



Infant/Child Enrichment Services
Raising Healthy Families Referral Form

Fax: 209-533-4017 Phone: 209-533-0377

Date: _____ Name of Referring Person: _____

Type of referral: _____ Name of Referring Agency: _____

____ Self-referred Phone: _____ Fax: _____

____ Community Response Email: _____

____ Court-ordered (DDC/CWS)

____ Other: _____

FAMILY INFORMATION:

Name of Parent(s): _____ Phone: _____

Physical Address: _____

Name of Child	Birth/Due Date	Ethnicity	Disabilities
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____

SERVICES FAMILY WOULD LIKE TO RECEIVE:

____ Parenting Classes ____ In-home Parenting Education/Support

____ Therapeutic Services ____ Road to Resiliency (pregnant/new mom)

STATEMENT OF FAMILY NEEDS/CONCERNS:

