



BY ROBIN FULLER

FIRST STEP FAMILY RESOURCE CENTER A PROGRAM OF ARDENT SOLUTIONS



The First Step Family Resource Center is located in Rural Allegany County NY.

Who do we serve?



DATA ON ALLEGANY COUNTY NY

Population 46,456

19,593 are employed

2,360 children under 5
years of age (5.1%)

18.5 % of people in
the county live in
poverty

We have one of the
highest poverty rates
in the state. We are
11th in the state.

The county is the size
of Rhode Island with 9
traffic lights in the
whole county.

Very rural and very
spread out

There are more cows
than people

BARRIERS THE COUNTY EXPERIENCES

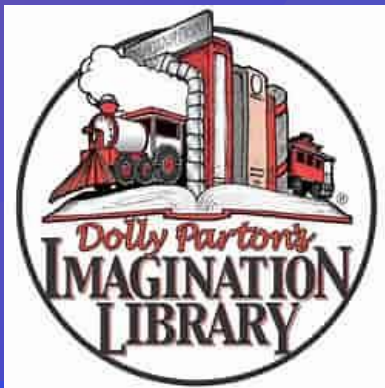
- Lack of Education and Low Literacy Rate
- Limited Transportation and Transit
- Food Desert
- Lack of Proper Health Care and Dental Care
- Total lack of Early Intervention Services
- Limited Cell Service and Internet Capabilities
- High Poverty
- Rural Means Limited Job Opportunities
- Diversity Looks Different



WHAT HAS THE FIRST STEP FAMILY RESOURCE CENTER BEEN ABLE TO OFFER IN COLLABORATION WITH COMMUNITY PARTNERS?

- Family Support and Navigation to Services
- Surviving to Thriving New Moms group
- Mealtime Magic nutrition Education Program
- Breast Feeding Support Groups
- Kinship Caregivers Support Group
- CPR First Aid for Families and Community Members
- Every Bottom Covered Diaper Program
- Teen Babysitter Course
- Safe to Sleep Program and Car Seat Program
- Early Intervention Screenings and Meetings
- Supervised Visitation By Hillside Children's Center
- Moms Stroller Walking Weekly Program
- WIC Nutrition Education Programming
- ASQ Developmental Screening
- Open Family Play to support social interactions
- Dolly Parton Imagination Library
- Poison Prevention
- Sensory Friendly Play sessions with support

PARENTING CLASS & FAMILY CLASSES



Surviving to Thriving

TUESDAYS 1-2PM
Prenatal & Infant Care

SPECIAL DELIVERY!
Join us for our exciting new program tailor-made for moms-to-be and those with tiny tots up to 6 months old!

Topics will include, but not limited to:

- Baby blues or is it more?
- Bonding with baby
- Your post-partum body
- Bringing baby home
- Normalizing emotions
- Adapting to new social norms
- Dealing with societal expectations
- When to call the doctor
- Understanding your baby's cries
- Teaching self-soothing techniques

First Step Family Resource Center
a program of Ardent Solutions, Inc.
83 North Main Street
Wellsville, New York 14895

MEALTIME MAGIC

HEALTHY EATING FOR HEALTHY FAMILIES

7-WEEK WORKSHOP SERIES
TIME: 1:30-2:30P.M.

May 7, 2024: Setting the Stage for Healthy Habits
May 14, 2024: Growing Pains for Growing Children
May 21, 2024: Easy Prep'ing for Cooktop Meals
May 28, 2024: Creating Nutritious Meals
June 4, 2024: A Plan for Smart Shopping
June 11, 2024: Eating for Health
June 18, 2024: Sharing the Kitchen with Little Chefs

Weekly hands-on activities and gifts for participating families!
Space is limited... Pre-Registration Required HERE

The Family Resource Center is a program of Ardent Solutions in collaboration with the Allegany County Early Childhood Coalition and funded in part by the Highmark Blue Cross Blue Shield of Western New York Blue Fund.

FIRST AID & CPR TRAINING

Get Certified in CPR, AED, and Basic First Aid includes 2-year Certification Card

Cost:
Community Member: \$30.00
Non-Profit Organization: \$35.00

Scholarships available for families with young children birth - age 5, some eligibility requirements apply.

Further information, contact: jess.soto@soto@ardentnetwork.org 845-610-9765

Friday, May 3, 2024
First Step Family Resource Center
83 North Main Street
Wellsville, New York 14895
9:00a.m.-Noon

Training Objectives:

- Learn about Emergency Situations
- CPR and AED Training
- Basic First Aid
- Real-life Demonstration

Registration deadline: May 1, 2024

[REGISTER HERE](#)

Common Sense Parenting

STARTING APRIL 6, 2021
TUESDAYS | 6-8 PM
COST: \$25.00/FAMILY*
Scholarships Available

VIRTUAL WORKSHOP

Ardent Solutions is proud to present Boys Town's Common Sense Parenting® program. The 6-week parenting class teaches easy-to-learn techniques to help parents with common problems when raising children ages 6-18.

This class meets once a week for two hours for six weeks. The class covers the following:

- **Parents as Teachers** – Shows parents how to teach children self-discipline.
- **Effective Praise** – Helps parents encourage positive behaviors by responding enthusiastically and sincerely.
- **Preventive Teaching** – Enables parents to teach children what they'll need to know in future situations, as well as practice using the skill.
- **Corrective Teaching** – Responds to children's problem behaviors with teaching and practicing acceptable alternatives. Parents will be able to adhere to a staying-calm plan for when they become upset with their children.
- **Teaching Self-Control** – Teaches a skill parents can use to allow children time to calm down and remain calm in future situations.
- **Putting It All Together** – Helps parents develop a parenting style to improve relationships with their children.

Pre-registration is required no later than March 30, 2021, by calling Robin Fuller, Certified Facilitator, at 585-648-6022 or by email at fullerr@ardentnetwork.org

Lactation Support Group

May 30th, 2024
1:00-2:00pm

First Step Family Resource Center

83 North Main St.
Wellsville, NY 14895

Join Paige Lounsberry, IBCLC and other moms in an encouraging discussion about lactation, breastfeeding, pumping and more!

Pregnant moms are welcome!
Register at: goshish@ardentnetwork.org

CHALLENGES AND SUCCESSES

WHAT MAKES OUR PROGRAM UNIQUE?