Tips for Parenting After a Family Loss

Take good care of yourself
Taking good care of yourself is important for both you and your children. Researchers find that bereaved parents who are less depressed are better able to provide the care their children need. One strategy for self-care is to set small goals that will add up to larger accomplishments. Give yourself credit for each step you complete.

Strengthen family bonds
Even after a parent passes, your family can still enjoy doing activities together. Quality time strengthens the positive bonds your children have with you and with the family as a whole—which promotes children’s healthy social and emotional development.

Listen to your children
Research tells us that active listening helps children become more aware of their feelings, validates that these feelings are okay, and helps them develop ways to deal with the difficulties they face. Active listening tells your children that they matter to you and that you understand their worries and concerns.

Establish consistent, effective family rules
One tool for establishing effective family rules involves deciding on consequences that are fair, effective, and consistently enforceable. You can create this structure while being sensitive to your children by clearly and calmly communicating the rules and following through on the consequences so that your children know what is and is not acceptable.

Support your children’s coping
You can also help your children cope by planning ahead for how your family will deal with difficult situations such as holidays and birthdays. For example, you can have a family meeting to decide together how to remember the deceased parent at a holiday gathering.
Help Celebrate the Winner of the Talk of the Town for 2019 by participating in two great events.

BINGO NIGHT FUNDRAISER

SUPPORTING THE HOMELESS

Please join us for a fun night of Bingo for a Good Cause!!!

Tickets: $30 per ticket (Table of 8 for $200). Call (610) 833-4454 or purchase online at https://caadc.org/tickets/ (Must be 21 years or older)

The “Fall Into Bingo” Fundraiser will support the Homeless Shelters for families and individuals of the Community Action Agency of Delaware County, Inc. The event includes 10 Rounds of Bingo with Great Prizes plus a Jackpot Bonus Round. Also Door Prizes, Raffle Baskets and Other Surprises!

When: Saturday November 16th
Doors Open at 5:30 p.m. and Bingo starts at 6:30 p.m.
Where: St. Demetrios Greek Orthodox Church
229 Powell Lane
Upper Darby, PA 19082
(Plenty of Parking Available)

Please Bring Your Own Food and Drinks!!!

CAADC, Inc. has partnered with the ACME in Upper Darby to support our Life Center Meal Program! Through the ACME Give Back Where It Counts Reusable Bag Program, donations will be made to support the Life Center Meal Program in October. Give Back Where It Counts Bag sold at the ACME store located at 7901 Lansdowne Ave, in Upper Darby in October.

The Meal Program provides dinner to homeless residents as well as other needy families/individuals from the community. Last year over 44,000 meals were provided. The meals are provided by volunteer community groups 365 days a year through our partnership with the Community Outreach Project. So when you are in the ACME in Upper Darby this month please consider supporting the Life Center while also helping out the environment and purchasing a bag.
**Dog Costume Contest**

Saturday, October 26  
Starts 12:00 pm  
Bethel Dog Park  
30 Bethel Rd, Glen Mills, PA

**Media Halloween Parade**

October 26 @ 9:00 am - 10:00 am  
The Town Talk sponsored 55th Annual Delaware County Halloween Parade will kick off 1 p.m. and march through Media. School bands from across the region will set the upbeat tone for this popular family event. See fire engines, classic and antique cars, as well as floats, clowns, scouts, various community groups, and hundreds of costumed trick or treaters.
Free Birth Certificate Clinic
—Presented by Catholic Social Services, Legal Aid of Southeastern Pennsylvania & Santander Bank—

Do you need your Pennsylvania Birth Certificate and don’t have ID? If you were born in PA, we can help!

Wednesday, Oct. 23, 2019
11 a.m. - 2 p.m.

Catholic Social Services
130 E. 7th St. | Chester, PA 19013

Meet with an attorney who will request your birth certificate for you.

No ID or fee required
Registration required for fee waiver. To register, call Legal Aid of Southeastern Pennsylvania (LASP) at 610-874-8421.

FEES SPONSORED BY:

Delaware County Council & Delaware County Transportation Management Association present

EMPLOYMENT & CAREER EXPO

Thursday, October 31, 2019
9 a.m. to 1 p.m.

Springfield Country Club
400 W. Spraul Rd., Springfield, PA 19064
Call 610-893-9444 or visit dcmma.org for details.

Minerals, Metals, & Energy Services
Construction & Building Trades
Community Services & Human Services
Healthcare & Public Safety
Manufacturing & Logistics
Retail, Hospitality, & Culinary
Technology & Information Services
Transportation & Supply Chain

New Choices can help you:

• Assess your options
• Set personal goals
• Make professional connections
• Build skills to achieve your goals

Are you looking to return to work or change directions?

This NEW CHOICES program is available to individuals in transition, including those who have been:

• Unemployed
• Underemployed
• High Risk

NEW CHOICES is a Career Development Program

Services include:

• Vocational assessment
• Professional & interview skills
• Classes to help you refresh computer skills
• Professional resume writing assistance
• Skills identification
• Career counseling and planning
• Education and training resources

2019-20 PROGRAM SCHEDULE

August 2019—Day Sessions
September 2019—Day Sessions
November 2019—Day Sessions
January 2020—Day Sessions
February 2020—Day Sessions
May 2020—Day Sessions

For questions or to register, call 610-350-5322 or email newchoices@ddccc.edu.
Head Start and Early Head Start are actively ENROLLING children ages 6 weeks to 5 years old and pregnant mothers!!!!

Head Start and Early Head Start programs provide free learning and development services to children ages 6 weeks to 3 for low-income families. Early Head Start and Head Start are inclusive programs and welcome children with disabilities.

Our Early Head Start Home-Based program provides Early Head Start services for expectant mothers and children from birth to 2 in the home setting for 35 hours per week. The home-based program also offers opportunities for socializations twice per month.

Families working a minimum of 20 hrs per week and are approved for ELPC or families with a parenting plan who intend to return to school at least 10 hours per week and work at least 10 hours per week and are approved for ELPC may benefit from our CHHS Care Partnership program that offers extended hours of service. (SELECT LOCATIONS and ELPC copay may apply).

What are the perks of EHS Childcare Partnerships & EHS Center-Based Care?

FREE!!!!!!!!!!

EHS Childcare partnership sites and EHS center-based care offer FREE DIAPERS, WIPES, FORMULA (SIMILAC ALMONDS, SIMILAC SOY), while childcare is free. Finally ELPC uptake status for eligible Early Head Start children.

DCIU HV/EHS Requirements

Visit our website at www.dciu.org to locate the Head Start or Early Head Start in your community or to find out about their local requirements for enrolling your child or pick up an application. Applications can also be completed online at www.dciu.org under ‘Our Services’ and ‘Head Start’. Make a current physical exam with immunizations and dental exams will be required at intake.

<table>
<thead>
<tr>
<th>Early Head Start Center Based</th>
<th>Head Start Locations</th>
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<tbody>
<tr>
<td>Red Lion (380-506-4664)</td>
<td>Red Lion (380-460-5654)</td>
</tr>
<tr>
<td>Yorktown (380-506-3896)</td>
<td>Sharon Hill (610-968-1405)</td>
</tr>
<tr>
<td>Home Office (610-968-1000)</td>
<td>CHS Woodlyn (610-456-3657)</td>
</tr>
<tr>
<td>Early Head Start Childcare Partnership Sites</td>
<td>CFC Pottstown (610-460-5320)</td>
</tr>
<tr>
<td>Apple Tree Christian Academy (503) 461-1232</td>
<td>Acton (610-469-0650)</td>
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<tr>
<td>Smart from the Start (610) 461-4610</td>
<td>Marcus Hook (610) 469-3532</td>
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- **Save the Date**

Supportive Services for Veteran Families (SSVF) Program is hosting a Veterans Day Resource Fair

**Date:** Friday, November 8, 2019

**Time:** 10:00am-2:00PM

**Location:** Chapel of the Four Chaplains

1201 Constitution Ave, The Navy Yard Bldg. 649

Philadelphia, PA 19112

If your organization is interested in sponsoring this event, please contact Jennifer Colon at 610-874-8451 for more information.