

NEW FAMILY RESOURCES

Mifflin County

<p>CCIS of Snyder, Union, and Mifflin Counties. (Child Care Information Services)</p>	<p>CCIS of Snyder, Union, and Mifflin Counties is a state and federally funded program that serves families of all three counties. They manage the money that helps pay for the costs of child care when the parent(s) of a child is employed or in training. They also provide child care information, resource and referral to all parents who ask. They will help each family identify their options and make a decision that meets their needs.</p>	<p>For more information call: (717) 242-4346</p>
<p>Cesarean Birth The Family Place</p>	<p>This class is for pregnant women who anticipate a surgical delivery. The class is designed to cover preoperative procedures, anesthesia options, postoperative expectations, newborn characteristics, and postpartum adjustments. This class costs \$40 and you need to call at least six weeks prior to your due date to schedule a class.</p>	<p>For more information call: (717) 242-7438</p>
<p>Crossroads Pregnancy</p>	<p>Crossroads pregnancy offers free laboratory quality pregnancy tests to women who think they may be pregnant. They also provide information on pregnancy, fetal development, abortion risks and procedures, adoption, and parenting. Crossroads can provide information on the morning after pill as well. They offer classes that allow expectant parents the chance to earn baby supplies. They offer counseling to men to help with dealing with an unplanned pregnancy. They offer abortion counseling to both men and women who are struggling with the effects of having an abortion. All of their services are free and confidential.</p>	<p>For more information call: (717) 242-0301</p>

Even Start Family Literacy	A program offered through TIU #11 for parents of children age birth through 7 years. This program provides adult education, parenting, and early childhood education. They emphasize that parents are a child's first and most important teacher. The classes are offered Monday-Friday from 8:45-11:30. Parents spend part of each day doing activities with their child(ren). Van transportation is available.	For more information call: Rose Massie (717) 436-2517 ext.109
Feeding Options The Family Place	This class is designed for parents to understand the benefits of both breast and bottle feeding. The class also teaches how to get started breastfeeding, potential problems, how to know your baby is eating enough, and how to prepare formula. The class is \$20 unless currently enrolled in Prepared Child Birth.	For more information call: (717) 242-7438
Free Child Safety Seat Inspections	Lewistown Hospital offers free monthly child safety seat inspections. These inspections are available to ensure that the child restraint used by your child is safe. Inspections are held at the Lewistown Hospital Surgical Services Entrance (Entrance C).	For more information call: (717) 242-7110
Head Start	A federally and state funded program for low income families of preschool children in Mifflin, Snyder, and Union Counties. The program offers both center-based and home-based services. Both options provide children with opportunities to learn and prepare for school. This program also provides medical and dental services to the children in the program. The community is very involved in the Head Start program by serving as volunteers in the centers, on Policy Council Boards, and on the Board of Directors. Any individual or agency can refer a child they feel will benefit to Head Start.	For information call: (717) 242-3032

<p>Healthy Beginnings Plus</p>	<p>Healthy Beginnings Plus is a program provided by Medical Assistance for pregnant women to receive comprehensive care throughout their pregnancy. The goal is to promote healthy pregnancies and healthy infants. This program provides services that may not otherwise be available such as, nutrition counseling, psychosocial counseling, childbirth education, and other individualized client services.</p>	<p>For more information call: Mifflin County Assistance Office (717) 248-6746</p>
<p>Mifflin County Child and Youth</p>	<p>Mifflin County Children and Youth provides child welfare services that are designed to keep a child in their own home. They are also designed to prevent neglect, abuse, and exploitation. They help to overcome problems that cause dependency, neglect, and delinquency. They also provide substitute care in foster family homes, and child care institutions for any child in need of care due to abuse or neglect. These services are available to children age birth through 18 years who reside in Mifflin County. They have an intake and referral service for all reports of abuse or neglect. They must investigate all reports. If needed they also have ongoing services that allow them to work with families to prevent future abuse and neglect.</p>	<p>For more information call: (717) 248-3994</p>
<p>Prepared Childbirth The Family Place</p>	<p>This program is designed for the mother-to-be and her labor partner(s). They may enroll in either the weekend class or the 4-week, where classes are held one night a week. This program costs \$70 for the weeknight class, \$80 for the weekend class, \$40 for those who have been through the class before. There is help available to those who need it. The course covers things from hospital policies, to issues during pregnancy, discomforts of pregnancy, medication/anesthesia options for labor, the signs and stages of labor, and the importance of a labor coach.</p>	<p>For more information call: (717) 242-7438</p>

Real Alternatives	Real Alternatives is a nonprofit, charitable organization. They are committed to helping women in crisis pregnancies. Real Alternatives provides compassionate, practical, life-affirming alternatives to abortion. They will help you with your physical and mental well-being during pregnancy, improve the physical well-being of the unborn child and newborn, as well as encourage adoption for women who are unable to parent.	For more information call: (717) 541-1112 Or visit www.realalternatives.org For pregnancy support call: 1-800-LIFE AID
Safe Haven	All medical hospitals are a safe haven for newborns. This means that if you have recently had a baby and are unable to parent it you can take your baby (up to 28 days old) to the hospital and turn it over. If the baby is unharmed and not a victim of a crime you will not get into trouble and will not have to tell them who you are. Once the baby is examined by a doctor and given any medical care it needs the baby will be placed into the custody of the local children and youth agency.	For more information call: 1-866-921-SAFE (7233)
Sibling Class The Family Place	This class is for children age 2-10 years who are about to become a big brother or sister. This class is designed to teach them how they can help care for their new siblings, what the baby's abilities will be after birth, what it means to be a big brother or big sister, and changes that will occur at home. They will also make a craft that they can give to their new sibling.	For more information call: (717) 242-7438

<p>Special Beginnings The Family Place</p>	<p>This program is offered to pregnant mothers and allows them to receive educational newsletters throughout their pregnancy. They can also schedule a pre-admission visit one month prior to their due date. This visit allows you to complete some of the necessary paperwork ahead of time and can provide you with educational materials and videos prior to your delivery. The Family Place nursing staff will also provide one phone call to you shortly after delivery to see how you and your family are adjusting to the baby.</p>	<p>For more information call: (717) 242-7438</p>
<p>SWAN Post Permanency Services</p>	<p>The Statewide Adoption and Permanency Network offers support services to families who have adopted or are permanent legal custodians of a child who is not theirs. They offer case advocacy services, respite services, and support group services. Families can refer themselves for services.</p>	<p>For more information call: 1-800-585-SWAN</p>
<p>WIC</p>	<p>WIC is a food program designed to help pregnant women and the parents and guardians of children under the age of 5 provide supplemental nutritional foods. WIC provides parents with nutritional education and children with nutritional foods during key growth and developmental times.</p>	<p>For more information call: (717) 527-2628</p>