



Nurturing Families

Being a new parent can be as hard as it is wonderful. With CHR, first-time parents have a **helping hand**.

Every parent-to-be and first-time parent has questions—and CHR can help provide answers. Nurturing Families Network is our free, voluntary program that offers new parents a wide range of services, including education about child development milestones, practical care skills and access to community resources. We also help families stay informed about the importance of health care for mother and child, including doctor visits and immunization schedules. Services are offered through home-based visits, telephone support and developmental screenings. By easing first-time parents into their roles as moms and dads, we are helping ensure children have a happy, healthy future.

CREATING A FAMILY PLAN

A trained Nurturing Families staff member will work together with a family to create a plan that fits each family's unique goals and needs. Through weekly or monthly visits—offered both before and after birth—our caring staff will address a family's concerns and teach positive activities for promoting a child's growth and development. We also pair families with community organizations that provide health and wellness services for children.

HEALTHY FAMILIES, HAPPY HOMES

Research has shown that CHR's Nurturing Families Network can help parents create healthy families and become self-sufficient members of the community. Families experiencing problems such as domestic violence, substance use, or mental or emotional health issues can have unstable home environments. Our program successfully engages and assists parents who are at risk of harming their children while reducing the incidence and severity of abuse and neglect.

EVERY STEP OF THE WAY

We work alongside new moms and dads, helping them be the best parents possible while they develop parenting skills. Nurturing Families provides ongoing contact and parenting support to expecting parents and parents of children up to age five in the Greater Enfield area. We also provide evaluation to first-time parents delivering at Johnson Memorial Hospital Birthing Center.

WE HELP BECAUSE WE CARE

We are here to answer questions, provide support and offer guidance—just when you need it most. We invite you to call CHR's Nurturing Families Network **Clinical Supervisor, Susan Perez LMFT**, at 860.835.7373.

Nurturing Families is a no-cost, voluntary service.

VISIT WWW.CHRHEALTH.ORG

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION



WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY Part A & Part B, Medicare and most major health insurances as partial or full payment for services.

A NETWORK OF SUPPORT

24-Hour On-Call Emergency Professional Coverage

Crisis Intervention and Support

Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance abuse assessment and treatment

Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Abuse Treatment Program
- Community Support and Rehabilitation Programs
- MAT for Opiate Dependence

Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

Primary Care and Wellness Services

- Whole Health, Behavioral Health Home and Charter Oak Health Center

Housing Services

- Residential, Outreach and Supportive Housing Programs

CONVENIENT LOCATIONS

BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101
BLOOMFIELD • CT 06002

DANIELSON

71 WESTCOTT ROAD
DANIELSON • CT 06239

ENFIELD

153 HAZARD AVENUE
ENFIELD • CT 06082

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

EAST HARTFORD

474 SCHOOL STREET
EAST HARTFORD • CT 06108

CHARTER OAK HEALTH CENTER

21 GRAND STREET
HARTFORD • CT 06106

MANCHESTER

THE CENTER FOR HEALTH &
WELLNESS
444 CENTER STREET
MANCHESTER • CT 06040

MANSFIELD

7B LEDGEBROOK DRIVE
MANSFIELD • CT 06250

MIDDLETOWN

955 SOUTH MAIN STREET
MIDDLETOWN • CT 06457

NORWICH

55 MAIN STREET, SUITE 410
NORWICH • CT 06360

PUTNAM

391 POMFRET STREET
PUTNAM • CT 06260

WILLIMANTIC

433 VALLEY STREET
WILLIMANTIC • CT 06226

WILLIMANTIC

1491 WEST MAIN STREET
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG