

Black History Month - Celebrating Afrofuturism!

What is Afrofuturism?

Professor Tananarive Due, lecturer on Afrofuturism in UCLA's Department of African American Studies, when paraphrasing Angela Davis said, "In order to work toward a better future, we need to believe that future is possible. For many, Afrofuturism is exploring those possibilities."

"Afrofuturism, more concretely, can be understood as a wide-ranging social, political and artistic movement that dares to imagine a world where African-descended peoples and their cultures play a central role in the creation of that world."

For more information, check out the article *Afrofuturism: From the Past to the Living Present* from Delan Bruce in UCLA Magazine: <https://newsroom.ucla.edu/magazine/afrofuturism>



Octavia E. Butler collage by Jabari Jones
For more information on Afrofuturist writer, Octavia E. Butler, visit: <https://www.octaviabutler.com/>



February 2024 Spotlight

Edna Bennett Pierce Prevention Research Center -

Penn State University

Presenter: Jordan Joyce, MPS, Program Manager
for the Prevention Learning Portal (PLP)

A huge thank you to Jordan Joyce who informed the CTC network about the Prevention Learning Portal (PLP), an online platform for prevention resources, training, and self-paced online learning opportunities from EPIS (Evidence-based Prevention and Intervention Support).

EPIS offers technical assistance in three divisions, the buttons below provide additional information.

Data-driven
Prevention Planning

Implementing Programs
for Families and Youth

Improving Juvenile
Justice Programs



THE PREVENTION LEARNING PORTAL

Your one-stop shop to expand your knowledge, build your skills, and enhance your capacity to apply evidence-based prevention approaches in your work and practice.

CURRENT EARNING COURSES

-  UPSTREAM PREVENTION
-  YOUTH ENGAGEMENT PART 1 AND PART 2 (PART 3 COMING SOON)
-  IMPLEMENTATION SCIENCE
-  PROJECT MANAGEMENT
-  UNDERSTANDING RISK AND PROTECTIVE FACTORS
-  S.M.A.R.T. GOALS

Register today! plp.psu.edu

**NEW
eLearning
Courses
Coming Soon!**

- Coordinating Youth-Driven Work in the Community: Sustaining Your Youth Group (Part 3 of 3)
- Program Readiness: Preparing for Program Launch
- Introduction to Evidence-Based Programs
- Defining Community Stakeholders
- Locating Community-Level Data
- Why is Model Fidelity Important?
- Introduction to Logic Models



 plp-elearn@psu.edu

Register today by clicking here

During the February CTC meeting, we asked the following trivia question:

Q: The first Black symphony orchestra in the north, the Philadelphia Concert Orchestra, was founded in what year?

A: 1905

Congratulations to our February CTC trivia

winner, Jeannine Fallon Anckaitis from
Chester Upland Youth Soccer.



DELAWARE COUNTY CTC NETWORK
ANNOUNCEMENTS FEBRUARY 2024

February 2024

Chester Education Foundation



PROUDLY SERVING THE COMMUNITY SINCE 1989!



Programs and Services include:

- College and Career preparation (ages 16-24)
- Communities that Care Network (a network of service-based organizations throughout Delaware County)
- Community Resource Hub - including a Digital Navigator that can assist with digital literacy skills, signing up for free or low-cost internet service, and if needed, access to devices (laptops, iPads, etc.)

 cef@chestereducation.org

 www.chestereducation.org



Learn more

February 2024

Widener University



Widener University
Center for Social Work
Education

CEU

Shifting From Trauma-Informed Care To Healing Centered Practices

Presented by Kenneth L. Bourne Jr.
Feb. 27th, 6:30-8pm ET

As service providers we need to shift from a treatment-based model to a salutogenic approach that supports collective well-being. Healing-centered engagement expands how we think about trauma as an isolated experience and offers a holistic approach to restore well-being. In this presentation participants will distinguish trauma-informed care from healing-centered engagement strategies, explore key brain regions as they play a vital role in the application of healing-centered approach and building authentic relationships, and practice how to apply a healing-centered engagement approach by analyzing case studies.

[**Register Here!**](#)

AHMINAH COTTMAN MSW, LSW

JOINS CURRENT CONVERSATIONS

Reclaiming the Self: IPV During Adolescence

February is National Teen Dating Violence Awareness Month. Come learn about risk factors, prevention, and intervention skills!

FEB 23, 2024
11:30 AM-12:30 PM



WIDENER UNIVERSITY

BSW FIELD EDUCATION INFORMATION

College of Health & Human Services

CENTER FOR SOCIAL WORK EDUCATION

[Click to view brochure](#)

WIDENER UNIVERSITY

MSW FIELD EDUCATION INFORMATION

College of Health & Human Services

CENTER FOR SOCIAL WORK EDUCATION

[Click to view brochure](#)

February 2024

Girls Spark

"HEALTHY RELATIONSHIPS" VIRTUAL WORKSHOP REGISTRATION OPEN!

REGISTER NOW FOR OUR
FREE VIRTUAL WORKSHOP
FOR GIRLS AGES 13-19!



**FEATURING
GUEST SPEAKER
SAM ROBINS!**



TUES, FEBRUARY 13, 2024 @ 7PM



girlsspark.org

February 2024

Delaware County Health Department x Sidney Kimmel Cancer Center (Thomas Jefferson University)

Give Yourself the Gift of Health



Are Bringing FREE Mammogram Screenings to Chester!
Wellness Center in Chester- Feb. 16, 2024 9am-3pm
(151 W 5th St, Chester, PA 19013)



Requirements:

- Must be over 40 years old
- Have not had a mammogram in the last 365 days
- No prior diagnosis of Breast Cancer
- Insurance is not required
- Patients with insurance will need a script from their PCP or OBG

To register:

1. Call our Wellness Line at (484) 276-2100 or email DelcoWellness@co.delaware.pa.us
2. Our Community Health Worker will call you back to register you and set an appointment time

A limited number of appointments are available,
please call early to schedule your mammogram.

February 2024

Child and Family Focus

CHILD & FAMILY FOCUS INC.
PREVENTION EDUCATION PROGRAM PRESENTS

Prizes Ruffled Each Week!

UNITY CIRCLE

An Evidence-Based Support Group
for LGBTQIA2S+ High School Youth
Ages 14-18 that Celebrates Unique
Lived Experiences & Counteracts
Racial & Social Forces That
Impede Growth



MARCH 5-MAY 7, 2024

TUESDAY NIGHTS @ 5:30-7:00PM

VIRTUAL VIA ZOOM  DELAWARE COUNTY, PA

Scan the QR Code to
Register Now!

Questions? Email
prevention@childandfamilyfocus.org



Funded by the Delaware County Department of Human Services, Division of Drug and Alcohol

LifeSkills Training (LST)

PARENT PROGRAM



CHILD & FAMILY FOCUS PREVENTION EDUCATION PROGRAM



WHAT'S IT ALL ABOUT?

The award-winning Botvin LifeSkills Training Parent Program is designed to help caregivers strengthen communication with their children and prevent them from using drugs. This program contains materials and exercises that help caregivers teach their children the skills that help them resist the threats of tobacco, drugs, and violence. These tools help parents prepare their children for a successful transition from adolescence to early adulthood.



www.ChildAndFamilyFocus.org

Free & Supportive Programming!

The **LST Parent Program** helps to strengthen parenting skills over seven sessions in these areas:

- Preventing adolescent drug use
- Being a good role model
- Communicating effectively within the family
- Parental monitoring
- Helping children develop personal self-management and social skills.

Meant for parents and caregivers, ideally with youth grades 6-9.

Self-reports from parents and caregivers that participated in LST Parents illustrate significant increases relative to controls in appropriate role modeling, disciplinary practices, family communication, and parental monitoring skills.



LEARN MORE

Email Prevention@childandfamilyfocus.org



Funded by the Delaware County Department of Human Services, Division of Drug and Alcohol

Strong African American Families (SAAF)

CHILD & FAMILY FOCUS PREVENTION EDUCATION PROGRAM



WHAT'S IT ALL ABOUT?

SAAF is a culturally tailored, family-centered intervention for Black or African American youth ages 10 to 14 and their primary caregivers. SAAF's goal is to prevent substance use and behavior problems among youth by strengthening positive family interactions, preparing youths for teen years, and enhancing caregivers' efforts to help youths reach positive goals.



www.ChildAndFamilyfocus.org

Fun, Free, & Supportive Family Programming!

SAAF builds on the **strengths** of African American **families, caregivers, and youth** by:

- **Enhancing** family ability to support youth goals and independence
- **Helping** youth to understand their positive qualities
- **Assisting** youth in developing healthful goals and resistance skills to resist risky behaviors
- **Strengthening** family communication and interaction, necessary skills to resist risky behaviors
- **Developing** greater self-esteem and confidence
- **Enabling** effective use of coping skills

Youth who **participated in SAAF** demonstrated **fewer conduct problems**, delayed the onset of **sexual activity**, and were **less likely to start using drugs!**



LEARN MORE

Email Prevention@childandfamilyfocus.org



Funded by the Delaware County Department of Human Services, Division of Drug and Alcohol



Child and Family Focus

CHILDREN'S
MENTAL HEALTH
RESPIRE
PROGRAM

**CAREGIVERS, DO
YOU NEED A
BREAK?!**

EMAIL: RESPITE@CHILDANDFAMILYFOCUS.ORG
CALL: 610-732-8682
VISIT: WWW.CHILDANDFAMILYFOCUS.ORG

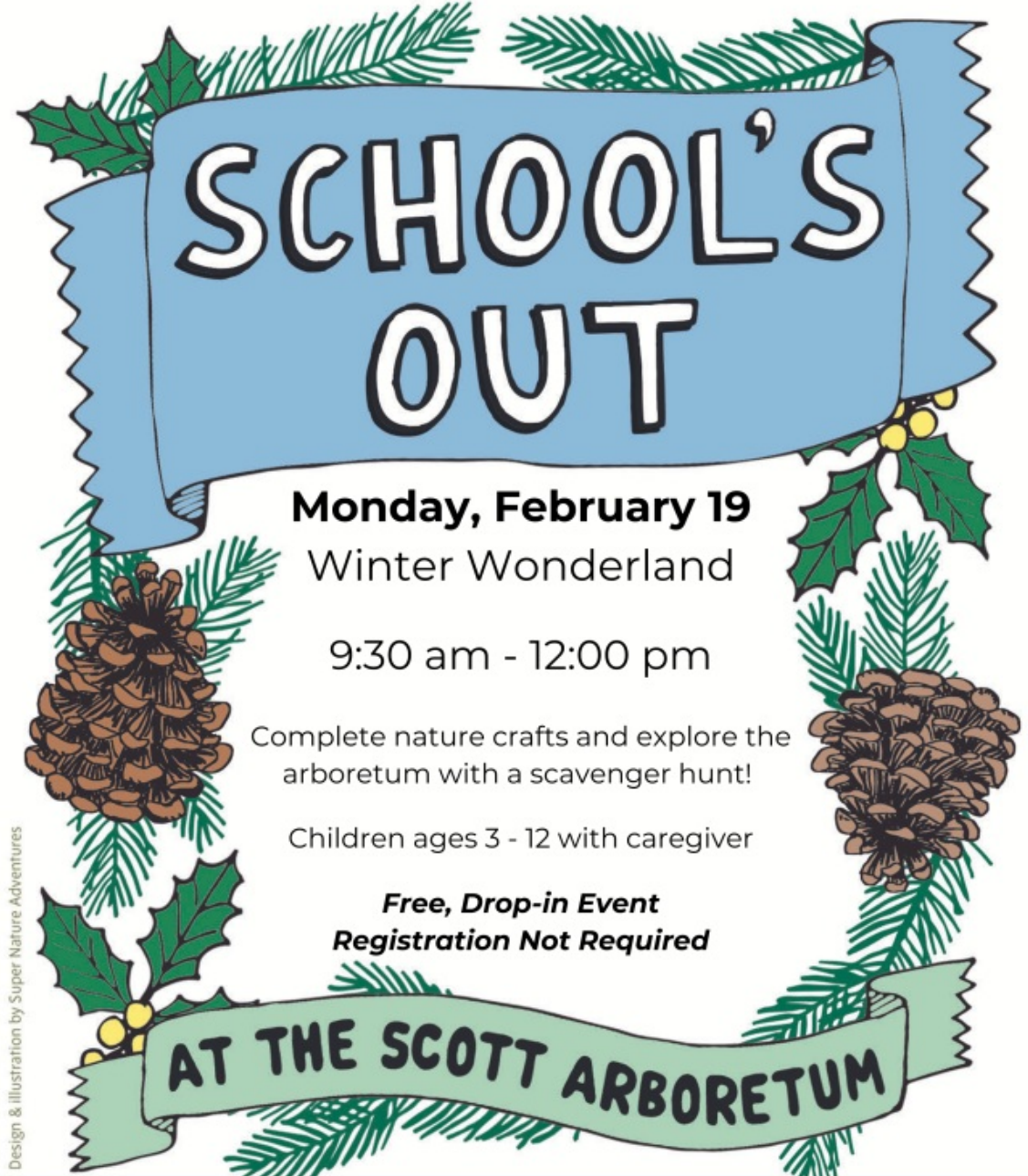
**FIND OUT IF YOUR
FAMILY IS ELIGIBLE
FOR FREE RESPIRE
CHILD CARE:**

Children ages 3-21 with a mental health diagnosis, and mental health services, residing in Bucks, Chester, or Delaware Counties may be eligible.



February 2024

The Scott Arboretum of Swarthmore College



Design & illustration by Super Nature Adventures



THE SCOTT ARBORETUM
OF SWARTHMORE COLLEGE
YOUTH & FAMILY

Visit the Scott Arboretum
FREE and open to the public 365 days a year
Learn more at scottarboretum.org

February 2024

Cola Stylz Me x Mind Our Own Businesses



THE BLACK~OWNED BUSINESS BAZAAR



THE LEAKE CENTER
701 YARNALL ST.
CHESTER, PA 19013

FEBRUARY 24, 2024
12P-5P



If interested in vending contact:
@mo2bdirectory (IG & FB); 3028983277
@colastylzme (IG & FB); 6107218964
Register Today: <https://linktr.ee/mo2bdirectory>

February 2024

Child Guidance Resource Centers



Join us!

family game night

Wednesday, March 13th
5:30-7:30 pm

Temple Lutheran Church
501 Brookline Boulevard
Havertown, PA

You're invited to Family Game Night with your family! Spending time together is one of the strongest preventative and protective factors for your children. We'll play games, give out prizes and have fun!

Join us for some pizza and enjoy a free night of connection for your whole family!

PRIZES!

5:30-7:30 pm

FREE!

To register, contact Lisa Schneller at
LSchneller.cgrc.org

ATOD Prevention is coordinated by Child Guidance Resource Centers and funded by the Delaware County Department of Human Services, Division of Drug and Alcohol.

February 2024

Penn State Extension



ENJOY HEALTHY EATING ON A TIGHT BUDGET

NUTRITION LINKS

FREE ONLINE LESSONS ON NUTRITION FROM PENN STATE EXPERTS

Join this free program and work with Penn State Extension nutrition education advisers (NEAs) to complete online lessons featuring healthy eating tips on smart shopping, food preparation, and delicious recipes, as well as a food safety lesson by phone or Zoom. NEAs are available for check-ins throughout the program. Receive a certificate when you complete all the lessons.



For more information,
visit extension.psu.edu/nutrition-links
or call toll-free 1-888-778-3535.

This institution is an equal opportunity provider.

This material was funded, in part, by the Expanded Food and Nutrition Education Program (EFNEP), which is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Nutrition Links at 1-888-778-3535 in advance of your participation or visit

This publication is available in alternative media on request.

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

Produced by Ag Communications and Marketing Code 5810c | U.Ed. AGR 20-190 | 5C10-20repc rev 8/22

TOPICS INCLUDE:

- + Portion Sizes
- + Moving More
- + Smart Drink Choices
- + Meal Planning
- + Shopping on a Budget
- + Adding Fruits and Vegetables
- + Preparing Food Safely

WHO QUALIFIES FOR THIS PROGRAM?

- + Parent or caregiver of a child 19 years or under who qualifies for free or reduced school lunch or WIC
- + Adults who qualify for SNAP Benefits, Food Pantry Boxes/Bags, Pennsylvania Farmers Market Vouchers

¡CLASES DISPONIBLES EN ESPAÑOL!



**PennState
Extension**

February 2024

Holcomb Behavioral Health

DEADLINE EXTENDED TO 2/16

2024 Alcohol, Tobacco, and Other Drugs Awareness Poster Contest Packet

Contents:

Informational Letter
Instructions
New 2024 Guidelines
Fact Sheet
Name Labels
Category Labels

**Entry Deadline:
Friday, February 2nd 2024**

Funded By:

The Delaware County Department of Human Services,
Division of Drug and Alcohol

Coordinated By:

Holcomb Behavioral Health Systems, Prevention and Education
126 E. Baltimore Ave., Media, PA 19063
Phone: 484-444-0412

[Click here to view packet](#)

February 2024

ACCESS Community Center

Join us for

ESL ENGLISH AS A SECOND LANGUAGE CLASSES

- ✓ Enhance vocabulary
- ✓ Polish speaking skills
- ✓ Improve pronunciation
- ✓ Excellent Teaching

Registration is now open
for classes starting in
FEBRUARY 2024.

Classes will be offered
during the week and there
will be morning and
afternoon sessions. You
MUST sign up at the FRONT
OFFICE.



ACCESS Community Center
701 Booth Street
Chester, PA. 19013
Maggie Gannon, osf

It's Never Too Late to Get Your College Degree!

Whether you are just graduating high school
or always wanted to get your degree
(or finish your degree)
the ACE program is perfect for you!



The Achieve College Education (ACE) program is a collaboration developed by I-LEAD, Inc. that brings together community-based organizations and Harcum College to provide associate degree programs for traditionally under-served students. Since 2005, more than 1,500 working adults have earned an associate degree. With full accreditation by the Middle States Commission on Higher Education, graduates can transfer credits to bachelor's degree programs.

I-LEAD designed the ACE college program to address the primary barriers underserved working adults face: time, cost, preparedness, and lack of familiarity with higher education systems. ACE offers affordable tuition, an accelerated format, and evening courses which meet twice a week online in real-time with a live instructor and classmates. Most importantly, the ACE partners work together to support student success from application through to graduation, including navigation of the financial aid process and college administration.

For more information, contact Nolan Fontaine:
nolan.fontaine@i-leadusa.org

Foster Youth Can Attend College for Free!

Did You Know....
That Youth Who Entered Foster Care
Before Age 16 Can Attend College For Free?

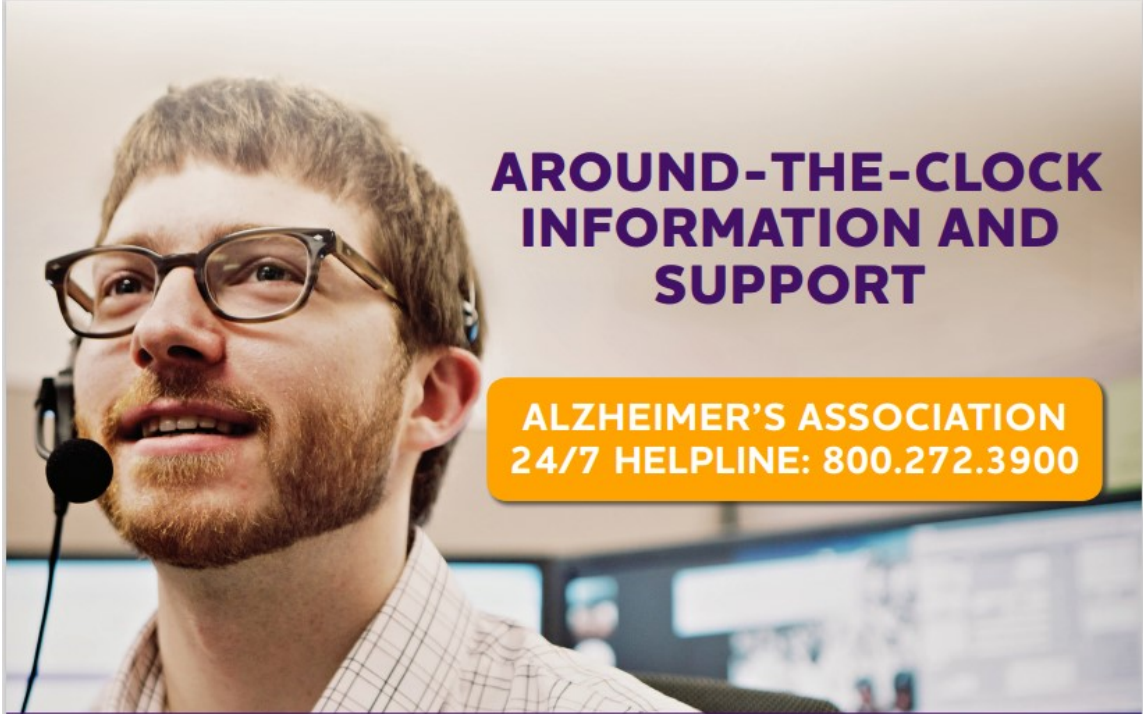


I-LEAD, a non-profit that has helped more than 1,500 working adults earn an associate degree, helps foster youth and resource parents find the right college that fits your needs. Our College Coach will help you complete the financial aid forms, apply for scholarships that will allow youth to remain on campus over holidays and breaks, connect with an on-campus advisor, and so much more!

Want to learn more? Contact Cynda Clyde:
cclyde@i-leadusa.org

February 2024

Alzheimer Association



AROUND-THE-CLOCK INFORMATION AND SUPPORT

ALZHEIMER'S ASSOCIATION
24/7 HELPLINE: 800.272.3900

The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's disease or dementia, caregivers, families and the public to:

- » Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- » Learn about the signs of Alzheimer's and other dementias.
- » Get general information about medications and other treatment options, and legal, financial and care decisions.
- » Find out about local programs and services.
- » Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- » Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a teletype device.

This project was supported, in part by grant number 90AC2811-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

alzheimer's  association®

800.272.3900 | alz.org®

alz.org/delval

February 2024

The Foundation for Delaware County: Fatherhood Program

The Fatherhood Program is just for Dads & partners or parents-to-be! Programming includes casual gatherings, support groups, special events, and one-on-one sessions with the foundation's fatherhood coordinator.

Our goal is to make sure that fathers and partners have access to useful resources, information and supports, in the same way that mothers or pregnant individuals do! Through our fatherhood program, partners of the moms-to-be have an opportunity to build connections with program staff. When expecting fathers complete specialized screening tools they are then referred to appropriate community-based resources. Parents will learn more about the experiences of fathers to optimize their

involvement during the pregnancy process, the child's birth and after the baby is born. Fathers have access to an exclusive mobile-accessible app that shares consistent messaging to support the parenthood journey. In partnership with Daddy University, the Doulas 4 Dads program can provide a male postpartum doula who can support Dad around the delivery, birth and bringing home of a child. Fathers and partners are also encouraged to participate in the monthly Fatherhood Engagement Committee to build community and develop resources to strengthen the system of care in Delaware County for fathers.

Contact Dr. Onaje Muid to learn more.

Contact

February 2024

The Foundation for Delaware County

Healthy Start is a federally funded program serving pregnant people, expectant fathers, the family, and children up to 18-months. For over 20 years, Healthy Start has reduced the infant mortality rate and improved birth outcomes in the target area of Chester, Upland, Eddystone, Woodlyn, Parkside, Chester Township, Marcus Hook, Trainer, and Linwood.

Services include:

- Intensive outreach, engagement, and recruitment of pregnant people;
- Tiered care coordination and case management based on assessed need and home visiting;
- Education that focuses on health, pregnancy, parenting, early childhood development, life skills, financial literacy, and management;
- Civil legal information and representation; and
- Permanent housing support services and resources.

More than 700 participants benefit from Healthy Start each year. People can enroll during their pregnancy and after delivery and can remain in the program until the child is eighteen-months-old.

Healthy Start is one of the foundation's two home-visiting programs, in addition to [Nurse-Family Partnership \(NFP\)](#). These programs work in collaboration with our other [public health initiatives](#) to give families the full complement of services and support to thoroughly prepare them for welcoming a new baby and parenting toddlers. When you are enrolled in both programs, Healthy Start case managers and Nurse-Family Partnership nurses are a team, with your case manager connecting you to eligible services and benefits, and your nurse emphasizing parenting.

[Obtén esta información en Español.](#)

February 2024

Latino Connection: Tobacco Free Coalition

1. The Delaware County Tobacco Free Coalition creates awareness and media campaigns, participates in community events, and provides resources to prevent smoking and vaping, and help people to stop using tobacco and nicotine products. Our Coalition advocates for smoke and vape-free parks, playgrounds, housing, and workplaces. We partner with government, other community organizations, public

health, health care, and social services agencies. Please see the attached flyer.

2. The Tobacco Resistance Unit, funded by a grant through the Pennsylvania Department of Health, is a movement throughout all of Pennsylvania to help youth, ages 12 to 18, stay tobacco and vape-free. TRU aims to prevent and stop youth tobacco use and vaping through youth-led activities and peer-to-peer education. <https://latinoconnection.org/services/tobacco-prevention-and-control/> Contact rhuggins@latinoconnection.org for more information.

3. Tobacco-Free Minority Ambassadors Task Force

The Task Force helps: Identify tobacco use prevention needs of the minority communities, leverage resources in education, healthcare, mental and behavioral health, and social and human services to reduce the burdens of tobacco, raise awareness through press events, interviews, letters to the editor, and community and professional education events about the impacts of tobacco on minority communities. To join the PA Statewide Tobacco Free Minority Ambassadors Task Force please contact Nicolas Polanco at npolanco@latinoconnection.org.

February 2024

Swarthmore Civic Scholars

Linking academics with action empowers students to tap into the rich body of knowledge, experience, and passion that fuels them, while providing communities with students trained to contribute to their social change efforts. We call this "Engaged Scholarship." The Civic Scholar program seeks to open new pathways for communities and campus to engage with each other, enhance networks (social capital) of students and community members beyond Swarthmore College, and increase capacity of both students and communities to achieve their civic and social responsibility goals. To that end, this program provides students with mentoring, education, training, and funding over two (possible three) years. Swarthmore Civic Scholars is a program of the Lang Center and the Richard Rubin Mentoring Program.

If anyone is interested in a Swarthmore College student intern with your Chester organization during the summer or academic year, please reach out to ahenry1@swarthmore.edu

Contact

February 2024

NAACP

If you are interested in knowing more about the NAACP program on climate change at Chester East Side Ministries, email willrichan@comcast.net

Contact

February 2024

Calendar of events.

[View](#)

February 2024

Keystone First Wellness and Opportunity Center

Keystone First will offer resources for improving overall health and well-being. We will connect you to programs for mind, body, and spirit. These programs may include:

- Art classes.
- Music performances and classes.
- Exercise and fitness classes.
- Educational opportunities.
- Job training and employment readiness.
- Access to computers and printing.
- GED classes.
- Cooking demonstrations.
- Weekly food pantry.
- Caregiver support.
- Loss and bereavement groups.
- Help with understanding plan benefits and services.
- Health education and screenings.
- Community resource information.

Regular hours

Monday through Friday: 9 a.m. – 5 p.m.

Please call the center at [1-610-245-9847](tel:1-610-245-9847) for information on special programming.

***Please join us for the March CTC meeting on
Thursday, March 14th at 9:00AM.***

ZOOM INFORMATION FOR MEETING

Zoom ID: 854 7467 3879

Passcode: 073715

Join Zoom Meeting

[https://us06web.zoom.us/j/85474673879?
pwd=9kSmJuqaBaA8v4x0FmIhSl3jKsbg9v.1](https://us06web.zoom.us/j/85474673879?pwd=9kSmJuqaBaA8v4x0FmIhSl3jKsbg9v.1)

CEF | **Chester
Education
Foundation**

[Visit CEF's](#)



The CTC Newsletter is funded in part by the COPE Grant which is Coordinated by Holcomb Behavioral Health Systems, and funded by the Delaware County Department of Human Services, Division of Drug of Alcohol.

Chester Education Foundation | Chester Education Foundation, 419 Avenue of the States , Suite
700,
Chester, PA 19013

[Unsubscribe robert@chestereducation.org](mailto:robert@chestereducation.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by chester@chestereducationfoundation.ccsend.com powered by



Try email marketing for free today!