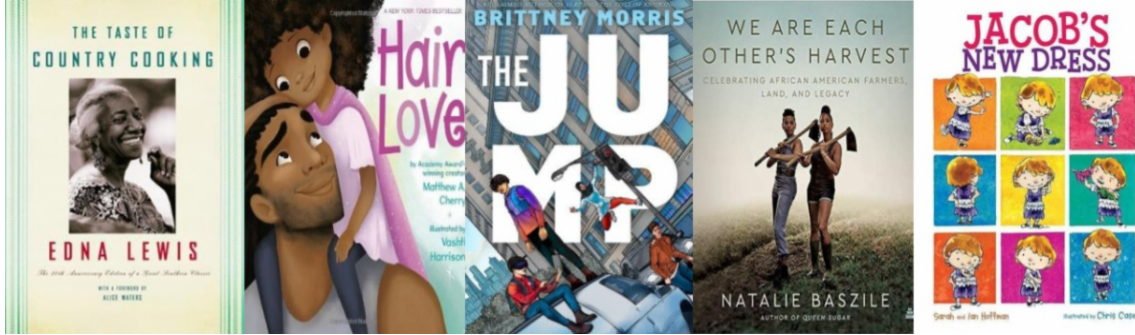




5 Goals for the New Year!

- **5 Books:** This is a perfect time to get a library card from the [Delaware County Libraries](#), if you don't already have one. May we suggest one of the excellent titles from the *CTC Book Club* list? (see below)
- **4 Recipes:** Try a new recipe that highlights seasonal ingredients. Don't forget to visit [Ruth Bennett Community Farm](#) when they give away seasonal produce boxes! Also, check out *The Taste of Country Cooking* by Edna Lewis from our CTC Book Club for some recipe inspiration.
- **3 Volunteer Opportunities:** The upcoming Martin Luther King, Jr. Day of Service (1/15) is a perfect opportunity to volunteer! [The Foundation for Delaware County](#) has been keeping a list of local events. [Share Food Program](#) has a number of locations in Delaware County that could use volunteers throughout the year.
- **2 Local Businesses:** Check out two new (to you) businesses. Looking for suggestions? [Everybody Eats](#) is a great option for lunch. Need large scale marketing materials (ex. banners) for an event? Check out [Roe Fabricators, Inc.](#)
- **1 Performing Arts: Support the arts in Delaware County!** The [Chester Children's Chorus](#) performed their Martin Luther King, Jr. Concert last Saturday at Swarthmore. There was a special reception immediately following the performance where a portrait of CCC Executive and Artistic Director John Alston was unveiled by [artist Robert Shetterly](#). Make sure to check out their event calendar for future performances.





January 2024 Spotlight

Chester Education Foundation

(a Safer Schools Stronger Neighborhoods Coalition Member)

Presenter: Cheryl Cunningham (Executive Director)

Cheryl Cunningham rounded out the 5-month series on Safer Schools Stronger Neighborhoods (3SN) with a presentation on CEF's contributions:

- CEF offers Botvin LifeSkills (an evidence-based prevention program) to participants of our STEP and Blueprint for Success programs. If your organization works with 14–24-year-olds and you are interested in offering the Botvin LifeSkills program, CEF may be able to help with the cost of training facilitators. For more information, contact Stephanie Scappa, sscappa@chestereducation.org
- CEF launched our Digital Navigator Program with the support of United Way, Comcast and T-Mobile (see flier below for more details on program services). In addition to our usual services, we have partnered with the Crozer Library and Chester branch of PA CareerLink to host our Digital Navigator onsite to answer questions

and aid their clients. If you think your clients could benefit from our digital navigator services, please reach out to digitalnavigator@chestereducation.org

- NorthStar Digital Literacy Training: CEF is a registered NorthStar testing site. NorthStar was developed in response to the needs of job seekers who may lack the digital literacy skills needed to seek, obtain, and retain employment, as well as to perform other tasks in daily life. Some of the 3SN coalition partners have sent their staff members to CEF for training, and CTC Network members are invited to schedule a session for themselves, team members and clients. (Contact Josh Keiner, Jkeiner@chestereducation.org)
- Community Resource Hub: CEF was awarded a grant to launch our Community Resource Hub which will provide a variety of services for Delaware County residents, including information and referral to a network of service providers, assistance completing applications, etc. CEF looks forward to announcing the opening of the Community Resource Hub in late Spring. (Contact Barbara Muhammad, bmuhammad@chestereducation.org)

Contact CEF today

CHESTER EDUCATION FOUNDATION DIGITAL NAVIGATOR SERVICES

WHAT IS A DIGITAL NAVIGATOR?

DIGITAL NAVIGATORS ARE TRUSTED GUIDES WHO ADDRESS THE WHOLE DIGITAL INCLUSION PROCESS—HOME CONNECTIVITY, DEVICES, AND DIGITAL SKILLS.

WE CAN HELP YOU:

- Sign up for FREE or low-cost broadband internet through the Affordable Connectivity Program (ACP)
- Find & enroll in a digital skills class, or get connected with an adult education or workforce program
- Assistance with obtaining a free or low-cost device (i.e. laptop, desktop, tablet)
- and MORE!

CEF | Chester Education Foundation

FOR MORE INFORMATION:

Website: www.chestereducation.org

Email: digitalnavigator@chestereducation.org

Phone: (610)364-1212 ext. 106



Chester Education Foundation is part of the Digital Navigator Network through the support of the United Way of Greater Philadelphia and Southern NJ

Learn more

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

Q: According to a YouGov survey, the most popular New Year's Resolution for 2024 was to "save more money" (28%)

What percentage said they would like to start a new hobby?

A: 8%



Congratulations to our January CTC trivia winner, Cathy McGowan from ACCESS Community Center.

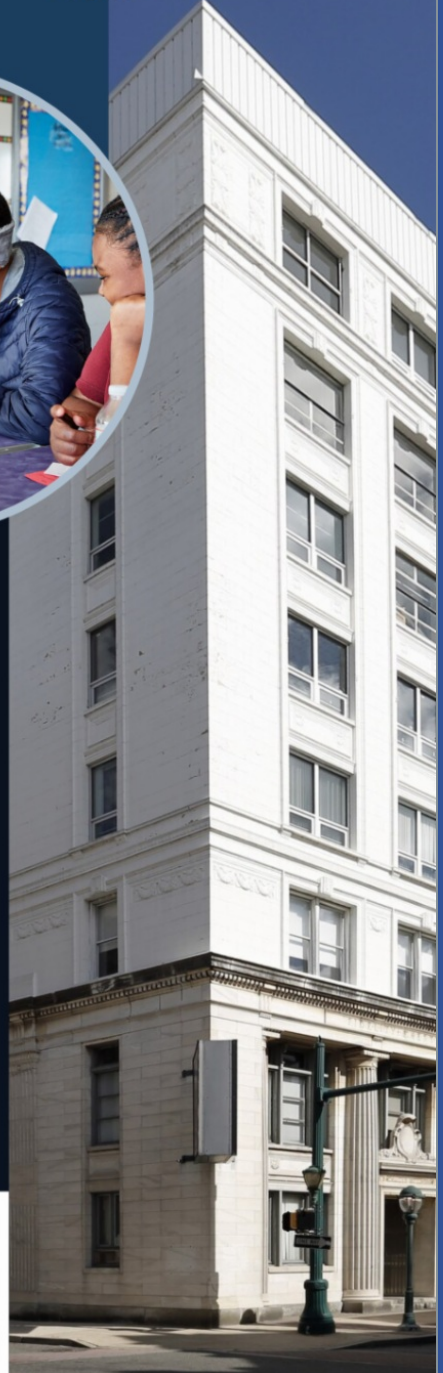
**DELAWARE COUNTY CTC NETWORK
ANNOUNCEMENTS JANUARY 2024**

January 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

January 202

The Trippley Foundation

JOIN US IN CELEBRATING THE
POWER OF ART AND COMMUNITY



AT THE 

A TRIPPLEY FOUNDATION
ART INSTALLATION

THURSDAY
6:00 PM

18

JANUARY
2024

DOWNTOWN CAAT CENTER
515 AVE OF THE STATES
CHESTER, PA 19013

RSVP NOW:

givebutter.com/healingconnectionschester

January 2024

Child and Family Focus

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.



January 2024

The Scott Arboretum of Swarthmore College

TU B'SHEVAT AT SCOTT

TREES, FRUIT, SINGING AND PLANTING



- Stroll through the Arboretum's impressive tree collection.
- Learn about the significance of the holiday through song with Aly Halpert.
- Experience tasty traditional foods such as pomegranates, figs and dates.
- Plant bitter herb seeds to prepare for Passover.

When: Wednesday, January 24 from 5:30 -7 pm

Where: Wister Center at the Scott Arboretum

Cost: Free, registration required at scottarboretum.org

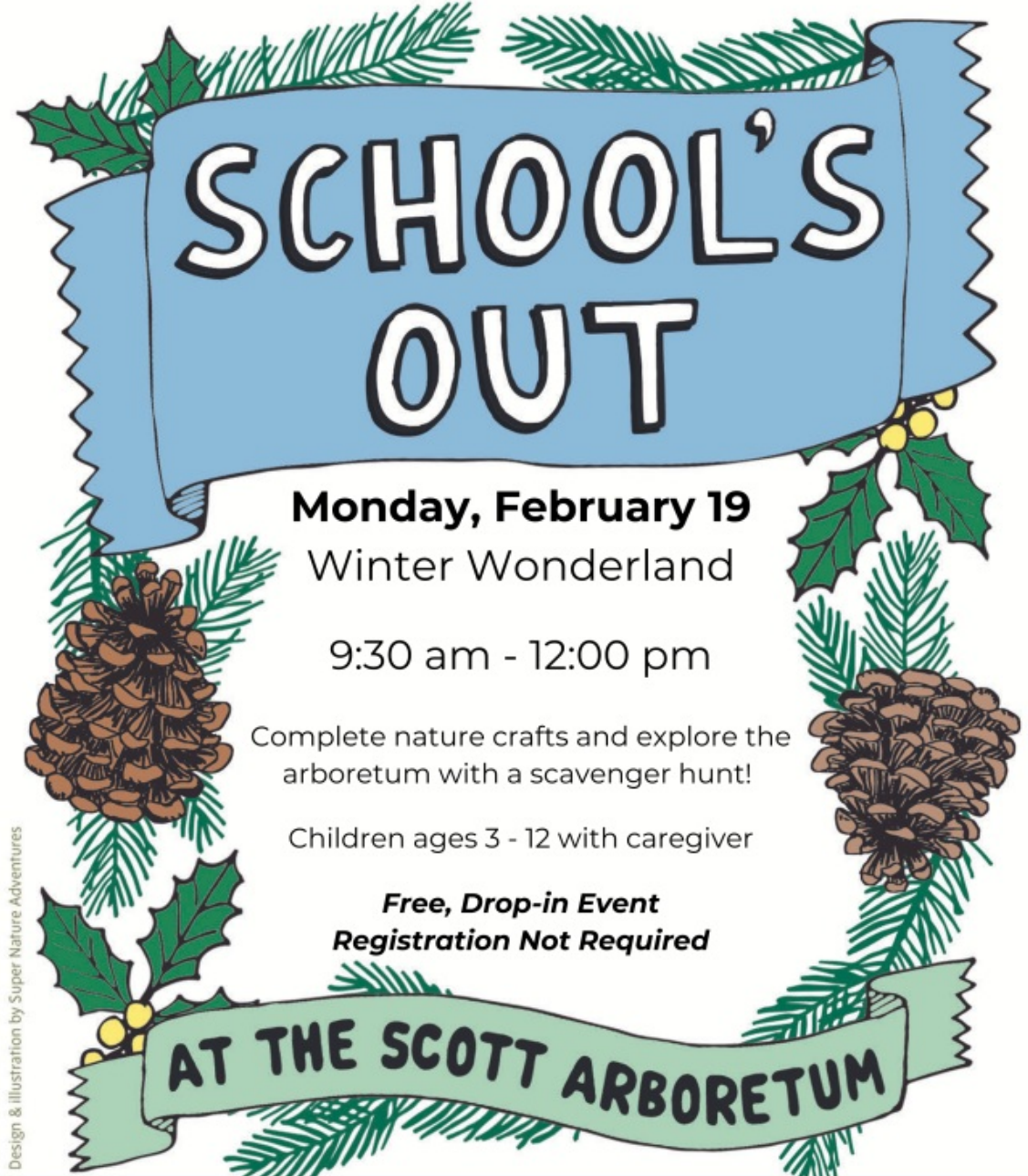
Who: All Ages (0 - 108)



Sponsored by:



Swarthmore
Interfaith Center



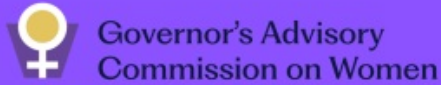
Design & illustration by Super Nature Adventures

 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

January 2024

PA Black Maternal Health Caucus



Governor's Advisory
Commission on Women



Governor's Advisory
Commission on
African American Affairs



AFTERSHOCK FILM SCREENING & PANEL DISCUSSION

Join us at the Pennsylvania State Museum to watch Aftershock and discuss solutions to the Black Maternal Health Crisis in Pennsylvania.

Date: Monday, January 22nd

Time: 5:30 - 8:30 PM

Refreshments will be provided.



ANETTE NANCE,
MSW



PA DOH ACTING
SECRETARY DR.
DEBRA BOGEN



REP. GINA H. CURRY,
DISTRICT 164



DR. SHAREE
LIVINGSTON, DO

Register here:



January 2024

Holcomb Behavioral Health

Challenging Stigma



Helping friends and families understand addiction.

**Delaware County SAP Council Meeting
Friday, February 9, 2024 from 9 to 11 am EST**

Stigma is based on the belief that addiction is a personal choice, or happens because someone doesn't have willpower. The stigma surrounding substance use and other behavioral health challenges poses one of the greatest barriers to seeking help. We've all heard the disparaging language and demoralizing images associated with addiction and related mental health conditions.

Our presenters will address:

- why it is that some people are drawn to, and struggle with substance use, while others do not
 - how to respond when we are concerned about someone's substance use
- how we can challenge stigma and remove obstacles to seeking treatment and support
- how we find and support recovery as individuals, as families, and as a community

Register to attend *Online!*
convo.zone/delcosap



After registering, you will receive a confirmation email containing information about joining the meeting.



Presented by

**Be a Part of the
Conversation.**

conversation.zone



In partnership
with



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](#)

January 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?

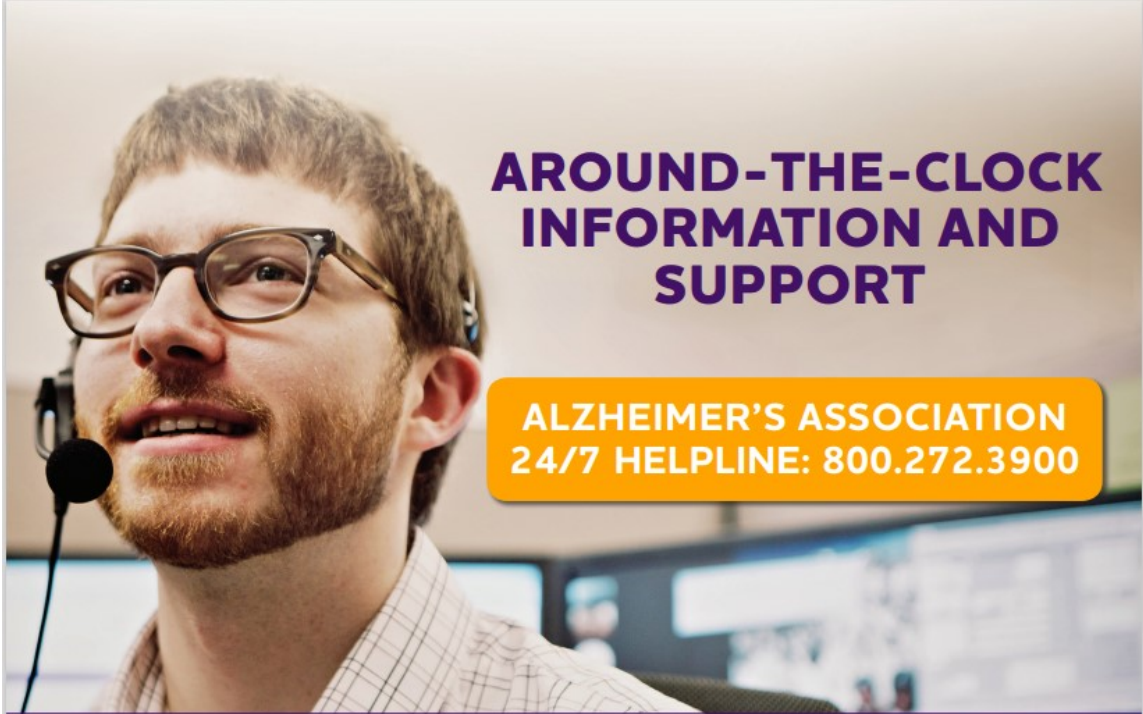


I-LEAD, a non-profit that has helped more than 1,500 working adults earn an associate degree, helps foster youth and resource parents find the right college that fits your needs. Our College Coach will help you complete the financial aid forms, apply for scholarships that will allow youth to remain on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

January 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

January 2024

Chester Upland Youth Soccer

Please spread the word: We have room for a limited group of 3rd-8th graders to attend a free karate lesson and lunch on Feb 10. Info and registration are at <https://forms.gle/QWnjA7D1AVZWpVPT9>

January 202

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

January 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.

January 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

January 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.](#)

January 2024

Voices for Children Coalition

Join us for an exciting event (2/7), the Voices for Children 2024 Kickoff Luncheon!

This is an in-person gathering.

At the Kickoff Luncheon, you'll have the opportunity to connect with like-minded people who share a common goal: advocating for the well-being of children and their families. Enjoy a delicious meal while gaining insight into VFC's mission and vision and assist us in planning our advocacy plan for 2024.

Let's unite and make a positive impact on the future of Delaware County's children. Reserve your spot now to join us at the Voices for Children Kickoff Luncheon and be a part of something truly meaningful.

RSVP

January 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

January 2024

Chester Children's Chorus

Calendar of events.

View

January 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 February CTC meeting on Thursday, February 8th at 9:00AM.

ZOOM INFORMATION FOR MEETING

Zoom ID: 854 7467 3879

Passcode: 073715

Join Zoom Meeting

[https://us06web.zoom.us/j/85474673879?
pwd=9kSmJuqaBaA8v4xOFmIhSI3jKsbg9v.1](https://us06web.zoom.us/j/85474673879?pwd=9kSmJuqaBaA8v4xOFmIhSI3jKsbg9v.1)



Visit CEF's
website



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 robert@chestereducation.org powered by



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