



Who is Fran Brill? Actress and Puppeteer

Brill was born in Chester, Pennsylvania, and is a native of Swarthmore, PA. In 1970, she became the first woman hired as a puppeteer on Sesame Street!

Brill had no experience as a puppeteer when she joined *Sesame Street*, for which she has won an Emmy Award. She created and puppeteered the Muppets Prairie Dawn, Zoe, Little Bird, and Betty Lou, among others. Playing Zoe, Brill appeared on the TV-series *The West Wing* as well as many home videos including *Zoe's Dance Moves*. With the Muppets she performed on *Saturday Night Live*, *The Muppet Show*, *The Jim Henson Hour*, *Dog City*, and *The Adventures of Elmo in Grouchland*.

Source: Wikipedia



Topic Inspiration via STEM high school student newsletter article!

March 2024 Spotlight

Trauma Informed Education Coalition (TIEC)

Presenter: Joan Evelyn Duvall-Flynn, Ed. D.

A huge thank you to Joan Evelyn Duvall-Flynn who shared with the CTC network about the Trauma Informed Education Coalition (TIEC), who equips diverse communities to recognize and mitigate the impact of psycho-social, emotional, and neuropsychological trauma through developing trauma informed training and practices which can be implemented across a variety of disciplines/fields.

[Learn more](#)

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

Q: There are ____ versions of Sesame Street produced around the world.

A: 150

Congratulations to our March CTC trivia winner, Kathryn Redd from Chester ExChange.



**DELAWARE COUNTY CTC NETWORK
ANNOUNCEMENTS MARCH 2024**

March 2024

Chester Education Foundation



PROUDLY SERVING THE COMMUNITY SINCE 1989!

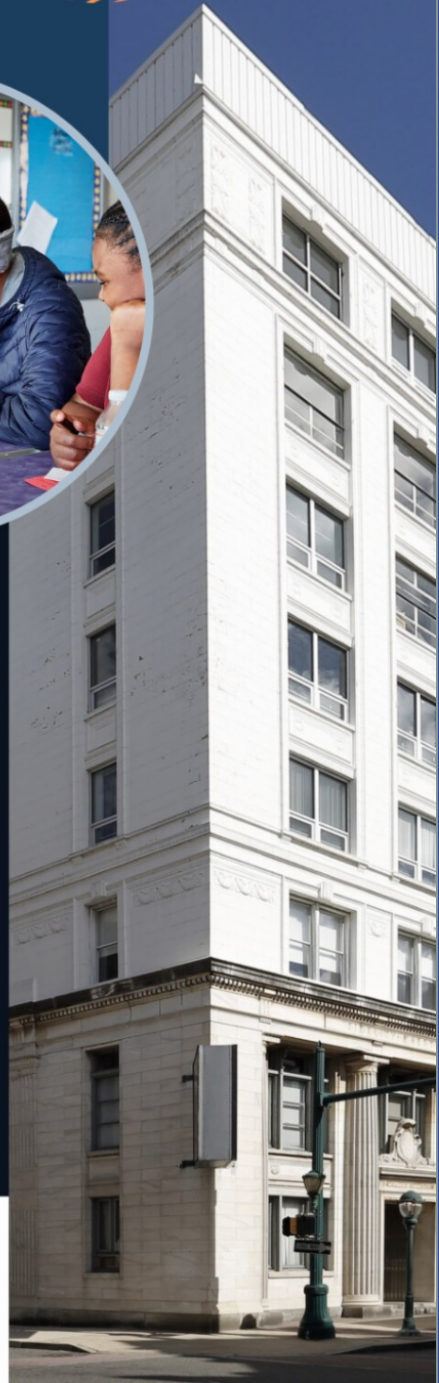


Programs and Services include:

- 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

March 2024

Holcomb Behavioral Health Systems



BOUNCE INTO PREVENTION!



Join us for a family friendly event to kick off Spring Break!

Monday, March 25th

5:30-7:30 PM

**Bette's Family Fun Center
2971 W Dutton Mill Road
Aston, PA 19014**

Alcohol, Tobacco, and other Drug Prevention materials will be provided, along with Pill Pods and Deterra Pouches!



This event is coordinated by Chimes Holcomb and funded by the Delaware County Department of Human Services, Division of Drug and Alcohol

March 2024

City of Chester



FREE EASTER EGG HUNT

11:00AM - 2:00PM

23 MARCH, 2024

Everyone is Welcome!

CHESTER PARK
E ELKINTON BLVD, CHESTER, PA
19013

PICTURE WITH THE EASTER BUNNY

CHILDREN & ADULT EGG HUNT

ADULT PRIZES

RESOURCE TABLES

DJ & LIGHT REFRESHMENTS

EGG HUNT BAGS WILL BE PROVIDED





Easter egg hunt



Bring Your Own
Basket

FREE
ENTRY

AGES
2-12

Saturday, March 30, 2024

MEMORIAL PARK

2700 W. 7th Street
Chester, PA 19013
12NOON-1:30PM



Memorial Park Event Sponsored by:
City of Chester
Chester Inter-Greek Council
OES~Leah Chapter #27
Minaret Court #154 & Temple #174

**FOOD
MUSIC
GAMES
WIN PRIZES
& MORE!**

For more Information
contact:
Dr. Regina Rowland Perry
at 267-970-7625

Special Step Performance by
Xinos & Kudos Youth Group



March 2024

CeaseFire PA

End Gun Violence: PA Advocacy Day

Tuesday, May 7, 2024

PA State Capitol Harrisburg



End Gun Violence Advocacy Day

Last year, 500 Pennsylvanians descended on Harrisburg, demanding an end to gun violence. Soon after, the first bipartisan policies in years passed the PA House. Join us on Tuesday, May 7th as we continue our life-saving work.

DATE: Tuesday, May 7, 2024

9:00 - 9:30 AM: Arrive in Harrisburg, Check-In

10:00 - 11:45 AM: Advocacy Meetings & Drop-Bys with Legislative Offices (meetings scheduled on your behalf)

12:00 - 1:00 PM: End Gun Violence Rally/Press Event on the Front Steps of the Capitol (tentative timing)

3:30 PM: Buses Depart

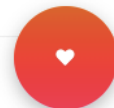
RSVP

March 2024

Share Food Program

Friday 3/22 12-4p distribution & block party!	Brewertown Sharswood Community Civic Association	3000 Master St Philadelphia 19121	There will also be a community cleanup 10a-12p before the distribution & block party
Friday 3/22 10a-1p	Allegheny West Foundation Pop-up	44539-A Germantown Ave Philadelphia 19133	Wayne Junction-Germantown and Windrim, under the overpass for the SEPTA train
Wednesday 3/27 3p til gone	ENG @ police department	17th and Montgomery Philadelphia 19121	
Friday 3/29 11a til gone	LOL lots of love	900 9th St Chester, PA 19013	
Saturday 3/30 8-11a	Rising Hope for Change	3 Chester Pike Darby, PA 19023	
Saturday 3/30 10a til gone	K&J Family Foundation	21 N 60th St Philadelphia 19139	
Saturday 3/30 11a-3p	Campbell AME Church of Media	33 W 3rd St Media 19063	Rain date 4/2/24
Saturday 3/30 10a-12p	Blackwell Culture Alliance	200 S 52nd St Philadelphia 19139	
Saturday 3/30 11a until gone	ENG @ Holy Temple of Deliverance	500 Snyder Ave Philadelphia 19148	

Find a Food Site



March 2024

Widener University

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](#)

March 2024

Neighbor to Neighbor

 **NEIGHBOR TO NEIGHBOR**
COMMUNITY DEVELOPMENT CORPORATION

Community Day

SATURDAY, MAY 4, 2024
11 AM - 3 PM
Rain Date - Saturday, May 11 2024

Conway Park
1301 Hook Road
Sharon Hill, PA 19079-2427

Join us for a day of family
fun, games, food
giveaways and resources!

**Community organizations and
vendors wanted!**

For more information please contact us:
Email - cgale-thompson@n2ncdc.org
Phone - (610) 461-8140

March 2024

KidsPeace Institute



April 17th 2024

Objectives:

- ❖ Learn the ethical considerations of working with clients with limited or no communication.
- ❖ Understand the behavioral considerations and interventions for working with individuals with limited communication.
- ❖ Identify what non-verbal/limited verbal ability means/looks like
- ❖ Identify what considerations need to be made in order to treat these individuals ethically
- ❖ Understand how individuals with limited verbal ability communicate
- ❖ Identify approaches and interventions to meet the needs of these individuals and to start skill building

Presenters:

Rob Harvey M.Ed, BCBA, LBS

And

Gina Johnson M.S , LBS, BCBA

NASW-PA Chapter is a co-sponsor of this workshop



Webinar Event: 1000am to 1200pm Eastern Time via Zoom

[CLICK HERE TO LINK TO EVENTBRITE](#)

Deadline for registration: April 12th 2024

NASW-PA Chapter is a co-sponsor of this workshop. Fee: \$30 for NASW members / \$40 for non-members

- 2 CEs will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for Social Workers (Section 47.36, Marriage and Family Therapists (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers Marriage & Family Therapists and Professional Counselors.
- 2 CEs PSNA for Nursing
- Act 48 Credits for Educators

You must have a Zoom account which you are logged into for this event

Each participant must register on their own even if they are from the same organization



March 2024

Child and Family Focus

CHILD & FAMILY FOCUS INC.
PREVENTION EDUCATION PROGRAM PRESENTS

Prizes Raffle 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

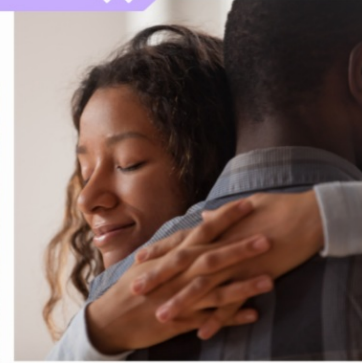
Email Prevention@childandfamilyfocus.org



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.



March 2024

Keep Music Alive

10th Annual Teach Music Week

March 18th - 24th, 2024

*Partnering with over 1,200 music schools,
music stores and music organizations around
the world to offer FREE lessons to new students.*

www.TeachMusicWeek.org



March 2024

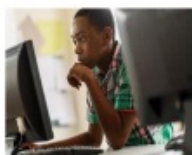
Chester ExChange



~ Presents ~

3 Career Planning Workshops

Exclusively for Students at Chester's High Schools



#1: Explore, Learn, & Succeed with Library eResources - March 7th

Discover potential paths, explore job markets, craft compelling resumes, practice interviews, connect with experienced career coaches online, and skill up to stand out. The JLC Library's e-resources are free and here to guide you every step of the way.

Presenter: Lauren Sands * Director * J. Lewis Crozer Library



#2: Crafting an Effective Resume – March 14th

The do's and don'ts of resume rewriting

Presenters: Forrest Huntington, Javonte' Brown & Nay Bey * Youth Staff * EDSI



#3: Practice Job Interviewing – March 21st

Learn techniques & practice with pretend employers

Presenter: Dr. Elizabeth Doherty * Executive Director * Chester Exchange

All Workshops Take Place At:

J. Lewis Crozer Library * 620 Engle St.

Thursdays: 3:00-5:00 p.m.

FREE FOOD!

Scan to Register
& be entered into
raffle for a gift
card.





~ Presents ~

3 College Planning Workshops

Exclusively for Students at Chester's High Schools

#1: Intro to test prep (ACT/SAT) – March 9th

Learn test taking strategies for college admissions tests & practice various math problems

Presenter: Dr. Harry Chen * Congregation Beth Israel of Media



#2: Completing the Federal Student Aid Form (FAFSA) – March 16th

How to complete the FAFSA form for financial aid (parents & caregivers invited too)

Presenter: Nolan Fontaine * Director * i-Lead Harcum College

#3: Get the inside scoops from current college students – April 6th

Converse with current college students about their experiences and gain tips for success in college

Presenters: 1st generation Swarthmore College students



All Workshops Take Place At:

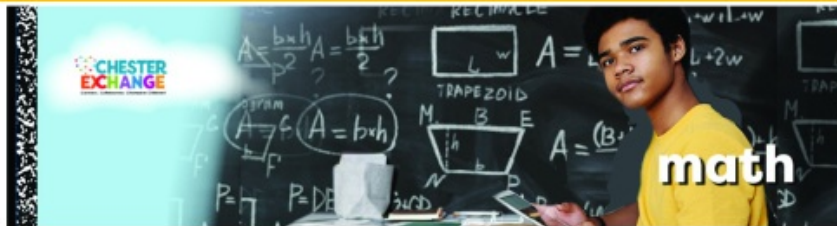
MJ FREED * 515 Avenue of the States

Saturdays, 10:30-12:30 p.m.

Lunch provided!

SCAN TO REGISTER
& be entered into the
raffle for a gift card.





HELP ORGANIZE A MATH FAIR FOR MIDDLE SCHOOL YOUTH

A CHESTER EXCHANGE NETWORK EVENT

Let's show students the importance of math in everyday life and that math can be fun!

Saturday, April 20th
10:30-1:30 p.m.
Chester City Hall

WAYS YOU CAN HELP

- Identify people willing to talk with youth about their use of math at work and in life.
- Host a game or activity that uses math (inadvertently, of course).
- Share your resources (e.g., volunteer coaches/tutors) with the caregivers.
- Talk with caregivers about ways they can reinforce their child's math skills at home.
- Sponsor the event or help cover costs (e.g., lunch, raffles, giveaways).

Complete this [brief form](#) to participate.

ELIZABETH DOHERTY • KATHRYN REDD
CONTACT US: CHESTEREXCHANGE@GMAIL.COM
CHESTEREXCHANGE.ORG

CHESTER EXCHANGE Connect. Collaborate. Champion Children!

March 2024

COSA

Beyond the Table

Nutrition for Mind, Body, and Soul



Celebrate National Nutrition Month in March with COSA!

This year's National Nutrition Month theme is Beyond the Table and showcases the importance of an overall healthful lifestyle that considers the various ways we eat — and that is not just around the dinner table. We can make informed food choices and develop sound eating and physical activity habits that we can follow all year.

Danielle Burke, Licensed Registered Dietician and Nutritionist will start us on our way by showing us how to focus on good foods and habits to add – rather than what we believe we must take away to be healthy.

Ellen Williams, Health and Wellness Program Manager will share resources for accessing healthy foods and shared meals in our community.

When: Wednesday, March 20th at 11:00 a.m. on ZOOM.

Register: Contact Maria Severini severinim@co.delaware.pa.us by email or call 610-872-1383 to register. Provide your name, phone number, and email address.



Delaware County Office of Services for the Aging

March 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.

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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.

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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**

March 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

March 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

March 2024

Girls Spark

1. March 19th, 7pm Virtual Presentation "84 cents makes no cents". This event is open to women and girls nationwide. Information and the sign up for this can be found here: [Girls Spark](#)

2. April 20th, 6-9pm at the Media Community Center: Sparkle and Groove Dance Party!! Information can be found here : [Girls Spark](#)

3. June 1, All Day at Penn State Brandywine: Annual Girls Spark Summit. Information can be found here: [Girls Spark](#)

March 2024

The Scott Arboretum of Swarthmore College

School's Out: Spring Break on Wednesday, March 27th from 9:30 - 12. Ohara School of Ikebana Exhibition April 5-7 (Japanese Flower Arranging Show) with a free youth flower arranging event (Saturday 6 at 11:30 - 2:30pm) and free outdoor yoga class (April 7th from 11 - 12:15PM)

March 2024

Chester's Mentoring Initiative

The next meeting of Chester's Mentoring Initiative is March 21, 11AM. Emily Teofilak of Sun East Credit Union will discuss the perils of financial illiteracy and give tips we can share with families we serve.

Join Zoom Meeting <https://us06web.zoom.us/j/81778037709?pwd=LPZYJqbYOvc92jD8lPhrlnz42ibG0N.1>

Meeting ID: 817 7803 7709

Passcode: 489986

March 2024

Delco Gives Day and Delco Gives, Chester Creates Block Party

Delco Gives Day is a 24-hour county-wide day of giving/community celebration, where people will make a donation to their favorite nonprofits (or peruse new ones) on the delcogives.org site. Each donation is eligible for bonus money provided by the Foundation, and there will be cash prizes sponsored by local businesses given out throughout the day. The inaugural Delco Gives Day will be held May 8 - 9, 2024 (7:00 p.m. - 7:00 p.m.)

Online activity will be accompanied by a number of celebrations held throughout the county that bring together nonprofits, donors, businesses, and volunteers to showcase the power of collective action and community giving. Delco Gives Day is more than just a fundraising event; it's a celebration of the Delco generosity and community spirit.

Making a Change Group has joined the Foundation for Delaware County organizing team to coordinate one of the launch events: the DELCO GIVES, CHESTER CREATES BLOCK PARTY!

When: Wednesday, May 8th (4:00PM - 8:00PM)

Where: 400 and 500 block of Avenue of the States in Chester (Chester City Hall should serve as your point of reference) **What to Expect:** A day of fun with entertainment for youth and families!

We are Bringing Community Together: People, nonprofits, youth sports organizations, artists/galleries, small businesses, etc. for an event where families/residents of Chester can have fun AND learn about resources available to them.

March 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 Doula's 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](#)

March 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.](#)

March 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.

March 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

March 2024

Chester Children's Chorus

Calendar of events.

View

March 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 April CTC meeting on
Thursday, April 11th 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



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