



THE LINK! 2019

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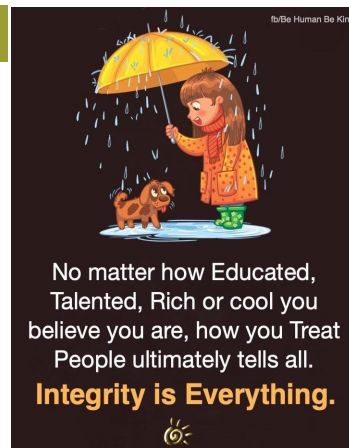
Please call 610-874-8451 or e-mail The Link@caadc.org

Contributions made by Julie Charles, Theresa Haas, & Eileen Kemske

Community Action Agency of Delaware County, Inc. has been serving Delaware County's economically disadvantaged residents for 40 years.

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Tips for Parenting After a Family Loss

Take good care of yourself

Taking good care of yourself is important for both you and your children. Researchers find that bereaved parents who are less depressed are better able to provide the care their children need. One strategy for self-care is to set small goals that will add up to larger accomplishments. Give yourself credit for each step you complete.

Strengthen family bonds

Even after a parent passes, your family can still enjoy doing activities together. Quality time strengthens the positive bonds your children have with you and with the family as a whole—which promotes children's healthy social and emotional development.

Listen to your children

Research tells us that active listening helps children become more aware of their feelings, validates that these feelings are okay, and helps them develop ways to deal with the difficulties they face. Active listening tells your children that they matter to you and that you understand their worries and concerns.

Establish consistent, effective family rules

One tool for establishing effective family rules involves deciding on consequences that are fair, effective, and consistently enforceable. You can create this structure while being sensitive to your children by clearly and calmly communicating the rules and following through on the consequences so that your children know what is and is not acceptable.

Support your children's coping

You can also help your children cope by planning ahead for how your family will deal with difficult situations such as holidays and birthdays. For example, you can have a family meeting to decide together how to remember the deceased parent at a holiday gathering.



DAYS TO CELEBRATE IN OCTOBER



**October 4th is
National
Taco Day!**

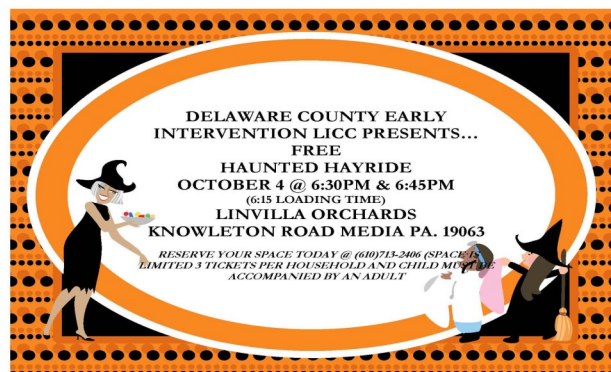
**October 28th is
National
Chocolate Day!**

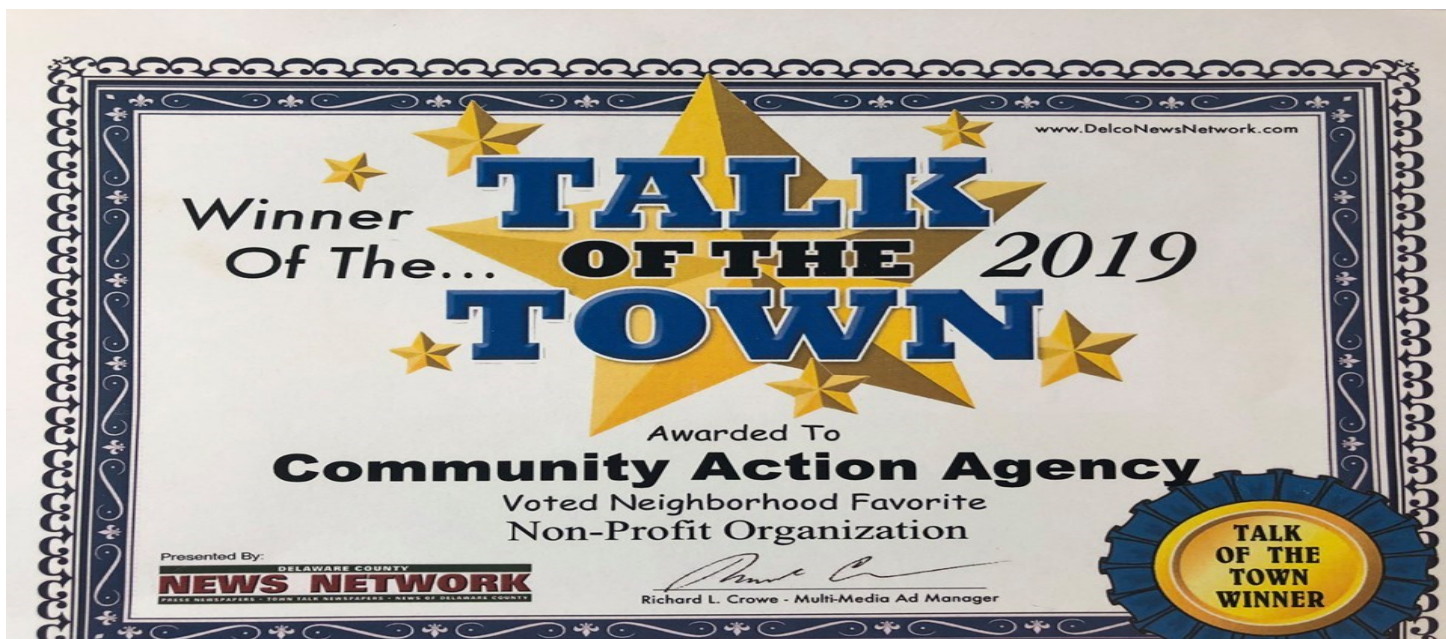


**October 31st
is Halloween!**

Halloween Safety Tips

1. Cross the street at corners, using traffic signals and crosswalks.
2. Put electronic devices down and keep heads up.
3. Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
4. When selecting a costume, make sure it is the right size to prevent trips and falls.





Help Celebrate the Winner of the Talk of the Town for 2019 by participating in two great events.

BINGO NIGHT FUNDRAISER

SUPPORTING THE HOMELESS

Please join us for a fun night of Bingo for a Good Cause!!!

Tickets: \$30 per ticket (Table of 8 for \$200). Call (610) 833-4454 or purchase online at <https://caadc.org/tickets/> (Must be 21 years or older)

The "Fall Into Bingo" Fundraiser will support the Homeless Shelters for families and individuals of the Community Action Agency of Delaware County, Inc. The event includes 10 Rounds of Bingo with Great Prizes plus a Jackpot Bonus Round.

Also Door Prizes, Raffle Baskets and Other Surprises!

When: Saturday November 16th

Doors Open at 5:30 p.m. and Bingo starts at 6:30 p.m.

Where: St. Demetrios Greek Orthodox Church

229 Powell Lane

Upper Darby, PA 19082

(Plenty of Parking Available)

Please Bring Your Own Food and Drinks!!!



CAADC, Inc. has partnered with the ACME in Upper Darby to support our Life Center Meal Program! Through the ACME Give Back Where It Counts Reusable Bag Program, donations will be made to support the Life Center Meal Program in October. Give Back Where It Counts Bag sold at the ACME store located at 7901 Lansdowne Ave, in Upper Darby in October.

The Meal Program provides dinner to homeless residents as well as other needy families/individuals from the community. Last year over 44,000 meals were provided. The meals are provided by volunteer community groups 365 days a year through our partnership with the Community Outreach Project. So when you are in the ACME in Upper Darby this month please consider supporting the Life Center while also helping out the environment and purchasing a bag.

DELAWARE COUNTY RESOURCES

WARDROBES FOR WORK OPEN HOUSE

THURSDAY, OCTOBER 10, 2019
10 AM TO 2 PM

FREE BUSINESS AND
CASUAL WORK CLOTHING
NEUMANN UNIVERSITY, ASTON

FREE EYE CARE & EYEGLASSES WALK-IN ONLY

October 5, 2019

8:30AM - 1:00PM
Jefferson Alumni Hall
10th & Locust St
Phila, PA 19107

- Children 17 years and under who have not had or have not passed an eye screening are encouraged to attend!
- Children must come with a parent or guardian.
- No health insurance? No problem! All children welcome.
- Public transportation encouraged.
- Please arrive early and allow for a few fun filled hours.

Give Kids Sight Day

is presented by:



For more information:
www.pccy.org/sightday
Email: gksd@pccy.org
Ph: 215-563-5848 x 21



English

5K SUPERHERO RUN
Making healthy choices, one stride at a time

Sunday, October 6, 2019 • 9am
Ridley Creek State Park, Media PA

Register Online!
cgrc.org/5K

✓ Tech Tees ✓ Kids Dash
✓ 1M Walk ✓ Dogs Welcome!

This event is co-sponsored by Child Guidance Resource Centers and is partially funded by the Delaware County Office of Behavioral Health, Division of Drug and Alcohol.

Multiple Pathways to Recovery
An Event to Celebrate! Inform! Break the Stigma!

CELEBRATE RECOVERY!
Everyone's path is different—share your success story with the recovery community & their allies while celebrating your individual journey to recovery.

Enjoy live music • food • light refreshments • games • all are welcome

For more information contact: Joel Shafer-Harris at Shafer-HarrisJ@delcohsa.org

This event was Coordinated by the Delaware County S.T.O.P. Coalition & Funded by the Delaware County Office of Behavioral Health, Division of Drug & Alcohol

Dog Costume Contest

Saturday, October 26

Starts 12:00 pm

Bethel Dog Park

30 Bethel Rd, Glen Mills, PA



Media Halloween Parade

October 26 @ 9:00 am - 10:00 am

The Town Talk sponsored 55th Annual Delaware County Halloween Parade will kick off 1 p.m. and march through Media. School bands from across the region will set the upbeat tone for this popular family event. See fire engines, classic and antique cars, as well as floats, clowns, scouts, various community groups, and hundreds of costumed trick or treaters.



DELAWARE COUNTY RESOURCES

LASP Legal Aid
of Southeastern PA



Free Birth Certificate Clinic

~ Presented by Catholic Social Services,
Legal Aid of Southeastern Pennsylvania & Santander Bank ~

**Do you need your Pennsylvania Birth Certificate
and don't have ID? If you were born in PA,
we can help!**

Wednesday, Oct. 23, 2019
11 a.m. - 2 p.m.

Catholic Social Services
130 E. 7th St. | Chester, PA 19013

Meet with an attorney
who will request your birth certificate for you.

No ID or fee required
Registration required for fee waiver. To register, call Legal Aid of
Southeastern Pennsylvania (LASP) at 610-874-8421.

Fees sponsored by:



Delaware County Council & Delaware County Transportation Management Association *present*



Thursday, October 31, 2019
9 a.m. to 1 p.m.

Springfield Country Club
400 W. Sproul Rd., Springfield, PA 19064
Call 610-892-9440 or visit dctma.org for details.



**DELAWARE COUNTY
COUNCIL**
Marianne Grace, Executive Director
John P. McBlain, Chairman
Colleen P. Morrone, Vice Chairman
Michael F. Culp
Kevin M. Madden
Brian P. Zidek



Sponsored by:



**Changing
Lives,
Impacting the
Community**

NEW CHOICES

Career Development Program

FOR MORE INFORMATION
Call New Choices at 610-359-5232 or
email newchoices@dccc.edu.

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NEW CHOICES

Career Development Program

Are you looking to return to work or change directions?

This **FREE** program is available to individuals in transition,
including those who are/ have been:
Unemployed • Underemployed • Single Parents
Widow(er)s/Divorces • Career Changers

New Choices can help you:

- ☒ Achieve your career, educational and personal goals
- ☒ Enhance your confidence, assertiveness and decision-making skills
- ☒ Find meaningful employment and improved economic security

Services include:

- Vocational assessment
- Résumé preparation and interview skills
- Classes to help you refresh your computer skills
- Professional networking opportunities
- Skills identification
- Career counseling and planning
- Education and training resources

2019-20 PROGRAM SCHEDULE

August 2019 – Evening Session
September 2019 – Day Session
November 2019 – Day Session
January 2020 – Day Session
February 2020 – Day Session
May 2020 – Day Session

Dates and sessions are subject to change. To view the latest
schedule, visit: dccc.edu/newchoices

NOW ENROLLING

For questions or to register, call 610-359-5232
or email newchoices@dccc.edu.



DELAWARE COUNTY RESOURCES



Head Start and Early Head Start are actively ENROLLING children ages 6 weeks to 5 years old and pregnant mothers!!!!

Head Start and Early Head Start programs provide free learning and development services to children ages 6 weeks to 5 for low-income families. Early Head Start and Head Start are inclusive program and welcome children with disabilities.

Our Early Head Start Home Based program provides Early Head Start services for expectant mothers and children from birth to 3 in the home setting for 90 minutes per week. The home-based program also offers opportunities for socializations twice per month.

Families working a minimum of 20 hrs. per week and are approved for ELRC or families with a parent/guardian who attends school at least 10 hours per week and works at least 10 hours per week and are approved for ELRC may benefit from our Child Care Partnership program that offers extended hours of service. (SELECT LOCATIONS and ELRC copay may apply).

What are the perks of EHS Childcare Partnerships & EHS Center-Based Care?

FREE!!!!!!!

EHS childcare partnership sites and EHS center-based care offer FREE DIAPERS, WIPES, FORMULA (SIMILAC ADVANCE, SIMILAC SOY) while children are in care. Priority ELRC waitlist status for eligible Early Head Start children.

DCIU HSEHS Requirements

Visit our website at www.dciu.org to locate the Head Start or Early Head Start in your community, to find out about their local requirements for enrolling your child or to pick up an application. Applications can also be completed online at www.dciu.org under "Our Services" and "Head Start". **Note:** a current physical exam with immunizations and dental exam will be required at intake

Early Head Start Center Based

Rockbourne (484) 461-4664

Yeadon (610) 623-3696

Home Base (610) 938-9000 ext. 2204

Early Head Start Childcare Partnership

Sites

Apple Pie Christian Academy (610) 447-1222

The Children's Garden (610) 461-2303

Smart from the Start (484) 461-4660

Head Start Locations

Rockbourne (484) 461-4664

Sharon Hill (610) 938-2845

CTR/Woodlyn (610) 494-0467

CTE Folcroft (610) 583-7620

Aston (610) 459-3050

Madison/Eddystone (610) 938-9399

Marcus Hook (610) 485-9532



Let Head Start help you & your family on the Path to Success!!

**DCIU EARLY HEAD START
HOME-BASED OPTION!!**



Imagine your child two years from now, five years, ten years, as an adult.

What do you want for your child?

What do you want your child to learn?

What kind of person do you want your child to be?

The Early Head Start Home Base

program option was created to help you help your child reach these goals—and

others you may not have dreamed of yet.



**We believe in you!
We are here to support you.**



Free Services for Eligible Families!

*Pregnant Women, infants & toddlers (up to 3 yrs of age)
& children with disabilities (up to 3 yrs of age)*

Please contact:

Amber Diggs (484) 461-4664



Save the Date

**Supportive Services for Veteran Families (SSVF) Program is hosting a
Veterans Day Resource Fair**

Date: Friday, November 8, 2019

Time: 10:00am-2:00PM

**Location: Chapel of the Four Chaplains
1201 Constitution Ave, The Navy Yard Bldg.649
Philadelphia, PA 19112**

**If your organization is interested in sponsoring this event, please contact
Jennifer Colon at 610-874-8451 for more information.**