



Parent Education Programs In Hawai'i

Parent Education Programs In Hawai'i

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Introduction

There is greater awareness today of the important role families play in the lives of Hawai‘i’s children. This can be seen in efforts to engage parents and caregivers—often grandparents and other informal care providers—in providing enriching early experiences that prepare children for formal schooling. It includes disseminating information through the media, the mail, and in face-to-face meetings to inform parents what they can do to promote their children’s healthy development. It is also demonstrated in the growing interest in ensuring that there are sufficient high quality family education resources to serve the needs of parents with common questions and problems as well as parents whose violence, addiction, and/or neglectful behavior require different educational and treatment modalities.

This booklet is the first comprehensive collection of the parent education programs offered in Hawai‘i. It was compiled by the Center on the Family to gather all of the information into a single resource for families interested in parent education classes and services. It was also developed to enable policy makers, family service providers, educators, and others to view the array and gaps in offerings and to have current program information readily available for referrals or follow up contacts. Note, however, that program information may change subsequent to the booklet’s publishing.

The program listings are organized into two sections:

Parent Education Classes. These ongoing training sessions and courses are offered at various times of the year and for various lengths of time. Some are free; others charge fees. Participants may include parents and interested individuals from the community, individuals who are court-mandated to attend, and those who wish to meet certification or other requirements.

Home Visitor Services. These services provide personalized sessions in the client’s home at mutually arranged times for a specified duration. They are generally restricted to families who meet certain criteria—for example, families who are Native Hawaiian or who meet income requirements.

Within each section, the programs are presented in alphabetical order by island: O‘ahu, Hawai‘i, Kaua‘i, Maui, Moloka‘i, and Lāna‘i. The information was provided and verified by representatives from the various programs, and we wish to extend our appreciation to them for their assistance. In an undertaking such as this, it is perhaps inevitable that omissions occur, and we apologize to those whose programs were inadvertently left out of the present listing. We hope *Parent Education Programs in Hawai‘i* contributes to the development of a stronger network of supports available to the families in our state.

Parent Education Classes

O'ahu Programs	Classes
<p>Adult Friends for Youth 3375 Koapaka Street, Suite B-290 Honolulu, HI 96819</p> <ul style="list-style-type: none"> ▪ Phone: 833-8775 ▪ Fax: 833-6469 ▪ Contact Person: Terry Fisher ▪ E-mail: afy001@hawaii.rr.com 	<p><i>Parent Education and Support Groups</i> Open to the community. This program helps parents explore productive solutions to their parenting concerns. Special emphasis is placed on how to parent adolescents. Although the focus is on preteens and teens, classes include information on child development from birth.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours (6 – 8 p.m.) for 6 weeks ▪ Year round from January – October ▪ Fee: \$120; scholarships available <hr style="border-top: 1px dashed black;"/> <p><i>Young Parent Groups</i></p> <ul style="list-style-type: none"> ▪ For pregnant and parenting teen mothers and fathers ▪ Enrollment by referral. Call the program for more information
<p>Castle Wellness Center 642 Ulukahiki Street Kailua, HI 96734</p> <p>Mailing Address for parenting classes: Castle Medical Center Marketing Department Call Center Coordinator 640 Ulukahiki Street Kailua, HI 96734</p> <ul style="list-style-type: none"> ▪ Phone: 263-5400 ▪ Fax: 263-5161 ▪ Web site: www.castlemed.org ▪ Contact Person: Jim Hoff ▪ E-mail: hoffjp@ah.org 	<p><i>Active Parenting (ages 2 – 12)</i> In this course, parents learn skills that will help develop cooperation, responsibility, courage, and self esteem in their children. Parents also learn a specific approach to parenting.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours (6 – 8 p.m.) for 6 weeks ▪ Instructor: Nancy Tahara ▪ Fee: Regular \$65; Couple \$100
<p>Coalition for a Drug-Free Hawai'i 1130 North Nimitz Highway, A-259 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone (O'ahu): 545-3228 ▪ Inter-island: 1-800-845-1946 ▪ Fax: 545-2686 ▪ Web site: www.drugfreehawaii.org ▪ Contact Person: Renee Peiler ▪ E-mail: cdfh@pixi.com 	<p><i>Strengthening Hawai'i Families (SHF)</i> This course is for families and their 8 to 11-year-old children. This is a values-based family strengthening program that provides a culturally comprehensive framework for families to clarify values, improve family cohesion and organization, increase communication, and reduce family conflicts.</p> <p>A team of 4 facilitators works with a group of 6 – 10 families to cover the following: exploring and practicing family values, cultural and generational continuity, connecting with one another, creating a family vision, goal setting, personal and family resilience, communication, making choices, problem solving, limit setting, anger management, wellness (including substance abuse prevention), healthy lifestyle choices, and 'ohana time.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 14 weeks ▪ Fee: Free to families at selected school and community sites <hr style="border-top: 1px dashed black;"/> <p>SHF Training Facilitators: Call for information</p>

Parent Education Classes

O'ahu Programs	Classes
<p>Families for R.E.A.L. (Resources and Early Access to Learning)</p> <p>Leeward District Pearl City Highlands Elementary School 419 Waimano Home Road Pearl City, HI 96782</p> <ul style="list-style-type: none"> ▪ Phone: 453-6478 ▪ Fax: 454-8811 ▪ Web site (for brochure): sssb.k12.hi.us/penc/r.e.a.l/r.e.a.l. brochure.pdf ▪ Contact Person: Laura McHugh ▪ E-mail: laura_mchugh@notes.k12.hi.us <p>Windward District Kapunahala Elementary School 45-828 'Ano'i Road Kāne'ohe, HI 96744</p> <ul style="list-style-type: none"> ▪ Phone: 233-5656 ▪ Fax: 233-5651 ▪ Contact Person: Chris Chang ▪ E-mail: chris_chang@notes.k12.hi.us 	<p><i>Families for R.E.A.L. for Families</i></p> <p>Classes and events are for parents and their infants, toddlers, and preschoolers. Classes offer information regarding family values, stress management, social/emotional development, guidance, limit setting, language development, and school readiness. Families participate in fun parent/child learning activities such as making toys and books, cooking and snack preparation, singing songs, moving to music, and going on field trips.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 9 – 10 weeks ▪ Sessions are offered in the fall (August – October), winter (November – February), and spring (March – May) ▪ Site session dates may vary ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Families for R.E.A.L. for Community Agencies</i></p> <p>Services offered to community agencies include staff development and training in early childhood education, speakers on child development and parenting issues, and classes in infant/toddler development for pregnant teens and teen parents. Call the program for more information.</p>
<p>Family Education Centers of Hawai'i at Mānoa, University of Hawai'i</p> <p>2515 Campus Road, MA-6 Honolulu, HI 96822</p> <ul style="list-style-type: none"> ▪ Phone: 956-2249 ▪ Contact Person: Dr. Mary Martini ▪ E-mail: mmartini@lava.net <ul style="list-style-type: none"> ▪ Phone: 956-2248 ▪ Contact Person: Dr. James Deutch ▪ E-mail: deutch@hawaii.edu 	<p><i>The Practical Parent</i></p> <p>This course uses an open-forum format for counseling and parent education that teaches parents how to deal with problems such as cooperation, chores, bedtime, eating, fighting, public behavior, homework, allowance, bad habits, and more. While parents work with professional counselors, children learn cooperation and respect from supervised University of Hawai'i student counselors.</p> <ul style="list-style-type: none"> ▪ Once a week (Sunday) for 2½ hours (4:30 – 7 p.m.) for 10 sessions ▪ Classes are offered twice a year during spring (February – April) and fall (September – November) semesters ▪ Location of class: University of Hawai'i, Mānoa campus, Miller Hall 101 ▪ Call Dr. Deutch for recorded program information ▪ Fee: Flat rate family fee for all 10 sessions or per session rate; includes a light supper

Parent Education Classes

O'ahu Programs	Classes
<p>Hawai'i Parental Information and Resource Center (HPIRC)</p> <ul style="list-style-type: none"> ▪ Phone: 841-6177 ▪ Toll-free Number: 1-877-994-7472 ▪ Fax: 841-1779 ▪ Web site: www.hawaiipirc.org ▪ Contact Person: Helenann Lauber ▪ E-mail: fc@pacthawaii.org <hr style="border-top: 1px dashed black;"/> <p><i>Kāne'ohe Community Family Center</i> He'eia Elementary School 46-202 Ha'ikū Road, P-2 Kāne'ohe, HI 96744</p> <ul style="list-style-type: none"> ▪ Phone: 235-7747 ▪ Fax: 235-7748 ▪ Contact Persons: Gordon Miyamoto; Mariko Oshiro ▪ E-mail: kcfc@pacthawaii.org <hr style="border-top: 1px dashed black;"/> <p><i>KPT Family Center</i> 1485 Linapuni Street, Suite 103 Honolulu, HI 96819</p> <ul style="list-style-type: none"> ▪ Phone: 841-6177 ▪ Fax: 841-1779 ▪ Contact Person: Melissa Chun ▪ E-mail: femchun@pacthawaii.org <hr style="border-top: 1px dashed black;"/> <p><i>Neighborhood Place of Central Kalihi</i></p> <ul style="list-style-type: none"> ▪ Phone: 841-6177 ▪ Contact Person: Elizabeth Bookmyer 	<p>The Hawai'i Parental Information and Resource Center assists families, schools, and communities to share the responsibility for the optimal development of children.</p> <hr style="border-top: 1px dashed black;"/> <p>Parenting and Family Strengthening classes are provided periodically. Topics are determined by the needs specified by the target schools.</p> <p>Serving locations: Benjamin Parker Elementary School, He'eia Elementary School, Pū'ōhala Elementary School, Samuel W. King Intermediate School</p> <ul style="list-style-type: none"> ▪ Classes offered by request specified by the community ▪ Locations of classes vary ▪ Call program for information on classes, location, and schedule ▪ Fee: Free except for required materials <hr style="border-top: 1px dashed black;"/> <p>Parenting and Family Strengthening classes are provided periodically. Topics are determined by the needs specified by the target schools.</p> <p>Serving Locations: Fern Elementary School, Kalihi-Waena Elementary School, Linapuni Elementary School</p> <ul style="list-style-type: none"> ▪ Classes offered by request specified by the community ▪ Locations of classes vary ▪ Call program for information on classes, location, and schedule ▪ Fee: Free except for required materials <hr style="border-top: 1px dashed black;"/> <p>Neighborhood Place of Central Kalihi sponsors various parenting classes free of charge for residents of Kalihi, Pālama, and Liliha areas.</p> <ul style="list-style-type: none"> ▪ Call the program for information on classes ▪ Parent support groups meet once a week (Tuesday) for 2 hours (noon – 2 p.m.), ongoing ▪ Fee: Free

Parent Education Classes

O'ahu Programs	Classes
<p>The Institute for Family Enrichment (TIFFE) 615 Pi'ikoi Street, #105 Honolulu, HI 96814</p> <ul style="list-style-type: none"> ▪ Phone: 596-8433 ▪ Fax: 748-3086 ▪ Web site: www.tiffe.org ▪ Contact Persons: Mahea; Raquel ▪ E-mail: mahsing@tiffe.org <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▪ Contact Person: Tom Naki ▪ E-mail: tnaki@tiffe.org 	<p><i>ABCs of Nurturing Parenting Series</i> Sessions focus on children ages birth – 5, 6 –11, and 12 – 18 years. Topics include nurturing children/nurturing parents, behavior encouragement techniques, nurturing routines, behavior management techniques, conflict, confrontation and negotiation within the family, and humor, play, and fun.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 6 weeks ▪ Year-round classes ▪ Fee: \$20 per session or \$25 per couple <hr style="border-top: 1px dashed black;"/> <p><i>ABCs of Nurturing Parenting Series</i> (only for those court-ordered to attend) Sessions focus on children from birth to age 18. Topics include nurturing children/nurturing parents, behavior encouragement and management techniques, alternatives to spanking, managing feelings, building self-worth, nurturing routines, confrontation and negotiation within the family, and humor, play, and fun.</p> <ul style="list-style-type: none"> ▪ Once a week (Tuesday) for 1½ hours (10 – 11:30 a.m.) for 10 weeks ▪ Year-round classes ▪ Fee: \$20 per session or \$25 per couple ▪ Certificate of completion will be issued upon completion of all 10 sessions <hr style="border-top: 1px dashed black;"/> <p><i>Nurturing Fathers Program</i> This group-based program helps fathers develop attitudes and skills for male nurturance. The program activities address: the roots of fathering, nurturing ourselves/our children, fathering sons/fathering daughters, discipline without violence, playing with children, managing anger/resolving conflict, teamwork with spouse/partner, balancing work and fathering, communication and problem solving, cultural influence, and dealing with feelings.</p> <ul style="list-style-type: none"> ▪ Once a week for 2½ hours for 13 weeks ▪ Group size ranges from 10 to 15 fathers ▪ Fee: Call program for information and class schedule

Parent Education Classes

O'ahu Programs	Classes
<p>Kaiser Permanente <i>Life Style Program</i> Honolulu Clinic 1010 Pensacola Street Honolulu, HI 96814</p> <ul style="list-style-type: none"> ▪ Phone: 383-5438 ▪ Registration: 432-2270 ▪ Web site: www.kaiserpermanente.org (search site for The Magical Kingdom of Parenting) ▪ Contact Person: Linda Shiraishi 	<p><i>The Magical Kingdom of Parenting</i></p> <p>This course is for parents with children of all ages. This one-day session will cover the following: major psychological gifts that people naturally develop, parents' and children's psychological gifts, common problems between parents and children, and strategies for dealing with problems.</p> <ul style="list-style-type: none"> ▪ One-day session: Saturday 8 a.m. – noon Part I, 1 – 5 p.m. Part II ▪ Call program for more information about the schedule ▪ Fee: The following fees are for each part <ul style="list-style-type: none"> - Non-member fee: \$58 for individual; \$81 per couple - Kaiser Permanente member fee: \$53 for individual; \$76 per couple - Employee fee: \$46 for individual; \$69 per couple
<p>Kapi'olani Child Protection Center 55 Merchant Street, 22nd Floor Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Phone: 535-7700 ▪ Fax: 535-7722 ▪ Contact Person: Dr. Steven Choy ▪ E-mail: stevenc@kapiolani.org 	<p>Specific parenting classes available only to individuals involved with Child Protective Services.</p>

Parent Education Classes

O'ahu Programs	Classes
<p>Kapi'olani Medical Center for Women and Children 1319 Punahou Street Honolulu, HI 96826</p> <ul style="list-style-type: none"> ▪ Phone: 535-7000 to register ▪ Fax: 535-7922 ▪ Web site: www.kapiolani.org/keeping/classes.html ▪ Contact Person: Debbie Ahina ▪ E-mail: debbica@kapiolani.org 	<p>All classes are video-based and include a book.</p> <hr style="border-top: 1px dashed black;"/> <p><i>1, 2, 3, 4... Parents! (ages 1 – 4)</i> This course identifies reasonable age-appropriate abilities and helps parents learn how to set routines and rules. It teaches how to give choices, prevent problems, how to encourage positive behaviors, and how to eliminate behaviors that are unacceptable.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 4 weeks ▪ Fee: \$50 flat fee per person <hr style="border-top: 1px dashed black;"/> <p><i>Active Parenting (ages 5 – 10)</i> This course helps parents prepare for the challenges and constant testing this age group demonstrates. By focusing on mutual respect and improving listening and communication skills, parents will improve their relationships with their children.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 6 weeks ▪ Fee: \$75 per person or \$105 per couple <hr style="border-top: 1px dashed black;"/> <p><i>Active Parenting of Teens (ages 10 & up)</i> This course helps parents form better relationships with their teens through techniques such as family brainstorming meetings, mutual respect, active listening, when-then statements, logical consequences, group support, practice, encouragement, effort, and consistency.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 6 weeks ▪ Fee: \$75 per person or \$105 per couple <hr style="border-top: 1px dashed black;"/> <p><i>Cooperative Parenting and Divorce</i> This course offers ways for parents to become child-focused and plan for peace, learn to listen, communicate, and defuse conflict. Parents learn how effort, practice, patience, and experience can lead to less stress and an opportunity to reconstruct family dynamics.</p> <ul style="list-style-type: none"> ▪ Once a week for 3 hours for 8 weeks ▪ Fee: Flat fee \$150 per couple

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<p>Parent Community Networking Center (PCNC) Honolulu District 4967 Kīlauea Avenue Honolulu, HI 96816</p> <ul style="list-style-type: none"> ▪ Phone: 733-4737 ▪ Fax: 733-4974 ▪ Web site: www.parentproject.com ▪ Contact Person: June Kawamura ▪ E-mail: june_kawamura@notes.k12.hi.us 	<p><i>Parent Project</i></p> <p>This course provides practical and emotional support to families, equips and empowers parents, brings positive behavior change, reduces family conflict, improves parent/child relationships, improves children's school performance, intervenes in adolescent drug and alcohol use, and reduces gang and other types of poor peer associations. Parents are encouraged to form support groups to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Once a week for 3 hours (6 – 9 p.m.) for 10 weeks ▪ Locations vary ▪ Contact the program or check the Web site for schedule and locations ▪ Fee: Class is free, workbook costs \$24 <hr style="border-top: 1px dashed black;"/> <p><i>Loving Solutions (a.k.a. Parent Project Jr.)</i> (for parents with children ages 5 – 12)</p> <p>Loving Solutions provides guidelines for parents to determine when they need a "rule", what issues are negotiable, how to use time-outs properly to achieve behavior change, and how to get children to cooperate with household chores, get along better with siblings, and improve school success. Parents are encouraged to form support groups in order to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Contact the program for more information
<p>PARENTS, Inc. 45-955 Kamehameha Highway, Suite 403 Kāne'ohe, HI 96744</p> <ul style="list-style-type: none"> ▪ Phone: 235-0488 ▪ Fax: 247-0447 ▪ Contact Person: Kathy Bentley ▪ E-mail: kbentley@hawaiiiparents.org 	<p><i>Confident Parenting</i></p> <p>This course covers topics such as child development, understanding temperament, developing positive self esteem, positive discipline, handling stress, nutrition, communication, safety, and controlling TV. These classes are offered for parents and children in three age ranges: birth – 6, 7 – 12, and 13 – 18.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 8 weeks ▪ 4 sessions per year ▪ Locations vary ▪ Call the program for more information ▪ Fee: Registration fee required <hr style="border-top: 1px dashed black;"/> <p>Parent Workshops: available by request; conducted in your community</p>

Parent Education Classes

O'ahu Programs	Classes
<p>Parents and Children Together (PACT) <i>Family Peace Center</i> 1505 Dillingham Boulevard, Suite 208 Honolulu, HI 96817</p> <p>Mailing Address: 1485 Linapuni Street, Suite 105 Honolulu, HI 96819</p> <ul style="list-style-type: none"> ▪ Phone 832-0855 ▪ Fax 832-0853 ▪ E-mail: fpc@pacthawaii.org ▪ Web site: www.pacthawaii.org 	<p>The Family Peace Center on O'ahu provides individual and group counseling intervention for victims/survivors, offenders, and child witnesses of domestic violence. Also provided are parenting classes, school-based groups for youth, and community education about violence against women.</p> <p><i>The Haupoa ("make the ground soft for planting") Family Component</i> This component works with children who have witnessed domestic violence, and their parents. Services include support and intervention for children (ages birth – 17) who have been exposed to domestic violence, violence-control groups for children who have acted violently, and support for teenage girls who have experienced dating violence.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 8 sessions or as determined during program intake process ▪ Eligibility: Anyone who has experienced or is currently experiencing abuse in an intimate relationship or within a family unit, as well as anyone who has perpetrated violence ▪ Target Population: Women, children, and men who have experienced domestic violence; adults or juveniles who have perpetrated violence ▪ Call for an appointment ▪ Fees are on a sliding scale, based on income and number of dependents; no one is denied service based on inability to pay
<p>People Attentive to Children (PATCH) 650 Iwilei Road, Suite 205 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 839-1988 ▪ Fax: 839-1799 ▪ E-mail: Patch@PatchHawaii.org ▪ Web site: www.PatchHawaii.org 	<p>PATCH provides childcare referral information to the families of Hawai'i. Through PATCH, parents learn about the types of childcare available in their community, learn how to choose quality childcare, and get assistance with their special childcare needs.</p> <p>PATCH offers various classes in topics such as growth and development, relationships and guidance, planning learning experiences, health, safety, and nutrition. Classes are geared toward childcare providers and those working with young children (birth – age 5).</p> <ul style="list-style-type: none"> ▪ Visit the PATCH Web site for class descriptions, parent information, childcare provider resources, local contact numbers, and much more ▪ Call the local office for class information and scheduling ▪ Fee: Most services are free, including the majority of training classes

Parent Education Classes

Hawai'i-Hilo Programs	Classes
<p>PARENTS, Inc. (Hilo) 99 Aupuni Street, Suite 213 Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 934-9552 ▪ Fax: 934-9553 ▪ Contact Person: Regina Purinton 	<p><i>Confident Parenting</i></p> <p>This course covers topics such as child development, understanding temperament, developing positive self esteem, positive discipline, handling stress, nutrition, communication, and safety.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 8 weeks ▪ 4 sessions per year ▪ Locations vary ▪ Call the program for more information ▪ Free childcare provided ▪ Fee: Registration fee required <p>-----</p> <p>Parent Workshops: available by request; conducted in your community</p>
<p>People Attentive to Children (PATCH) East Hawai'i 235 Waiānuenue Avenue, Suite 103 Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 961-3169 ▪ Fax: 935-7867 ▪ E-mail: Patch@PatchHawaii.org ▪ Web site: www.PatchHawaii.org 	<p>PATCH provides childcare referral information to the families of Hawai'i. Through PATCH, parents learn about the types of childcare available in their community, learn how to choose quality childcare, and get assistance with their special childcare needs.</p> <p>PATCH offers various classes in topics such as growth and development, relationships and guidance, planning learning experiences, health, safety, nutrition, and more. Classes are geared toward childcare providers and those working with young children (birth to age 5).</p> <ul style="list-style-type: none"> ▪ Visit the PATCH Web site for class descriptions, parent information, childcare provider resources, local contact numbers, and much more ▪ Call the local office for class information and scheduling ▪ Fee: Most services are free, including the majority of training classes
<p>Turning Point for Families – Alternatives to Violence 1266 Kamehameha Avenue, Suite A5 Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 969-7798, ext.239 ▪ Fax: 934-4600 ▪ Web site: www.turningpointforfamilies.org ▪ Contact Person: Maine Castro 	<p><i>Common Sense Parenting</i></p> <p>A program designed for parents and children who have been exposed to domestic violence or some form of neglect. Classes are available for parents of children ages birth – 17. The goals of this class include learning how to effectively discipline and communicate with your child, change behavior and increase self control, and respond positively to your child. This class also helps parents to recognize how their old parenting patterns can affect their parenting style today.</p> <ul style="list-style-type: none"> ▪ One to two times a week for 2 hours for 15 sessions ▪ Free childcare if requested in advance ▪ Fee: \$2 per class

Parent Education Classes

Hawai'i-Hilo Programs	Classes
<p>Young Life Parent Project Counseling Center 101 Aupuni Street, Suite 114 Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 969-7822 ▪ Fax: 969-7822 ▪ Web site: www.parentproject.com ▪ Contact Person: Betsy Nakano ▪ E-mail: ylpp@hawaii.rr.com 	<p><i>Parent Project</i></p> <p>This course provides practical and emotional support to families, equips and empowers parents, brings positive behavior change, reduces family conflict, improves parent/child relationships, improves children's school performance, intervenes in adolescent drug and alcohol use, and reduces gang and other types of poor peer associations. Parents are encouraged to form support groups to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Once a week for 2½ hours in the evening for 10 weeks ▪ Locations vary ▪ Call program or visit the Web site for class schedule ▪ Fee: Class is free, workbook costs \$22 <p>-----</p> <p><i>Parent Project Jr. (a.k.a. Loving Solutions)</i> (for parents with children ages 5 – 12 years)</p> <p>Loving Solutions provides guidelines for parents to determine when they need a "rule", what issues are negotiable, how to use time-outs properly to gain behavior change, and how to get children to cooperate with household chores, get along better with siblings, and improve school success. Parents are encouraged to form support groups in order to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Contact the program or visit the Web site for more information and a schedule

Parent Education Classes

Hawai'i-Kona Programs	Classes
<p>Family Support Services of West Hawai'i <i>Kāko 'o Na Makua – All Parents Stand Together</i> 75-127 Lunapule Road, Suite 11 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 334-4104 ▪ Fax: 326-4063 ▪ Web site: www.fsswh.org ▪ Contact Person: Stephanie Mackey ▪ E-mail: smackey@fsswh.org 	<p><i>Parent Education Calendar and Resource Guide</i></p> <p>This monthly guide provides a list of parenting classes, play groups, and other resources for families who reside in the areas of Kona, Waikoloa, Waimea, Kohala, Kealahou, and Hōnaunau.</p> <ul style="list-style-type: none"> ▪ Refer to the monthly calendar on the Web site or call the program to receive the monthly guide
<p>Kapi'olani Child Protection Center 74-5599 Luhia Street, E7 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 329-4020 ▪ Fax: 329-8628 ▪ Contact Person: Mary Jo Westmoreland ▪ E-mail: kcpcmjw@hawaii.rr.com 	<p>Specific parenting classes available only to individuals involved with Child Protective Services.</p>
<p>Kealahou High School Parent-Community Center 74-5000 Puohuluhuli Street Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 327-4300, ext. 432 ▪ Fax: 327-4307 ▪ Web site: www.parentproject.com ▪ Contact Person: Linda Jeffrey ▪ E-mail: khparentcenter@yahoo.com 	<p><i>Parenting Classes (Parent Project Curriculum)</i></p> <p>This course provides practical solutions and emotional support to families with children 10 years and older. This course equips and empowers parents to bring positive behavior change, reduce family conflict, improve parent/child relationships, improve children's school performance, intervene in adolescent drug and alcohol use, and reduce gang and other types of poor peer associations. Parents are encouraged to form support groups to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Once a week for 2½ hours (6:30 – 9 p.m.) for 7 – 10 weeks ▪ Call the program for a schedule ▪ Facilitated by Douglass Bartlett, M.Ed ▪ Sponsored by Kealahou High School (Parent Project) and Family Support Services of West Hawai'i ▪ Fee: Class is free, workbook costs \$22

Parent Education Classes

Hawai'i-Kona Programs	Classes
<p>Neighborhood Place of Kona 74-5565 Luhia Street, B1 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 331-8777 ▪ Fax: 331-8774 ▪ Contact Person: Wally Lau ▪ E-mail: wlau@hawaii.rr.com 	<p><i>Ke Ala Kūpono (Path to Rightness)</i> This parenting class introduces six concepts from Ke Ala Kūpono (Path to Rightness), and focuses on the important responsibility that parents have in teaching and role modeling proper values and behavior to their children. Hawaiian culture is used as the primary vehicle of instruction and is presented through story telling. Classes are small, non-judgmental, interactive, and voluntary.</p> <ul style="list-style-type: none"> ▪ Once a week (Thursday) for 1½ hours for 6 weeks ▪ Ongoing, 3 sessions a year ▪ A Certificate of Completion is awarded for those that attend and participate in each class ▪ Fee: Free
<p>People Attentive to Children (PATCH) West Hawai'i 73-4354 Māmalahoa Highway, Suite 201 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 325-3864 ▪ Web site: www.PatchHawaii.org ▪ E-mail: Patch@PatchHawaii.org 	<p>PATCH provides childcare referral information to the families of Hawai'i. Through PATCH, parents learn about the types of childcare available in their community, learn how to choose quality childcare, and get assistance with their special childcare needs.</p> <p>PATCH offers various classes in topics such as growth and development, relationships and guidance, planning learning experiences, health, safety, and nutrition. Classes are geared toward childcare providers and those working with young children (birth – age 5).</p> <ul style="list-style-type: none"> ▪ Visit the PATCH Web site for class descriptions, parent information, childcare provider resources, local contact numbers, and much more ▪ Call the local office for class information and scheduling ▪ Fee: Most services are free, including the majority of training classes
<p>Personal Parenting and Assessment Services 74-5620 Palani Road, Suite 101 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 327-2123 ▪ Fax: 327-2124 ▪ Web site: www.personalparenting.com ▪ Contact Persons: Susie Akimo; Patrick Hurney ▪ E-mail: susanakimo@personalparenting.com 	<p><i>Fundamentals of Parenting</i> This class is designed for parents of children from ages birth – 13, with an emphasis on school-age children. It focuses on creating structure in the home with rules, consequences, rewards, and communication skill development.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 12 weeks ▪ Open enrollment but preference is given to parents involved with Child Protective Services ▪ Fee: Free for CPS clients, \$5 per class for self-referred parents <p>-----</p> <p>Other parenting classes offered: Parents of Teens, Life Skills, Homes of Honor, Parents of ADD/ADHD Children, Strengthening Multi-Ethnic Families and Communities, Teenaged Parents, Substance Abuse Groups</p>

Parent Education Classes

Hawai'i-Kona Programs	Classes
<p>Turning Point for Families – Alternatives to Violence West Hawai'i 77-6425 Kuakini Highway, Suite B-201 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 326-1607 ▪ Fax: 326-1410 ▪ Contact Person: Shannon Emeliano ▪ E-mail: konawhatv@yahoo.com 	<p><i>Common Sense Parenting</i> A program designed for parents and children who have been exposed to domestic violence. Separate classes are available for parents of children ages birth – 5, and ages 6 and up. The goals of this class include learning how to effectively discipline and communicate with your child, change behavior and increase self control, and respond positively to your child.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 15 weeks ▪ Free childcare if requested in advance ▪ Fee: \$1 per class, book \$15
<p>Tūtū's House 64-1032 Māmalahoa Highway, #305 Kamuela, HI 96743</p> <p>Mailing Address: P.O. Box 2655 Kamuela, HI 96743</p> <ul style="list-style-type: none"> ▪ Phone: 885-6777 ▪ Fax: 885-4998 ▪ Web site: www.tutushouse.org ▪ Contact Person: Dana Moody ▪ E-mail: tutus@tutushouse.org 	<p><i>How to Talk So Your Kids Will Listen</i> This course, for parents and grandparents, provides a variety of simple ways to communicate positively with children. Each week different topics are covered such as dealing with feelings, engaging cooperation, alternatives to punishment, encouraging autonomy, praise, and freedom from playing roles. Resource booklet and handouts are included.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 6 weeks ▪ Classes are offered intermittently as community needs arise ▪ Call the program for class schedule ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Developing Capable Young People</i> This class is based on raising self-reliant children in a self-indulgent world and teaches ways to help children make wise decisions.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 10 weeks ▪ Classes are offered intermittently as community needs arise ▪ Call the program for class schedule ▪ Fee: Free
<p>YMCA Family Court Visitation Center 74-5606 Pāwai Place Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 329-2995 ▪ Fax: 329-3722 ▪ Contact Person: Elaine Goggin 	<p><i>Parenting Solutions (support group)</i> This support group meets to discuss simple and common sense approaches to parenting. Topics include normal and healthy child development, basic care of children and how to meet their needs effectively, effective discipline, the domestic violence cycle, the effects of domestic violence on children, and successful co-parenting.</p> <ul style="list-style-type: none"> ▪ Once a week (Tuesday) for 2 hours (6 – 8 p.m.) for 6 weeks ▪ Fee: \$10 per class per person

Parent Education Classes

Kaua'i Programs	Classes
<p>Child and Family Service <i>Hale Ho 'omalu</i> 4-1112 Kuhio Highway Kapa'a, HI 96746</p> <ul style="list-style-type: none"> ▪ Phone: 821-2520 ▪ Fax: 821-0625 ▪ Web site: www.cfs-hawaii.org ▪ Contact Person: Dory Farias ▪ E-mail: dfarias@cfs-hawaii.org <hr style="border-top: 1px dashed black;"/> <p><i>Nana's House</i> 9875 Waimea Road Waimea, HI 96796</p> <ul style="list-style-type: none"> ▪ Phone: 338-0252 ▪ Fax: 338-0403 ▪ Web site: www.cfs-hawaii.org ▪ Contact Person: Nancy Golden 	<p><i>Parenting Classes</i> This course covers topics such as discipline, styles of parenting, rules, choices and consequences, self esteem, homework completion, communication, anger management tools, and problem solving.</p> <ul style="list-style-type: none"> ▪ Once a week (Tuesday) for 1½ hours (6:30 – 8 p.m.) for 6 weeks ▪ Classes offered quarterly beginning in January, April, July, and October ▪ On-site adult supervision is available for children while parents are attending the session ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Parenting Class</i> This course covers topics such as understanding behavior, encouragement and listening, difference between punishment and discipline, logical and natural consequences, “I” & “your” messages, family meetings, and democratic and positive parenting.</p> <ul style="list-style-type: none"> ▪ Once a week (Tuesday) for 1½ hours (6 – 7:30 p.m.) for 6 – 7 weeks ▪ Classes offered quarterly ▪ Free childcare provided ▪ Fee: Free
<p>People Attentive to Children (PATCH) 4347 Rice Street, Suite 207 Līhu'e, HI 96766</p> <ul style="list-style-type: none"> ▪ Phone: 246-0622 ▪ Fax: 246-0069 ▪ Web site: www.PatchHawaii.org ▪ E-mail: Patch@PatchHawaii.org 	<p>PATCH provides childcare referral information to the families of Hawai'i. Through PATCH, parents learn about the types of childcare available in their community, learn how to choose quality childcare, and get assistance with their special childcare needs.</p> <p>PATCH offers various classes in topics such as growth and development, relationships and guidance, planning learning experiences, health, safety, and nutrition. Classes are geared toward childcare providers and those working with young children (birth – age 5).</p> <ul style="list-style-type: none"> ▪ Visit the PATCH Web site for class descriptions, parent information, childcare provider resources, local contact numbers, and much more ▪ Call the local office for class information and scheduling ▪ Fee: Most services are free, including the majority of training classes

Parent Education Classes

Kaua'i Programs	Classes
<p>Personal Parenting and Assessment Services 4272-B Rice Street Līhu'e, HI 96766</p> <ul style="list-style-type: none"> ▪ Phone: 245-4831 ▪ Fax: 245-4832 ▪ Web site: www.personalparenting.com ▪ Contact Persons: Kauai Kanoho; Kelley Andrade ▪ E-mail: ppasinc@personalparenting.com 	<p><i>Fundamentals of Parenting</i> This class is designed for parents of children ages birth – 13, with an emphasis on school-age children, and focuses on creating structure in the home with rules, consequences, rewards, and communication skill development.</p> <hr style="border-top: 1px dashed black;"/> <p><i>Homes of Honor</i> This course is based on video presentations and group discussions that focus on healthy family relationships based on respect and recognition of individual differences and healthy communication.</p> <hr style="border-top: 1px dashed black;"/> <p><i>Life Skills</i> This course focuses on viewing life as a journey and seeks to help parents understand the components of their lives. Parents are then encouraged to provide healthy foundations on which their children can begin to construct their own lives.</p> <hr style="border-top: 1px dashed black;"/> <p><i>Teenage Parents</i> A class for moms or dads who are still teenagers, yet are faced with the challenge of raising their own child.</p> <hr style="border-top: 1px dashed black;"/> <p><i>Parents of Teens</i> This fun and supportive group is designed especially for frustrated parents whose teen exhibits symptoms of Oppositional Defiant Disorder.</p> <hr style="border-top: 1px dashed black;"/> <p><i>Parents of ADD/ADHD Children</i> This course provides basic knowledge and hands-on ideas for parents who have children with symptoms of or a diagnosis of Attention Deficit (Hyperactivity) Disorder.</p> <hr style="border-top: 1px dashed black;"/> <p><i>Strengthening Multi-Ethnic Families and Communities</i> This course is designed to strengthen all families through violence prevention and intervention. Topics include circles of support and interdependence, causes of behavior, effective praise, use of consequences, and family rules.</p> <hr style="border-top: 1px dashed black;"/> <p>Classes will be offered beginning in September 2004. Call the program for information, class schedule, and fees.</p>

Parent Education Classes

Maui Programs	Classes
<p>Child and Family Service 333 Dairy Road, Suite 201 Kahului, HI 96732</p> <ul style="list-style-type: none"> ▪ Phone: 877-6888 ▪ Fax: 877-6860 ▪ Web site: www.cfs-hawaii.org ▪ Contact Person: Brenda Plant 	<p><i>Parenting Classes</i></p> <p>The Parenting Program discusses ways to build healthy parent/child relationships through sharing parenting issues, increasing knowledge about children and parenting, increasing empathy and decreasing the risk of mistreatment, understanding how one's life experiences affect parenting, taking credit for healthy parenting, and learning how stress affects parenting.</p> <ul style="list-style-type: none"> ▪ Once a week (Tuesday) for 1½ hours (5:30 – 7 p.m.) for 8 weeks ▪ Free childcare provided ▪ Fee: Call the program for more information
<p>Families for R.E.A.L. (Resources and Early Access to Learning) Maui District Wailuku Union Church 327 South High Street Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 243-5033 ▪ Fax: 243-5033 ▪ Web site (for brochure): ▪ sssb.k12.hi.us/pcnc/r.e.a.l/r.e.a.l.brochure.pdf ▪ Contact Person: Shelley Ting ▪ E-mail: mauishell16@hotmail.com 	<p><i>Families for R.E.A.L. for Families</i></p> <p>Classes and events are for parents and their infants, toddlers, and preschoolers. Classes offer information regarding family values, stress management, social/emotional development, guidance, limit setting, language development, and school readiness. Families also participate in fun parent/child learning activities such as making toys and books, cooking and snack preparation, singing songs, moving to music, and going on field trips.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 9 weeks. Sessions are offered in the fall (September – November), winter (November – February), and spring (March – May) ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Families for R.E.A.L. for Community Agencies</i></p> <p>Services offered to community agencies include staff development and training in early childhood education, speakers on child development and parenting issues, and classes in infant/toddler development for pregnant teens and teen parents. Call the program for more information.</p>
<p>Good Beginnings at Makawao School 3542 Baldwin Avenue Makawao, HI 96768</p> <ul style="list-style-type: none"> ▪ Phone: 573-8770 ▪ Fax: 573-8774 ▪ Web site: www.goodbeginningsmaui.org ▪ Contact Person: Melanie Padgett 	<p><i>Good Beginnings at Makawao School</i></p> <p>This is a family education program for parents or other family caregivers and their children ages birth – 5. During each class, parents participate with their child in activities guided by early childhood teachers. Following the activity period, parents participate in a discussion time, sharing experiences with other parents and learning more about their child's development.</p> <ul style="list-style-type: none"> ▪ Once a week for 3 hours for 9 weeks ▪ Sessions are held four times a year beginning in September, November, January, and April ▪ Priority is given to parents of children enrolled at Makawao or who live in the Makawao School district ▪ Fee: Donations of \$50 to \$100 are requested for each 9-week period

Parent Education Classes

Maui Programs	Classes
<p>Hui Mālama 375 Mahalani Street Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 249-0111 ▪ Fax: 242-0762 ▪ Web site: www.parentproject.com ▪ Contact Person: Katherine Burrows ▪ E-mail: kate.burrows@huimalama.org 	<p><i>Parent Project</i></p> <p>This course provides practical and emotional support to families, equips and empowers parents, brings positive behavior change, reduces family conflict, improves parent/child relationships, improves children's school performance, intervenes in adolescent drug and alcohol use, and reduces gang and other types of poor peer associations. Parents are encouraged to form support groups to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Once a week for 3 hours for 10 weeks ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Parent Project Jr. (a.k.a. Loving Solutions)</i> (for parents with children ages 5 – 12)</p> <p>Loving Solutions provides guidelines for parents to determine when they need a "rule", what issues are negotiable, how to use time-outs properly to gain behavior change, and how to get children to cooperate with household chores, get along better with siblings, and improve school success. Parents are encouraged to form support groups to help one another after the series has ended.</p> <ul style="list-style-type: none"> ▪ Once a week for 3 hours for 7 weeks ▪ Offered every 2 months ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Responsibility Building Workshop for Parents and Middle School Children</i></p> <p>Parents and kids attend together to understand the changes that happen with puberty and to learn new methods of communication.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours for 4 weeks ▪ Offered 3 times per year ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p>▪ Contact Person: Joanna Barnes ▪ E-mail: joanna.barnes@huimalama.org</p>
	<p><i>Help Your Kids Succeed</i></p> <p>A literacy-based family-strengthening program for parents of children ages birth – 8. This class is mandated and offered in a 10-week format for male inmates of the local correctional facility. It is offered three times a year to the community at large.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 4 weeks ▪ Offered 3 times a year to the community ▪ Fee: Free

Parent Education Classes

Maui Programs	Classes
<p>Kaiser Permanente Wailuku Clinic 80 Mahalani Street Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 243-6480 ▪ Fax: 243-6090 ▪ Web site: www.kaiserpermanente.org ▪ Contact Person: JoAnne Tanaka ▪ E-mail: Joanne.tanaka@kp.org <p>Good Beginnings Alliance – Maui</p> <ul style="list-style-type: none"> ▪ Phone: 242-1608 ▪ Web site: www.goodbeginningsmaui.org ▪ Contact Person: Kathy 	<p><i>Helping Children Learn the 3 R's: Parenting the Positive Discipline Way</i></p> <p>This course prepares parents to help their young children, ages 2 – 6, learn to become responsible, respectful, and resourceful people. Parents discover a variety of tools to guide their child toward self discipline by understanding their child's individual style and temperament, as well as developmental stages and the importance of prevention.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours (6:30 – 8 p.m.) for 3 weeks ▪ In partnership with Good Beginnings Alliance (GBA) – Maui County ▪ To register, call GBA at 242-1608 ▪ Other classes may be available ▪ Call GBA – Maui for more information or refer to their Web site ▪ Fee: Free
<p>Mālama Family Recovery 388 Ano Street Kahului, HI 96732</p> <ul style="list-style-type: none"> ▪ Phone: 877-7117 ▪ Fax: 877-7120 ▪ E-mail: malamafamily@cs.com 	<p><i>BABY S.A.F.E.</i></p> <p>An early intervention and outreach program for pregnant women or those with infants ages birth – 3 months and who are at risk for substance abuse. Women are screened at high schools, medical clinics, and other locations. Services include a support-group atmosphere focusing on parenting education, child development, nutrition, family planning, and more.</p> <ul style="list-style-type: none"> ▪ Call the program for more information ▪ Screening process will determine eligibility
<p>PARENTS, Inc. 270 Ho'okahi Street, Suite 303 Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 249-8471 ▪ Fax: 249-8480 ▪ Contact Person: Shirley Hylton ▪ E-mail: Shirley@hawaiiiparents.org 	<p><i>Stepping Up: Effective Parenting</i></p> <p>This course is designed to meet parents at their current parenting level and step up to the next level. Parents assess the way they were parented, analyze their current parenting style, learn about their children through the developmental stages, learn how to model appropriate behavior, find ways to prevent misbehavior and encourage positive interactions, and much more.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours (6 – 8 p.m.) for 8 weeks ▪ On-going sessions ▪ Locations vary (Wailuku, Lahaina, Makawao, and Kīhei) ▪ Call the program for more information ▪ Fee: Registration fee \$35, sliding-scale fee for those needing assistance, scholarships available <p>-----</p> <p>Parent Workshops: available by request; conducted in your community</p>

Parent Education Classes

Maui Programs	Classes
<p>People Attentive to Children (PATCH) 270 Waiehu Beach Road, Suite 114 Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 242-9232 ▪ Fax: 242-4672 ▪ Web site: www.PatchHawaii.org ▪ E-mail: Patch@PatchHawaii.org 	<p>PATCH provides childcare referral information to the families of Hawai'i. Through PATCH, parents learn about the types of childcare available in their community, learn how to choose quality childcare, and get assistance with their special childcare needs.</p> <p>PATCH offers various classes in topics such as growth and development, relationships and guidance, planning learning experiences, health, safety, nutrition, and more. Classes are geared toward childcare providers and those working with young children (birth – age 5).</p> <ul style="list-style-type: none"> ▪ Visit the PATCH Web site for class descriptions, parent information, childcare provider resources, local contact numbers, and much more ▪ Call the local office for class information and scheduling ▪ Fee: Most services are free, including the majority of training classes
<p>Valley Isle Childbirth Education 2171 Vineyard Street Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 572-5237 ▪ Fax: 572-5237 ▪ Contact Person: Nancy Irvine ▪ E-mail: mauibabylady@aol.com 	<p><i>Infant Care</i></p> <p>This in-depth “hands-on” course will cover the baby’s first year. Topics include bathing, diapering, coping with crying, infant safety, illness, feeding, and more.</p> <ul style="list-style-type: none"> ▪ Once a week for 2 hours (6:30 – 8:30 p.m.) for 4 weeks ▪ Fee: \$110

Parent Education Classes

Moloka'i Programs	Classes
<p>Hale Ho'okūpa'a P.O. Box 1812 Kaunakakai, HI 96748</p> <ul style="list-style-type: none"> ▪ Phone: 553-3231 ▪ Fax: 553-5474 ▪ Contact Person: Mary Jane Brown-Willis 	<p><i>Nurturing Program for Families in Substance Abuse Treatment and Recovery</i></p> <p>This class will begin in November 2004. Please call the program for more information.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 18 weeks ▪ Fee: Free
<p>Na Lei Mamo P.O. Box 2047 Kaunakakai, HI 96748</p> <ul style="list-style-type: none"> ▪ Phone: 553-8116 ▪ Fax: 553-8123 ▪ Contact Person: Walter Kalani ▪ E-mail: naleimamo@Molokai.org or walterk@Molokai.org 	<p><i>Systematic Training for Effective Parenting (STEP)</i></p> <p>This course is a strategic approach for parents to understand child development from birth to age 12. Topics include individual parenting styles, understanding misbehavior and how to deal with it, encouraging children, communication, discipline, and a practical review for parents.</p> <ul style="list-style-type: none"> ▪ Once a week for 1 hour for 12 weeks ▪ Fee: Free <p>-----</p> <p><i>E Ola Pono</i></p> <p>This is a Kamehameha Schools culturally based parenting class. This class covers six lessons on building a canoe and how it relates to the cultural aspects of family, lōkahi, communication, and ho'oponopono.</p> <ul style="list-style-type: none"> ▪ Once a week for 1 hour for 6 weeks ▪ Fee: Free
<p>Personal Parenting and Assessment Services 107 Ala Malama Street, Suite B Kaunakakai, HI 96748</p> <ul style="list-style-type: none"> ▪ Phone: 553-8114 ▪ Fax: 553-8115 ▪ Web site: www.personalparenting.com ▪ Contact Person: Mary Akimo-Luuwai ▪ E-mail: maryakimoluuwai@personalparenting.com 	<p><i>Parenting Classes</i></p> <p>These classes are geared towards parents of children ranging in age from birth to pre-adolescence, with an emphasis on school-age children. The class focuses on creating a positive home environment that assists the family in developing healthy parenting techniques. Emphasis is placed on creating structure and routines; understanding the need for rules and consequences, rewards and incentives; and to build communication skills in the home.</p> <ul style="list-style-type: none"> ▪ Once a week for 1½ hours for 12 weeks ▪ Open enrollment; self-referrals are welcome ▪ Participants receive a parenting manual and certificate upon completion ▪ Fee: Free for Healthy Start families, \$5 per class for others

Parent Education Classes

Moloka'i Programs	Classes
<p>People Attentive to Children (PATCH)</p> <ul style="list-style-type: none"> ▪ Phone (Moloka'i & Lāna'i): 1-800-498-4145 ▪ Web site: www.PatchHawaii.org 	<p>PATCH provides childcare referral information to the families of Hawai'i. Through PATCH, parents learn about the types of childcare available in their community, learn how to choose quality childcare, and get assistance with their special childcare needs.</p> <p>PATCH offers various classes in topics such as growth and development, relationships and guidance, planning learning experiences, health, safety, and nutrition. Classes are geared toward childcare providers and those working with young children (birth – age 5).</p> <ul style="list-style-type: none"> ▪ Visit the PATCH Web site for class descriptions, parent information, childcare provider resources, local contact numbers, and much more ▪ Call the local office for class information and scheduling ▪ Fee: Most services are free, including the majority of training classes

Home Visitor Services

O'ahu Programs	Services
<p>Alu Like, Inc. <i>Pūlama I Nā Keiki (Cherish the Children) Project</i> Administrative Office 458 Keawe Street Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Phone: 535-1314 ▪ Fax: 523-3465 ▪ Contact Person: Milly Kong <p>Honolulu Area Office Kingsgate Plaza 555 North King Street, Suite 104 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 843-1417 ▪ Fax: 845-3815 ▪ Contact Person: Sherry Menza <p>Leeward Area Office Campbell Square, Kapolei Building 1001 Kamokila Boulevard, Suite 105 Kapolei, HI 96707</p> <ul style="list-style-type: none"> ▪ Phone: 674-8414 ▪ Fax: 674-8414 ▪ Contact Person: Leah Whitney <p>Windward Area Office Windward City Shopping Center 45-480 Kāne'ohe Bay Drive, Unit C-9 Kāne'ohe, HI 96744</p> <ul style="list-style-type: none"> ▪ Phone: 235-6559 ▪ Fax: 235-8658 ▪ Contact Person: Linda Obayashi 	<p><i>Pūlama I Nā Keiki</i></p> <p>This program provides kōkua (assistance) to mothers and fathers of Native Hawaiian children to prepare their keiki (children), prenatal to age 5, for future educational success. Services include prenatal and parent/child activities such as home visits, workshops, and parent/toddler groups. Topics include parenting skills, child development, school readiness, Hawaiian culture, nutrition, and health. Participation in the program is voluntary.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Hawaiian or part-Hawaiian ancestry ▪ Target Population: Preference is given to pregnant women, families with or expecting their first or second child, and children up to age 6 months ▪ Fee: Free

Home Visitor Services

O'ahu Programs	Services
<p>Catholic Charities <i>Ka Mālama 'ana I ka Pūnua</i> <i>Healthy Start</i> 200 North Vineyard Boulevard, Suite 200 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 535-0185 ▪ Fax: 535-0184 ▪ Contact Person: Sandy Galazin ▪ E-mail: sgalazin@catholiccharitieshawaii.org <p>North Shore Healthy Start 66-590 Kamehameha Highway Hale'iwa, HI 96712</p> <ul style="list-style-type: none"> ▪ Phone: 637-9559 ▪ Fax: 637-5621 ▪ Contact Person: Heather Mook ▪ E-mail: hmook@catholiccharitieshawaii.org <p>Queen Emma Healthy Start 200 N. Vineyard Boulevard, Suite 200 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 535-0185 ▪ Fax: 535-0184 ▪ Contact Person: Tim Gilliland ▪ E-mail: tim.gilliland@catholiccharitieshawaii.org 	<p><i>Ka Mālama 'ana i ka Pūnua</i></p> <p>This Healthy Start program offers child development information and family support utilizing a home visiting format for families with infants from birth to age 3. This program helps to strengthen families. Fathers as well as other family members are included in the services.</p> <ul style="list-style-type: none"> ▪ Eligibility: Determined in the hospital at the time of birth; an eligibility interview is required ▪ Call the program for more information ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that can be supported with a home visiting program ▪ Fee: Free

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<p>Child and Family Service <i>Healthy Start</i> <i>Early Identification Office</i> 680 Iwilei Road, #665 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 531-9952 ▪ Kaua'i: 245-5914 ▪ Fax: 531-9969 ▪ Contact Person: Sarah Cappabianca 	<p><i>Healthy Start</i></p> <p>Healthy Start services connect parents of newborns with helpful services and information. The service is free, voluntary, and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Determined in the hospital at the time of birth; an eligibility interview is required ▪ Call the program for more information ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect and who live in specific census tracts ▪ Fee: Free
<p><i>HomeReach</i> 200 North Vineyard Boulevard Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 543-8484 ▪ Fax: 543-8488 <p>For more information or referral to HomeReach please call The Parent Line: 526-1222</p>	<p><i>HomeReach</i></p> <p>HomeReach is a free island-wide short-term home visiting service, accessed through The Parent Line, that provides support, encouragement, information on parenting, and referrals for families with young children (birth – age 5). HomeReach helps parents understand what behaviors to expect and how to guide and teach children effectively at each stage of growth and development.</p> <ul style="list-style-type: none"> ▪ Eligibility: Services are provided to any parent of a child ages birth – 5 who has contacted The Parent Line and requested HomeReach services ▪ Parents who are already receiving home visiting services, such as Healthy Start, are not eligible for HomeReach ▪ Fee: Free
<p>Department of Health <i>Public Health Nursing</i> 1250 Punchbowl Street Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Phone: 586-4620 ▪ Fax: 586-8165 ▪ East Honolulu: 733-9220 ▪ West Honolulu: 832-5757 ▪ Central O'ahu: 453-6190 ▪ Leeward O'ahu: 675-0073 ▪ Windward O'ahu: 233-5450 	<p><i>Public Health Nursing</i></p> <p>These services are provided to individuals and families with barriers to health care; infants, toddlers, and school-age children with chronic and/or complex medical conditions; high-risk pregnant women; and the frail dependent elderly.</p> <ul style="list-style-type: none"> ▪ Call the program for more information or to ask questions about eligibility, the referral process, and the services offered ▪ Fee: Free

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O'ahu Programs	Services
<p>Hawai'i Parental Information and Resource Center (HPIRC)</p> <ul style="list-style-type: none"> ▪ Phone: 841-6177 ▪ Toll-free Number: 1-877-994-7472 ▪ Fax: 841-1779 ▪ Web site: www.hawaiipirc.org ▪ Contact Person: Helenann Lauber ▪ E-mail: fchlauber@pacthawaii.org <p>-----</p> <p><i>Home Instruction for Parents of Preschool Youngsters (HIPPY)</i> Kāne'ohe Community Family Center He'eia Elementary School 46-202 Ha'ikū Road, P-2 Kāne'ohe, HI 96744</p> <ul style="list-style-type: none"> ▪ Phone: 235-7747 ▪ Fax: 235-7748 ▪ Contact Person: Sunshine Michael ▪ E-mail: kfcsmichael@pacthawaii.org 	<p>The Hawai'i Parental Information and Resource Center assists families, schools, and communities to share the responsibility for the optimal development of children.</p> <p>-----</p> <p><i>HIPPY</i> These services are provided to families whose 3- or 4-year-old children will not have an opportunity for a preschool experience prior to kindergarten.</p> <ul style="list-style-type: none"> ▪ Eligibility: Residing in the Kāne'ohe to Kualoa communities ▪ Families must be available for weekly home visits to role-play the HIPPY activity packets and to discuss any educational or parenting concerns ▪ Group meetings for parents and children are held every other week ▪ Fee: Free
<p>Honolulu Community Action Program (HCAP)</p> <p><i>Head Start</i> 5 Sand Island Access Road, Building 921 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 847-2400 ▪ Fax: 847-2302 ▪ Web site: www.oahuheadstart.org 	<p><i>Head Start</i> The Head Start Home Base program serves families throughout O'ahu, emphasizing the parent's role as the primary teacher and advocate for their child. The home visitor meets with the child and family in the comfort of their own home for 1½ hours each week. The home visitor encourages good parenting practices, teaches parenting skills, and provides lessons to promote parent/child interactions and learning with age-appropriate fun activities. Bi-monthly group socialization activities with other home-based families are planned at various sites.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families within federal income guidelines with a preschool-age child ▪ Fee: Free

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O'ahu Programs	Services
<p>Ke Ola Mamo Administrative Office 1505 Dillingham Boulevard, Room 205 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 845-3388 ▪ Fax: 848-8001 <p>Ko'olauloa Service District (Kahuku Hospital) 56-117 Pualalea Street Kahuku, HI 96731</p> <ul style="list-style-type: none"> ▪ Phone: 232-2222 ▪ Fax: 293-5329 <p>Ko'olaupoko Service District (St. Matthew's Church) 41-054 'Ehukai Street P.O. Box 0741 Waimānalo, HI 96795</p> <ul style="list-style-type: none"> ▪ Phone: 259-6666 ▪ Fax: 259-0932 <p>Wai'anae Service District 87-2070 Farrington Highway, Suite K Wai'anae, HI 96792</p> <ul style="list-style-type: none"> ▪ Phone: 668-1110 ▪ Fax: 668-1161 <p>Lei Ānuenu Mentoring Project Office (HIV/AIDS – Substance Abuse Prevention Project) 1505 Dillingham Boulevard, Room 300 Honolulu, HI 96817</p> <ul style="list-style-type: none"> ▪ Phone: 845-4646 ▪ Fax: 845-4648 	<p><i>Ke Ola Mamo</i></p> <p>This program provides services to improve the life and health of Native Hawaiians through a system of culturally sensitive services, intervention, advocacy, outreach, education, and early-detection screenings.</p> <ul style="list-style-type: none"> ▪ Eligibility: Native Hawaiians who reside on O'ahu ▪ Fee: Free

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O'ahu Programs	Services
<p>Keiki O Ka 'Āina <i>Home Instruction for Parents of Preschool Youngsters (HIPPY)</i> 3075 Kalihi Street, Unit B Honolulu, HI 96819</p> <ul style="list-style-type: none"> ▪ Phone: 845-3454 ▪ Fax: 845-3445 ▪ Contact Person: Kim Mok ▪ E-mail: kim@keikiokaaina.org <p>▪ HIPPY Locations:</p> <ul style="list-style-type: none"> - Kalihi Baptist Church (Kalihi) - Na Kamalei (Ka'a'awa) - Kahuku Village Assn. (Kahuku) - Nānākuli Elem. (Nānākuli) - Lincoln Elem.(Punchbowl) - Kahuku Pūnana Leo (Kahuku) - 'Ewa Elem.('Ewa) - Hale'iwa/Waiialua Gym (Hale'iwa) - Wai'anae Elem.(Wai'anae) - Keiki O Ka Āina Pūnana Leo (Kalihi) - Pālolo District Park (Pālolo) - Blanche Pope Elem. (Waimānalo) - Kalihi-Pālama Library (Kalihi) - Papakōlea Rec. Ctr. (Papakōlea) - Waimānalo District Park (Waimānalo) - Wai'anae/Nānākuli Paradise Chapel (Wai'anae) - Mauka Lani Elem. (Kapolei) <hr style="border-top: 1px dashed black;"/> <p><i>Parents as Teachers (PAT)</i></p> <ul style="list-style-type: none"> ▪ Phone: 843-2502 ▪ Fax: 843-2572 ▪ Contact Person: Vicki Draeger ▪ E-mail: Vicki@keikiokaaina.org 	<p><i>HIPPY</i></p> <p>These services are provided to families whose 3- or 4-year-old children will not have an opportunity for a preschool experience prior to kindergarten.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Native Hawaiian ancestry ▪ Families must be available for weekly home visits to role-play the HIPPY activity packets and to discuss any educational or parenting concerns ▪ Group meetings for parents and children are held every other week ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Parents as Teachers (PAT)</i></p> <p>This is a national parenting program for pregnant women and families with children ages birth – 3. Through home visits, this program offers parents practical research-based strategies to encourage their children's intellectual, language, social-emotional, and motor skills. Group meetings are held monthly.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Native Hawaiian ancestry ▪ Fee: Free

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<p>Parents and Children Together (PACT) <i>Hana Like Home Visitor Program</i></p> <p>West Honolulu Office 1505 Dillingham Boulevard, #208 Honolulu, HI 96817 ▪ Phone: 841-2245 ▪ Fax: 842-9604 ▪ Web site: www.pacthawaii.org ▪ Contact Person: Kathryn Hunter ▪ Email: hkhunter@pacthawaii.org</p> <p>Kāne'ohe Office 45-955 Kamehameha Highway, #404 Kāne'ohe, HI 96744 ▪ Phone: 247-4953 ▪ Fax: 236-1024 ▪ Contact Person: Besty Beck ▪ E-mail: hbbbeck@pacthawaii.org</p> <p>Waimānalo Office 41-038 C Wailea Street Waimānalo, HI 96795 ▪ Phone: 259-0449 ▪ Fax: 259-0488 ▪ Contact Person: Whitney Tamba ▪ E-mail: hlwtamba@pacthawaii.org</p> <p>Ko'olauloa Office 54-316 Kamehameha Highway Hau'ula, HI 96717 Mailing Address: P.O. Box 903 Hau'ula, HI 96717 ▪ Phone: 293-1241 ▪ Fax: 293-1841 ▪ Contact Person: Sharon Spencer ▪ E-mail: hlsspencer@pacthawaii.org</p> <p>Diamond Head Healthy Start 2752 Woodlawn Drive, Suite 6-202 Honolulu, HI 96822 ▪ Phone: 988-8150 ▪ Fax: 988-8151 ▪ Contact Person: Lisa Maddock ▪ E-mail: hllmaddock@pacthawaii.org</p>	<p><i>Healthy Start</i></p> <p>Hana Like, a member of Hawai'i's Healthy Start network, provides home visiting services to families of young children in order to enhance child development, strengthen family functioning, and prevent child abuse and neglect. A father's support program, Hui Makuakāne, is also part of Hana Like.</p> <ul style="list-style-type: none"> ▪ Eligibility: Determined in the hospital at the time of birth; an eligibility interview is required ▪ Call the program for more information ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect and who live in specific census tracts in Kalihi-Pālama, Moanalua-Redhill, Windward O'ahu and Diamond Head ▪ Fee: Free

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O'ahu Programs	Services
<p>Parents and Children Together (PACT) <i>Early Head Start</i></p> <p>Kūhiō Park Terrace 1485 Linapuni Street, Suite 106 Honolulu, HI 96819</p> <ul style="list-style-type: none"> ▪ Phone: 842-5996 ▪ Fax: 845-2066 ▪ Web site: www.pacthawaii.org <p>Ko'olauloa P.O. Box 367 Kahuku, HI 96731</p> <ul style="list-style-type: none"> ▪ Phone: 293-5530 ▪ Fax: 293-7789 ▪ Contact Person: Genee DeMello ▪ E-mail: hs-ehsgdemello@pacthawaii.org 	<p><i>Early Head Start</i></p> <p>Early Head Start provides comprehensive health, education, and social services to pregnant women and to families with children ages birth – 3. This prenatal, infant/toddler program is designed to nurture and support parents and children by building on family strengths. Services are provided through center-based or home-based options.</p> <ul style="list-style-type: none"> ▪ Eligibility: Low income families and families with children who have special needs have priority; children must be between the ages of birth – 3 ▪ Target Population: Pregnant women and families with children below 18 months ▪ Fee: Free

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Hawai'i Programs	Services
<p>Alu Like, Inc. <i>Pūlama I Nā Keiki (Cherish the Children) Project</i></p> <p>Waimea Office 64-1032 Māmalahoa Highway Kamuela, HI 96743 ▪ Phone: 885-7040 ▪ Fax: 885-7205 ▪ Contact Person: Evan Hokoana</p> <p>Kona Office 74-5615 Luhia Street, Suite D1 Kailua-Kona, HI 96740 ▪ Phone: 329-4801 ▪ Fax: 331-2582 ▪ Contact Person: Bobbi Gabriel-Rivera</p> <p>Hilo Office 58 Kino'ole Street Hilo, HI 96720 ▪ Phone: 934-9180 ▪ Fax: 935-0867 ▪ Contact Person: Georgianna Raymond</p>	<p><i>Pūlama I Nā Keiki</i></p> <p>This program provides kōkua (assistance) to mothers and fathers of Native Hawaiian children to prepare their keiki (children), prenatal to age 5, for future educational success. Services include prenatal and parent/child activities such as home visits, workshops, and parent/toddler groups. Topics include parenting skills, child development, school readiness, Hawaiian culture, nutrition, and health. Participation in the program is voluntary.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Hawaiian or part-Hawaiian ancestry ▪ Target Population: Preference is given to pregnant women, families with or expecting their first or second child, and children up to age 6 months ▪ Fee: Free
<p>Child and Family Service <i>HomeReach</i> East Hawai'i 460 Kīlauea Avenue, Suite #102 Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 935-2188 ▪ Fax: 961-2073 ▪ For more information or referral to HomeReach please call The Parent Line: 1-800-816-1222 	<p><i>HomeReach</i></p> <p>HomeReach is a free island-wide short-term home visiting service, accessed through The Parent Line, that provides support, encouragement, information on parenting, and referrals for families with young children (birth – age 5). HomeReach helps parents to understand what behaviors to expect and how to guide and teach children effectively at each stage of growth and development.</p> <ul style="list-style-type: none"> ▪ Eligibility: Services are provided to any parent of a child ages birth – 5 who has contacted The Parent Line and requested HomeReach services ▪ Parents who are already receiving home visiting services, such as Healthy Start, are not eligible for HomeReach ▪ Fees: Free

Home Visitor Services

Hawai'i Programs	Services
<p>Department of Health <i>Mālama A Ho 'opili Pono</i> Administrative and East Hawai'i Office 46 Keawe Street Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 974-4291 ▪ Fax: 974-4285 ▪ Contact Person: Sandy Tomiyama E-mail: ssomiya@mail.health.state.hi.us <p>West Hawai'i Office 81-980 Haleki'i Street Kealahou, HI 96750</p> <ul style="list-style-type: none"> ▪ Phone: 322-1522 ▪ Fax: 322-4886 ▪ Contact Person: Susan Vasquez <p>North Kona Hawai'i Office 45-3380 Māmane Street Mailing Address: P.O. Box 645 Honoka'a, HI 96727</p> <ul style="list-style-type: none"> ▪ Phone: 775-8870 ▪ Fax: 775-8847 ▪ Contact Person: Peggy Rapoza <p>South Hawai'i Office Nā'ālehu Civic Center 95-5669 Māmalahoa Highway Mailing Address: P.O. Box 620 Nā'ālehu, HI 96772</p> <ul style="list-style-type: none"> ▪ Phone: 939-2437 ▪ Fax: 939-2402 ▪ Contact Person: Sandra Ann Freitas 	<p><i>Mālama A Ho 'opili Pono</i> A National Healthy Start Initiative that addresses disparities in perinatal health and identifies depression in women during and around pregnancy. The project assures that Hawaiian, Filipino, Pacific Islander, Hispanic, and teen women and their families receive the care they need to reduce infant morbidity and mortality. The services provided by the project encompass outreach, case management, and health education; these include screening for various social and health issues by nurses, social workers, and social service aides.</p> <ul style="list-style-type: none"> ▪ Eligibility: Pregnant teens and women ▪ Target population (but not limited to): Hawaiian, Filipino, Pacific Islander, and Hispanic, high-risk groups ▪ Fee: Free
<p>Department of Health <i>Public Health Nursing</i> 1250 Punchbowl Street Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ East Hawai'i: 974-6025 ▪ West Hawai'i: 322-1500 	<p><i>Public Health Nursing</i> These services are provided to individuals and families with barriers to health care, infants, toddlers and school-age children with chronic and/or complex medical conditions, high-risk pregnant women, and the frail dependent elderly.</p> <ul style="list-style-type: none"> ▪ Call the program for more information or to ask questions about eligibility, the referral process, and the services offered ▪ Fee: Free

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Hawai'i Programs	Services
<p>Family Support Services of West Hawai'i <i>Healthy Start</i> 75-127 Lunapule Road, Suite 11 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 326-7778 ▪ Fax: 334-4134 ▪ Web site: www.fsswh.org ▪ Contact Person: Catherine Hawkins ▪ E-mail: chawkins@fsswh.org <hr style="border-top: 1px dashed black;"/> <p><i>Early Head Start</i></p> <ul style="list-style-type: none"> ▪ Phone: Kona Office: 334-4127 Waimea Office: 885-0086 ext.21 ▪ Fax: 334-4134 ▪ Contact Person: Ellen O'Kelly ▪ E-mail: eokelly@fsswh.org 	<p><i>Healthy Start</i></p> <p>Healthy Start connects parents of newborns with helpful services and information. The service is free, voluntary, and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Determined in the hospital at the time of birth; an eligibility interview is required ▪ Call program for more information ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect and who live in specific census tracts ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Early Head Start</i></p> <p>Early Head Start provides comprehensive health, education, and social services to pregnant women and to families with children ages birth – 3. This prenatal, infant/toddler program is designed to nurture and support parents and children by building on family strengths. Services are provided through home-based options.</p> <ul style="list-style-type: none"> ▪ Eligibility: Within federal income guidelines, pregnant women, parents who have a child under age 3, or parents of a child with special needs under age 3 who live in the districts of North and South Kohala, North and South Kona, or Ka'ū ▪ Fee: Free

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Hawai'i Programs	Services
<p>Hawai'i County Economic Opportunity Council (HCEOC) <i>Head Start</i> 47 Rainbow Drive Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 961-2686 ▪ Fax: 961-4796 ▪ Contact Person: Diana Kahler ▪ Locations: <ul style="list-style-type: none"> - Hilo Child Development Center, 961-6239 - Hawaiian Beaches Center, 965-0063 - Kona Head Start, 322-5153 - Pu'u'eo Head Start, 964-3515 - Kapi'olani/Kalaniana'ole Head Start, 964-3515 - Kea'au Head Start, 966-6078 - Mt. View Head Start, 968-0933 	<p><i>Head Start</i></p> <p>Head Start is a comprehensive preschool program that provides a full range of services to meet the emotional, social, health, nutritional, and psychological needs of children. Home-based programs build and strengthen parental skills. The Family Educator and parents meet once a week to discuss, plan, and carry out learning activities within the home.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families within federal income guidelines with a preschool-age child ▪ Children with special needs have priority for enrollment ▪ Fee: Free
<p>Hawai'i Parental Information and Resource Center (HPIRC)</p> <ul style="list-style-type: none"> ▪ www.hawaiipirc.org <hr style="border-top: 1px dashed black;"/> <p><i>Family Support Services of West Hawai'i</i> <i>Home Instruction for Parents of Preschool Youngsters (HIPPY)</i> 75-127 Lunapule Road Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 334-4111 ▪ Fax: 326-4063 ▪ Web site: www.fsswh.org ▪ Contact Person: Shannon Ramirez ▪ E-mail: sramirez@fsswh.org 	<p>The Hawai'i Parental Information and Resource Center assists families, schools, and communities to share the responsibility for the optimal development of children.</p> <hr style="border-top: 1px dashed black;"/> <p><i>HIPPY</i></p> <p>These home-based services are provided to families who have 3-5 year old children.</p> <ul style="list-style-type: none"> ▪ Eligibility: Must reside in service area ▪ Families must be available for weekly home visits to role-play the HIPPY activity packets and to discuss any educational or parenting concerns. Weekly play groups are held for interested participating families. ▪ Fee: Free

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Hawai'i Programs	Services
<p>Personal Parenting and Assessment Services 74-5620 Palani Road, Suite 101 Kailua-Kona, HI 96740</p> <ul style="list-style-type: none"> ▪ Phone: 327-2123 ▪ Fax: 327-2124 ▪ Web site: www.personalparenting.com ▪ Contact Persons: Susie Akimo; Patrick Hurney ▪ E-mail: susanakimo@personalparenting.com 	<p><i>In-Home Parent Education</i></p> <p>This service provides parent assessment and parenting skills tutoring. Parent assessment is used to determine parenting style and ability, parent-child interactions, and the home environment of families. Parenting skills tutoring offers ideas on various parenting techniques that include teaching methods of modeling, videos, literature, written assignments, and community resources.</p> <ul style="list-style-type: none"> ▪ Eligibility: CPS referrals, families with children in pre- or post-permanency foster care placement, and families in the community ▪ Target Population: Open enrollment ▪ Fee: Free for CPS or foster care families, fees for others (call the program for current fee rates)
<p>YWCA of Hawai'i Island <i>Healthy Start Program</i> <i>Hilo Healthy Start Program</i> <i>Puna Healthy Start Program</i> 1382 Kīlauea Avenue Hilo, HI 96720</p> <ul style="list-style-type: none"> ▪ Phone: 961-3877 ▪ Fax: 961-9140 ▪ Web site: www.ywcahawaiiisland.org ▪ Contact Person: Andrew Kahili ▪ E-mail: ywcashpakahili@yahoo.com 	<p><i>Healthy Start</i></p> <p>Healthy Start connects parents of newborns with helpful services and information. The service is free, voluntary, and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Determined in the hospital at the time of birth; an eligibility interview is required ▪ Call program for more information ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect and who live in specific census tracts ▪ Fee: Free

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Kaua'i Programs	Services
<p>Alu Like, Inc. <i>Pūlama I Nā Keiki (Cherish the Children) Project</i> Līhu'e Town Center 3100 Kūhiō Highway, Suite C8 Līhu'e, HI 96766</p> <ul style="list-style-type: none"> ▪ Phone: 245-8859 ▪ Fax: 241-1456 ▪ Contact Person: Pua Flores 	<p><i>Pūlama I Nā Keiki</i></p> <p>This program provides kōkua (assistance) to mothers and fathers of Native Hawaiian children to prepare their keiki (children), prenatal to age 5, for future educational success. Services include prenatal and parent/child activities such as home visits, workshops, and parent/toddler groups. Topics include parenting skills, child development, school readiness, Hawaiian culture, nutrition, and health. Participation in the program is voluntary.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Hawaiian or part-Hawaiian ancestry ▪ Target Population: Preference is given to pregnant women, families with or expecting their first or second child, and children up to age 6 months ▪ Fee: Free

Home Visitor Services

Kaua'i Programs	Services
<p>Child and Family Service <i>Healthy Start</i> 2970 Kele Street, Suite 203 Līhu'e, HI 96766</p> <ul style="list-style-type: none"> ▪ Phone: (808) 245-5914 ▪ Fax: 245-8040 ▪ Contact Person: Kristy Liphart ▪ E-mail: kliphart@cfs-hawaii.org 	<p><i>Healthy Start</i> Healthy Start connects parents of newborns with helpful services and information. The service is free, voluntary, and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Determined in the hospital at the time of birth; an eligibility interview may be required ▪ Call the program for more information ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect and who live in specific census tracts ▪ Fee: Free
<p><i>Head Start</i></p> <ul style="list-style-type: none"> ▪ Head Start Office Numbers: <ul style="list-style-type: none"> - Head Start Office: 245-5914 - Kāpa'a Head Start: 823-6163 - Koa Keiki Head Start: 246-9319 - Polu Hale Head Start: 246-6598 - Kōloa Head Start: 742-9418 - 'Ele'ele Head Start: 335-2731 - Kekaha Head Start: 337-2169 - Kīlauea Head Start: 828-0353 	<p><i>Head Start</i> Head Start provides educational programs designed to meet each child's individual needs. All children in Head Start benefit from a comprehensive health program that promotes preventive health care and provides assistance in establishing a medical home. Services are provided through center-based or home-based options.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families within federal income guidelines with children ages 3 and 4 ▪ Fee: Free
<p><i>HomeReach</i></p> <ul style="list-style-type: none"> ▪ For more information or referral to HomeReach please call The Parent Line: 1-800-816-1222 	<p><i>HomeReach</i> HomeReach is a free island-wide short-term home visiting service, accessed through The Parent Line, that provides support, encouragement, information on parenting, and referrals for families with young children (birth – age 5). HomeReach helps parents understand what behaviors to expect and how to guide and teach children effectively at each stage of growth and development.</p> <ul style="list-style-type: none"> ▪ Eligibility: Services are provided to any parent of a child age birth – 5 who has contacted The Parent Line and requested HomeReach services ▪ Parents who are already receiving home visiting services, such as Healthy Start, are not eligible for HomeReach ▪ Fee: Free

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Kaua'i Programs	Services
<p>Department of Health <i>Public Health Nursing</i> 1250 Punchbowl Street Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Kaua'i Office: Phone: 214-3387 Fax: 241-3480 	<p><i>Public Health Nursing</i></p> <p>These services are provided to individuals and families with barriers to health care; infants, toddlers and school-age children with chronic and/or complex medical conditions; high-risk pregnant women; and the frail dependent elderly.</p> <ul style="list-style-type: none"> ▪ Call the program for more information and questions on eligibility, the referral process, and services offered ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p>Clinics for immunization (birth – age 18) and TB skin testing also available.</p>

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Maui Programs	Services
<p>Alu Like, Inc. <i>Pūlama I Nā Keiki (Cherish the Children) Project</i></p> <p>Hāna Office 4535-A Hāna Highway Hāna, HI 96713 ▪ Phone: 248-7521 ▪ Fax: 248-7226 ▪ Contact Person: Marni Aina</p> <p>Wailuku Office 1498-B2 Lower Main Street Wailuku, HI 96793 ▪ Phone: 244-8849 ▪ Fax: 244-8884 ▪ Contact Person: Roberta St. Sure</p>	<p><i>Pūlama I Nā Keiki</i></p> <p>This program provides kōkua (assistance) to mothers and fathers of Native Hawaiian children to prepare their keiki (children), prenatal to age 5, for future educational success. Services include prenatal and parent/child activities such as home visits, workshops, and parent/toddler groups. Topics include parenting skills, child development, school readiness, Hawaiian culture, nutrition, and health. Participation in the program is voluntary.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Hawaiian or part-Hawaiian ancestry ▪ Target Population: Preference is given to pregnant women, families with or expecting their first or second child, and children up to age 6 months ▪ Fee: Free
<p>Child and Family Service <i>HomeReach</i> 333 Dairy Road, Suite 201 Kahului, HI 96732</p> <ul style="list-style-type: none"> ▪ Phone: 877-6888 ▪ Web site: www.cfs-hawaii.org ▪ For more information or referral to HomeReach please call The Parent Line: 1-800-816-1222 	<p><i>HomeReach</i></p> <p>HomeReach is a free island-wide short-term home visiting service, accessed through The Parent Line, that provides support, encouragement, information on parenting, and referrals for families with young children (birth – age 5). HomeReach helps parents understand what behaviors to expect and how to guide and teach children effectively at each stage of growth and development.</p> <ul style="list-style-type: none"> ▪ Eligibility: Services are provided to any parent of a child age birth – 5 who has contacted The Parent Line and requested HomeReach services ▪ Parents who are already receiving home visiting services, such as Healthy Start, are not eligible for HomeReach ▪ Fee: Free
<p>Department of Health <i>Public Health Nursing</i> 1250 Punchbowl Street Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Maui Office: Phone: 984-8260 Fax: 243-5118 	<p><i>Public Health Nursing</i></p> <p>These services are provided to individuals and families with barriers to health care; infants, toddlers and school-age children with chronic and/or complex medical conditions; high-risk pregnant women; and the frail dependent elderly.</p> <ul style="list-style-type: none"> ▪ Call the program for more information or to ask questions about eligibility, the referral process, and the services offered ▪ Fee: Free

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Maui Programs	Services
<p>Keiki O Ka ‘Āina <i>Parents as Teachers (PAT)</i> 3075 Kalihi Street, Unit B Honolulu, HI 96819</p> <ul style="list-style-type: none"> ▪ Phone: (808) 843-2502 (O‘ahu) ▪ Fax: (808) 843-2572 ▪ Contact Person: Vicki Draeger ▪ E-mail: Vicki@keikiokaaina.org 	<p><i>Parents as Teachers (PAT)</i> This is a national parenting program for pregnant women and families with children ages birth – 3. Through home visits, this program offers parents practical research-based strategies to encourage their children’s intellectual, language, social-emotional, and motor skills. Group meetings are held monthly.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Native Hawaiian ancestry ▪ Fee: Free
<p>Maui Family Support Services <i>Healthy Start</i> 1844 Wili Pa Loop, Suite 200 Wailuku, HI 96793</p> <ul style="list-style-type: none"> ▪ Phone: 242-0900 ▪ Fax: 249-2800 ▪ Contact Person: Colleen Welty ▪ E-mail: colleen@mfss.org 	<p><i>Healthy Start</i> Healthy Start connects parents of newborns with helpful services and information. The service is free, voluntary, and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Maui and Lāna‘i families who would like more support in raising their children ▪ Families may enroll during pregnancy or until an infant is 90 days old ▪ Home-based services may continue until the child is 5 years old ▪ Target Population: Pregnant women or families with newborns less than 3 months old who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect ▪ Fee: Free
<p>-----</p> <p><i>Early Head Start</i> ▪ Contact Person: Gail Raikes ▪ E-mail: gail@mfss.org</p>	<p>-----</p> <p><i>Early Head Start</i> Early Head Start provides comprehensive health, child development, and education services as well as assistance with social services to pregnant women and to families with children ages birth – 3. This prenatal and infant/toddler program is designed to nurture and support parents and children by building on family strengths. Services are provided through center-based or home-based options.</p> <ul style="list-style-type: none"> ▪ Eligibility: Within federal income guidelines, pregnant women, parents who have a child under age 3, or parent of a child with special needs under age 3 ▪ Fee: Free

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Maui Programs	Services
<p>Maui Economic Opportunity, Inc. (MEO) <i>Head Start</i> P.O. Box 2122 Kahului, HI 96733</p> <ul style="list-style-type: none"> ▪ Phone: 249-2988 ▪ Fax: 249-2989 ▪ Web site: www.meoinc.org ▪ Contact Person: Lyn McNeff 	<p><i>Head Start</i></p> <p>Head Start is a comprehensive family program providing preschool services including education, family involvement, social services, health, dental, nutrition, mental health, transition, and special needs. Parents meet once a month to discuss classroom events and plan curriculum together with the teaching staff. The program is designed to include families in the decision-making process and as partners in their child's education.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families within federal income guidelines with a preschool-age child; a selection criterion is available for review prior to completing the application ▪ Children with certified special needs have priority for enrollment ▪ Fee: Free

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Moloka'i Programs	Services
<p>Alu Like, Inc. <i>Pūlama I Nā Keiki (Cherish the Children) Project</i> P.O. Box 870 Kaunakakai, HI 96748</p> <p>Physical Address: adjacent to the Kala'iakamanu Hou Congregational Church</p> <ul style="list-style-type: none"> ▪ Phone: 553-3284 ▪ Fax: 553-9939 ▪ Contact Person: Donna Meyer 	<p><i>Pūlama I Nā Keiki</i></p> <p>This program provides kōkua (assistance) to mothers and fathers of Native Hawaiian children to prepare their keiki (children), prenatal to age 5, for future educational success. Services include prenatal and parent/child activities such as home visits, workshops, and parent/toddler groups. Topics include parenting skills, child development, school readiness, Hawaiian culture, nutrition, and health. Participation in the program is voluntary.</p> <ul style="list-style-type: none"> ▪ Eligibility: Children of Hawaiian or part-Hawaiian ancestry ▪ Target Population: Preference is given to pregnant women, families with or expecting their first or second child, and children up to age 6 months ▪ Fee: Free
<p>Department of Health <i>Public Health Nursing</i> 1250 Punchbowl St. Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Moloka'i Office: Phone: 553-3663 Fax: 553-8945 	<p><i>Public Health Nursing</i></p> <p>These services are provided to individuals and families with barriers to health care; infants, toddlers and school-age children with chronic and/or complex medical conditions; high-risk pregnant women; and the frail dependent elderly.</p> <ul style="list-style-type: none"> ▪ Call the program for more information or to ask questions about eligibility, the referral process, and the services offered ▪ Fee: Free
<p>Hawai'i Parental Information and Resource Center (HPIRC)</p> <ul style="list-style-type: none"> ▪ www.hawaiiipirc.org <hr style="border-top: 1px dashed black;"/> <p><i>Moloka'i Family Support Center</i> <i>Home Instruction for Parents of Preschool Youngsters (HIPPY)</i> P.O. Box 2099 Kaunakakai, HI 96748</p> <ul style="list-style-type: none"> ▪ Phone: 553-3276 ▪ Fax: 553-4455 ▪ Contact Person: Clare Iveson ▪ E-mail: mfsc@aloha.net 	<p>The Hawai'i Parental Information and Resource Center assists families, schools, and communities to share the responsibility for the optimal development of children.</p> <hr style="border-top: 1px dashed black;"/> <p><i>HIPPY</i></p> <p>These services are provided to families with 3- or 4-year-old children (3-year-olds only for school year 2004 – 2005). The home visitor works with the primary caregiver of the child by doing role-play activities that the caregiver will then do with the child. HIPPY is a 30-week program and the child will remain in the program for 3 consecutive years from age 3 – 5. Serving Moloka'i High and Intermediate schools</p> <ul style="list-style-type: none"> ▪ Eligibility: Must reside in service area ▪ Families must be available for weekly home visits to role-play the HIPPY activity packets and to discuss any educational or parenting concerns ▪ Group meetings for parents and children are held every other week ▪ Fee: Free

Home Visitor Services

Moloka'i Programs	Services
<p>Maui Economic Opportunity, Inc. (MEO) <i>Head Start</i> P.O. Box 2122 Kahului, HI 96733</p> <ul style="list-style-type: none"> ▪ Phone: 249-2988 ▪ Fax: 249-2989 ▪ Web site: www.meoinc.org ▪ Contact Person: Lyn McNeff 	<p><i>Head Start</i> Head Start is a comprehensive family program providing preschool services including education, family involvement, social services, health, dental, nutrition, mental health, transition, and special needs. Parents meet once a month to discuss classroom events and plan curriculum together with the teaching staff. The program is designed to include families in the decision-making process and as partners in their child's education.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families within federal income guidelines with a preschool-age child; a selection criterion is available for review prior to completing the application; children with certified special needs have priority for enrollment. ▪ Fee: Free
<p>Personal Parenting and Assessment Services, Inc. <i>Healthy Start</i> 107 Ala Mālama Street, Suite B Kaunakakai, HI 96748</p> <ul style="list-style-type: none"> ▪ Phone: 553-8114 ▪ Fax: 553-8115 ▪ Web site: www.personalparenting.com ▪ Contact Person: Mary Akimo-Luuwai ▪ E-mail: maryakimoluuwai@personalparenting.com 	<p><i>Healthy Start</i> Healthy Start connects parents of newborns with helpful services and information. The service is free, voluntary and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families who would like more support in raising their children. Families may enroll during pregnancy or until an infant is 90 days old ▪ Home-based services may continue until the child is age 5 ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect and who live in specific census tracts ▪ Fee: Free

Home Visitor Services

Lānaʻi Programs	Services
<p>Department of Health <i>Public Health Nursing</i> 1250 Punchbowl Street Honolulu, HI 96813</p> <ul style="list-style-type: none"> ▪ Lānaʻi Office: Phone: 565-7114 Fax: 565-7918 	<p><i>Public Health Nursing</i></p> <p>These services are provided to individuals and families with barriers to health care; infants, toddlers and school-age children with chronic and/or complex medical conditions; high-risk pregnant women; and the frail dependent elderly.</p> <ul style="list-style-type: none"> ▪ Call the program for more information and questions on eligibility, the referral process, and services offered ▪ Fee: Free
<p>Maui Economic Opportunity, Inc. (MEO) <i>Head Start</i> P.O. Box 2122 Kahului, HI 96733</p> <ul style="list-style-type: none"> ▪ Phone: (808) 249-2988 (Maui) ▪ Fax: (808) 249-2989 ▪ Web site: www.meoinc.org ▪ Contact Person: Lyn McNeff 	<p><i>Head Start</i></p> <p>Head Start is a comprehensive family program providing preschool services including education, family involvement, social services, health, dental, nutrition, mental health, transition, and special needs. Parents meet once a month to discuss classroom events and plan curriculum together with the teaching staff. The program is designed to include families in the decision-making process and as partners in their child’s education.</p> <ul style="list-style-type: none"> ▪ Eligibility: Families within federal income guidelines with a preschool-age child; a selection criterion is available for review prior to completing the application ▪ Children with certified special needs have priority for enrollment ▪ Fee: Free

Home Visitor Services

Lānaʻi Programs	Services
<p>Maui Family Support Services <i>Healthy Start</i> P.O. Box 631043 Lānaʻi, HI 96763</p> <ul style="list-style-type: none"> ▪ Phone: 565-7484 ▪ Fax: 565-7484 *51 ▪ Contact Person: Colleen Welty ▪ E-mail: colleen@mfss.org <hr style="border-top: 1px dashed black;"/> <p><i>Early Head Start</i></p> <ul style="list-style-type: none"> ▪ Phone: 565-7484 ▪ Fax: 565-7484 *51 ▪ Contact Person: Gail Raikes ▪ Email: gail@mfss.org 	<p><i>Healthy Start</i> Healthy Start connects parents of newborns with helpful services and information. The service is free, voluntary and confidential. Healthy Start provides home visiting services to qualified families. Home visitors partner with parents to address individual needs, set and support goals, and build a home environment around the new baby that supports learning, safety, and developmental stimulation.</p> <ul style="list-style-type: none"> ▪ Eligibility: Maui and Lānaʻi families who would like more support in raising their children. Families may enroll during pregnancy or until an infant is 90 days old ▪ Home-based services may continue until the child is age 5 ▪ Target Population: Pregnant women, or families with newborns less than 3 months old, who are identified as having stresses and burdens that make them more likely than the general public to engage in child abuse and neglect ▪ Fee: Free <hr style="border-top: 1px dashed black;"/> <p><i>Early Head Start</i> Early Head Start provides comprehensive health, child development, education as well as assistance with social services to pregnant women and to families with children ages birth – 3. This prenatal, infant/toddler program is designed to nurture and support parents and children by building on the families’ strengths. Services are provided through center-based or home-based options.</p> <ul style="list-style-type: none"> ▪ Eligibility: Within federal income guidelines, pregnant women, parents who have a child under age 3, or parent of a child with special needs under age 3 ▪ Fee: Free

