



February – March 2018

Talbot County Judy Center Partnership Newsletter

What is the Judy Center?

The Talbot County Judy Center joins together a wide range of services for children from birth through age six, and their families. Our staff is located in the main office at Easton Elementary School-Dobson, and our partners are located within the school and throughout the Easton Elementary community. The Judy Center helps families find quality programs for their children ages birth to six, including P3, PreK, Kindergarten, childcare, Head Start, Early Head Start, home visiting programs, recreational programs, playgroups, and many other services. We also work with teachers and program staffs to make sure they have the education, materials, and support they need to help your child reach their potential. You are your child's first and greatest teacher, so we make sure you have all of the support you need. Whether you need access to housing, food, childcare, medical services, higher education opportunities, employment, parent education, fun family activities, or ways to help your child at home, we can help!

If you would like more information about the Judy Center, or if you have questions about something in our newsletter, please call us: 410-822-0689.

Check us out on Facebook:
Talbot County Judy Center Partnership

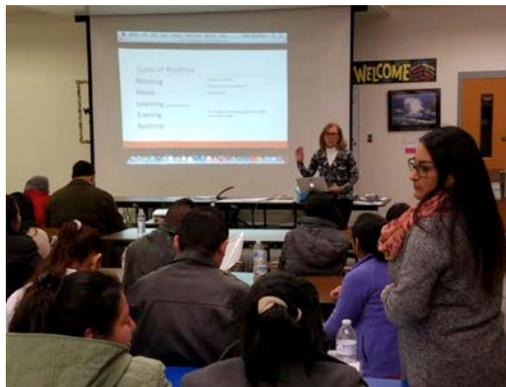


Have you heard about "HEALTHY NEW MOMS"?

Healthy New Moms is a statewide campaign re-launched this year by the Mental Health Association of Maryland. Having a new baby can be a joyous occasion, but it can also be very stressful and isolating at times. If you, or someone you know is struggling with ongoing depression and/or anxiety after the birth of a baby, there is help! To learn more, please visit this informative website: www.healthynewmoms.org

*You may also contact the Eastern Shore Crisis Response & Resource Helpline: 1-888-407-8018
(call center available 24/7 for all nine counties on the Eastern Shore).

*NEW! Online Facebook Support Group: *Healthy New Moms-Eastern Shore*



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The Judy Center sponsored a parent training at EES-Dobson on January 30, 2018: "What's In Your Toolbox?" We had about 20 parents and 25 children attend. A BIG thank you to our fantastic presenter, Denise Taylor-Turner, (Project Right Steps Coordinator), as well as Olive Garden & Harris Teeter for donating the delicious meal!

Save the Date!

Judy Center 0-3 Playgroup

**Fridays: Feb. 9 & 23
and March 9**

From 10:00-11:00am at
Talbot County Free
Library (100 W. Dover
Street, Easton)

Social Emotional Learning Party

**Thursday nights:
March 1, 8, 15, & 22**

From 5:30-7:00pm at
EES-Dobson (305
Glenwood Avenue)

Talbot County Community Resource Expo

Saturday, April 7

From 10:00am-2:00pm
at EES-Moton (307
Glenwood Avenue)

Coordinated Calendar of FREE Events for Children & Parents in Talbot County

Mondays & Wednesdays, (runs through May 2018) from 10:00am – 12:00pm. “**Early Learning**” group at Easton Family YMCA (202 Peachblossom Road in Easton). This is a FREE early learning program that provides a stimulating environment for children, and helpful education and support to caregivers. For all children ages 5 and under, with an adult. You do NOT need to be a member of the YMCA to participate. For more information, please contact Megan Vickers: (410) 822-0566 or email: mvickers@ymcachesapeake.org

Fridays, February 9th & 23rd, and March 9th from 10:00-11:00am. Judy Center “**0-3 Playgroup**” at the Talbot County Free Library (TCFL) – EASTON Branch (100 West Dover Street, Easton), in the Children’s Section. Meet with other parents and caregivers, and give your child a chance to explore, play, & interact with other children, while learning songs, games, and activities to support your young child’s development. This is a FREE program, and open to children ages 6 weeks – 3 years old, with an adult. *Spanish Interpreter available during group for families who are Spanish-speaking.* Please contact the Talbot County Judy Center if you plan to attend: dina_myers@talbotschools.org or please call (410) 822-0689.

Tuesdays, February 6th – March 27th at 10:00am, and program repeats at 11:00am. “**Story Time**” at TCFL-EASTON Branch. For children 5 & under, must be accompanied by an adult. For more info, please call TCFL-EASTON: (410) 822-1626.

Saturdays, February 10th, 17th, 24th, and March 3rd & 10th from 8:30am-10:00am. “**From Emotions to Advocacy**” at the Kinera Foundation – Hub location (115 Sallitt Drive, Suite C, in Stevensville). This is a FREE weekly discussion for parents. Many parents want to advocate for their child, but hold back. As a parent of a child with special needs and disabilities, you can represent their interests better than anyone. Learn how to harness your emotions and use your energy to become an effective advocate for your child. Registration is required: www.kinera.org or call (443) 249-3126.

Saturday, February 10th from 9:00am-1:30pm. “**New Mom, New Baby: Safety & CPR**” at UM Shore Medical Center at Easton, Health Education Center (219 S. Washington Street, Easton). All aspects of infant care and safety for new and expectant parents or caregivers. Free! Please register by phone: (410) 822-1000, ext. 5200. For information on more free classes about childbirth and parent education programs, please check out this website: UMShoreRegional.org/birthing

Wednesdays, February 14th & 28th at 10:30am. “**Story Time**” at TCFL-ST. MICHAELS Branch. For children 5 & under, must be accompanied by an adult. For more info, please call TCFL-ST. MICHAELS: (410) 745-5877.

Saturday, February 17th from 10:00am-1:00pm. “**Family Art Day**” at Academy Art Museum (106 South Street, Easton). Celebrates the 200th Birthday of Frederick Douglass! Participants will create portrait prints of the great civil rights icon. This event is FREE! Must register online: www.academyartmuseum.org

Saturday, February 17th at 7:00pm. “**Fred Morsell as Frederick Douglass**” at Avalon Theatre (40 East Dover Street, Easton). The 200th Birthday Celebration continues with re-enactor, Fred Morsell, portraying Frederick Douglass. The actor and educator, Fred Morsell, has brought his “Presenting Mr. Frederick Douglass” performances and workshops to over 500 schools and communities nationally for 30 years sharing Douglass’ life, message of justice, and keys to success. This performance is FREE and open to the public. For more info, please check the website: www.avalonfoundation.org

Tuesday, February 20th at 4:00pm. “**Read with Latte, a Certified Therapy Dog**” at TCFL – EASTON Branch. Bring a book or choose a library book and read with Janet Dickey and her dog, Latte. For ages 5 & up. For more info, please call TCFL-EASTON: (410) 822-1626.

Wednesday, February 28th at 10:00am. “**Preschool Open House**” at St. Luke’s in St. Michaels (304 S. Talbot Street, St. Michaels). Join St. Luke’s Preschool for Winter Olympics fun & games. Children who will be 2 by September 1st, and their families are invited to join the fun. Meet teachers, and learn about St. Luke’s Preschool Program for the fall. Drop-in between 10:00am-11:30am. For more info, please check the website: www.stlukes-school.org

Free Admission Weekdays in February at Chesapeake Bay Maritime Museum (CBMM). CBMM is offering free admission Mondays through Fridays this February, thanks to generous support of *Free in February* sponsors, Shore United Bank, and Awful Arthur's of St. Michaels. During February, CBMM guests will also receive a discount card for 15% off all meals at Awful Arthur's, which will be redeemable through March 15, 2018. For more info, please check the website: cbmm.org (Chesapeake Bay Maritime Museum is located at 213 North Talbot Street in St. Michaels).

Saturday, March 17th at 2:00pm and 5:30pm. **"St. Patrick's Day Events & Parade"** in Easton. At 2:00pm, there will be a variety of family-friendly events at the Academy Art Museum, (106 South Street, Easton). Then, the annual St. Patrick's Day Parade will begin at 5:30pm in downtown Easton. Bands, businesses, and local organizations get together to celebrate the town's Irish roots! The potato race will take place directly afterward on Washington Street. These events are FREE! For more info, please check the website: www.discovereaston.com



**The Talbot County Free Library (TCFL)
Contact Information and Hours of Operation**

Main Branch – Easton
100 West Dover Street
Easton, MD 21601
(410) 822-1626

St. Michaels Branch
106 Fremont Street
St. Michaels, MD 21663
(410) 745-5877

Hours for BOTH Branches
Monday & Thursday 9am-8pm
Tuesday & Wednesday 9am-6pm
Friday & Saturday 9am-5pm

For more information about TCFL, please check out the website: www.tcfl.org

February is Children's Dental Health Month!

February is "Children's Dental Health Month," and this is a great opportunity to focus on your child's teeth. A healthy mouth is important for overall health! Poor oral health in childhood can cause problems with eating, speaking, and learning. Cavities can cause children pain and serious health problems. The ADA (American Dental Association) recommends the helpful tips below:



HEALTHY SMILE Tips:

- Schedule your child's first dental visit when his/her first tooth appears, or by their 1st birthday.
- Provide children with healthy snacks such as fruits and vegetables, and limit sugary foods and drinks. Give them water to drink between meals.
- Brush your child's teeth with toothpaste that has fluoride, at least twice a day for 2 minutes. The amount of toothpaste that goes on the toothbrush depends on the child's age. (Children may need brushing supervision until 7-8 years of age).
- Clean between your child's teeth daily.
- See your child's dentist regularly for prevention and treatment of oral disease.
- Make brushing your teeth a family affair. Your children learn from you, so please set a good example. The family that brushes together has even more reason to smile! 😊

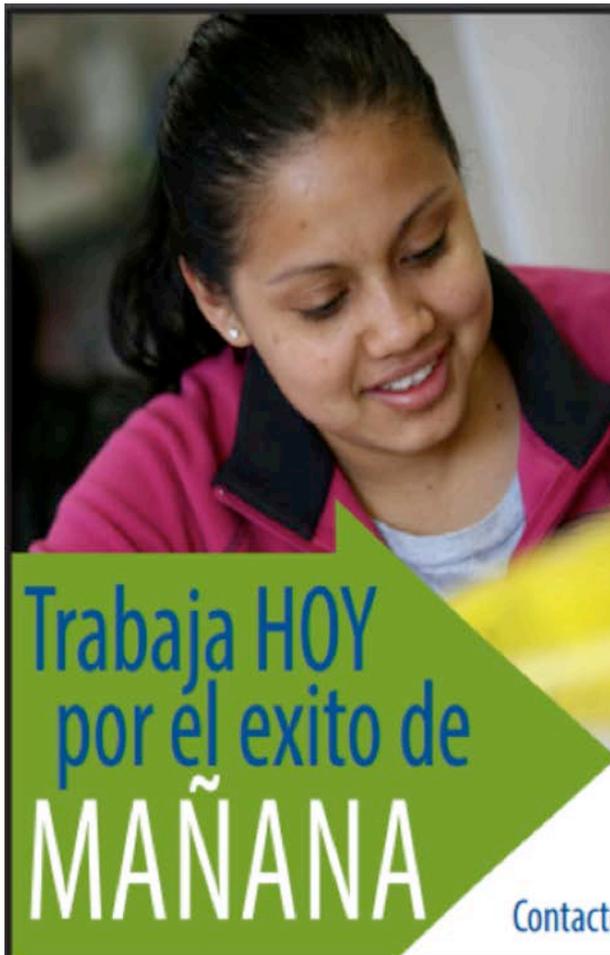
Are You Interested in Adult Education, GED, or ESL Classes?

If so, please visit the **One Stop Career Center: 301 Bay Street, Suite 301 in Easton.** Staff is available there **every Wednesday at 9:00am** and **every Monday at 6:00pm** for **walk-in registration** for: Adult Education, GED Test Preparation, and ESL Classes.

For additional information, please visit: www.chesapeake.edu/ged
or www.chesapeake.edu/esl

Or Call: Danielle Thomas: 410-829-6043 (ABE/GED)
Karen Luceti: 410-443-1163 (ESL)

For most recent information, follow them online:
www.Chesapeake.edu/GED
www.Chesapeake.edu/ESL



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por el éxito de
MAÑANA

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un futuro mejor.

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-Principiante con habilidades a niveles avanzados-

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Deberá ser al menos + 17 años y no estar matriculado en la escuela.



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Contacto Karen Luceti: KLuceti@chesapeake.edu or 410-443-1163.