



# FAMILY & CHILDHOOD WELLNESS

POSITIVE PARENTING SOLUTIONS FOR HAPPIER FAMILIES



**EL CONCILIO**  
BUILDING STRONGER COMMUNITIES TOGETHER



**YOUR CHILD'S EDUCATION BEGINS AT HOME WITH YOU.  
LEARNING TO BE A BETTER PARENT BEGINS WITH EL CONCILIO.**

El Concilio's Family & Childhood Wellness services and programs are a key strategy for supporting families with young children and beyond. We believe a community is stronger when children are raised in a supportive, nurturing environment so that they can live happy, productive lives.

**OUR HOME VISITATION AND PARENT ENGAGEMENT PROGRAMS  
EMPOWER PARENTS THROUGH EDUCATION AND COMMUNITY SUPPORT.**

A healthy child is a better learner, more resilient, confident and assured. Our family development programs have been created to improve childhood outcomes and increase family self-sufficiency. Participating parents learn how to recognize and respond to their children's changing developmental needs, use positive discipline techniques, cope with the day-to-day stress of parenting in healthy ways, and set and achieve short- and long-term goals.

Our various family wellness programs are free and voluntary, culturally sensitive and bilingual, providing families with meaningful information on parenting and child development.

## NURTURING RELATIONSHIPS



### EARLY LEARNING



### HEALTHY DEVELOPMENT

#### **EL CONCILIO FAMILY & CHILDHOOD WELLNESS STAFF PROMOTES ENGAGED PARENTS AND HEALTHY CHILD DEVELOPMENT.**

Our staff of certified parent educators and promotores are a part of a comprehensive and coordinated system of services.

Strength-based, family centered, and culturally sensitive, our programs are designed to promote positive parent-child relationships and healthy attachments. We foster the growth of happy and healthy children.

#### **WE KNOW PARENTING IS A DAILY LEARNING EXPERIENCE.**

Parenting is one of the most complex and challenging jobs you will face in your lifetime - and also the most rewarding. El Concilio is dedicated to guiding parents in raising confident, kind, resilient kids.

Our programs transform not only the families we serve but the communities they live in by delivering distinctive services that help children thrive and strengthen families.

**For information more about the department, our parenting programs, eligibility, or group presentations, please call (209) 644-2600.**



### **HOME VISITATION SERVICES (FOR FAMILIES WITH CHILDREN 0-5).**

Being a parent is a very important and often difficult job. We want families to have the support they need to reach their goals and build a bright future for their children. Our home visitation services are planned instructions and one-on-one consulting that is proven to be effective in helping families.



Using the Parents As Teachers curriculum, our certified parent educators provide parents with tools to promote their children's healthy development and emotional well-being; while the Health Education curricula educates families on eating healthy, being physically active, and managing the household budget.



The program also includes Raising A Reader early literacy program; developmental screenings & progression assessments; health insurance referrals; Parent Education Workshops; referrals and connections to local resources, and food assistance programs like CalFresh, and free or reduced meal services.



**We accept referrals to our Home Visitation programs for families living in San Joaquin County that are expecting a baby or have a child under 5 years, or for parents enrolled in CalWORKs. To refer a family or for more information call us at (209) 644-2600.**

### **OUR PARENT WORKSHOPS ARE FREE TO ALL FAMILIES.**

We regularly offer Parent Workshops giving families the opportunity to enhance their support network and promote positive parenting by exchanging ideas and personal experiences, providing social support, reducing isolation and building the self-esteem of parents.



**For our Parent Workshop schedule, or how to bring one of our workshops for your community, please call us at (209) 644-2600.**





## **PARENT ENGAGEMENT AND EARLY CHILDHOOD DEVELOPMENT.**

Our parent & childhood engagement workshops foster strong connections between parents and children, empowering parents to play a leading role in their child's educational journey.

Our Parent Engagement classes and workshops help parents develop goals for their children to ensure they attend college, understand the academic requirements for college readiness, and encourage and promote learning.

### **Healthy Families**

Healthy Families is a six-part, interactive, nutrition workshop program that teaches parents about healthy eating and shopping, cooking demonstrations, home gardening, the value of exercise, plus CalFresh education and enrollment, as well as diabetes, cardiovascular and oral health education and awareness.

### **WHEN PARENTS ARE ENGAGED...**

Students receive higher grades and test scores and are more likely to graduate from high school and go on to college. They have better attendance, greater self-esteem, and fewer behavioral issues.

### **El Concilio Patient Advocates at San Joaquin County Hospital.**

We understand that a hospital stay can be confusing and stressful, especially when you do not speak English. In SJC Hospital Maternity and Pediatric department, our Patient Advocates provide translation assistance between Spanish-speaking mothers, hospital staff and the doctor during delivery and parents of pediatric patients. They also help with birth certificate completion, admission and discharge paperwork, and also provide "stork tours" for expectant mothers.

## EL CONCILIO FAMILY CENTERS

### HEADQUARTERS

445 N. SAN JOAQUIN ST.  
STOCKTON, CA 95202  
(209) 644-2600

### AREA FAMILY CENTERS

224 S. SUTTER STREET  
STOCKTON, CA 95203  
(209) 644-2600

1314 H STREET  
MODESTO, CA 95354  
(209) 523-2860

1330 S. HAM LANE  
LODI, CA 95242  
(209) 370-6300

1215 W CENTER STREET  
SUITE 105  
MANTECA, CA 95337  
(209) 249-2110

95 W. 11TH STREET  
SUITE 104  
TRACY, CA 95376  
(209) 820-5900

SERVICES VARY, CALL FOR  
ADDITIONAL INFORMATION.



## **WE STRONGLY BELIEVE PARENTING IS A SUPPORTIVE PROCESS.**

We work with parents to help prepare children for their futures and successful educational outcomes, and strengthen parental coping skills, while connecting families with networks of support within the community.

## **EL CONCILIO FAMILY & CHILDHOOD WELLNESS.**

El Concilio Family & Childhood Wellness is a department within the agency dedicated to serving and responding to the emotional, psychological, and behavioral needs of our clients.

The department is supported through funds and grants from First 5 San Joaquin, San Joaquin County, Stanislaus County, UnidosUS, and the University of the Pacific, as well as through the generous support and donations from our corporate sponsors and people like you.

**For more information on our services, health initiatives, parenting workshops, Patient Advocates or how to bring any of our programs or workshops for your community, please call us at (209) 644-2600.**

El Concilio is a 501(c)(3), non-profit, community-based, multi-service agency empowering diverse communities in California's Central Valley.

To learn more about our many services and programs, go to our website [www.ElConcilio.org](http://www.ElConcilio.org) or call (209) 644-2600. We're here when you need us.