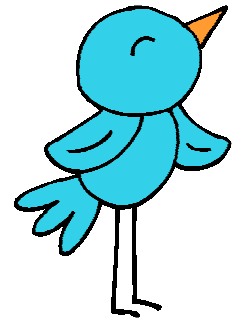


NETWORK NEWS

Enriching the Community

A Message from the CCR&R Director



As a child care provider, I think you have the hardest job in the world! You are responsible for these little people who are our future. They will be our teachers, doctors, nurses, politicians, plumbers, car mechanics, inventors, police officers, fire fighters, and construction workers. We need all these people and we need them to do a good job! It all starts with you.

Since what you do matters so much, you have a big impact to make. Provide these children you care for with love and positive experiences. Read to them. Talk to them in a positive way. Teach them how to act by modeling appropriate behavior and guiding them to behave appropriately. Smile and laugh with them. Hug them and nurture them. Enjoy what you do; they can tell.

Thank you for what you do every day. You don't hear that often enough!

Happy Provider Appreciation Day!

Jennifer Perney

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Family Enrichment Network is a proud member of:



“Expulsion and suspension is not a child behavior. Expulsion and suspension are adult decisions.”

Walter S. Gilliam, PhD., Director, The Edward Zigler Center in Child Development and Social Policy at Yale School of Medicine

“A child should only be suspended or expelled as a last resort in extraordinary circumstances where there is a determination of a serious safety threat that cannot be otherwise reduced or eliminated by the provision of reasonable modification and a planful transition has been put into place. “



Before you ask a child to leave your program, please call the CCR&R for help!

We can come to your program to help you develop a plan for the child, teachers, and parents. Call your local specialist for this assistance.

**Child Care Resource and Referral Contact List
Broome Office: (607) 723-8313**

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
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Norma Bergmann: Child Care Referral Specialist	Ext: 829	nbergmann@familyenrichment.org
Leslie Vermaat: Training Specialist/Mentor	Ext: 884	lvermaat@familyenrichment.org
Brittany Houlihan, Legally Exempt Specialist	Ext: 514	bhoulhan@familyenrichment.org
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Ann Shear: Tioga Coordinator	Ext: 1186	ashear@familyenrichment.org
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Chenango Office: (607) 373-3555

Nicole Dillon: Chenango Coordinator	Ext: 1522	ndillon@familyenrichment.org
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CREATING A CALM DOWN BOX

The idea of a calm-down box for kids is a fantastic concept that has been around for a while. A calm-down box is a box or bin, preferably a sturdy one, in which all kinds of stuff can be kept that can help kids manage their emotions.

When to Use a Calm-Down Box:

These are perfect for encouraging a child to calm down from a tantrum, occupy themselves while waiting for something (like lunch), or anytime they feel frustrated, angry, or sad. Everything in your box should represent a positive and acceptable means of managing emotions.

What to Include:

Calm-down boxes should contain items that appeal to the senses (also called sensory toys). Basically, these are toys that feel good to look at, touch, smell, and hear.

- o Rice bin- a small plastic container just to run their hands through is a start
- o Glitter bottle
- o Soft pillow or blanket
- o Squeeze toys
- o Playdough
- o Sensory (textured) balls
- o Calming music
- o Books-favorites and feeling books
- o Rubix cube, Slinky
- o Coloring materials
- o Bubbles-the little tiny bubble containers for weddings work well. Less mess!
- o Pinwheels-good for practicing deep breathing



The
Aspire
Registry

ASPIRE

You've heard of ASPIRE, but is it for you? If you work in the early childhood field, then YES! ASPIRE is for you!

Aspire is NY state's registry and statewide training calendar for early childhood and school age professionals. So what does that mean? It means anyone who works in the early childhood field (teachers, family providers, directors, trainers and program staff) can use Aspire to keep track of important information about their career, including education, employment history and training.

Your ASPIRE account belongs to you. So if you move from one program to another, your ASPIRE account is still yours and you have a record of your trainings and education completed. Eventually OCFS may require participation and use it to verify your required trainings.

We encourage you to sign up for ASPIRE today!

Visit: www.nyworksforchildren.org. Call a CCR&R Specialist if you need assistance.

ATTENTION FAMILY AND GROUP FAMILY CHILD CARE PROVIDERS

Family child care providers and Group family child care providers may now be eligible to have approved trainings paid for through CSEA/VOICE.

Trainings may include CCR&R trainings, CPR/First Aid Training, and CDA classes. Visit: www.voicecsea.org/ to sign up for a *Payment Code*. When you call Norma to register for a training, give her your payment code so we can verify and bill CSEA/VOICE.

Unfortunately, family/group family assistants and substitutes are not eligible for this funding.

Please visit www.voicecsea.org for more information.



Beef & Macaroni Casserole

INGREDIENTS:

- 1 16 oz. package elbow or shell macaroni, cooked and drained
- 2 tablespoons olive oil
- 1 1/2 lbs lean ground beef, browned and drained
- salt and pepper to taste
- 1 large sweet onion, chopped
- 2 celery stalks, chopped
- 1 6 oz. can tomato paste
- 3/4 cup water
- 2 tablespoons cooking sherry
- 1 can tomato soup
- 1 cup grated cheddar or parmesan cheese
- 1 teaspoon leaf oregano

PREPARATION:
Toss cooked noodles in oil. Place in greased CROCK-POT. Add all remaining ingredients, except grated cheese. Stir thoroughly. Sprinkle cheese over top. Cover and cook on Low 4 to 8 hours. (High: 2 to 3 hours)



Congratulations!!

New child care programs:

Broome County Family Child Care

Amara Arshad

Tioga County Family Child Care

Christine's Family Daycare: Christine Rathke
Valarie Bowen Judson

Chenango County Group Family Child Care

Page Brooke Child Care and Learning Center:
Josephine Roselle

Skills that Help Ease Kids Transition Into Kindergarten



Reading Readiness • Remembers pictures from a printed page • Repeats a 6 to 8 word sentence • Pretends to read (has been read to often) • Identifies own first name in writing • Attempts to print own first name • Answers questions about a short story • Looks at pictures and tells a story • Understands words are read left to right • Familiar with the letters of the alphabet • Knows some nursery rhymes • Knows the meaning of simple words
Time • Understands day and night • Knows age and birthday

Recognizes Colors & Shapes • Recognizes primary colors • Recognizes triangles, circles, squares & rectangles
Numbers • Counts to 10 • Can count objects

Listening & Sequencing • Follows simple directions • Pays attention • Recognizes common sounds • Retells a simple story in sequence • Repeats a sequence of sounds • Repeats a sequence of numbers heard
Size, Position & Direction • Big and little • Long and short • In and out • Front and back • Over and under • Hot and cold • Empty and full • More and less • Fast and slow • Top and bottom

Motor Skills • Run • Walk a straight line • Jump • Hop • Alternate feet walking downstairs • March • Stand on one foot 10 seconds • Walk backwards for 5 feet • Throw a ball • Paste pictures on paper • Clap hands • Button clothes • Build with blocks • Complete simple 5 piece puzzle or less • Draw or color beyond a simple scribble • Zip clothes • Control pencil and crayon well • Handle scissors • Cut and draw simple shapes

Social-Emotional • Expresses self verbally • Looks forward to going to school • Recognizes authority • Shares with others • Helps with family chores • Works independently • Identifies other children by name • Can take care of toilet needs independently • Cares for own belongings • Dresses self • Brushes teeth • Can be away from parents for 2 to 3 hours • Joins in family conversation • Carries a plate of food • Maintains self-control • Gets along well with others • Talks easily • Meets visitors without shyness • Puts toys away

My Child Knows ... • Body parts • Own first name • Own last name • Parents' names • Home address • Home phone number • When to use a handkerchief • Own sex

This list, which was compiled by researchers for World Book, Inc., on the basis of a survey of 4,500 kindergarten teachers, represents the ideal - something parents and providers can aim for. Resource: The Florida Center for Parent Involvement, Louis de la Parte Florida Mental Health Institute, University of South Florida

2017 SUNY PDP Videoconferences

All videoconferences are held on Thursday evenings from 6:45-9:15pm at the Family Enrichment Network offices in Broome, Chenango, and Tioga Counties.

The 2017 Videoconference dates are:

June 1, 2017—More Than Just “Use Your Words”: Promoting Positive Communication with Children
October 26, 2017—Special Webcast: Focus on the NYS Child Care Regulations

To register for a videoconference, visit: www.ecetp.pdp.albany.edu/



Marketing Your Program



A marketing plan is an important part of your business plan. Marketing informs families about your program and why they should choose your program for their children. It includes advertising and creates a sense of identity, or “branding,” of your program.

Preparing a Marketing Plan

By preparing a marketing plan, you develop a clear sense of identity for your program and learn who your target families will be. Learn what the key needs of these families are and sell your business marketing to those needs. Your marketing plan should highlight all of the unique aspects of your program so that it stands out among the other programs in your community.

A creative marketing plan includes who will do what, by when, where and at what cost.

Consider all the ways you can reach parents in your community. Reach out to other people and businesses to get the word out about your program.

Consider where parents are likely to look for information:

- ✦ Your local Child Care Resource and Referral agency (CCR&R)
- ✦ Public and private schools
- ✦ Grocery stores
- ✦ Public libraries
- ✦ Newspapers
- ✦ Pediatrician offices
- ✦ Centers of worship
- ✦ Corporations and businesses
- ✦ Colleges and universities
- ✦ Internet networking sites
- ✦ Online community forums, such as Craigslist and homeowners’ associations
- ✦ Online Chamber of Commerce listing

Marketing Materials, Strategies and Budgeting

Marketing materials and strategies include:

- ✦ Brochures, fliers, postcards, business cards and stationery
- ✦ Promotional items such as pens, magnets and shirts
- ✦ Radio spots, newspaper ads and television coverage
- ✦ Ads on free online sites, such as Craigslist
- ✦ Displays at community events
- ✦ Websites
- ✦ Word of mouth from satisfied parents
- ✦ Referrals from other child care providers

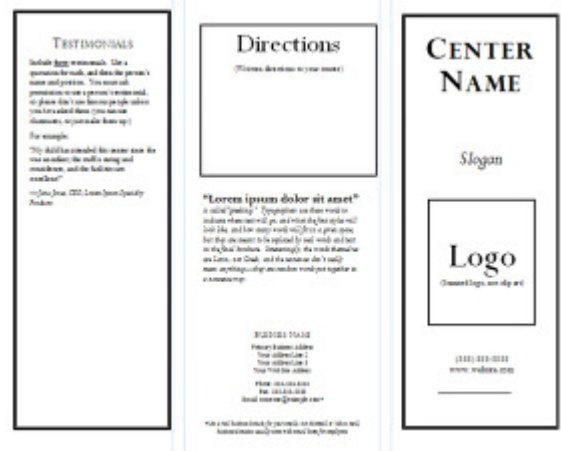
Budgeted items can include:

- ✦ Graphic design
- ✦ Website development
- ✦ Postage for mailing your publications
- ✦ Printing
- ✦ Registration at events to showcase your program

Additional Resources

The professionals at your CCR&R may offer marketing courses specifically for providers who are opening their own child care businesses.

See “Spring Spruce Up” on the next page for more marketing plan tips.





Spring Spruce Up

Spring is a good time to take a fresh look at your program and your property. Usually after the toll of winter, there are things that need sprucing up. Part of running a child care business is making sure you provide a safe and inviting place for children. Is your current enrollment down, or will you be losing children over the summer that you will need to replace? If so, you want to be sure your property has “curb appeal” that will attract potential customers.

Parents very often will do a “drive by” to check out a place before deciding to make a call to a child care program. You might have a top-notch child care program, but if your home looks shabby, dirty or unsafe parents will never venture inside to see all the wonderful things you do with the children.

It doesn't take much to make a big improvement. Clean up the lawn (mow the grass and pick up trash that might have blown your way with the winter winds), wash the front windows often, and plant flowers. Create a welcoming feeling with a nice mat and tidy entry. Make sure it is obvious which door you would like people to use when approaching your house. Make sure your vehicle in the driveway is clean too! If you have toys out front, make sure they are stored neatly. If you have fences, make sure they are maintained for safety and present a fresh appearance. Of course you will want to make any needed repairs to the outside of buildings as soon as possible. A fresh coat of paint can do wonders!

As Tom Copeland often says “Marketing is much more than advertising, business flyers, and business cards. A good marketing strategy continually promotes your program to parents who might use your services. Don't forget that a client's impression of your home will be some of your best advertising, especially for new or prospective clients.”

A cute sign out front can also bring a lot of customers your way and it helps potential clients know they are in the right place. But here's an important tip: Before putting up a sign, make sure you check with your municipality to see if signs are allowed, and if so what the restrictions might be.

Now step back and enjoy the view!

Check Out Those Roots!

This is a really easy, visual way to teach children about root systems.

All you need for this easy activity is a glass jar or bottle, some cotton balls/ wads and a bean! First, stuff cotton balls into a glass jar. Then simply stick one bean on either side of the jar so that you can watch 2 growing at once. Next, water it until the cotton wool is damp but not too wet, and place the jar in the window. Within 2-3 days the bean starts to sprout a small root, and 2-3 days later it grows little tendrils. Another 4-5 days and the bean developed a large network of shoots coming off the main root, and a sturdy stem grows straight upwards and above the top of the cotton wool. It drops the shriveled husk of the bean skin and looks ready to open up! Just a day or so later and 2 big, dark green leaves will begin to unfurl. And finally, 4-5 days later the beans will be growing very steadily, tall and spindly with large leaves seeking out more sunlight.

Carefully remove them from the jar to examine the complex network of roots that will, by this time, entangle themselves around the cotton balls at the bottom. Replant the beans into soil in pots in the garden. Have the children water them and watch their rapid growth outside with much excitement!

Extension Activities:

Older children could measure the beans each day and record their growth progress in a “bean diary.” They can draw a picture of what the plant looks like every 3-4 days, add a measurement and label the diagram with the parts of the plant as they develop. Alternatively, they could record using a digital camera and printing and sticking in their own photos.



Pizza Garden: Gardening Ideas for Kids

Plan: You can design your garden for specific purposes, like providing fresh toppings for pizza-and-a-movie night. Garlic, spring onions, peppers, broccoli, spinach, herbs like basil and oregano - even tomatoes for the sauce - are easy to grow and great on pizza. Your kids will love knowing they're eating food they helped grow. It's a great way to get your kids involved in understanding growth cycles of food.



Let the Kids Plan the Pizza: Get together with your children and brainstorm all the things they'd like to try on pizza. Schedule so ripening times let you gradually build home-grown ingredients - herbs first, then greens, until the end of summer when you can add tomatoes and peppers to the mix.

Prepare the Soil: Kids love to get their hands dirty. Let them break up soil clumps and pick rocks from the garden. When they're done, blend 3 inches of soil into the top 6 inches of your garden bed to boost nutrients levels. Plant seeds according to directions on the packets or containers, leaving room between plants.

Plant: First, choose a site that offers full sun. Then put in your plants according to the instructions on the seed packets or plant containers, and be sure to give them some space. Here's a rough idea for how much space to allow for each plant:

Tomato: at least 2 feet; for larger varieties, 2-1/2 feet.

Bell pepper: 12 to 15 inches.

Onions: 4 to 6 inches apart.

Basil & rosemary: 15 to 18 inches.

Thyme & oregano: 10 to 12 inches.

Remember, tomatoes need support - a cage or wooden stakes are two of the most common methods.



Water and Feed: In general, tomatoes need more water than the other plants, followed by basil and peppers; rosemary and thyme will need less water. To help your young plants grow vigorously be sure to feed with a plant food every 2 weeks. To reduce the chance of foliar diseases, water in the morning, apply water to the base of tomato plants and avoid getting water on the leaves.



Mulch and Prevent Weeds: Set a bounty on weeds and turn the kids loose in the garden. Protect your plant from further weed growth - and help keep your soil moist - by putting down a 3-inch layer of mulch. It will help keep weeds from popping up and help your garden retain moisture.

Harvest: The moment you've been waiting for. Pick vegetables and herbs with your kids and encourage them to talk about how good fresh food tastes while you enjoy the meal. Add herbs and spices too for some zing. You can even try making pizza sauce with your own tomatoes.



WILD ABOUT SAFETY



Outdoor activities are important for healthy development and for connecting young children with nature, and they are an integral part of *Growing Up WILD*. Make sure that outdoor activities are successful and fun by planning for safety in advance.

Check It Out. Check out the activity area beforehand, whether it is the schoolyard or the neighborhood park. Look for possible hazards, including sharp objects, stinging insects, poison oak or poison ivy, steep creek beds or water bodies-and plan how you will keep children safe from them. If going off-site, find out about restroom facilities and water availability.

Be Prepared! Have ready access to emergency information, a cell phone, and a first aid kit. If going off-site, carry these things in a small backpack. Consider including wet wipes, water, and a small snack for the group. Depending on the activity, magnifiers, notebooks, colored pencils, and a camera might also be handy.

Plan for the Weather. Before doing an outdoor activity, check the weather forecast and plan accordingly. Small children get both cold and-hot more quickly than adults. In cold or rainy weather, be sure that children have adequate jackets, hats, gloves, and footwear. In warm weather, have children take frequent water breaks in the shade to prevent heat-related illnesses, which can be life-threatening.

Dress Appropriately. Lightweight, long-sleeve shirts, long, pants, sun-protective hats, socks, and comfortable close-toed shoes will keep children comfortable and will help to avoid sun exposure and contact with harmful plants and animals.

Be Aware of Allergies. Know beforehand whether any child has bee, pollen, or food allergies and, if so, how to prevent exposure to the offending allergen.

Keep the Group Together. If venturing beyond the early childhood setting, make sure everyone has a buddy. Instruct children to stay with their buddy at all times. Count heads frequently. With very young children, consider using a rope for everyone to hold onto as they walk.

Be Extra Cautious Around Water. Young children can drown in less than two inches of water. Plan for constant supervision, if the group will be around any water, including a pond, lake, beach, ditch, or creek. Utilize life jackets if children will be near water. Instruct children to stay away from the water's edge and not to run or push each other around the water. If a child becomes missing, always check the water first.

Avoid Hazardous Animals and Plants. Depending on the weather, time of day, and location, pesky animals like ticks, bees, wasps, fleas or mosquitoes may be unavoidable. If possible, stay away from tall grasses or bushy areas to avoid ticks and damp shady areas to avoid mosquitoes. Keep food and drinks covered to prevent bees and wasps. If going off-site, talk with children about what to do if they see a potentially dangerous animal like a snake, poisonous spider, or raccoon. Have a hand signal for "freeze" (many leaders use a closed raised fist or open hand.) Practice freezing, and then slowly and quietly backing away from the animal. You should never attempt to kill or capture a dangerous animal. Find out whether there are any harmful or poisonous plants in the area and learn how to identify them. Most regions of the United States have poison oak, poison ivy, or poison sumac. When touched, these plants can cause an itchy rash due to an oily resin in their leaves and stems.

Wash Hands. Back inside, be sure to have children wash their hands thoroughly with soap and water to remove any dirt, germs or bacteria they may have picked up outside.

Growing Up WILD is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. For more information on *Growing Up WILD* and *Project WILD*, including sample activities and other resources, visit: www.projectwild.org/growingupwild.htm



APRIL 2017

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5 JC	6	7	8
9	10	11	12 Owego	13	14	15
16	17	18	19	20 JC	21	22
23	24	25	26 JC	27	28	29
30						

MAY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 JC	4	5	6
7	8	9 JC	10	11	12	13
14	15 JC	16	17 Owego	18 JC	19 JC	20
21	22	23	24 JC	25	26	27
28	29	30	31			

JUNE 2017

SUN	MON	TUE	WED	THU	FRI	SAT
				1 JC/Chen Owego	2	3
4	5	6 JC	7 Owego	8	9	10
11	12	13	14 Owego	15 JC	16	17
18	19	20 Owego	21 JC Owego	22	23	24
25	26	27 Chen	28 Chen	29	30	

Upcoming Training Opportunities

Broome County (JC):

- April 5, 6:30-8:30pm—The Basics of Family Style Dining
- April 20, 8am-2pm—New Center Staff Training
- April 26, 6:30-7:30pm—Small Talk: Let’s Make Song Bags
- May 3, 6:30-8:30pm—Managing Challenging Behaviors
- May 9, 6:30-8:30pm—Helpful Tips for Serving Healthy Foods
- May 15, 6:30-8:30pm—CACFP: Eat Right and Grow Strong
- May 15, 16, & 17, 9am-3pm—15 hour Health and Safety Training for Family Child Care
- May 18, 8am-2pm—New Center Staff Training
- May 19, 9am-3pm—CPR/First Aid
- May 24, 6:30-7:30pm—Small Talk: Gardening with Kids
- June 1, 6:45-9:15pm—Videoconference: Promoting Positive Communication with Children
- June 6, 6:30-8:30pm—Organizing Child Care Space
- June 15, 8am-2pm—New Center Staff Training
- June 21, 6:30-7:30pm—Small Talk: Building on Books

Chenango County (Chen):

- June 1, 6:45-9:15pm—Videoconference: Promoting Positive Communication with Children
- June 27 & 28, 6pm-9:30pm—CPR/First Aid

Tioga County (Owego):

- April 12, 6:30-8:30pm—The Child Care Environment
- May 17, 6:30-8:30pm—Summer Field Trips and Related Activities
- June 1, 6:45-9:15pm—Videoconference: Promoting Positive Communication with Children
- June 7, 6:30-8:30pm—What’s New & Planning Ahead
- June 14, 6:30-8:30pm—Eat What You Grow
- June 20 & 21, 6-9:30pm—CPR/First Aid

Week of the Young Child™



Celebrate NAEYC's Week of the Young Child™ April 24-28, 2017

The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families.

NAEYC has daily theme ideas on how you can celebrate at home and at your center:

Music Monday! on April 24, 2017 - Sing, dance, celebrate, and learn

Through music, children develop math, language, and literacy skills - All while having fun and being active! This year's song is "One Love," as performed by Aaron Nigel Smith and the One World Chorus. You can record the song with the official lyrics, or make up your own unique version and share it on NAEYC's Facebook page or post to Twitter using the hashtag #woyc17.

TRY THIS: Find the beat to connect music, movement, and math. Practice clapping, drumming, or stomping to the beat of the music while counting.

Tasty Tuesday on April 25, 2017 - Healthy eating and fitness at home and school

This fun, food-themed day is about more than just cheese and crackers. Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom by creating your own healthy snacks and then sharing the recipes and photos of your creations on NAEYC's Facebook page or post to Twitter using the hashtag #woyc17.

TRY THIS: Measure your ingredients while making your snacks! Ask children if they'd like the same or different amounts of each ingredient.

Work Together Wednesday on April 26, 2017 - Work together, build together, learn together

When children build together they explore math and science concepts and develop their social and early literacy skills. Children can use any building material--from a fort of branches on the playground to a block city in the classroom, or a hideaway made from couch pillows at home. Build and share pictures of children's creations on NAEYC's Facebook page or Twitter using the #woyc17 hashtag.

TRY THIS: Practice organizing blocks by size! Try building a block tower with large blocks on the bottom and little blocks on top!

Artsy Thursday on April 27, 2017 - Think, problem solve, create

Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands. On Artsy Thursday celebrate the joy and learning that children experience when engaged in creative art making. Use any materials - from crayons to paint, clay to crafts! Create and share photos of your children's creations on NAEYC's Facebook page or Twitter using the #woyc17 hashtag.

TRY THIS: Bring art outdoors! Offer dark and light paper, chalk and pastels, and suggest children create their own versions of the day and night sky!

Family Friday on April 28, 2017 - Sharing family stories

Engaging and celebrating families is at the heart of supporting our youngest learners. NAEYC applauds family members' role as young children's first and most important teachers. Share pictures and stories about your family on NAEYC's Facebook page or post to Twitter using the hashtag #woyc17 as we celebrate the unique role families play in their children's learning and development.

TRY THIS: Invite parents for a Family Friday breakfast, where children can prepare and share breakfast treats with their families!



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Johnson City, NY 13790-0997



Through partnerships with families and community agencies, Family Enrichment Network provides supportive services and programs for the optimal development of children, adults and families.

To learn more about our mission, and share in our vision that all children and families have the opportunity to grow and develop to their full potential, please visit our website at www.familyenrichment.org.