

First Step Family Support Center

Our mission: Promoting the healthy development of children & families on the North

Olympic Peninsula by building family strengths!

2020 Year in Review

In 2020, First Step served over 1,060 adults and 2,650 children!

1,587 volunteer hours logged!

First Step served families all across the Olympic Peninsula, including Sequim, Port Angeles, Forks, Neah Bay, Brinnon, and Port Hadlock!

125 adult visits to our online Parent Education Classes!

Over **1,050** hours of maternity support services and education to help women have a healthy pregnancy and a healthy baby.

Our Drop-In Centers shifted to an Outreach model at the onset of the pandemic. Outreach workers checked in on families and provided over **1,150** deliveries of diapers, clothing, supplies, information and referrals to community resources, social support, and free children's books.

49 free cribs with safe sleep education were given to families.

Over **\$33,000** in emergency goods and services delivered to families impacted by COVID-19

53 free car seats and safety education were given to families.

The Parent-Child Assistance Program served **114** families with intensive case-management services to help mothers stay clean and sober and to prevent future babies from being born compromised.

54 visits to our Mothering Together online support group!

3,190 visits to our in-person and virtual Play & Learn groups!

The Parents as Teachers home-visiting program served **153** families with over **2,150** in-home and virtual visits to deliver child-development centered curriculum.





First Step Family Support Center Our Services 2021

- **Parents As Teachers Home-Visiting Program** - Evidence-based home visiting program promoting healthy child development, problem solving skills, and healthy parent support networks for families with children 0 to 5 years of age. Contact Krista with referrals or questions: 360-457-8355 Limited amount of openings available.
- **Parent-Child Assistance Program** - An intensive case management model serving women who are pregnant or parenting who have alcohol and/or drug use disorders that may impede their ability to care for their children and live healthy, functional lives. Program Goals: Achieve/maintain recovery, build healthy family lives and prevent subsequent alcohol/drug exposed infants. Contact Christina for more information: 360-808-5517
- **Port Angeles Drop-In Center & Outreach Project**- Safe place to find what you need for your family. Information & referrals, a children's play area, emergency diapers, access to phones, computers, fax and copier, healthy snacks, and free children's books. Monday-Thursday 1 PM to 4 PM at First Step Family Support Center, 325 E. 6th Street. 360-457-8355
- **Port Angeles Clothing and Equipment Closet**—A place where people can come for free, gently used infant, children and maternity clothing, as well as new blankets, baby equipment, toys and books. Monday—Thursday 1 PM to 4 PM at First Step Family Support Center, 325 E. 6th Street. Contact: 360-457-8355
- **Maternity Support Services** - Community Health Nurses, Nutritionists, Social Workers, and Community Health Workers actively support women to encourage a healthy pregnancy and healthy birth outcomes. Services are provided from beginning of pregnancy through child's first 2 months. Mother must be eligible for Medicaid. For more information or referrals contact: 360-457-8355. Lactation & feeding support provided through our partners New Family Services at OMC.
- **Infant Case Management** - Home-visiting program for parents with children 2 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information, and referrals. Child must be eligible for Medicaid. Contact: 360-457-8355
- **Parenting Classes** - Free parenting education series to help you enhance the first important relationship your child has - the one with you! Offered virtually. Contact: 360-457-8355
- **Safe Beds for Healthy Babies** — A safe sleep initiative to help prevent Sudden Infant Death Syndrome (SIDS) & child suffocation. It provides education and materials to promote room sharing versus bed sharing. Parents watch an educational video about safe sleeping habits and when needed are provided a free new crib, crib sheet, children's books, and safe sleep literature. Contact Dorothy: 360-477-1750
- **Kaleidoscope Play & Learn**—Free parent and children play group. The play groups help demonstrate to parents that they are their child's first and most important teacher. We now have groups in Port Angeles, Sequim, Brinnon and Port Hadlock. For information on dates and times of groups, contact First Step: 360-457-8355
- **Supportive Parenting Program** - Intensive home-visiting program to help parents with cognitive limitations raise their children and to help their children develop on target and thrive. Parents must have an open case with the Washington Developmental Disabilities Administration. Contact Dorothy: 360-477-1750
- **First Step Family Reading Project and First Books Program** - Supportive literacy activities for children and families. Contact Krista at First Step: 360-457-8355
- **Summer Adventure Camp**- A free kindergarten readiness program held during the summer for students entering kindergarten in the Fall. Contact First Step: 360-457-8355
- **Mothering Together**- A support group for new or expecting mothers who are facing emotional challenges. Contact: 360-457-8355
- **New Mom's Group**—a drop in group for Spanish speaking mothers to socialize and support each other. Contact Arianna: 360-457-8355
- **Child Passenger Safety Program**- Child passenger safety information and assistance with getting a safe car seat. Contact Emily for more information: 360-457-8355
- **First Step will be hosting a Nurse/Family Partnership**—Home Visiting Program which is run by Jefferson County Public Health. Contact First Step 360-457-8355 or Yuko Umeda at Jefferson County Public Health at 360-385-9400 for more information.
- **First Step Hosts Supervised Visits conducted by Concerned Citizens** at our Drop In Center. For more information please contact Linda Kreaman, with Concerned Citizens at 360-452-2396.
- **Trainings:** First Step also provides community trainings for topics including Perinatal Depression and Prevention & Mitigation of Adverse Childhood Experiences. More to come!

Located at: 323 and 325 E. 6th Street Mailing address: P. O. Box 249, Port Angeles, WA 98362
Phone: 360-457-8355 Fax: 360-457-3820 firststepfamilysupportcenter.org

First Step is an equal opportunity provider and employer.

