

# First Step Family Support Center

We also offer support in many other ways:

## Maternity Support Services

Nurse, dietitian, and social worker support you to encourage a healthy pregnancy and healthy birth outcomes. Services are provided from beginning of pregnancy through your child's first 2 months.

Program for you and your child providing advocacy, linkages, information, and referrals to community resources until your child reaches one year.

## Case Management

## Parenting Education Classes

Make Parenting a Pleasure curriculum for all parents and caregivers of children up to five years of age. Childcare and a meal available.

A support group for all new or expecting mothers who are facing emotional challenges.

## Circle of Hope

## Kaleidoscope Play & Learn

Play with your children from 0-6 years old in a variety of activities.

First Step's mission is to promote the healthy development of children & families in Clallam County.

Our vision is that every child will feel loved, safe, and cared for and will be able to reach their greatest potential.

- Port Angeles
- Sequim
- Forks
- Sekiu
- Clallam Bay

For more information about Parents as Teachers and other programs at First Step Family Support Center, please contact:

**Melissa Harris**

323 E 6th Street  
Port Angeles, WA 98362  
(360) 457-8355



First Step is a proud United Way agency, and an equal opportunity employer and provider.



## Parents as Teachers®

You are your child's first and most important teacher. We can help you give your child a great start in life.



## First Step Family Support Center

**323 E 6th Street**

**Port Angeles, WA 98362**

**(360) 457-8355**

**[www.FirstStepFamily.org](http://www.FirstStepFamily.org)**





## Parents as Teachers.



Parents as Teachers promotes the optimal early development, learning, and health of children by supporting and engaging their parents and caregivers so that all children will learn, grow and develop to realize their full potential.

*For mothers, fathers, and caregivers!*

### Home Visits with You & Your Child

During these visits, we share age-appropriate child development information with you, help you learn to observe your child, address your parenting concerns and engage your family in activities that provide meaningful parent-child interaction.

### Group Meetings

Family-oriented group meetings provide opportunities to share information about parenting issues and child development. Parents learn from and support each other and practice parenting skills.

### Screening

Periodic developmental, health, vision and hearing screening increases your understanding of your child's development. Regular review of each child's developmental progress identifies strengths and abilities as well as areas of concern that require referral for follow-up services.

*All of our services are free of charge.*

*Home visits to provide information, support & encouragement*

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*Group meetings & field trips for family friendly fun*

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*Developmental, health, hearing & vision screenings*

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*Prenatal services to support healthy growth & development*

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*Connections to community resources & services*

*"...helps me understand how my child grows & learns..."*

*I am "learning how my child is developing & improving."*

*"This program is very helpful to first-time parents..."*

*She "helps me set and work toward the goals I want to achieve in parenting and in my child's development..."*

*"...very informative . . .she is so willing to answer any and all questions..."*

*"I know how instrumental your program was to me...learning how to parent my children... figuring out who I was as a person... I just can't say enough to express my gratitude..."*