



Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

Annual Report July 2018– June 2019

Notable News!

- Provided 11 subsidized school-day preschool spaces and 20 part-day spaces through School Readiness
- Reached 91 families with our programs
- Provided 155 sessions of programming to families
- 35 new families participated in our programs or workshops
- Received our first Matching Gift for a private donation through the Benevity platform
- Provided Circle of Security® with support from Dime Bank of \$1945
- Colchester Lions Grant of \$750 helped support Play and Learn Groups
- Liberty Bank Foundation provides \$3000 for PEP

C3 Builds Protective Factors with Wise Mind Living

Children are more likely to thrive when their families have the support that they need. C3's strategies to empower families are based on the Strengthening Families Framework from the Center for the Study of Social Policy. Protective factors are the foundation of the Strengthening Families approach and our new Wise Mind Living series addressed 3 out of the 5:

1. Parental resilience: Managing stress and functioning well when faced with challenges, adversity and trauma
2. Social connections: Positive relationships that provide emotional, informational, instrumental and spiritual support
3. Social and emotional competence of children: Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

This 7-week program was based on the

book Wise Mind Living: Master your emotions, Transform your life by Erin Olivo, PhD. Through the book and our facilitator the series provided mindfulness-based exercises and lifestyle skills to help us change the way we think, feel, and behave in situations where stress and anxiety arise and gave practical instruction in putting it all together to manage our emotions for health and well-being. The 14 participants met weekly to learn skills such as mindfulness, recognition of emotion and its impact, overcoming conditioned responses as well as acceptance and change strategies. Through this class, parents were able to practice new ways to manage stress and anxiety while building friendships and finding support with fellow group members. Participants reported a positive change in their daily lives including how they control their emotions, improved interactions with their children and a more mindful approach to everyday stresses.

The Power of Partnerships

The **UConn People Empowering People Program™** is an innovative personal and family development program with a strong community focus. The 10-week program is designed to build on the unique strengths and life experiences of the participants and emphasizes the connection between individual and community action. This program is highly regarded for its effectiveness and is offered throughout the state at Family Resource Centers, community agencies, Discovery Centers, within faith-based

PARTNER SPOTLIGHT

communities and correctional institutions. Through a generous grant of \$3000 from the **Liberty Bank Foundation**, we were able to offer two groups this year with free childcare— with seven participants in the morning and eight in the evening. As a culminating project, each group determines how they would like to impact their community. The morning group planned an amazing Women Empowering Women Afternoon Retreat in July and the evening group has a surprise project that will soon be revealed!

Laurie Buyniski
C3 Co-Chair

Lynne McCune
C3 Co-Chair

Staff

Cindy Praisner
Coordinator

Dawn LePage
Assistant to Coordinator

Our Vision is a Colchester where:

Children are Healthy

Healthy children are part of a caring, supportive network that meets their physical and emotional needs within an environment that enriches their development.

For healthy children, we work to ensure:

- Women of childbearing age and those already pregnant will have good health.
- Colchester babies will be born healthy.
- Infants and young children will be physically active, have good nutrition, and healthy sleep habits.
- All children will have access to quality health and dental services.
- All relationships within our community will be physically, intellectually, and emotionally safe for children and adults.

Primary Actions:

- Regular social media messages about nutrition, sleep habits, screen use, and exercise
- Provide opportunities for social-emotional skill development for adults and children
- Work to align the community's approach to mental health and behavioral challenges

Children are Happy

Happy children have loving, nurturing relationships within strong, empowered families that are able to meet life's challenges.

For happy children, we work to ensure:

- Families will have the five protective factors in place as defined by the Strengthening Families Model, i.e. Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, and support for Children's Social and Emotional Development.
- Families with young children will be decision-makers and leaders in our community.

Primary Actions:

- Offer Play and Learn groups for children and caregivers
- Host parent workshop series on Conscious Discipline®, Circle of Security®, People Empowering People™ (PEP) and Wise Mind Living
- Provide opportunities for family voice through our Parent Council and parent representatives on our Leadership Work Group and School Readiness Council

Children are Successful

Successful children participate in high-quality, affordable, early learning experiences and are supported through their first years of school.

For successful children, we work to ensure:

- All children, from birth to age five, will participate in high-quality, affordable, early learning opportunities and services necessary to enhance individual school readiness.
- All School Readiness program sites will be of high-quality and meet program requirements.
- Families will have the knowledge and skills to support their child's development and success in school.
- Our Colchester community will understand and partner with the educational system.

Primary Actions:

- Host professional development opportunities for all early care and education providers in the Colchester community
- Oversee the provision of the School Readiness program that provides subsidized school-day spaces and part-day spaces to community children
- Monitor School Readiness program classrooms

Our Collaborative is Effective and Strong

A fiscally stable and organizationally effective Collaborative is needed to ensure that our early childhood efforts will continue into future generations.

For an effective and strong Collaborative, we work to ensure:

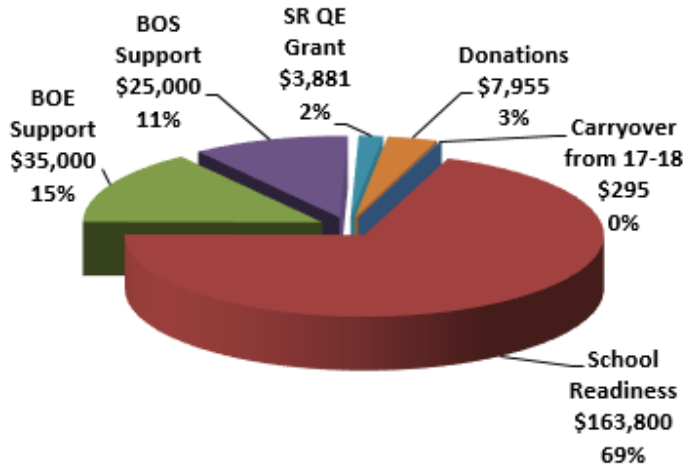
- The Collaborative for Colchester's Children will have an infrastructure that promotes, adequately funds and is accountable for its early childhood efforts.
- C3 will effectively and efficiently implement our strategies to achieve our mission.

Primary Actions:

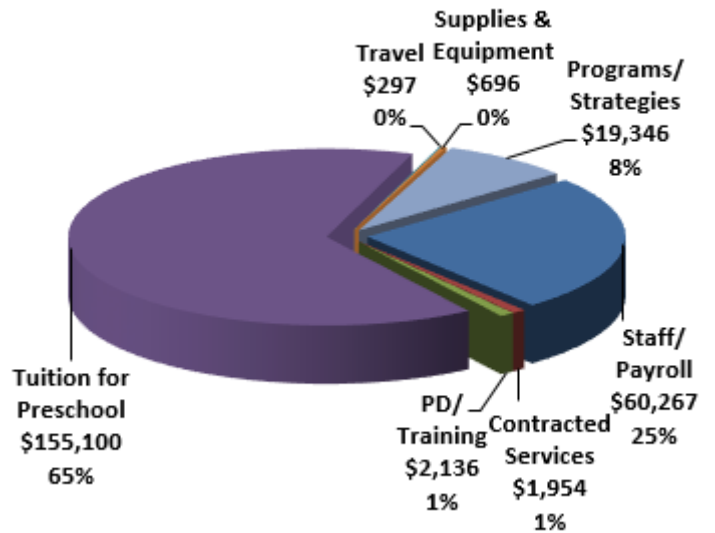
- Employ two part-time staff and maintain oversight of program facilitators
- Implement Plan through our Leadership Workgroup and School Readiness Council
- Host an Annual Meeting to share progress with the community
- Reach out to the community through our website and facebook page
- Complete an annual Community Assessment Tool to measure our effectiveness
- Present updates of C3's work to the Boards of Education, Selectmen, and Finance
- Continually seek out grant opportunities and support fundraising efforts for our work

Financial Information for 2018-2019

Monetary Revenues Total: \$241,626



Expenses Total: \$241,626



Thank you to our supporters and partners!



CASTLE

Colchester Board of Education

Colchester Board of Selectmen

Colchester Lions Charities

Colchester Youth & Social Services

Cragin Memorial Library

Dime Bank Foundation, Inc

Liberty Bank Foundation

TVCCA

UCFS

Backus Hospital

Donations Received in 2018-2019:

- Ron Goldstein for 10 Year Celebration \$3000
- Matching Gift through Benevity \$500
- Anonymous \$798
- Bodycare Treatment Center \$85
- 360 Defense/Mom's Club Consignment Sale \$667

We need you! Contact Cindy Praisner at cpraisner@colchesterct.org to find out how you can help!

Visit our website at: www.ColchesterC3.org

Like us on facebook!



Collaborative for Colchester's Children

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