



Parent Education Network

www.fortnet.org/pen

Parenting Classes

- CARES for Parents-Early Childhood Council**
(ages 3-5) **377-3388**
- Family Forum Parenting Education -Larimer Center for Mental Health*(ages 5-18)** **494-4239**
- Family Education Classes-CSU Larimer County Cooperative Extension* (all ages)** **498-6000**
- Infant Car Seat & Safety Classes/Car seat distribution-SAFE Kids Larimer County* (ages 0-4, 5-12)** **495-7504**
- Parenting Classes & Support: Love and Logic, Positive Discipline -Parenting Perspectives (ages 0-12)** **482-3828**
- Parenting Classes/Nurturing Parenting-Lutheran Family Services (ages 0-4, 5-14)** **266-1788**
- Parenting Classes-Poudre School District, Early Childhood Programs-(Ft. Collins) (ages 0-5)** **490-3389**
- Parenting Classes-Thompson Integrated Early Childhood Program-(Loveland) (ages 3-5)** **613-5053**
- Parents in Control-The Family Center/La Familia* (all ages)** **221-1615**
- ParentNet Talks-TEAM Fort Collins (ages 5-12, 13-18) www.teamfortcollins.org** **224-9931**
- Family Education Program-PVHS (all ages)** **495-7500**
- Speakers Bureau-Planned Parenthood of the Rocky Mountains* (all ages)** **482-5746**
- Strengthening Latino Families-Larimer Center for Mental Health*(ages 0-4, 5-12)** **494-4343**
- Warm Welcome & Moving On-Bright Beginnings (infants, toddlers to age 1)** **495-8875**

*Denotes resource available in Spanish

Support Groups

- Breastfeeding Support Group-Poudre Valley Health System (Moms of newborns up to 12 weeks)** **495-8283**
- Breastfeeding Support Group-McKee Medical Center (Moms of newborns)** **203-2324**
- Community Playgroups-The Family Center/La Familia* (ages 0-4)** **221-1615**
- Family Support & Services Program-Foothills Gateway (ages 0-4, 5-12, 13-18)** **226-2345**
- Parents of Children Exposed to Domestic Abuse-Alternatives to Violence(ages 5-12, 13-18)** **669-5150**
- Parents Without Partners-Mother's Center of Ft. Collins (all ages)** **204-0586**
- Postpartum Support Group-FC Postpartum Depression Task Force (postpartum moms)** **494-2908**

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Support Groups cont.

- Stepmothers Advocacy of Northern Colorado-Mother's Center of Ft. Collins (all ages)** **223-1456**
- Support for Mothers-Mother's Center of Ft. Collins www.motherscenterfc.org (all ages)** **482-2253**
- Support for Parents of multiples-FC Parents of Multiples Club (all ages) www.twinsntriplets.com** **n/a**

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Resource Information

- Family Education Program-PVHS (prenatal, post-partum, infant to 1, 9-12)** **495-7500**
- Family Resource Center/Library-CSU Cooperative Extension CFERT* (all ages)** **491-2101**
- Childcare Referral- Early Childhood Council (all ages)** **377-3388**
- Professional Development/Support for child care providers-Early Childhood Council (all ages)** **377-3388**
- Resource Library-TEAM Fort Collins* (ages 5-12, 13-18)** **221-1615**
- United Way 2-1-1 Information & Referral* (all ages)** **2-1-1**

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One-on-One Support

- Family Outreach Liaison-Thompson School District Title I* (ages 5-12)** **613-6927**
- Nurse Family Partnership-Larimer County Dept. of Health & Environment*(prenatal, 0-2)** **498-6731**
- Parents as Teachers-The Family Center/La Familia* (ages prenatal, 0-5)** **221-1615**
- Prenatal Plus- Larimer County Dept. of Health & Environment (prenatal)** **498-6736**
- Support for pregnant women-Healthy Beginnings Prenatal program*(prenatal)** **667-6241**
- Title I Parent Help Desk-Poudre School District Title I (ages 0-4, 5-12, 13-18)** **490-3220**
- Wee Steps-Poudre Valley Health System (ages newborn)** **495-8290**

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For more information on these resources visit the PEN website at www.fortnet.org/pen

Or call United Way 2-1-1 by dialing 2-1-1 or 407-7066



To get help or to give help