

# NEWSLETTER

## Free Workshops This Month

### *Fathers Matter*

#### **Co-Parenting**

March 6th 6:30 - 7:30 pm

Hagaman Memorial Library 227  
Main St. East Haven

### *Dr. Dad for Expecting Fathers*

March 21st 4 pm - 5 pm

West Haven Adult Education 1  
McDonough Plz. West Haven

Registration required

Call Hector 203-804-8865

### *Family Group Connections*

#### **The Art of Brushing and Flossing your Teeth**

March 10th 9:30 am - 11 am

East Haven Family Resource  
Center DC Moore School 82  
Elliot St. East Haven

#### **Help! I Have a Picky Eater**

March 25th 11:30 am - 1 pm

West Haven Family Resource  
Center Savin Rock School 50  
Park St. West Haven

Registration required

Call Maria 203-804-8650

## Program Updates

Shoreline MIECHV will be the proud recipient of diaper bags for our expecting families sponsored by the Exchange Club of Branford - a local chapter of a National Organization that contributes greatly to organizations working to prevent child abuse. Please stay tuned for pictures from their next local chapter meeting which will take place on March 11th! Also - join us this month for our first Dr. Dad Workshop for Expecting Fathers. Dr. Dad workshops will be run by Father Parent Educator Hector Velazquez and will focus on supporting expecting dad's with learning the basics of child health and child care.

### *Refer Today!*

Call Alison Tylliszczak, LCSW for more information 203-466-1958 or visit us online at <http://www.shorelinemiechvpat.org>

## Community News

East Haven's first mobile food bank was a huge success and will continue to run the first Tuesday of every month at St. Clare Parish. The next delivery will be March 4th from 9 am to 10 am in East Haven and March 18th at 1:30 pm in West Haven at Vertical Church. To the left, Hector Velazquez and Maria Sheehan volunteering at February's mobile food bank event.



## March Health Tips

Eating a healthy breakfast is a challenge - especially when you have kids! Instead of stopping at McDonalds for an Egg McMuffin on the way to school try making eggs at home. Having an egg in the morning fills you up with 6 grams of protein. Make it a meal by having an egg made with a teaspoon of olive oil on a whole-wheat English muffin for filling fiber.