



Early Head Start provides support, information, and services for parents of children birth to 3 1/2 years who are living on low incomes.



An Early Head Start is the Right Start

One in five children in Alberta live in poverty. The highest rates of poverty are in families with children under five years old. These early years are the most critical time in a child's development. Early experiences at home and school are the foundations for a child's future educational and life success.

We believe:

- Birth to 3 1/2 are the most formative years in a child's life
- Families are the first and most important teachers in a child's life
- Families have a right to be treated with respect and dignity
- Children do best in situations where there is love, trust and safety



Changing Lives • Growing Community

Early Head Start is a part of the E4C family

E4C is a charitable, human services organization that works towards changing lives and building stronger communities by:

- Feeding hungry people
- Creating affordable housing
- Providing safety and support
- Parenting and early learning

E4C ph (780) 424-7543
 9321 Jasper Avenue fax (780) 425-5911
 Edmonton, AB email: info@e4calberta.org
 T5H 3T7 www.e4calberta.org

All donations are tax-deductible.
 Charitable Registration Number: 13155-8140-RR0001



The focus of Early Head Start is enhancing the child's development by supporting the family as primary educators of their children during the critical first 3 years of the child's life.

Early Head Start targets three key areas:

- Child development: including health, social, cognitive and language development. We provide families with information, support and services to best nurture their children's development at that time.
- Family development: promoting family health and positive relationships between parent and children.
- Connecting families to their communities through appropriate referrals, community collaboration and integration of services to support families with young children.

EARLY HEAD START

ph (780) 426-3666
 fax (780) 424-1372
 email: ehs@ecccc.org

9321 Jasper Avenue
 Edmonton, AB T5H 3T7
 www.e4calberta.org

Who can we help?

- Low income families living in one of our 4 service zones
- Families with children under 3½ years

We want you to know

- The program is free
- Participation is voluntary
- Transportation is provided
- The program has a positive focus and builds on families' strengths
- Cultural differences are respected and honoured

We provide

- Regular home visits
- A family playgroup
- A parent group
- Transportation to and from the weekly group
- Help with accessing community services
- Information on parenting and child development
- Help for families to advocate for themselves
- Long-term support so families can reach their goals

Parents and children come to playgroup once a week. The focus is on learning through play, where children develop skills and strengths in all areas of their development. It is a time for adults and children to have fun together.

Parents get the chance to spend some time with other adults and to have a break from their routine. Parents share information and talk about issues that are important to them.

While the parents are in parent group the children continue enjoying the playgroup and receive a nutritional snack.

Home visits are a time for the family to meet one-on-one with a consultant to discuss the issues that are important to the family and to help achieve the family's goals.

Referrals to Early Head Start may be made by a variety of sources. Service may be requested directly by parents, doctors, public health nurses, schools and social services.

Do You Love Children & Enjoy Playing?

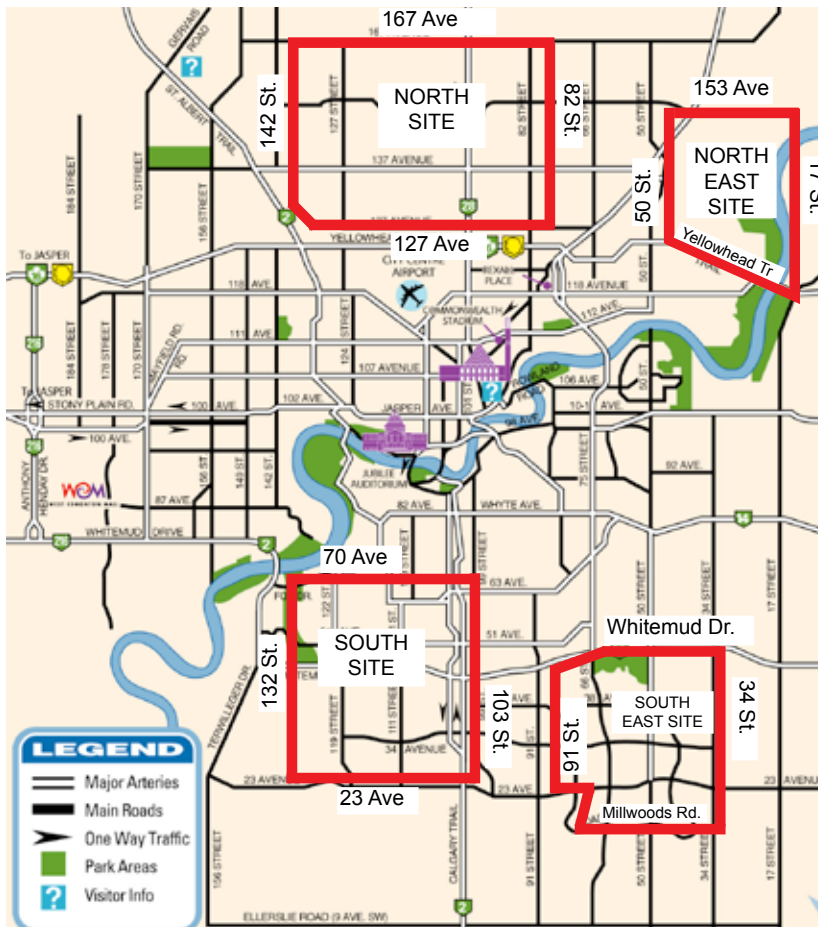
If you are an energetic person who enjoys children aged birth to 3 1/2 years the Early Head Start Program has a volunteer opportunity for you.

We are looking for flexible individuals who can play interactively with children and provide good role modeling and cooperative play skills.

We have four playgroup sites in Edmonton. Each group runs once per week for 2 hours. Group days are Tuesday, Wednesday, Thursday and Friday mornings.

The Early Head Start program provides support, information, and services for parents of children birth to 3 1/2 years that are considered to be at risk.

If you are interested please call 426-3666.



EARLY HEAD START OFFICE

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Edmonton, AB T5H 3T7
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ph (780) 426-3666
fax (780) 424-1372
ehs@e4calberta.org

Site Boundaries and Locations

North Site:
Africa Centre
13160 -127 Street

North East Site:
Clareview Head Start
1142 Hermitage Road

South East Site:
Sunrise Community Church
3303 - 37 Street

South Site:
Allendale School
6415 - 106 Street