

Community Connections of Central Texas

is a program operated by Center for Life Resources. Center for Life Resources has been serving local communities since 1970 as an agency of the state. Community Connections of Central Texas provides services to strengthen children, individuals, and families. Many of the workshops can be delivered in the counties served by CFLR. Community Connections of Central Texas provides an array of services located at 901 Ave B in Brownwood.



Community Connections of Central Texas

If you or your agency would like to become a partner agency to deliver services in a coordinated effort please call **325-646-5939** or email **Jennifer.McCoy@cflr.us** for more information.

Community Connections of Central Texas 2022

Guide to Services Provided



901 Ave B, Brownwood, TX 76801
Phone: 325-646-5939 Fax: 325-643-3512
Website www.cflr.us

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Notes:

Services Provided by CFLR

- Adult Case Management
- Child & Adolescent
- Out Patient Substance Abuse/COPSD
- Crisis Services
- ACT
- Individuals with Developmental Disabilities (IDD)
- Autism Services
- Early Childhood Intervention (ECI)
- Janie Clements Industries (JCI)
- Counseling (for qualifying individuals)
- Military Veteran Peer Network
- Texas Home Living (TXHML)
- Mental Health First Aid
- Intermediate Care Facilities (ICF)
- Home and Community Based Services (HCS)
- Respite
- Peer Support Services

For assistance in any of the above programs or for more information please call **325-646-9574**.

In the event of a crisis please call our crisis hotline at **1-800-458-7788**.



Chief Executive
Officer:

Dion White,
MBA



Chief of Community
Connections of
Central Texas:

Jennifer McCoy,
M. Ed



Daycare Director:

Kaitlinn Burt,
B.A.



Receptionist:

Angie Gomez



Lead Educator:

Whitney Evridge,
B.A.



Educator:

Kaiti Cochrum,
B.A.



Family Facilitator:

Esmeralda
Riojas



Clerk:

Taylor Malett



Educator:

Billy Owings



Staff Trainer:

Josh Barron

Services Provided:

Parenting Workshops- The challenges of parenting can sometimes be overwhelming and stressful to parents. The workshops provide new ways to increase positive outcomes within the child and parent relationship.

Counseling: This service provides short-term assistance to establish resolution for conflicts or relief from stressors.

****Availability limited to Interns**

Anger Management: These workshops provide new ways to express anger appropriately and the workshops are offered for children, teens, and adults.

Parents Forever: Children are often caught in the middle of their parents' separation. This (4-8) hour seminar will assist parents with minimizing the impact of divorce on children.

Children of Divorce: Helps children cope with challenging family changes. The program fosters a supportive group environment in which feelings and experiences can be shared in a safe, confidential setting.

Brown County Child Welfare Board (CWB)

Meetings are held at CCCT for local agencies to engage and help support our local foster and kinships children in Brown County. Meetings help provide support for Child Protective Services in Brown County and 2ingage and help meet needs of local children in social services.

Meetings are the 3rd Wednesday of every month starting at 4:00 p.m.

Court Appointed Specialized Advocates (CASA)

Holds Volunteer training for individuals wanting to help and families within social services. Please contact CASA at 325-643-2557.

Battering Intervention & Prevention Program (BIPP)

This program consists of 26 sessions, 1x a week. Please contact Mike McShan for more information at 325-200-9375

Meetings are held every Wednesday starting at 6:00 p.m.



Meetings within CCCT

Community Interagency Association (CIA)

meetings are held at CCCT for local community agencies to engage with one another. Meetings help engage and empower organizations to help deliver services needed within the community. Agencies collaborate to help develop plans and ideas that benefits individuals living within our community.

Meetings are the 3rd Wednesday of every month from 11:30 pm to 12:30 pm

Email: Jennifer.mccoy@cflr.us

Community Resource Coordination Groups

(CRCG) are groups of local partners and community members that work with parents, caregivers, youth, and adults to make a service plan. The service plan helps a person with special needs get benefits and services.

Meetings are held via Microsoft Teams the 1st Tuesday of every month at 9:30 A.M.

Emergency staffing is available as needed.
Contact Jennifer McCoy or Michelle Wells at
325-646-5939.

CRCG website: <https://crcg.hhs.texas.gov/>

Safe Exchange: By offering supervised visitation & child-exchanges, this program encourages both parents to be involved in the lives of their children in a safe environment.

Information & Referral: CCCT publishes an information and referral handbook for counties served. These are provided free to individuals, families, and agencies.



*****Childcare is provided at no cost when enrolled in services, must schedule in advance.

****Evening appointments & workshops are available.

Counties Served:

**Brown, Coleman, Comanche, Eastland,
Mills, McCulloch, & San Saba**

**Call today for more information or to
schedule an appointment.**

(325)646-5939

Nurturing Parenting

Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. Nurturing Parenting goals include:

- Foster positive parenting skills with nurturing behaviors
- Promote healthy physical and emotional development
- Teach appropriate role and developmental expectations.
- Prevent families receiving social services and/or breaking the cycle of receiving social services

Parenting Wisely is currently being taught by:
Whitney Evridge, Jennifer McCoy
and Kaiti Cochrum



CCCT Receptionist

CCCT receptionist is Angie Gomez. Angie is the first face one will see when they come into CCCT. Angie is able to assist and give information regarding all the agencies housed at CCCT, she can give referral information when needed, assist with scheduling of available rooms, and completes all day to day activities for CCCT.



Agencies within CCCT

- Girl Scouts
- American Red Cross
- CASA
- Athena Bean, Counseling
- Knit Together
- United Way
- BIPPS with Mike McShan
- Breawna Ballard
- Abilene ISD—GED classes and ESL

For more information call Jennifer McCoy at **325-646-5939** or email at jennifer.mccoy@cflr.us

New Employee Orientation

New Employee Orientation is a week long training that all CLFR staff must attend.

Trainings includes but is not limited too:

- CPR and First aid
 - Also provided to Community
- Trauma Informed Care
- Emergency Preparedness
- Cultural Diversity
- Active Shooter
- ASK/Crisis
- Motivational Interviewing
- HIPAA
- Satori to Managing Alternatives Aggression

NEO trainer is:

Josh Barron



Nurturing Parenting is designed to meet the family's needs based on their parenting strengths and weaknesses.



As a parent, you will have the opportunity to gain insight with the following:

- **Positive communication
- ** Self-control parenting
- ** Positive support system
- **Principals of effective parenting
- **Identify age related needs and concerns of children
- **Ability to apply skills to difficult situations
- **Positive and alternative discipline strategies
- **Resources available in the community

Nurturing Parenting Workshops

Must register before workshop starts

Start date	Face to Face @ CCCT 1:15 pm To 3:15 pm	Start date	Face to Face @ CCCT 4:15 pm To 6:15 pm
March 28th	Parents of Teens	March 28th	Parents of Children
May 2nd	Parents of Children	May 2nd	Parents of Teens
June 6th	Parents of Teens	June 6th	Parents of Children
July 11th	Parents of Children	July 11th	Parents of Teens
August 15th	Parents of Teens	August 15th	Parents of Children
September 19th	Parents of Children	September 19th	Parents of Teens
October 24th	Parents of Teens	October 24th	Parents of Children

IMPORTANT INFORMATION:

All cost **MUST** be paid before receiving certificate

Must register to start workshops

*Certificate received upon completion

*Missed workshops must be made up before attending the next workshop

Call CCCT to be added to call back list

Adult Grief Support Group

January 24th

February 28th

March 28th

April 25th

May 23rd

June 27th

July 25th

August 22nd

September 26th

October 24th

November 28th

Adult Grief Support is offered the 4th Monday of every month from

5:15 pm to 6:15 pm

Grief Support is open and free to anyone in the community.

Inspiring Hope Childcare

Inspiring Hope Childcare's mission is to provide a safe, nurturing and recreational environment that teaches hope and inspires love in children we serve.

Eligible Individuals

In order for a child to be accepted into Inspiring Hope Childcare their parent/guardian or an immediate family member **must work at Center For Life Resources**. A child will no longer be eligible to attend daycare if the parent/guardian or immediate family member is no longer employed at Center For Life Resources.

Please call 325-646-5939 for more information

**Daycare Director:
Kaitlinn Burt**



Frequently Asked Questions

How do I enroll?

***Must register by 4:30 pm the day before start date; exclusions may apply

How much does it cost?

**A charge of \$60.00 will be collected at the beginning of the workshop. This covers the book and the workshops. Cash or money order must be exact amount only.

Is there childcare on-site?

****Childcare is provided at no cost on-site to you with advanced notice.**

When are the seminars?

**Every six weeks a new workshop will start.

Do I receive a certificate?

**Yes, you will receive an individualized certificate. You must complete the workshop to receive the certificate.

Can anyone take this seminar?

**Yes, anyone is welcomed to take the Parenting Wisely Workshop.

Can an agency or school host a workshop in 7 surrounding counties?

**Yes, contact CCCT for more information.

What happens if I miss a Workshop?

**You must make up the missed workshop by making arrangements with the educator before the next scheduled workshop.

Turtle Magic

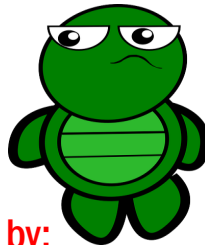
Anger Management

Ages 3 to 6

Turtle Magic is a curriculum designed for children ages 3 to 6 years old. Children in this program will learn how to have a better understanding of their emotions to control their anger.

Turtle Magic curriculum main components:

1. Learning how to remain calm
2. Learning how to control Anger and impulse
3. Preparing for disappointment



Turtle Magic is currently being taught by:

Whitney Evridge, Jennifer McCoy, and

Kaiti Cochrum



Details for Children of Divorce:

Grade:	Number of Sessions	Day of Week	Time
K to 1st	12 Sessions	Monday	4:00 pm to 5:00 PM
2nd to 3rd	15 sessions	Tuesday	4:00 pm to 5:00 PM
4th to 6th	12 sessions	Wednesday	4:00 pm to 5:00 PM
7th to 8th	14 sessions	Thursday	4:00 pm to 5:00 PM



Classes Start the 2nd week of September

Cost of Children of Divorce:

\$75.00 for the course and the workbook

******Cash or Money Order only**

Children will learn important skills including social problem solving, constructive ways of dealing with anger, and communication skills.

This group has been a safe place where I could talk about things I've never told anyone before...It's helped me to see that divorce is sad, but it's not the end of the world for me or my family..."

—Program Participant with the Children's Institute

Children of Divorce

The primary goal is to minimize the behavioral and emotional problems that children experience following parental divorce or a change in custody.

Children will:

- Be in supportive group environment.
- Learn how to express divorce-related feelings.
- Understand divorce-related concepts and clarify divorce-related misconceptions
- Learn communication and problem solving skills
- Enhance their perceptions of themselves and their families

Children of Divorce is taught by:

Whitney Evridge & Kaiti Cochrum



Turtle Magic Curriculum

8 week course

This course will be provided as needed for the community.

During this 8 week course children will:

- Learn about their bodies and feelings in a way that they will be able to comprehend
- Practice how to take care of themselves **AND** feel good
- Learn how to solve problems appropriately
- Engage with other students and the educator during each session in a safe environment

Activities will include:

- Puppets
- Reading Turtle Magic
- Body Awareness
- Deep Breathing
- Yoga poses
- Dancing
- Self Talk
- Several other engaging

A charge of \$15.00 will be collected at the beginning of the Course.

Cash or money order only

*****Partnership with School Districts is available
Call 325-646-5939 for more information**

Managing Your Anger for Children

(MYAC)

Ages 6-11 yr. old (12 week Workshop)

Manage your Anger Curriculum for Children utilizes a skill streaming psychoeducational approach to teach psychological and social competencies to children ages 6 to 11. This program will teach children:

1. A better understanding of their anger
2. How to respond with healthy and effective choices
3. How to build more satisfying prosocial relationships
4. Will help develop practical skills and strategies to manage feelings
5. To be able to realize behavior management

MYAC is currently being taught by :

**Jennifer McCoy, M. Ed, Whitney Evridge, B.A,
Kaiti Cochrum, B.A. and Esmeralda Riojas**



Parents Forever Seminar

Workshop Dates:

Starts at 9 AM	Starts at 1 PM
September 6th at 2 pm	September 27th
October 11th	October 25th
November 8th	November 15th
December 6th	December 13th

Workshop Times: **Classes may last 4 to 8 hours depending on each class.**

Registration is preferred the day before workshop. If you are not registered at least one hour prior to the workshop starting you will not be able to attend.

Keys to Successful Co-Parenting

- Heal yourself first
- Act maturely around the children
 - Listen to your children
- Respect each other as Parents
- Accept each others differences
- Communicate with each other
- Step out of Traditional Roles

Parents Forever

The Parents Forever is an educational program for families experiencing divorce, separation, or a change in custody. These skills will include:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.

The cost of this one time seminar is \$60 per person.

****Free childcare is provided on-site.

Parents Forever is currently being taught by :

Billy Ownings & Esmeralda Riojas



Anger Management Workshops

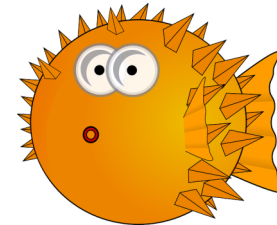
2022 MYAC Workshop Dates

January 20th	July 28th
March 10th	September 15th
April 21st	October 6th
June 9th	November 3rd

Register at 3:30 pm on the day of the workshop

Thursdays from 4pm-4:45pm

Parents must arrive at 4:30
for a weekly review



Call ahead of time to get on the callback list. All children will be screened prior to attending MYAC workshop.

A one time charge of \$15.00 will be collected at the beginning of the 12 week course

Cash or money order accepted, must be exact amount only. No checks or debit/credit cards accepted.

***Partnership with School Districts is available
Call 325-646-5939 for more information

Teen Anger Management Education

Ages 12-17
8 weeks Course

Teen Anger Management Education is a program designed for early to late adolescents ages 12 to 17 years old. Each session is structured to focus on skills training on:

- Regulation of Anger
- Development of Self-Control
- And Healthy Interpersonal Functioning

TAME is a program for teens to develop:

- Positive Coping Skills
- Positive Communication Skills
- Learn new ways to cope and express anger appropriately

TAME is currently being taught by:

Whitney Evridge, Kaiti Cochrum and Esmeralda Riojas



Cost of Safe Exchange/Visitations:

Orientation: \$50.00 per parent
Weekday Visit: \$50.00 for one hour
\$75.00 for two hours

***Visits only offered Monday-Thursday

***Visits MUST be scheduled in advance.

***Payment is due prior to visit starting, late fee will be charged if paid late.



Visitations and Exchanges are scheduled after both parties have enrolled in the program by completing a scheduled Orientation provided by individual scheduled appointment.

NO services will be provided until BOTH parties have completed individual orientation.

To register for Safe Exchange visitations please call 325-646-5939 for more information. Details about how the visitations will proceed will be discussed in the orientation.

Safe Exchange

Safe Exchange Program provides the Custodial and Non-Custodial parents of children a safe and neutral environment in which an exchange of a child or a visitation is needed. Services are provided with the commitment of focusing in the child's best interest in a secure and safe environment.

The **GOAL** of the program is to minimize conflict between the parties when exchanging or during a child's visitation with the Non-Custodial Party. The service is provided to families that have been ordered by the court or families in which both parties agree to utilize the program.



Safe Exchange is currently being monitored
by:

Esmeralda Riojas & Jennifer McCoy



Teen Anger Management Education (TAME)

Register at 3:30 pm on start date of workshop

Tuesdays from 4:15 pm-5:15 pm

September 6th

November 1st

Parents must arrive at 4:45 p.m. for a weekly review



\$ 15.00 one time fee

Must register to start workshops

TAME is a 8 week course; each workshop is 1 hour

Call CCCT to be added to call back list

Anger Management

Adult Anger Management (AAM) workshops are offered every Thursday. The goals of attending AAM is for individuals to recognize and manage their anger and to help develop acceptable ways of expressing anger.

Individuals will learn how to:

- Accept personal responsibility in changing behavior
- Recognize and develop a working understanding of one's own anger/stress patterns and responses
- Eliminate violent behavior
- Learn how to effectively use communication and listening skills

Adult Anger Management Educator:

Billy Owings

Workshops
are
Every
Thursday



Time:
5:15 P.M.
To
6:15 P.M.

Cost of AAM:

\$20.00 workbook

\$10.00 for each workshop attended.

****\$110 for the book and all 9 workshops.**

****Cash or Money order only**



Frequently Asked Questions

How do I enroll?

**The workshop begins at 5:15pm and will end at 6:15pm. Please arrive at 3:00 P.M. on to register before your first workshop.

How much does it cost?

A charge of **\$20.00 will be collected at the beginning of the workshop. **Then it will be \$10.00 each workshop.** Cash or money order accepted. No checks or debit/credit cards accepted.

Is there childcare on-site?

**Childcare is provided at no cost on-site to you with advanced notice.

When are the workshops?

**Every Thursday.

Do I receive a certificate?

**Yes, you will receive an individualized certificate. You must complete the entire 8 weeks for adults.

Can anyone take these workshops?

**Yes, anyone is welcomed to take the Anger Management workshop.