Q&A with ARC
(Adolescent Resource Center)
A former ARC client shares her story.

If you visit one of our Adolescent Resource Centers (ARC) during office hours, you’ll find it teeming with teens in need of a variety of our comprehensive counseling, educational, medical, and sexual health services. CFF’s ARC program helps teenagers and young adults create and sustain healthy and responsible attitudes, behaviors, and choices about their sexuality and health. The ARC program also helps reduce risk-taking behaviors that could lead to illness or pregnancy. Whether a client needs birth control, a physical exam, STD testing, access to a dietician, or just wants someone to talk to, ARC is there to provide free and confidential services without the need for an appointment. ARC educators also visit schools, teaching 5th through 12th grade students age-appropriate information related to puberty and sexual health. That’s where Katherine, a former ARC client, had her first ARC interaction.

Q: How did you hear about ARC?
A: “I heard about ARC at Gunning Bedford Middle School’s Health Program. I was about 12 years old and someone from ARC came to our health class to discuss puberty and other topics. They handed out pamphlets, and I thought to myself, ‘Let me hang onto this for later.’ Then I had that resource when I became a little bit older and started thinking about having a boyfriend. I remember really liking the person who presented and felt like I could trust them.”

Q: How did you get to ARC?
A: “Public transportation for my first visit - but then I was able to drive, or I went with friends who could drive.”

Q: What did you learn from ARC that was helpful?
A: “They were really great! I used a lot of the info that I learned from ARC as well as from my health classes in school. I had a lot of friends who had become sexually active and were doing things that were really unsafe. ARC was able to help me with advice that was communicated well, so I felt what they were teaching me about prevention was legit. They were also really nice and made me feel comfortable. There was one time when I had forgotten to take my birth control. I thought I had messed up and might be pregnant - so I called them, and they assured me that I was being really safe. They were able to help me over the phone and calmed me down without making me feel stupid. I also liked that they were confidential. I had someone to talk to other than my parents. It was a good place to just talk about options. They would explain my options and make sure I understood, but they never forced any particular option over another.”

For more information about our Adolescent Resource Center, visit cffde.org

Current ARC clinics and hours:
ARC at Westside Health
1802 W. 4th Street | Wilmington | Tuesdays, 5:00–6:30 pm
ARC at Children & Families First
2005 Baynard Blvd. | Wilmington | Wednesdays, 3:30–5:30 pm
ARC at Westside Health – Brookside Plaza
27 Marrows Road | Newark | Thursdays, 3:30–5:30 pm
ARC at Children & Families First
91 Wolf Creek Blvd. | Dover | Thursdays, 3:30 PM – 5:30 PM
KIDS GROW UP FAST!

Preserve your family’s memories through the years with Family Photos! Join us November 16th or 28th at White Oak Landscapes!

DON’T FORGET: Family Photos make great gifts and holiday greeting cards!

TO REGISTER:

Join Children & Families First for the

Oberod 5K TRAIL RUN
In Memory of Art Connolly

- HONORARY CHAIRS -
Vicki Huber Rudawsky & Rudy Rudawsky

The FIRST Competitive Race on this UNIQUE Property!
Oberod Estate | 400 Burnt Mill Road
Wilmington, DE

- SUNDAY -
NOVEMBER 2, 2014

Pre-Registration is REQUIRED

For times, course details, to register or volunteer, visit
In existence for more than 130 years, Children & Families First helps children facing adversity on their journey to adulthood. We use proven methods to help families raise their children so they can flourish.
We’d love to count on your support during our 2014 Friends Campaign!
Together, we can make 2014 brighter for children & families in Delaware!

HELPING DELAWARE MOTHERS
Governor Jack Markell, Lt. Governor Matt Denn, and Director of Delaware’s Division of Public Health, Dr. Karyl Rattay, recently met with visiting nurses from our Nurse-Family Partnership program. They discussed the importance of NFP which helps first-time, low-income mothers through pregnancy and until their baby turns two years old.

Left to right: Dr. Karyl Rattay, Tynisa Howell, Vikki Benson, Sarah Cantoni, Chanai Delbridge, Governor Jack Markell, Tamika Sealy, Flower Habte-Burton, and Lt. Governor Matt Denn.

THANKS TO YOUR SUPPORT
in 2013, we helped strengthen thousands of children and families.

- 89% of babies born in the NURSE-FAMILY PARTNERSHIP program were at full gestational age, a significant indicator of infant health.

- 85% of babies born in the HEALTHY FAMILIES AMERICA/SMART START program had a healthy birth weight.

- 100% of SPECIAL NEEDS ADOPTIONS were finalized without disruptions.

We’d love to count on your support during our 2014 Friends Campaign!
WE’RE A TOP WORKPLACE!

For the fourth year in a row, Children & Families First has been recognized as a top workplace in Delaware by The News Journal.

We are so proud of this accomplishment!

To view job openings in our offices, visit: http://bit.ly/CFFJobs

BLACK FRIDAY. CYBER MONDAY.

#GivingTuesday
SAVE THE DATE
DECEMBER 2, 2013

Children & Families First is proud to partner with #GivingTuesday! #GivingTuesday is a national day of giving during the annual shopping and spending season, designed to inspire giving all year long.

dear friends,

This fall we celebrate our 130th anniversary! Those of you who joined us on our 125th are probably asking yourself, “Where did the time go?” For me, the time flew by. We have been busy and have accomplished much over the last five years. For example, Children & Families First:

• Improves birth outcomes and promotes positive parenting by providing evidence-based home visiting programs for low income parents. These include the Nurse Family Partnership for first time moms and Healthy Families America for subsequent pregnancies;

• Supports Delaware’s quality rating system for early childhood programs through technical assistance to providers and managing capital and technology grants for those in DE Stars;

• Promotes academic success as the lead agency in seven community schools including 3 in the Christina School District, 2 in Red Clay Consolidated School District and 2 in the Seaford School District. We work to build supports and enhance learning for students and their families;

• Provides expanded residential and day treatment programs for teens with a mental health diagnosis as well as intensive outpatient counseling for youth and their families in homes; and

• Decreases the number of adolescents entering the foster care system by helping families resolve conflict.

However, we are not content to rest on our accomplishments. Our Board and staff have been actively involved in a strategic planning process this year that is providing greater focus for our work. We now describe the guiding principles for our services this way:

Children & Families First helps children facing adversity on their journey to adulthood. We use proven methods to help families raise their children so they can flourish.

We are developing continuums of service, offered by Children & Families First as well as our partners, to assure that families are supported and successful. We will be looking for ways to measure our program outcomes after direct service has ended. We will also be working with our partners to identify longer terms outcomes that will demonstrate that our collective services made a difference as children move toward adulthood. I will keep you posted as we move along our journey!

Leslie Newman, CEO
Our Mission
Children & Families First helps children facing adversity on their journey to adulthood. We use proven methods to help families raise their children so they can flourish.

Our Vision
Communities where children are nurtured and safe, individuals are valued, and families are strong.

Core Services
- Healthy Babies
- Early Childhood
- Positive Parenting
- Supporting Teens
- Family Resources
- Workplace
- Older Adults

It’s not just our name, it’s our promise. Children & Families First strengthens Delaware families by delivering an innovative and effective continuum of community-based social services. In existence for more than 130 years, CFF builds the foundation for strong communities with child-centered and family-focused programs.