Toledo Chapter Motherhood Support

HUGS Program

**Timing, duration, frequency of program**

As requested, about 20 times per year

**Fiscal Information**

Budgeted expense total for program last year: $2,000

Value of in-kind donations (estimated total): $250

**Partnerships**

Compassion Health of Toledo, Heartbeat East and West, Job and Family Services, Chrysalis, and Harbor Behavioral Health.

What role does your partner(s) have in the program? provide the location, the marketing/recruiting and the participants.

**Clients**

Number of children/families served your last fiscal year: 120

Age range of clients served: teens through over 40

**Volunteers**

How many volunteers participate in this program (planning and working): 25

What roles do the volunteers have in this program? CCS Volunteers are either certified HUGS presenters or mentors during the workshops. CCS Volunteers also provide snacks for the workshop.

**Program Description**

Overall goal of this program: HUGS is a supportive educational workshop for infant caregivers and parents. Our research- based program for parents or infant caregivers assists with safe techniques in the areas of breastfeeding, soothing, and safe sleep practices

What service/materials do you provide to your clients? Diapers, community resource referrals, workshop handouts and a book, “On the Night You Were Born” are given to each family. This is in addition to the healthy snacks that are provided during the workshop.

Introductory letters are sent to potential agencies and established agencies schedule workshops for their clients. A HUGS Volunteer coordinator requests CCS Volunteers once specific dates have been set, to encourage and plan for mentor participation at each workshop. A PowerPoint presentation has been developed to cover the essential topics. Volunteer mentors are encouraged to engage with the participants and reinforce the safe techniques that are discussed and illustrated. Currently our HUGS trained presenters, both former RN’s are available to address medical questions and always refer participants back to their Doctor.

CCS has been giving diapers, workshop handouts and a book to each family who participates. One agency “rewards” HUGS workshop attendance, with “points” that can be used to purchase items at their baby shop. This program began as a project in 2017 and it was hoped 4 workshops could be presented each year. HUGS is now a Community Outreach program and they are training 3 additional certified HUGS presenters to address the demand in their community. They are projecting, once additional presenters are trained and certified, the workshops could easily increase to 4 per month.

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