

MIND + SOUL

Family & Parenting Resources



* where to go for help!

* COMMUNITY SUPPORT

Indiana Parenting Institute, Inc. offers parent education classes, workshops, and seminars for parents of children 0-18 years. Our purpose is to educate parents and engage the community in supporting responsible and effective parent education to protect the wellbeing of children in Northwest Indiana. For more info, visit our website at: www.indianaparentinginstitute.com or call (219) 714-2772.

La Leche League is an international, non-profit, non-sectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. To find information about local La Leche League groups, visit www.llli.org.

American Red Cross offers various health and safety classes, in addition to disaster-relief services. From CPR & First Aid to baby-sitting and water-safety, American Red Cross offers various classes that train and educate people. For more information, contact:

Porter County Red Cross
755 W Lincolnway
Valparaiso, IN
(219) 462-8543
www.portercountyredcross.org

American Red Cross of Northwest Indiana
791 E 83rd Avenue
Merrillville, IN 46410
(219) 756-5360
www.nwindiana-redcross.org

Parents as Teachers is dedicated to inspire, educate and support all parents of children, infant through five years, to be their child's first, most important teacher. Though totally free, Parents as Teachers offers monthly home visits, workshops, parent group meetings, periodic developmental screenings, and resource networking and referrals. For more information, visit www.parentsasteachers.org or contact:

Parents as Teachers of Porter County
c/o Yost Elementary
100 Beam Street
Porter, IN 46304
(219) 983-3640
info@patpc.org
www.patpc.org

Parents as Teachers of Lake County
2450 169th Street
Hammond, IN 46323
(219) 554-1710
www.patlakecounty.org

* TECHNICAL SUPPORT

Great Schools: The Parent's Guide to K-12 Success is committed to helping parents choose & evaluate area schools and support their child's education. To check it out, visit www.greatschools.net.

Family Watch Dog offers a free service which locates registered sex offenders within the vicinity. They also offer a notification service that alerts you when a new convicted sex offender registers in your area. Visit www.familywatchdog.us for more information.

Screen It evaluates movies and videos for their age-appropriateness. The reviews are broken into categories such as Violence, Profanity and Guns/Weapons and are rated accordingly. For more details, take a look at www.screenit.com.

Care.com is a safe and simple way to find babysitters, nannies, pet sitters and more. With pre-screened profiles, recorded references and free background checks, Care.com is the perfect place to find quality care. For more information, visit www.care.com.

Mom Junction is your personal mom network! Create a private web site to share with friends, connect with local moms, and get parenting answers you can trust! Visit www.momjunction.com for more details.

Zwaggle is a national network of parents who have come together to share! You receive Zwaggle points by giving away your gently used things and then use those points to obtain "new" things. Visit www.zwaggle.com.