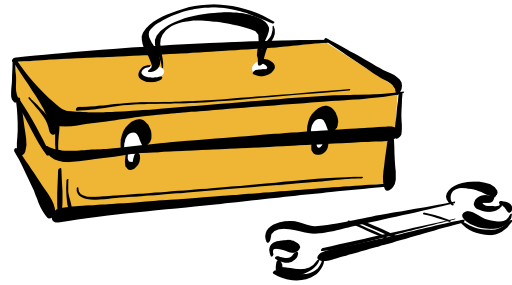


# CAREGIVERS TOOL BOX



Everyone who is in a care-giving role with children needs many kinds of skills to take care of children. Children have unique personalities and a technique that works with one child may not have the same effectiveness on another.

The Family Violence Prevention Council recognizes that care-giving and parenting can be stressful at times. Caregivers can benefit from having various kinds of knowledge about children, how to talk to children and how to interact with children. We would like to assist you in your role as care-giver or parent by helping you to have a Tool Box full of ideas!

Please keep your Tool Box handy, like on top of your refrigerator so you can refer to information you have collected.

We would also like to remind you that the Family Resource Centers in Broome County are a great resource for families. It is place where parents and children can go to learn, play, and seek support from other parents!

## **Binghamton (PAL)**

Family Resource Center  
Station Square  
457 State Street  
Binghamton, NY 13901  
(607) 771-6334

### **Hours:**

Mon., Tues, Wed., Friday.  
9:00 a.m. – 1:00 p.m.  
Thurs. 2:00 p.m. – 7:00 p.m.

## **Johnson City Schools**

Family Resource Center  
601 Columbia Drive  
Johnson City, NY 13790  
(607) 763-1243

### **Hours:**

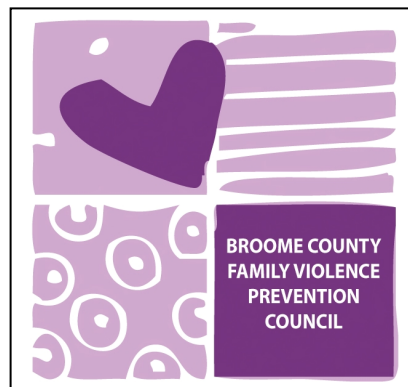
Mon. & Tuesday  
9:00 – 10:45 Playtime  
Wed. 9:00 – 10:00 Story time  
Thursday 2:30 – 3:50

## **Endicott**

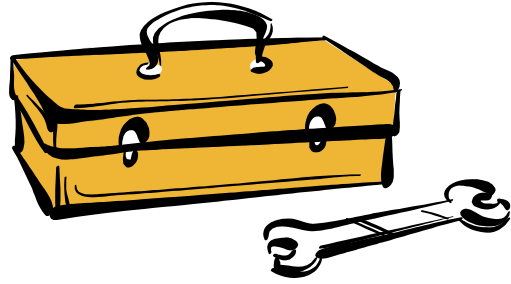
Family Resource Ctr.  
St. Paul's Episcopal  
200 Jefferson Avenue  
Endicott, NY 13760  
(607) 760-5755

### **Hours:**

Mon. 2:00 – 7:00  
Tues, Wed, Thurs  
10:00 – 3:00



# IMPORTANT PHONE NUMBERS



Emergency: **911**

Pediatrician: \_\_\_\_\_

Poison Control Center Central NY: **1-800-222-1222**

Someone I Can Ask For Help:

Friend: \_\_\_\_\_  
\_\_\_\_\_

Relative: \_\_\_\_\_  
\_\_\_\_\_

Other: \_\_\_\_\_  
\_\_\_\_\_

Community:

1<sup>st</sup> Call for Help: 1-800- 901-2180 or dial 211

Lourdes PACT: 584-4550

City of Binghamton PACT: 762-8197

Family Enrichment Network: 723-8313

Family Violence Prevention Council: 778-2153

UHS 24-hour Emergency Crisis-Line: 762-2458

NYS Child Abuse and Maltreatment Reporting Center: 1-800-342-3720

Prevention Information Resource Center and Parent Helpline: 1-800-244-5373

Mothers & Babies Perinatal Network: Family Information Line: 1-800-231-0744

Provided by: Family Violence Prevention Council, 36-42 Main Street, Binghamton, NY 13905 (607-778-2153)

Website: [www.gobroomecounty.com/FVPC](http://www.gobroomecounty.com/FVPC)

Other Helpful websites: [www.bornlearning.org](http://www.bornlearning.org)