

What is C.A.R.E.?

Child Abuse Resource and Education (C.A.R.E.) is a community-wide program guided by a policy advisory committee. The advisory committee is composed of area professionals who work with children and families in the community. C.A.R.E.'s mission is to prevent child abuse and neglect by increasing awareness, education, and resources that are available in Kearney and the surrounding communities.



Helping People. Changing Lives.

C.A.R.E. is a program administered by Mid-Nebraska Community Action, Inc.

and is funded by:

United Way of the Kearney Area

Region III

and Nebraska Child Abuse Prevention

Fund

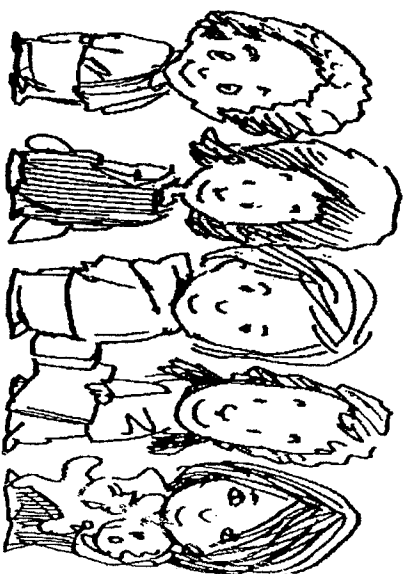


United Way

Region III

Nebraska
Child Abuse
Prevention Fund

C.A.R.E.
Child Abuse Resource
and Education



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C.A.R.E. Programs and Resources

Public Information: Pamphlets, posters, videos and books are available for loan, free of charge, from the C.A.R.E. Office located in the Mid-Nebraska Community Action Administration Building, 16 West 11th Street, Kearney. You may also call (308) 865-5675 for more information about any of the following programs.

Public Education: C.A.R.E. coordinates a speaker's bureau which is available for professional in-services on recognizing, reporting and responding to child abuse. We also offer educational presentations in classrooms for any organization wishing to know more about child abuse or neglect.

Family Education: "Active Parenting Now" is a six-session course for parents with children (ages 3 & up) who need or want to learn various proven methods of discipline, communication, anger management, etc. This is beneficial to parents and children and helps enrich family life.

"Parenting of Teens" is a program for parents with children ages 11 & up. Music, television and other media advertising have a major influence on teenagers and some of the things that are being learned are not appropriate for their age. This class is to help us, as parents, to take a look at what is really going on in our kids' lives as many things have changed since we were their age. We need to work with our children on the subjects of sex, drugs, internet safety and also help our children set safe boundaries with the people around them.



Prevention Resources: "Happy Bear" is a personal safety program that teaches preschool and early elementary children (ages 3 to 6 years). Happy Bear teaches self esteem/peer pressure, good/bad touch, drug/alcohol prevention, stranger danger and offers a pre-summer follow-up. Each of the presentations takes about 20 minutes and features a lovable bear for children to relate to. This program includes classroom activities with teachers, follow-up suggestions with parents and follow-up activities for children. This program highly recommends parent participation so they are able to build on what is taught by Happy Bear.



"I'm in Charge" is a six-hour program for children who are ready to be home on their own after school or for other short periods of time. Topics include key and phone safety, preparing safe snacks, how to handle home emergencies (fire, first aid, weather) and getting along with brothers and sisters. The program involves families in at-home activities to encourage discussion and parental participation. This program is offered for free at elementary schools in Kearney, Elm Creek, Ravenna, Minden and Gibbon.