



**STRONG FAMILIES. THRIVING CHILDREN.**

Champions provides a variety of family education and family strengthening programs for families with children from **birth to 18 years old**, with a special focus on **0-5 year-old** range. In order to ensure all families have access to our services, CFC is committed to providing all services at **no charge**.

## Our Virtual Programs

We are here for you during the coronavirus pandemic - this sheet lists all the programs we currently have available by phone or video chat, and how to access them!

### Parenting Classes and Support

Expert-led parenting classes and group support designed to help parents develop skills to raise healthy, thriving children.

*Infant Massage | Toilet Training 101 | Managing Teen Emotions | Getting Along With Others | Inspiring Cooperation | Newborn Care*

### Playgroups & Screenings

Parent-child playgroups and activities to help parents bond and connect with their infants and toddlers while learning together. Plus, developmental screenings to assess your child's progress and identify areas for you to focus on to support their development.

*Little STEAMers (1-5 year olds) | Baby & Me (6 weeks to 12 months old) | Wonder Years (24-35 months old) | What You Do Matters (0-60 months old) | And more (0-4 year-old, call for details)*

### Individualized Parenting Support

Long-term individualized parenting support provided by professionals with expertise in child development. Plus, professional lactation support for parents of newborns.

*Parents as Teachers (Virtual Home Visits) | Breastfeeding Support*

## Information & Resources

We provide daily parenting tips and resources, as well as age related activities to do with your child, delivered via social media and educational puppet shows.

To access the most up-to-date content for you and your child, check the following links regularly:

- Follow us at [facebook.com/cfctampabay](https://facebook.com/cfctampabay) or on Twitter @cfctampabay
- Visit [talkreadsingtampabay.com](https://talkreadsingtampabay.com)
- For educational puppet shows, visit [facebook.com/KOTBHillsborough](https://facebook.com/KOTBHillsborough)

## For more information or to enroll in classes or groups

- Email us at [info@cfctb.org](mailto:info@cfctb.org)
- Send us a message on Facebook at [facebook.com/cfctampabay](https://facebook.com/cfctampabay).
- Call us at 813-673-4646 ext. 0
- Visit our website at [www.cfctb.org](https://www.cfctb.org)

**Funding for services generously provided by the Children's Board of Hillsborough County**



[www.cfctb.org](https://www.cfctb.org)  
[info@cfctb.org](mailto:info@cfctb.org)  
(813) 673-4646

Champions for Children  
f @cfctampabay  
@cfctampabay