

A Program of Jewish
Family Service



parenting VILLAGE

Connecting families, supporting caregivers.

NURTURE

Remote, no-cost, peer support for families with new babies

The time after a baby's arrival can be intense for families. Parenting Village is here to support growing families remotely during the COVID-19 pandemic.

Nurture is a free, peer support program that pairs trained volunteers with families with new babies up to one year old in the Rochester area. Support is offered over 3 months, during any 3-month period in the baby's first year of life. We ask caregivers what would be most helpful to them and volunteers provide support in a variety of ways.

Trained peer volunteers are available to help you in a COVID-safe way by offering:

- Weekly check-ins and/or chats via telephone, video calls or text messages
- Reading books on Zoom with older siblings
- Grocery shopping/delivery*
- Assistance setting up a Meal Train and other virtual support tools for connection
- Assistance with household management as it relates to parenting (scheduling, meal planning, etc.)
- Lend a listening ear and offer referrals to local support groups & resources in the community

*If a family can afford their groceries, volunteers can offer to pick up a grocery order that has been paid for and deliver it to the family's home. If a family can't afford their groceries, volunteers can offer to pick up a grocery order from a local food cupboard and deliver it to the family's home.

FAMILIES & VOLUNTEERS

If you would like to enroll in our Nurture Program or support families as a Nurture Volunteer, please contact Shawna Peterson, Volunteer Coordinator, via phone: (585) 270-1832 or email: nurture@parentingvillage.org.

www.parentingvillage.org | connect@parentingvillage.org | (585) 461-0110

Facebook: [/ParentingVillageRochester](https://www.facebook.com/ParentingVillageRochester) Instagram: [@ParentingVillageRoc](https://www.instagram.com/ParentingVillageRoc)

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