

**Bangor Group Home:**

We offer residential care for at risk mothers, infants and children. This structured group life setting offers various services that focus on specialized clinical and educational care. We offer a safe and secure environment that enables the staff to teach these mothers parenting skills while giving them the opportunity to be hands on with their children.



"The women, infants, and toddlers who live here -- for however long or short a time -- usually find this to be a "homey" place where they can find support and be who they are. That's the way it should be."

-Eileen Ward (Program Director)

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**ST. ANDRE'S GROUP HOME**

*BANGOR*



*Infant Mental Health  
& Parenting  
Residential Services*

*Proudly serving since  
1940*

*"The staff at St. Andre's has taught me how to be a better parent. They are a great support system and treat me with respect."*



## Anticipated Outcomes at St. Andre Home Infant Mental Health and Parenting Residential Program:

### The Mother

- ❖ Improved relationship between mother & child
- ❖ Positive life changes & personal development
- ❖ Improved safety and healthy decision making
- ❖ Mother learns to meet her child's physical, emotional, & social needs

### The Child

- ❖ Safety and security
- ❖ Improved well-being
- ❖ Attachment is strengthened with his/her mother
- ❖ Stress level is reduced
- ❖ Physical, emotional and social needs met

### Opportunities For Birthfathers

- ❖ Visitation and involvement to foster attachment
- ❖ 1:1 coaching in parenting & life skills
- ❖ Supportive couple's counseling

### Services:

- \* Parenting Classes
- \* Supervised Hands on Parenting
- \* Life Skills Groups
- \* Assessment of mother/child attachment & bonding
- \* Organized Play Groups
- \* "My Gym" (Fitness class for moms and children)
- \* Conflict Resolution Groups
- \* Anger Management
- \* Individual Life Skills Support (Money management, Time management, Social Support, Values Group)
- \* Individual & Child Developmental Assessments
- \* Facilitation of Infant & Early Childhood Mental Health Assessments
- \* Self-Esteem Classes
- \* Outside Resource Presentations
- \* Nutrition Class
- \* Referral of Services (Medical, Dental, Counseling, Housing, etc.)
- \* Individual In-House Counseling
- \* Individual Case Management
- \* Transitional Planning

### The Staff:

- \* First Aid Certified
- \* CPR Certified
- \* Training in Therapeutic Crisis Intervention
- \* Certified Residential Medication Aide on site
- \* OQMHP Qualified
- \* Licensed Clinical Social Worker on site
- \* Staff available 24 hours a day



*"Before moving to St. Andre's I was living in horrible conditions and making very poor decisions for myself and my son. Through my experiences here I have learned to make better decisions and have become a better parent. The staff have been a wonderful support system in encouraging me to achieve my goals, and develop new goals along the way. For me, St. Andre's has been the only stable home I have ever known. In being that, the experience has taught me what a home should be like."*

