



Head Start: Social & Emotional Well-being

WHAT:

It is a child's developing capacity to express and regulate emotions, form trusting relationships, explore, and learn—all in the cultural context of family and community.

WHY:

The well-being of children and the adults that care for them is essential for school readiness.

In Head Start we use stories and modeling to teach children about:

- **Problem solving, conflict resolution, positive reinforcement**
- **Self-regulation**
- **Positive social interactions**
- **Expressing and labeling feelings within themselves and peers**

What can families expect from Head Start?

A program-wide culture that promotes children's mental health, social and emotional well-being, and overall health.



- Supports for effective classroom management and positive learning environments
- Supportive teacher practices
- Strategies for supporting children with challenging behaviors and other social, emotional, and well-being concerns



- Hearing & vision screenings for children
- Health, nutrition, & behavioral health assessments & consultations
- Developmental & social-emotional screenings for children
- Family & educational goal setting



- Individualized community resources and activities for families
- Opportunities for parents to volunteer
- School readiness support for parents



FIND YOUR HEAD START



APACHE, COCONINO, NAVAJO & YAVAPAI COUNTIES:

Northern Arizona Council of Governments (NACOG)
(928) 774-9504 • nacog.org • EHS/HS

GILA & PINAL COUNTIES:

Pinal Gila Community Child Services, Inc. (PGCCS)
(888) 723-7321 • pgccs.org • EHS/HS

COCHISE, GRAHAM, GREENLEE, PIMA & SANTA CRUZ COUNTIES:

Child Parent Centers, Inc. (CPC)
(520) 882-0100 • childparentcenters.org • EHS/CCP/HS

LA PAZ, MOHAVE & YUMA COUNTIES:

Western Arizona Council of Governments (WACOG)
(928) 782-1886 • wacog.com • EHS/CCP/HS

MARICOPA COUNTY:

Catholic Charities Community Service - West Side Head Start • 623-486-9868 • catholiccharitiesaz.org • EHS/HS

85015 | 85031 | 85035 | 85037 | 85301 | 85302 | 85303 | 85304 | 85305 | 85306 | 85307 | 85308 | 85312 | 85318 | 85322 | 85323 | 85352 | 85363 | 85392
85395 | 85396 | 85326 | 85335 | 85338 | 85340 | 85345 | 85380 | 85382 | 85374 | 85378 | 85379 | 85381 | 85387 | 85353 | 85354 | 85358 | 85390 | 85320
85343

Chicanos Por La Causa • cplc.org/education/ecd.php • EHS/MS/CCP

Early Head Start **602-716-0156**: 85004 | 85006 | 85007 | 85008 | 85009 | 85034 | 85040 | 85041 | 85042 | 85044
Migrant & Seasonal and CCP **928-250-6085**: Eloy, Phoenix, Queen Creek, San Luis, Somerton, Surprise, Willcox, Yuma

Child Crisis Arizona • childcrisisaz.org/what-we-do/education-and-tools-for-families/preschool-program/ • EHS

Phoenix Zip Codes **602-889-6165** - 85006 | 85008 | 85009 | 85016 | 85018 | 85034 | 85041
All Mesa Zip Codes **480-304-9501**

City of Phoenix • 602- 262-4040 • phoenix.gov/headstart • EHS/CCP/HS

85003 | 85004 | 85006 | 85007 | 85008 | 85009 | 85015 | 85017 | 85019 | 85020 | 85021 | 85023 | 85029 | 85031 | 85033 | 85034 | 85035 | 85037 | 85040
85041 | 85042 | 85043 | 85051 | 85053 | 85304 | 85306

Maricopa County • 602-372-3700 • maricopa.gov/3516/Early-Education-Programs • EHS/CCP/HS

85224 | 85225 | 85226 | 85227 | 85257 | 85046 | 85048 | 85049 | 85233 | 85234 | 85296 | 85299 | 85284 | 85201 | 85216 | 85274 | 85275 | 85277 | 85268
85269 | 85250 | 85264 | 85266 | 85269 | 85271 | 85280 | 85285 | 85287 | 85338 | 85326 | 85395 | 85396

Southwest Human Development • 602-560-0000 • swhd.org/programs/head-start/ • EHS/CCP/HS

85006 | 85008 | 85013 | 85014 | 85015 | 85016 | 85018 | 85032

Urban Strategies • 602-353-5313 • urbanstrategies.us/stories/early-head-start-phoenix-strengthens-foster-family • EHS

85003 | 85004 | 85007 | 85009 | 85035 | 85040 | 85041

TRIBAL PROGRAMS:

Cocopah • (928) 627-2811 • cocopah.com

Colorado River • (928) 662-4311 • crit-nsn.gov/critheadstart/

Gila River • (520) 562-6901 • griected.mygilariver.com

Havasupai • (928) 448-2821

Hopi • (928) 734-3512 • hopi-nsn.gov

Hualapai Navajo Nation • (928) 871-6902 • hualapai-nsn.gov

Navajo Nation • (928) 871-6902 • navajohs.org

Pascua Yaqui • (520) 838-7150 • pascuayaqui-nsn.gov

Quechan • (760) 572-0263 • quechantribe.com

Salt River Pima-Maricopa • (480) 362-2200 • ecec.srpmic-ed.org

San Carlos Apache • (928) 475-2740 sancarlosapache.com

Tohono O'odham • (520) 383-7800 • tonation-nsn.gov

Key:

Early Head Start - EHS

Head Start - HS

Migrant & Seasonal - MS

Child Care Partner - CCP



FIND OUT MORE ABOUT ARIZONA HEAD START PROGRAMS

<http://www.azheadstart.org/index.php>



<https://www.facebook.com/Arizonaheadstart/>

