

# HEALTHYSTEPS

Associated Pediatricians patients ages 0-3



Make the most of your Pediatric Care. Ask how you can get additional support for you and your child.

## Meeting Milestones

Ensure your child reaches key developmental milestones like smiling, crawling, walking, and talking.

## Overcoming Challenges

Navigate hurdles like tantrums, establishing routines, and separation anxiety.

## Appointment Assistance

Receive appointment reminders and assistance scheduling specialty appointments

## Nutrition & Feeding Support

Get guidance on infant feeding, introducing solids, managing picky eating, and making sure your child gets adequate nutrition.

## Safety

Secure your child's safety with tips on childproofing your home and other safety measures.

## Community Support Services

Connect with additional community support services to meet your family's needs.

Meet the  
HealthySteps  
Specialist



**Kelly Gonzalez**

Market Mamas & Three20 Recovery Present

# The Market Mamas Series

Nurturing Mamas & Little Ones

Children  
are  
welcome  
to attend!

**Who**

Moms and kiddos living in Porter County

**Location**

Three20 Recovery (320 S Calumet Rd, Chesterton, IN)

**March 30, 2026**

3:30-5:30pm

## Setting the Stage for Healthy Habits



- Reflect on your personal relationship with food and health
- Receive a local food box with fruits, vegetables, and specialty items
- Join us for a recipe demo using ingredients from your local food box

**April 27, 2026**

3:30-5:30pm

## Building a Wholesome Diet



- Explore the key food groups and nutrients that support a healthy, balanced diet
- Receive a local food box with fruits, vegetables, and specialty items
- Join us for a recipe demo using ingredients from your local food box

**June 1, 2026**

3:30-5:30pm

## A Strong Body for Life



- Discover approaches that help us feel balanced and energized
- Receive a local food box with fruits, vegetables, and specialty items
- Join us for a recipe demo using ingredients from your local food box



Register  
Here





## Milestone Certification Training 2026 Webinar Series

### **MCT Webinar 11 - hosted by Occupational Therapy**

- January 22 at 6pm CT
  - [Make-Up Training](#) January 28 at 12:30pm CT

### **MCT Webinar 12 - hosted by Speech Language Pathology**

- February 26 at 6pm CT
  - [Make-up Training](#) March 4 at 12:30pm CT

### **MCT Webinar 13 - Self-Management, Development, and Growth from birth-3 years**

- March 26 at 6pm CT
  - [Make-up Training](#) April 1 at 12:30pm CT

### **MCT Webinar 14 - Play Development**

- April 23 at 6pm CT
  - [Make-up Training](#) April 29 at 12:30pm CT

### **MCT Webinar 15 - hosted by Physical Therapy**

- May 28 at 6pm CT
  - [Make-up Training](#) June 3 at 12:30pm CT



Exchange Club of Portage

**Save the Date**

*For the Prevent Child Abuse Event*

# **Safe Children.** *Strong Communities.*

Prevention is everyone's responsibility

*Wednesday, April 8*

Registration at 8:00 a.m.

Program begins at 8:30 a.m.

Portage High School L3 Lab

Registration information coming soon!

Brought to you by  
**The Porter County Children's Museum**



# Lil' Playdate

**We're welcoming families of all ages for a weekend of hands-on fun, stories, and LEGO adventures!**

**Friday, March 27:**

7:00–8:00 PM

**Saturday, March 28:**

11:00 AM–2:00 PM

Storytime: 11:00 AM

*Get ready to build and explore at our Spring pop-up at Barnes & Noble in Valparaiso!*

**FREE FAMILY EVENT!**

Call (219) 531-6551 to reserve your spot!



## **Support the Museum While You Shop!**

Customers can present a **voucher** at checkout and their purchases count toward our fundraiser. You can help us prepare for the next Lil' Playdate!

**Storytime**  
(Saturday, 11am)

**Make & Take**  
**LEGO Fun**

**Safe Explorations**  
(For 6mo+)

**CONTACT US**

Info@pccmuseum.org



**WEBSITE**

www.pccmuseum.org



# FIND YOUR POT OF GOLD!

**In Indiana, the average cost of one pack of cigarettes is \$11.**

**If someone smokes 1 pack a day for 365 days that is...**

## \$4,015 A YEAR!

**With that money you could buy...**



**1,300 gallons of gas**



**3-5 months of groceries for a family of 4**



**A vacation**

**Quit Now Indiana can help you get back your pot of gold!  
Call 1-800-QUIT-NOW or text READY to 34191 for free help to quit!**



REGISTRATION:

**INPRA.ORG**

**\$35/member  
includes lunch**



**2026**  
**EARLY  
CHILDHOOD  
& PLAY**  
*Summit*



The Early Childhood & Play Summit is heading to Indy! Our third annual gathering brings together professionals for a day dedicated to play, early childhood, and the power of thoughtful design.

If you work with young children in programs, parks, or public spaces, this summit is built for you.

**APRIL 21 • 9 AM - 3:30 PM EST**

- Includes 9 Breakout Sessions or Add a Growing Up Wild Certification for \$15 (limit 10 participants)
- Practical Strategies for PLAY professionals
- Networking with peers across the state

Join us at

*Holiday  
Park*

6363 Spring Mill Rd,  
Indianapolis, IN 46260



Featuring national and statewide leaders in early childhood and play, including experts from:



**INDIANA INSTITUTE ON DISABILITY AND  
COMMUNITY  
EPPLEY INSTITUTE FOR PARKS AND PUBLIC  
LANDS  
EARLY CHILDHOOD CENTER AT IIDC**

[www.iidc.indiana.edu](http://www.iidc.indiana.edu)



person	UNITS SOLD
11	15
9	14
21	

Pie Chart

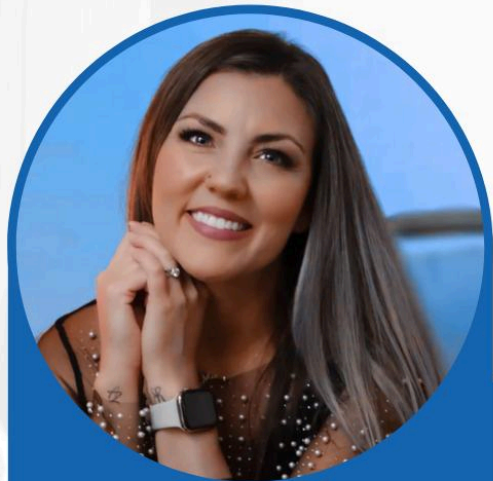
# THE POWER OF US

## SUPPORTING PARENTS, NURTURING YOUTH & CONNECTING OUR COMMUNITIES

### Join Us!

For a conference built to inspire fresh ideas and real solutions. Parents, school and community leaders will spend the day learning practical skills, hearing powerful stories and gaining new perspectives on how to support families, empower youth, and create safer communities.

**Date:** Thursday, April 9, 2026  
**Location:** Main Ballroom, Harre Union – Valparaiso University  
**Time:** Check-in, Registration & Breakfast: 8:00 – 8:30am  
 Conference: 8:30am – 3:00pm  
 Lunch Provided



Featuring keynote speaker **Dr. Julia Garcia**, a nationally recognized voice on resilience and mental health.

PGPs provided. CEUs pending.

*Register Now!*



# "HIGH IN PLAIN SIGHT"



4/28/26 - 8:30 AM - 11:30 AM  
or 12:30 PM - 3:30 PM

Harre Union Ballroom, Valparaiso University  
1509 Chapel Drive, Valparaiso, IN 46383

**JOIN US FOR THIS FREE PROFESSIONAL TRAINING OPPORTUNITY SPONSORED BY**



Sessions are for professionals including:

- educators
- social and mental health workers
- coalition members
- law enforcement/probation officers
- first responders
- school administrators, nurses, educators
- healthcare providers
- other youth-serving professionals who want to learn about the latest alcohol, vaping, and drug trends affecting Porter County youth.

**FIND OUT WHAT YOU CAN DO TO DETECT THESE PROBLEMS AND HELP OUR YOUTH LEAD ADDICTION-FREE LIVES!**

3 free continuing education credits available including PGPs, training points, and CEUs provided by the Valparaiso University Education and Social Work Departments

**REGISTER NOW**



OR



**JERMAINE GALLOWAY  
AKA TALL COP**

For more information, contact [SmokeFreePorterCounty@gmail.com](mailto:SmokeFreePorterCounty@gmail.com)

This event was produced with support from the Indiana Criminal Justice Institute (ICJI) as part of the Local Coordinating Council (LCC) Porter County Award for Tobacco Education & Prevention grant 2025-2026. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ICJI, Porter County Hub Coalition or Porter County Substance Abuse Council, Inc.



**MORE INFORMATION :**

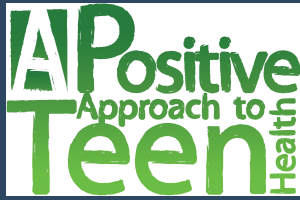
**WWW.TALLCOPSAYSSTOP.COM**

# "HIGH IN PLAIN SIGHT"

4/28/26 - 6:00PM-7:15PM

Harre Ballroom, Valparaiso University  
1509 Chapel Drive , Valparaiso, IN 46383

JOIN US FOR THIS FREE COMMUNITY  
EVENT SPONSORED BY



This program is for parents, guardians, siblings over 18 years of age, and concerned citizens who want to learn about the latest alcohol, vaping, and drug trends affecting our youth.

**FIND OUT WHAT YOU CAN DO TO  
DETECT THESE PROBLEMS AND  
HELP OUR YOUTH LEAD  
ADDICTION-FREE LIVES!**


For additional information, contact:  
[info@positiveteenhealth.org](mailto:info@positiveteenhealth.org)

**REGISTER NOW**



OR



Event hosted in coordination with the: 



**JERMAINE  
GALLOWAY  
AKA TALL COP**



**MORE INFORMATION :**

[WWW.TALLCOPSAYSSTOP.COM](http://WWW.TALLCOPSAYSSTOP.COM)



**Porter County**  
HEALTH DEPARTMENT

# KICK-OFF to Summer HEALTH FAIR

DOZENS OF COMMUNITY  
VENDOR BOOTHS, GAMES,  
MUSIC, GIVEAWAYS, FOOD  
TRUCKS, AND MUCH MORE!

**JUNE 12,  
2026**

**11AM - 2PM**

Admission  
**FREE**

- ✓ Free Sports Physicals
- ✓ Free Dental Screenings
- ✓ Free Haircuts
- ✓ Low-Cost Heart Screenings

- ✓ Free Face Painting
- ✓ Free Backpacks
- ✓ Free School Supplies
- ✓ Free Hands-Only CPR Training

**Central Park Plaza**

**68 Lafayette Street  
Valparaiso, IN 46383**

