

The MCH  
**WELL-BEING TOOLKIT**  
For Healthy Children & Families



[MaineChildrensHome.org](http://MaineChildrensHome.org)  
93 Silver Street, Waterville, Maine 04901  
207-873-4253

## **Table of Contents**

<b>About Maine Children’s Home</b>	i
<b>Well-Being Toolkit</b>	1 – 22
<b>Maine State Resources</b>	23
<b>Food Assistance Resources</b>	24 – 25

*We're grateful that you are  
a part of our community.*

The Team at Maine Children's Home



# About Maine Children's Home

*We build and strengthen families and their children, instilling hope for the future and a better quality of life.*

Maine Children's Home (MCH) is a nonprofit organization that offers programs that build and strengthen families and their children, instilling hope for the future and a better quality of life. The organization achieves this mission through a trauma-informed approach, creating a greater sense of safety for the children, adults, families, caregivers, teachers, and communities that MCH works with, and for its staff.

Founded in 1899, the Waterville-based organization has evolved with the changing needs of families and children, and supports more than 3,000 people each year through five core programs in adoption, counseling, young-parent support, holiday assistance, and caregiver resources.

## Family Counseling Center

Family Counseling Center is a state-licensed outpatient mental health program and facility that provides counseling to individuals, couples, children, and families. The center provides a warm, welcoming, and comfortable environment for clients to receive the best possible mental health care. Remote Telehealth therapy sessions are also an option for clients who are unable to travel to the center.

**Learn more about Family Counseling Center:**  
[mainechildrenshome.org/family-counseling-center](http://mainechildrenshome.org/family-counseling-center)

## Family Adoption Program

The Hague-Accredited Family Adoption Program is a comprehensive adoption agency that offers professional services and support to all members of the adoption triad — adoptive parents, birth parents, and adoptees.

**Learn more about Family Adoption Program to:**  
[mainechildrenshome.org/programs/family-adoption-program](http://mainechildrenshome.org/programs/family-adoption-program)

## Journey Program

Journey Program provides a stable and productive community environment where teens and young parents can receive academic support, prenatal education, parenting instruction, independent living skills, mental health support, child care, and guidance for achieving their goals and building a strong foundation.

**Learn more about Journey Program to:**  
[mainechildrenshome.org/programs/journey-program](http://mainechildrenshome.org/programs/journey-program)



*Above: The team at Maine Children's Home (MCH).*

## Connected Families Project

Connected Families Project offers and facilitates trainings, workshops, resources, and support groups that foster nurturing environments where children, youth, and their families can thrive. This initiative is designed for parents, caregivers, educators, families, professionals, and family- or youth-focused communities.

**Learn more about Connected Families Project:**  
[mainechildrenshome.org/connected-families-project](http://mainechildrenshome.org/connected-families-project)

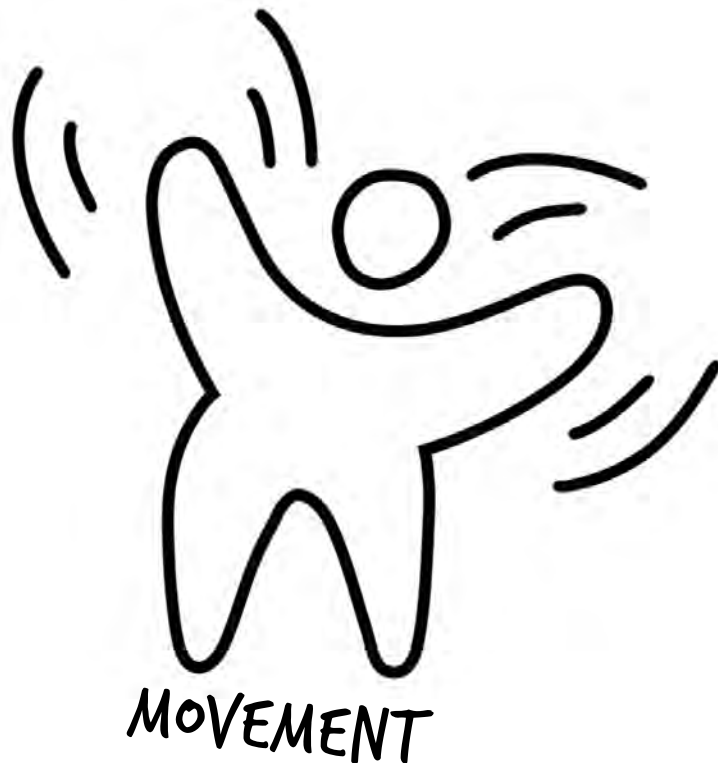
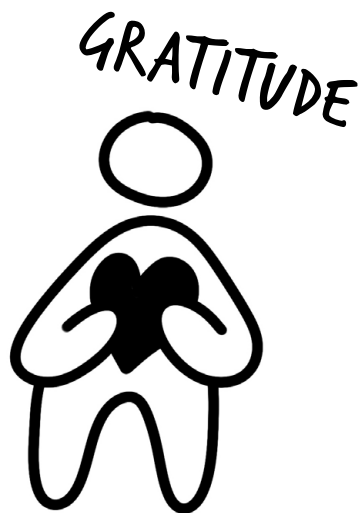
## Christmas Program

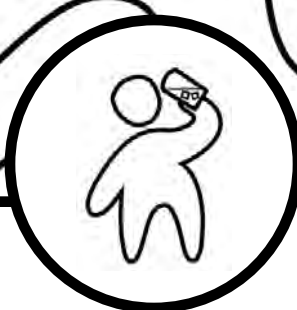
Christmas Program is the only one of its kind that provides brand new clothes, winter essentials, toys, books, and games to more than 1,200 Maine children whose families are facing financial hardship. This program that relies on the generosity of so many people — donors, volunteers, and community supporters — also connects families to vital community resources, as well as mental health and parenting support.

**Learn more about Christmas Program to:**  
[mainechildrenshome.org/programs/christmas-program](http://mainechildrenshome.org/programs/christmas-program)



MCH's Well-Being Toolkit  
for Healthy Children  
& Families





**The 1st Tool in this Toolkit is ...**

# WATER

Drinking enough water (or fluids) every day is great for our overall health. Water helps us to think clearly, to keep our moods stable, to stay cool on hot days, and it helps prevent health issues such as constipation or kidney stones.

# Did you know the human body is made of about 60% water?

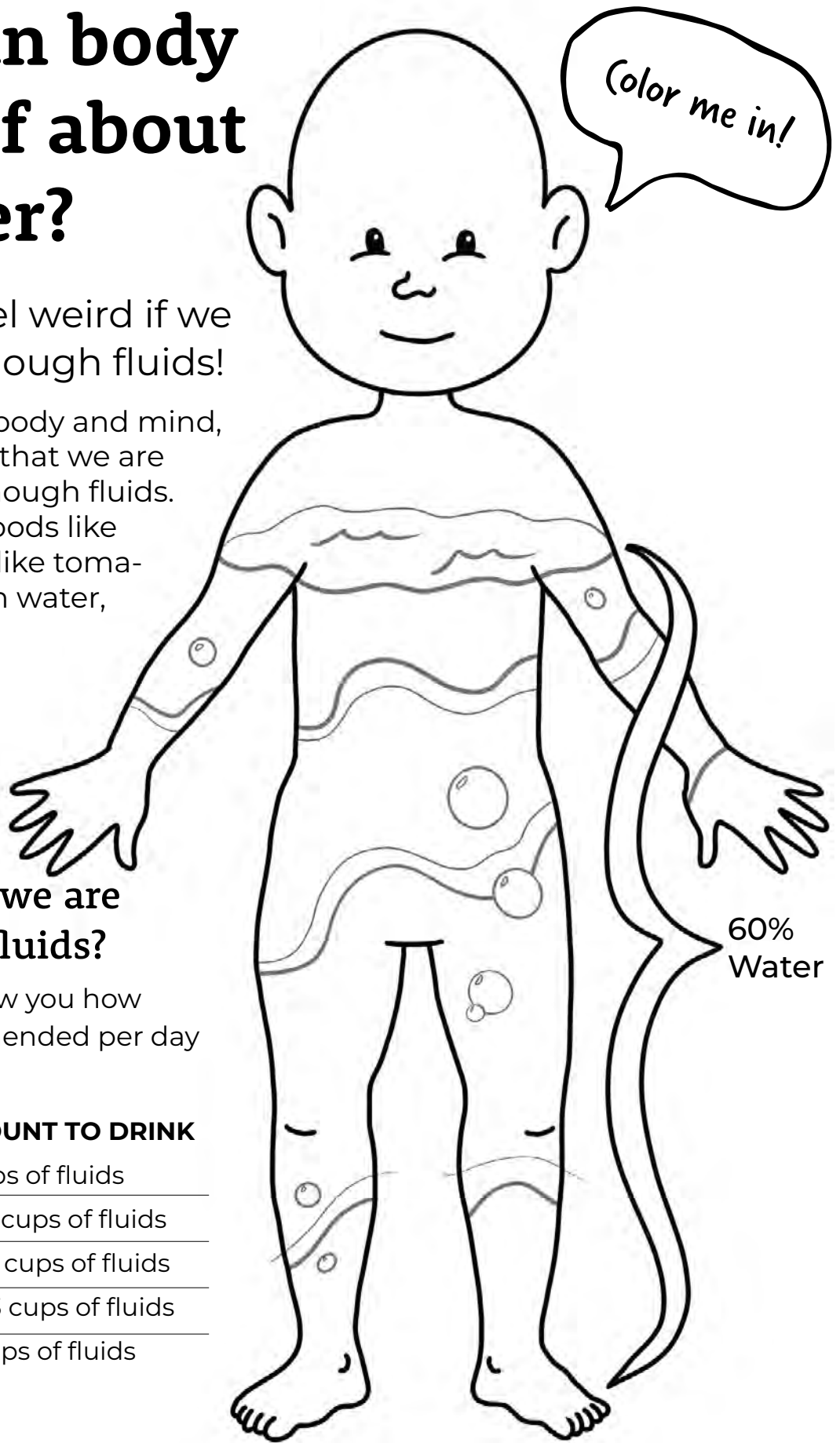
No wonder we feel weird if we aren't drinking enough fluids!

To maintain a healthy body and mind, we need to make sure that we are drinking and eating enough fluids. That includes watery foods like soup, juicy vegetables like tomatoes, or drinks like plain water, juice, or milk!

## So . . . How do we know we are drinking enough fluids?

The chart below will show you how much fluids are recommended per day for your age!

AGE	AMOUNT TO DRINK
4 – 8 years old	5 cups of fluids
9 – 13 years old	7 – 8 cups of fluids
14 – 18 years old	8 – 11 cups of fluids
19+ years old	9 – 13 cups of fluids
Pregnant people	10 cups of fluids



# 10 tips to help you drink enough fluids

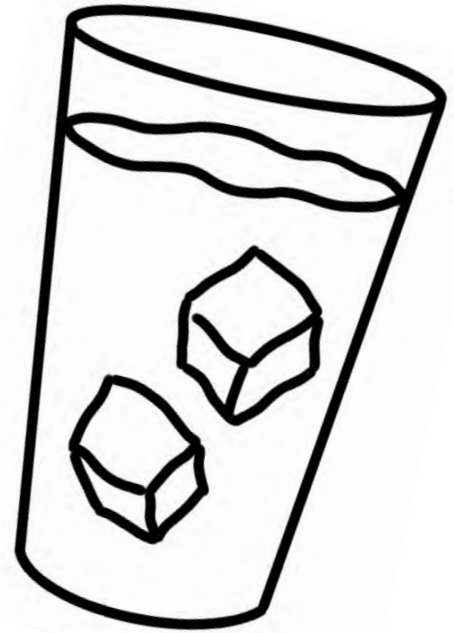
**1.** Start your day by drinking a cup of water or a drink like juice or milk!

**2.** Try to avoid drinks that contain caffeine. Drinks like tea, coffee, and some sodas have caffeine and don't hydrate us as well as water or other decaffeinated drinks do.

**3.** While soda still counts as a fluid, other drinks can help us stay hydrated longer. Choosing water over soda is always better, but if there aren't other options, soda can still hydrate you too!

**4.** Try keeping a glass or bottle of water with you when you're home or when you're outside playing.

**5.** Enjoy more watery foods such as soup, cucumbers, tomatoes, and other fruits!



**6.** Look at your pee! If your urine is pale and almost colorless, then you are hydrated! If your urine is a dark yellow, you likely need to drink more fluids!

**7.** Get in the habit of drinking water a half hour before meals. Sometimes, we can confuse thirst for hunger.

**8.** Cool water is easier for your body to absorb.

**9.** Try to remember to drink more water when you're being active. Our bodies lose water when we exercise.

**10.** Make it a game! Ask yourself regularly "did I drink enough water today?" If you haven't had the recommended amount of fluids for your age, don't hesitate to grab a cup and get some water.





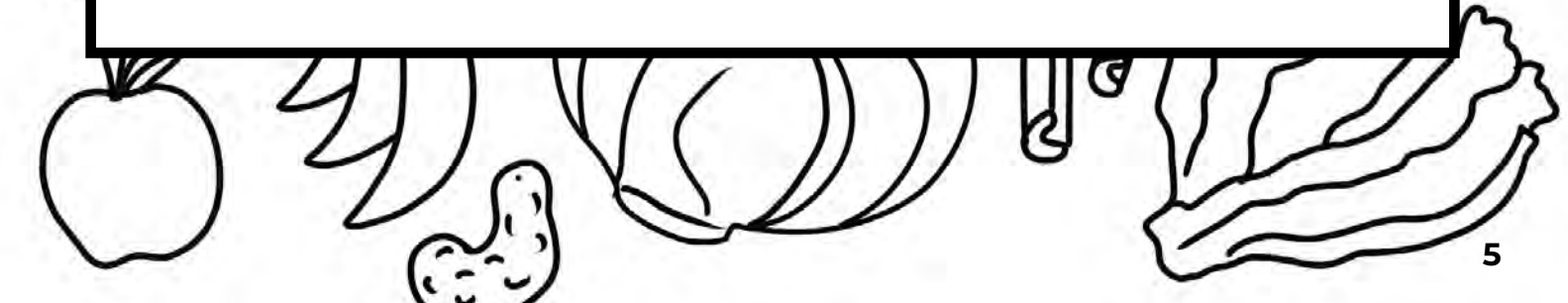
The 2nd Tool in this Toolkit is ...

# NUTRITION

Just like water, we need nutrition — vitamins, minerals, protein, fats, water, and carbohydrates — to stay healthy! Making sure we are eating a wide variety of fruits, veggies, grains, and proteins is very important for our mental health and overall well-being.

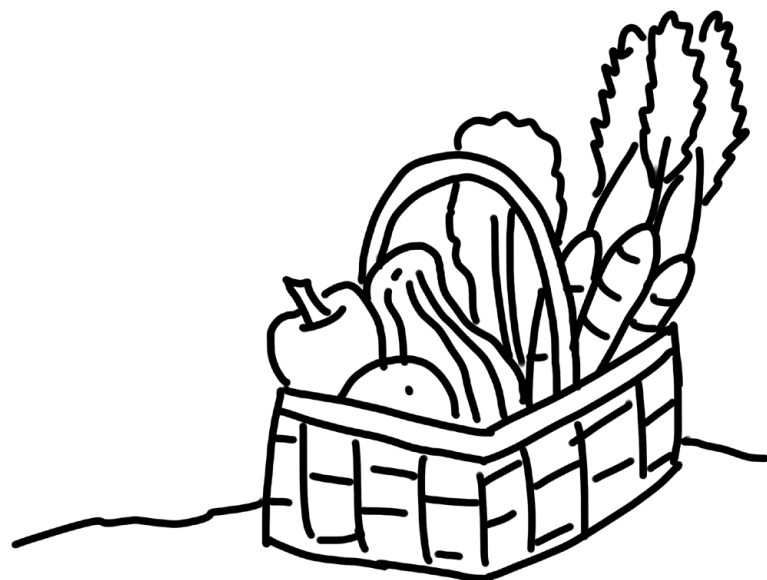
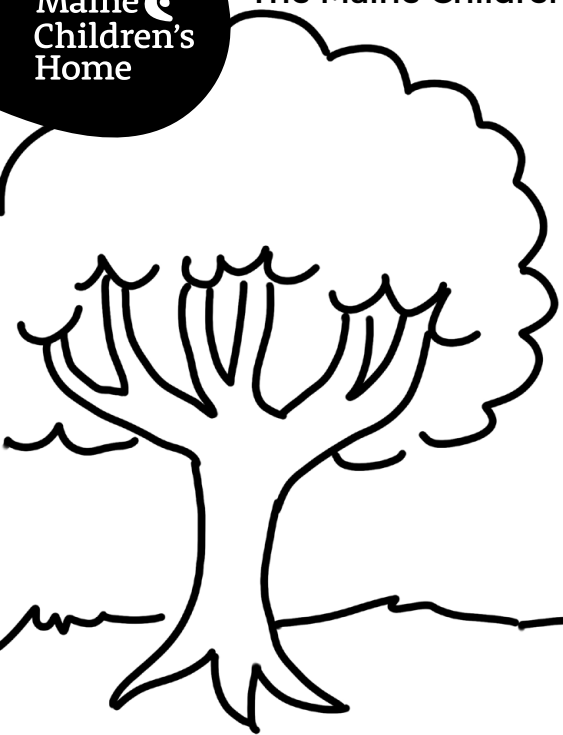
Check out the Center for Disease Control and Prevention's information on nutrition at the following address to learn more:  
[www.cdc.gov/nutrition/index.html](http://www.cdc.gov/nutrition/index.html)

If you're in need of food assistance, check out pages 24 and 25 of this booklet to help you find local programs.



# What healthy food would you grow?

Draw a picture of a garden full of all the healthy foods you would grow! Would you grow an apple tree? Lettuce? Watermelon? Tomatoes? Or carrots? What other fruits and veggies would you grow in your garden?

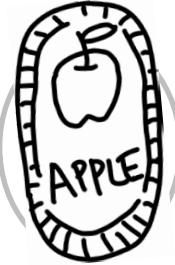


# Start a sticker collection!

Keep track of your nutrition by collecting the produce stickers from each of the fruits and veggies you eat. Most fruits and vegetables bought at the grocery store come with these stickers on them.



Can you fill the spaces below with stickers from the fruits and veggies you eat?



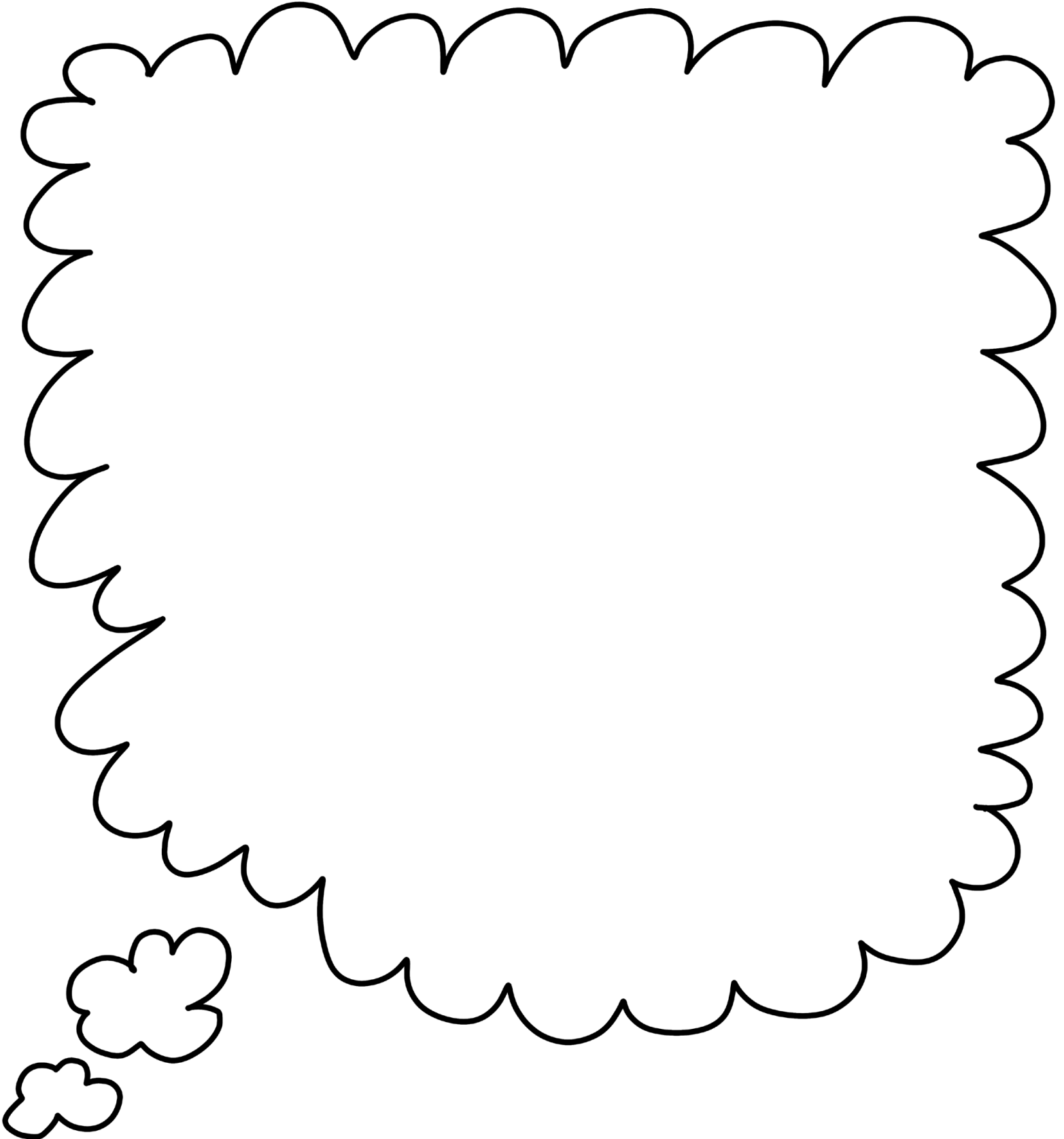
The 3rd Tool in this Toolkit is ...

# SLEEP

The right amount of solid sleep has the power to recharge our brains, heal our bodies, and maintain our healthy immune systems. It's recommended that kids ages three to five have 10 to 13 hours of sleep, and for kids six to 12 to have nine to 12 hours of sleep! And something that can help you sleep better is putting away screens like phones, TVs, or games 30 to 60 minutes before bedtime.

# What's your best dream?

When our brains recharge and process our daily experiences while we sleep, we sometimes dream! Draw a picture of what you would like to dream about when you sleep and recharge at the end of the day.



# How much sleep is enough?

Using the chart about "Recommended Hours of Sleep" at the bottom of this page, write down how many hours each character below needs based on how old they are.



If Sam is 12 years old, how much sleep do you think they need?

\_\_\_\_\_ hours



If Jane is 80 years old, how much sleep do you think she needs?

\_\_\_\_\_ hours



If Billie is 5 years old, how much sleep do you think she needs?

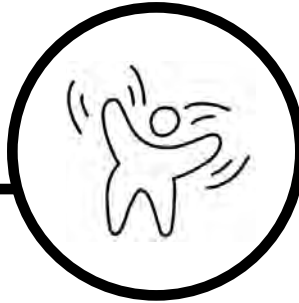
\_\_\_\_\_ hours

**AGE GROUP**

**RECOMMENDED HOURS OF SLEEP PER DAY**

0 – 3 months old	14 – 17 hours (National Sleep Foundation)
4 – 12 months old	12 – 16 hours per 24 hours (including naps)
1 – 2 years old	11 – 14 hours per 24 hours (including naps)
3 – 5 years old	10 – 13 hours per 24 hours (including naps)
6 – 12 years old	9 – 12 hours per 24 hours
13 – 18 years old	8 – 10 hours per 24 hours
18 – 60 years old	7 or more hours per night
61 – 64 years old	7 – 9 hours
65 years old and older	7 – 8 hours

Source: [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)



The 4th Tool in this Toolkit is ...

# MOVEMENT

Movement, or exercise, is important to our mental health because it increases blood flow to our brains. A healthy blood flow improves our mood stability, helps our bodies create more brain cells, and supports our overall well-being.

# Activities for each season!

One important thing to remember about movement is that it can be fun! Below are some activities that you can do in each of the four seasons that all require movement.

**WINTER:** Make a snow person or sculpture with family or friends!



What other winter activities could you do?

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**SPRING:** Plant a seed or start a small garden in a pot or yard!



What other spring activities could you do?

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**SUMMER:** Walk in the woods with family!



What other summer activities could you do?

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**FALL:** Start a collection of leaves in a notebook, jar, or box!



What other fall activities could you do?

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# Make a plan to move!

Scientists have found that **45 minutes of movement (intentional exercise or daily activity) three to five times per week** has the greatest benefit on our overall well-being.

Using the wavy week schedule below to make a plan for adding more movement into your week! An example of an activity is waiting for you under Wednesday.



MONDAY	TUESDAY	WEDNESDAY Dance to your favorite song.
THURSDAY	FRIDAY	SATURDAY
SUNDAY		



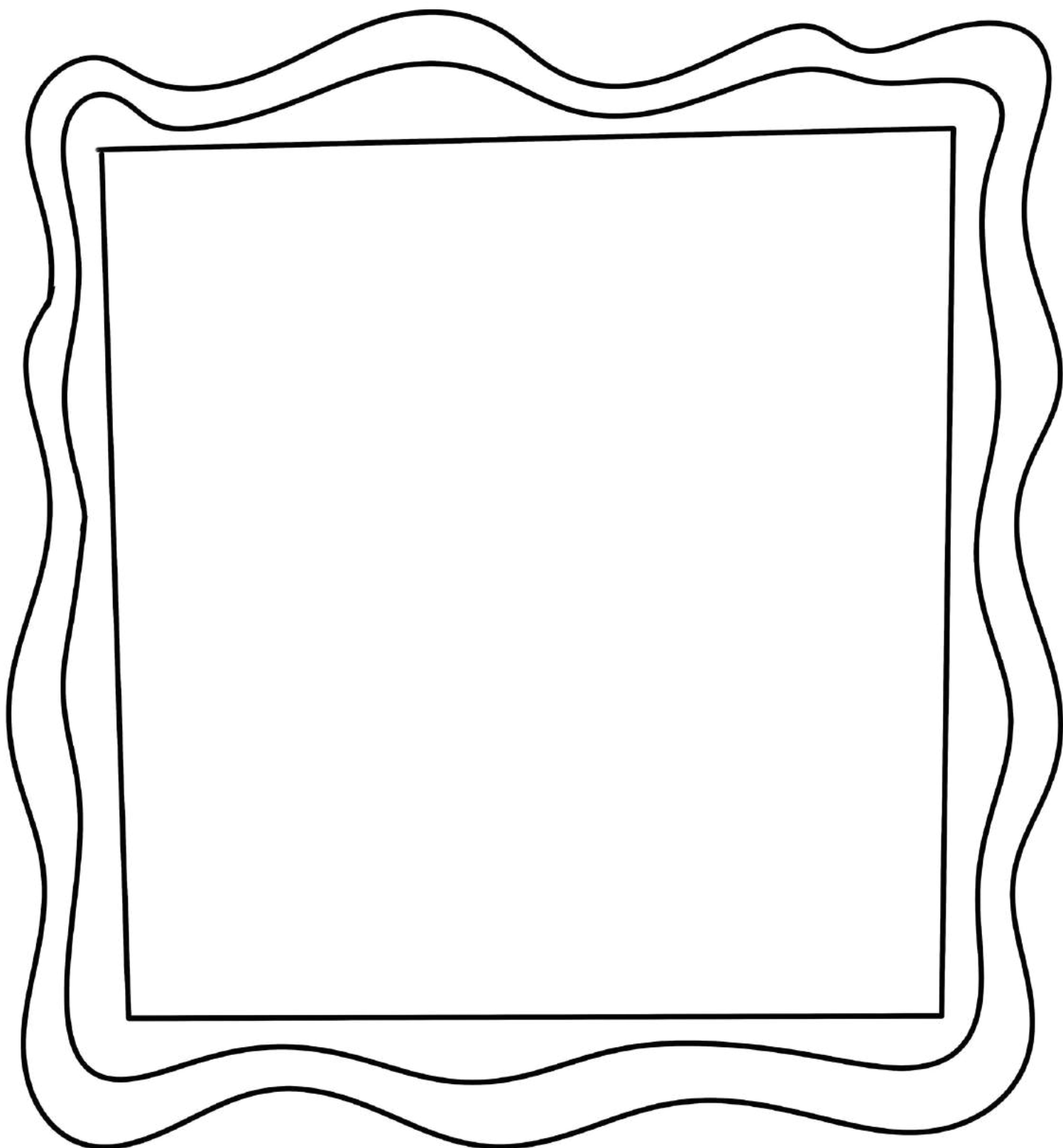
The 5th Tool in this Toolkit is ...

# SELF - WORTH

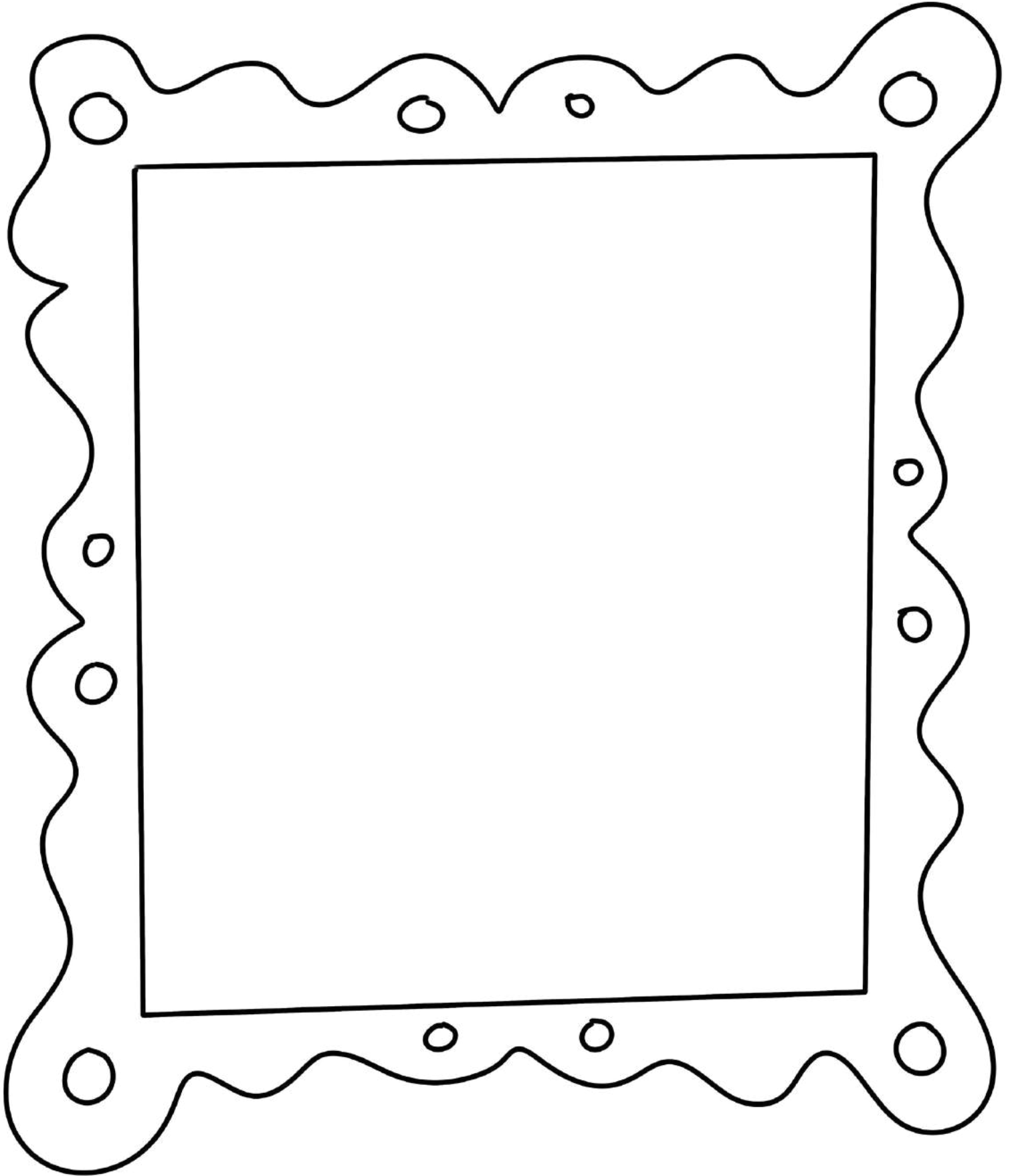
Self-worth means knowing that you are special and valuable just the way you are, like a rare gem! When you believe in your self-worth, you feel happy and confident, and that allows you to do amazing things. Remembering your self-worth is like having a magical key to unlocking your potential and make your dreams come true!

# Draw a picture of you!

Look at how special and unique you are! What do you love about yourself? Draw it out!



# Draw a picture of your family!



# What makes you unique?

There is no one else like you in the world. You are special! Unique! Complete the following sentences about you!

**I was really happy when ...**

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**Something that my friends like about me ...**

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**I'm proud of ...**

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**My family was happy when I ...**

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**In school, I'm good at ...**

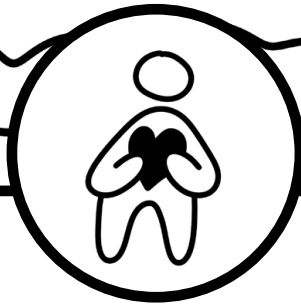
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**Something that makes me unique is ...**

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The 5th and 6th Tools in this Toolkit is ...

# GRATITUDE + MINDFULNESS

Practicing gratitude and mindfulness is like a happiness potion for your mind! When you write down things you're thankful for, it can help you feel happier and can help you focus on the positive parts of life.

Mindfulness and gratitude can be like a super power when you're celebrating good times or facing hardships.

# What are you grateful for?

There is no one else like you in the world. You are special! Unique! Complete for following sentences about you:

**I am grateful for my family because ...**

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**Something good that happened this week ...**

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**I am grateful for my friendship with ... \_\_\_\_\_ because ...**

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**I am grateful for who I am because ...**

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**Something silly that I am grateful for ...**

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**Something else I am grateful for ...**

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# Create a plan for gratitude

With your family or on your own, create a 30-day challenge for practicing gratitude by writing down a gratitude activity on each day of the following calendar.

**Some ideas for gratitude activities are:**

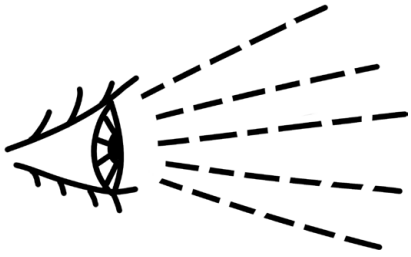
- Journal about three specific things you're thankful for.
- Write a 'thank you' note to someone you are grateful for.
- Think about something in your life that makes you happy.
- Make homemade thank you cards.
- Donate your time to help someone, or donate to a charity.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



# Countdown the Five Senses to Practice Mindfulness

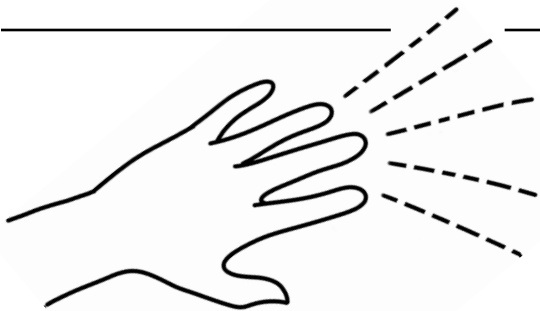
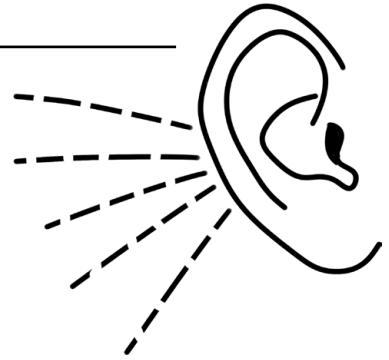
Below is a great practice for becoming aware of what is around you in the moment. You can practice observing what you see, hear, feel, smell, and taste whenever you want to feel more present and in-the-moment.



Name 5 things that you can SEE right now ...

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Name 4 things you can HEAR right now ...

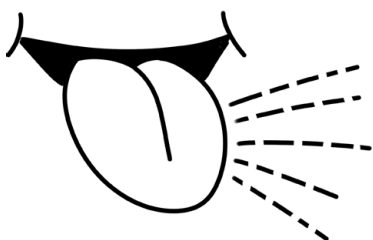


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Name 3 things you can FEEL right now ...

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Name 2 things you can SMELL right now ...



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Name 1 thing you can TASTE right now ...

# I Spy in this Toolkit . . .

Can you find the following hidden items that are scattered throughout pages 1 to 21 in this Well-Being Toolkit? Check the box next to each item when you find it.

- I spy **SIX** sleepy stars.
- I spy **FIVE** carrots.
- I spy **TWO** cubes of ice.
- I spy an adventurous squirrel.
- I spy **TWO** arms made of wood.
- I spy a girl named Billie.
- I spy **ONE** listening ear.
- I spy a fish.
- I spy a plant in a pot.

# Maine Statewide Resources

In the event of an emergency, always call 9-1-1 first.

## General Crisis Resources

### 2-1-1 for Essential Community Services

211 Maine helps connect Mainers to the resources they need, such as finding health, financial and education services, via phone, text, or by searching the 211 online directory. Programs provide a variety of resources based on the low-income needs of the program's home county.

### 2-1-1 for Essential Community Services

Dial 211 or 1-866-811-5695

[211maine.org](http://211maine.org)

### Maine Crisis Line

The Maine Crisis Line (MCL) is the state's crisis telephone response service for individuals or families experiencing a behavioral health crisis or having thoughts of suicide and/or self-harm. Trained crisis call specialists answer the line and provide free and confidential telephone support and stabilization 24 hours a day, 7 days a week.

### Maine Crisis Line

1-888-568-1112 (voice & text)

[heretohelpmaine.com](http://heretohelpmaine.com)

## Domestic Violence Resource

### Domestic Violence/ Intimate Partner Violence Helpline

1-866-834-HELP (4357)

[www.mcedv.org](http://www.mcedv.org)

## Substance Abuse Resources

### Alcoholics Anonymous (AA)

1-800-737-6237

[csoaamaine.org](http://csoaamaine.org)

### Narcotics Anonymous (NA)

1-800-974-0062

[namaine.org](http://namaine.org)

## Community Action Programs

Community Action Programs and agencies assess local needs and tackle the causes and conditions of poverty. These programs provide a variety of resources based on the low-income needs of the program's home county.

### Aroostook Community Action Program (ACAP)

1-207-834-5290

[acap-me.org](http://acap-me.org)

### Penquis Community Action Agency

1-800-215-4942

[www.penquis.org](http://www.penquis.org)

### Western Maine Community Action (WMCA)

1-207-645-3764

[www.wmca.org](http://www.wmca.org)

### Waldo Community Action Partners (WCAP)

1-207-338-6809

[waldocap.org](http://waldocap.org)

### Midcoast Maine Community Action (MMCA)

1-800-221-2221 or 1-207-442-7963

[midcoastmainecommunityaction.org](http://midcoastmainecommunityaction.org)

### Downeast Community Partners (DCP)

1-800-834-4378

[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

### Kennebec Valley Community Action Program (KVCAP)

1-800-542-8227

[www.kvcap.org](http://www.kvcap.org)

### York County Community Action Corporation (YCCAC)

1-207-324-5762

[yccac.org](http://yccac.org)

## Parent and Family Support: *Help Me Grow Maine*

Help Me Grow (HMG) Maine is a free information line linking families and professionals to information about child development, pregnancy, and community resources for children all over Maine up to the age of eight years old.

### Help Me Grow Maine

Call 211 option 5

[www.maine.gov/dhhs/ocfs/support-for-families/child-development](http://www.maine.gov/dhhs/ocfs/support-for-families/child-development)

# Kennebec County Food Assistance

## Albion

### Loaves and Fishes

Location: 123 Benton Road, Albion, ME 04910  
Days and Hours: 1st & 3rd Thursdays each month  
9:00 - 11:00 am.  
Contact: Russ Hamm 207-680-0254

## Augusta

### Augusta Food Bank

Location: 161 Mt. Vernon Ave, Augusta, ME 04330  
Days and Hours: Monday - Wednesday 12:30 - 3:00 pm. Appointment Only Thursdays 9:00 - 11:00 am surplus food distribution (No App. Needed)  
Contact: Robert Moore 207-622-5225

### Bread of Life Ministries Soup Kitchen

Location: 157 Water Street, Augusta, ME 04330  
Days and Hours: Monday - Friday 11:00 am. - 12:30 pm.  
Contact: Donna Lukachy 207-621-2541(kitchen)  
626-3434(office)

## Salvation Army

Location: 36 Eastern ave., Augusta, ME 04330  
Days and Hours: Monday ,Wednesday, Thursday and Friday 9:00 am - 12:00 pm , 1:00 pm - 2:30 pm  
Contact: Captain Keith Davis 207-623-3752

## Belgrade

### Belgrade-Rome Special Needs Food Pantry

Location: 508 Smithfield Road, Belgrade, ME 04917 (mail) P.O. Box 236, Belgrade ME 04917  
Days and Hours: Tuesdays 9:00 - 11:00 a.m.  
Contact: Marylou Butterfield 207-495-2022

## Chelsea

### Chelsea Food Pantry (River Rock CF)

Location: 230 Togus Road (RT 226), Chelsea, ME 04330  
Days and Hours: Monday 1:00 - 4:00 pm. Wednesday 9:00 am. - 12:00 pm.  
Contact: Lynne 207-480-9239 Roger 207-604-0221

## China

### China Community Food Pantry

Location: 1320 Lakeview Drive at Paramenter, China, ME 04926  
Days and Hours: Friday & Saturday 12:00 -1:00 pm.  
Contact: Ann Austin 207-968-2421

## Clinton

### Clinton Community Food Bank

Location: 36 Church Street, Clinton, ME 04927  
Days and Hours: Second and Fourth Tuesdays 4:30 pm - 5:30 pm  
Contact: Gary and Pam Nuite 207-314-4095

## Gardiner

### Faith Food Pantry

Location: 280 Brunswick Ave., Gardiner, ME 04345  
Days and Hours: 1st, 2nd, 3rd Fridays (5th Friday if there is one), 4th Saturday Fridays: 12:00 - 2:00 pm, Saturday 9-11am  
Contact: Betty Morrell 207-685-7259

## Hallowell

### Hallowell Food Bank

Location: 124 Second Street, Hallowell, ME 04347  
Days and Hours: Friday 1:00 - 2:00 pm.  
Contact: Vicky Gabrion 207-992-6899

## Litchfield

### Litchfield Food Bank

Location: 491 Richmond Road, Litchfield, ME 04350  
Days and Hours: Wednesdays 4:00 - 6:00 pm. & Thursdays 10:00 am. - 12:00 pm.  
Contact: Rayna Leibowitz 207-557-2680

## Monmouth

### Monmouth Food Pantry

Location: 776 Main Street, Monmouth, ME 04259  
Days and Hours: Thursdays 12:00 - 1:00 pm.  
Contact: Jeremiah Smith 207-933-2502

## Mount Vernon

### First Baptist Church Food Bank

Location: 321 Pond Road, Mount Vernon, ME 04352  
Days and Hours: Saturday 9:30 - 11:30 am.  
Contact: Carol Fuller 207-293-2141

## North Monmouth

### North Monmouth Food Pantry

Location: 151 North Main Street, North Monmouth, ME 04265  
Days and Hours: Tuesdays 11:30 am. - 12:30 pm. & 5:15 - 6:00 pm. & Wednesdays 5:00 - 6:00 pm.  
Contact: Pastor Ed Spencer 207-933-2400

## North Vassalboro

### Vassalboro Food Station Pantry

Location: 679 Main Street (Rt. 32), North Vassalboro, ME 04562  
Days and Hours: Thursdays 11:00 - 12:00 pm.  
Contact: Cindy Ferland 207-873-7375

## Oakland

### Oakland UMC Food Pantry

Location: 20 West School Lane, Oakland, ME 04963  
Days and Hours: 2nd & 4th Thursdays 4:00 - 6:00 pm.  
Contact: Sandy Swartz 207-653-1571

# Kennebec County Food Assistance

## St. Theresa's Soup Kitchen

Location: 47 Church Street (United Baptist Church), Oakland, ME 04963  
Days and Hours: Thursdays 4:00 - 5:30 pm.  
Contact: Deb Hebert 207-872-2281

## Sidney

### Sidney Food Cupboard (Baptist Church)

Location: 3022 West River Road, Sidney, ME 04330  
Days and Hours: 2nd & 4th Wednesday 9:00 am. - 12:00 pm.  
Contact: Linda Bragg 207-547-3820

## Waterville

### St. Francis Soup Kitchen

Location: 112 Silver Street, Waterville, ME 04901  
Days and Hours: Saturdays 11:00 - 12:30 pm.  
Contact: John Cyr 207-872-2281

### Waterville - Evening Sandwich Program

Location: 69 Silver Street, Waterville, ME 04901  
Days and Hours: Tuesday & Friday 3:00 - 4:00 pm.  
Contact: Maililani Bailey 207-474-7370

### Greater Waterville Area Food Bank

Location: 61 Pleasant St. (United Methodist Church), Waterville, ME 04901  
Days and Hours: Monday 9:00 - 11:00 am. and 5:00 - 7:00 pm. & Tuesday and Thursday 9:00 - 11:00 am.  
Contact: Sandra Hammond 207-649-0106

### Mid-Maine Homeless Shelter

Location: 19 Colby Street, Waterville, ME 04903  
Days and Hours: Fridays 1:00 - 3:00 pm. and on emergency basis  
Contact: Rachel Anderson 207-872-8082

## Windsor

### Windsor Food Bank

Location: 523 Ridge Road (Next to Town Hall), Windsor, ME 04363  
Days and Hours: 1st and 3rd Wednesdays 5:00 - 6:00 pm.  
Contact: Tom McNaughton 207-577-1851

## Winslow

### St. John's Food Pantry

Location: 26 Monument Street (St. John Church back entrance), Winslow, ME 04901  
Days and Hours: 3rd Wednesday of each month 10:00 am. - 12:30 pm.  
Contact: Byron Brooks 207-649-7255

### Winslow Community Cupboard

Location: 12 Lithgow Street, Winslow, ME 04901  
Days and Hours: 2nd and 4th Thursday 8:00 am. - 12:00 pm. and 3:00 - 6:00 pm. & 2nd and 4th Wednesday 8:00 am. - 3:00 pm.  
Contact: Bruce Bottiglievie 207-402-7947

## Winthrop

### Winthrop Food Pantry

Location: 10 Cross Road, Winthrop, ME 04364  
Days and Hours: Thursdays 1:00 - 2:30 pm. and 2nd & 4th Thursdays 5:00 - 6:30 pm.  
Contact: JoEllen Cottrell 207-458-0108

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## Maine State Food Assistance

If you live outside of Kennebec County, you can find food assistance programs in your area by visiting the following web page and clicking on the county map.

[www.maine.gov/dacf/ard/tefap/countysearch.html](http://www.maine.gov/dacf/ard/tefap/countysearch.html)

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