



Astor Services for Children & Families promotes the well-being of individuals and their families through a range of programs.

### What is Head Start?

Head Start is a federally funded preschool program serving low-income children and children with disabilities.

- Free program for children who qualify
- Home-based program option
  - Prenatal - 5 years old
  - Weekly 90 minute home visits
- Center-based program option
  - 18 months - 5 years old
  - Monday - Friday
  - 5-6.5 hours a day

### Goals:

- Help develop social and emotional competence of young children
- Implement strategies that promote school readiness
- Provide comprehensive family engagement services
- Promote health, mental health, and provide developmental screenings
- Collaborate with community resources to support the families and program

### Special Services:

**Special Class Integrated Setting (SCIS)** - Provides Special Education services within a 5-hour, 5-day a week, Head Start integrated classroom.

*Available at: Mt. Alvernia, Beacon, Wingdale, and Poughkeepsie*

**Self-Contained Classroom** - A 5-hour, 5-days-a-week classroom with 1 teacher, 8 students, and 2 teaching assistants (1:8:2)

*Available at: Beacon and Poughkeepsie*

**Therapeutic Preschool** - Designed for children with significant needs in social and emotional skills. Integration of education and clinical models. 5-hours, 5 day a week program.

*Available at: Poughkeepsie*

**Bright Steps Toddler Room** - Provides Early Intervention services within a 6.5 hour, 5 day a week Early Head Start integrated classroom.

*Available at: Mt. Alvernia*

### Locations:

**Beacon**  
29 Willow St  
Beacon, NY 12508  
(845) 838-9904

**Poughkeepsie**  
50 Delafield Street  
Poughkeepsie, NY 12601  
(845) 452-7726

**Millerton**  
\*Home-Based Service  
(518) 789-3077

**Red Hook**  
1232 NY-308  
Rhinebeck, NY 12572  
(845) 758-4103

**Mt. Alvernia**  
136 Sheafe Road  
Wappingers Falls, NY 12590  
(845) 296-1892

**Wingdale**  
6423 State Route 55  
Wingdale, NY 12594  
(845) 832-3331

For more information, please contact:

**Kim Tsoubris**

**50 Delafield Street, Poughkeepsie, NY 12601**  
**(845) 452-4167 | [ktsoubris@astorservices.org](mailto:ktsoubris@astorservices.org)**