

Meld. A Mission of the Methodist Healthcare Ministries of South Texas, Inc.

The mission of Methodist Healthcare Ministries (MHM) is "Serving Humanity to Honor God" by improving the physical, mental and spiritual health of those least served in the Southwest Texas Conference area of The United Methodist Church. MHM is dedicated to providing medical and health-related human services to low income families and the uninsured throughout South Texas. It is now the largest private funding source for community healthcare services in South Texas. The mission also includes MHM's one-half ownership of the Methodist Healthcare System – the largest healthcare system in South Texas. This creates a unique avenue to ensure that the Methodist Healthcare System continues to be a benefit to the community by providing quality care to all and charitable care when needed, and it provides revenue to MHM for its programs.

Meld brings together groups of parents who have similar parenting needs, and provides them with the tools to help them become more confident leaders within their families. The program consists of peer groups guided by a team of Parent Group Facilitators, whose roles are to provide groups with curriculums designed to address health and safety, child guidance and development, family management and personal development.

The core philosophy of the Meld program stems from the belief that parents can, and do: learn from each other; give one another support; need to be free to make informed decisions about their families; and can cooperate in groups while maintaining their individuality.

Meld groups usually meet once a week, for two hours at various locations around San Antonio. Groups meet over a two-year period, and are eligible to participate in a free annual field trip. Volunteers help to facilitate Meld groups, and provide child care during group meetings.

For more information about the Meld programs call (210) 223-1311 or go to www.mhm.org.

Meld Programs

Meld for Young Moms

Meld program especially designed for young mothers ages 13 to 25.

Participants meet weekly or biweekly to receive basic, practical parenting techniques and support. All participants are encouraged to pursue and achieve their educational and career goals.

Meld for Young Dads

Meld program serving fathers facing emotional, societal, financial and interpersonal barriers to participating in their child's life.

Through group work and other services, fathers receive information and support that can help them to understand the special role they play in their child's life.

Meld for Growing Families

This Meld program is an extension of the Young Moms program, for mothers

ages 26 and older as well as grandparents raising grandchildren.

The curriculum focuses on age-appropriate child development techniques; managing outside influences on children's lives; living situations; violence; and balancing work and family life for optimal health and well-being.

Meld Special

Meld Special brings together parents of children living with a wide range of illnesses and disabilities to provide support for the specific challenges of raising children with special needs.

The curriculum focuses on: parent relationships; extended-family relationships; siblings; coping with grief; dealing with professionals; play growth and development; and stress and behavior guidance.



PARENTING PROGRAMS

A mission of the Methodist Healthcare Ministries

MELD. PARENTING THAT WORKS.

2143 E. Houston Street | San Antonio, TX 78202 | (210) 223-1311 | www.mhm.org

Meld Program Sites

Meld for Young Mothers Groups

Monday	Prince of Peace	7139 Ray Bon San Antonio 78218	Tuesday	Mexican American Unity Council	2300 W. Commerce St. San Antonio 78207
Monday	Wesley Health & Wellness Center	1406 Fitch San Antonio 78211	Tuesday	S. Memorial Christian Church	8400 S. Flores St. San Antonio 78221
Monday	Lord of Life Lutheran	5955 FM 78 San Antonio 78244	Tuesday	Aldersgate United Methodist Church	502 Kayton Ave. San Antonio 78210
Tuesday	Career Point	485 Spencer Ln., Rm. 23 San Antonio 78201	Tuesday	Cape Cod Apartments	13030 Blanco Rd. San Antonio 78216
Tuesday	Champion Homes Apart- ments	5350 W. Military Dr. San Antonio 78242	Thursday	San Antonio Youth Build	1700 Tampico San Antonio 78207

Meld for Growing Families Groups

Monday	Good Samaritan Community Services	1600 Saltillo San Antonio 78207	Tuesday	St. Dominic Catholic Church	5919 Ingram Rd. San Antonio 78228
Monday	Aldersgate United Methodist Church	502 Kayton Ave. San Antonio 78210	Wednesday	Wesley Health & Wellness Center	1406 Fitch San Antonio 78211
Monday	Olmos Elementary School	1103 Allena Dr. San Antonio 78213	Wednesday	Westlawn United Methodist Church	122 S. San Manuel San Antonio 78238
Monday	Cassiano Homes Development	29195 Laredo San Antonio 78207	Thursday	Neighborhood Place	3014 Rivas St. San Antonio 78228
Tuesday	Divine Redeemer Presbyterian Church	2806 W. Salinas St. San Antonio 78207	Thursday	St. Bonaventure Catholic Church	1918 Palo Alto Rd. San Antonio 78211
Tuesday	Cotton Elementary School	1616 Blanco Rd. San Antonio 78212	Thursday	Larkspur Christian Fellowship Church	2042 Anchor San Antonio 78213
Tuesday	Doral Club Apartments	7750 Culebra Rd. San Antonio 78251	Thursday	Mexican American Unity Council	2300 W. Commerce St. San Antonio 78207

Meld for Young Dads Groups

Monday	St. Paul United Methodist Church	532 N. Center St. San Antonio 78202	Tuesday	Wesley Health & Wellness Center	1406 Fitch San Antonio 78211
Monday	West Way Apartments	5626 Culebra Rd. San Antonio 78207	Tuesday	Crossroads Baptist Church	8300 Tezel Rd. San Antonio 78254

Meld Special Groups

Monday	Fortress Church	7760 Prue Rd. San Antonio 78249	Tuesday	Any Baby Can	217 Howard St. San Antonio 78212
Monday	Wesley Health & Wellness Center	1406 Fitch San Antonio 78211	Tuesday	Bethany United Methodist Church	4102 Eisenhower St. San Antonio 78218
Monday	Aldersgate United Methodist Church	502 Kayton Ave. San Antonio 78210	Tuesday	Crossroads Baptist Church	8300 Tezel Rd. San Antonio 78254
Tuesday	Neighborhood Place	3014 Rivas St. San Antonio 78228	Wednesday	Charles Andrew Apartments	4060 Medical Dr. San Antonio 78229
Tuesday	St. Bonaventure Catholic Church	1918 Palo Alto Rd. San Antonio 78211	Thursday	Divine Providence Catholic Church	5667 Old Pearsall Rd. San Antonio 78242

Subject to change without notice.