



Family Service Center of Jefferson County Newsletter

April/May 2018

Parenting Matters Seminars

24/7 Dads – Fathering

It's a guy thing. Being a father is different than any other relationship, and sometimes the best way to figure it out is to share your success and challenges with other dads!

Please contact **Fred Hilliard** at (205) 945-6000 for more information

Job Assistance Workplace Skills Seminars

Resumes/Applications
Job Search & Networking
Interviewing & Interview Attire
Money Management
Communication
Self-Worth

Please contact **Brittany Fonbah** at (205) 945-6000 for more information

NEW THREE-WEEK CLASS FORMAT

FATHERHOOD AND EMPLOYMENT ASSISTANCE

New classes begin:
May 29, 2018
July 2, 2018
August 6, 2018

Parenting Classes

Educational classes are available to individuals and couples interested in learning new parenting skills.

Class Schedule:

Mondays
11:00AM – 12:00PM
&
1:00PM – 2:00PM

Please call 205-945-6000 for more information.

WORKING MATTERS

Working Matters is a collaborative partnership between the Jefferson County Department of Human Resources and Family Guidance Center of Alabama to help individuals become employed and to retain their employment.

Working Matters is currently seeking community placement sites for our volunteers.

If your company is interested in having a 3-6 month volunteer worker or would like more information about the Working Matters Program, contact Regina at 205-945-6000

Parenting Matters

Specialized Services for Fathers
(See left sidebar for more details)

Offering the following no-cost services:

- One-to-one consultation and support
- Interactive job readiness class
- Assistance with job search & employment
- Help to address court-ordered child support
- Fathering education

Please contact **Ruby Felton**, at (205) 945-6000 for more information on how to register for these seminars or how to bring these seminars to your agency or community.

Funding provided by Alabama Department of Human Resources in partnership with the Alabama Department of Child Abuse and Neglect Prevention.

SMALL WONDERS

Small Wonders is now accepting referrals. The Small Wonders Program assists families of children, birth to 18 years, who have special healthcare & developmental needs. Services are provided in the family's home which allows the assistance to be individualized and tailored to your family's specific needs.

Small Wonders is funded by the Children's Trust Fund of Alabama & is available FREE of charge to families in Jefferson & Shelby Counties.

Please call **Deborah** at 205-945-6000 for more information.



Visit our website!

www.familyguidancecenter.org

Family Advocacy

Do you need help setting important goals for yourself or your family?

Could you use some help finding community resources?

Would you like some extra help to stay focused on your plans for your life?

Our Family Advocate can help you with your goal setting, emergency assistance, & family mentoring needs.

Please call **Marie** at 205-945-6000.

Family Guidance Center of Alabama

Family Service Center of Jefferson County

234 Aquarius Drive
Suite 118

Birmingham, Alabama 35209

Office: 205-945-6000

Fax: 205-945-6022

Email:

rallison@familyguidancecenter.org

Business Hours:

Monday – Friday
8:00am – 4:30pm

Family Guidance Center of Alabama is dedicated to strengthening families through partnering with families, organizations, and communities and through the provision of an accessible comprehensive system of coordinated programs and services designed to enable people of all ages in Alabama to envision and achieve their goals.

COMMUNITY HAPPENINGS

Family Fun Friday!

What: Get the entire family on track to better health with this **fun hour of low to high impact activity** designed to promote exercise for all ages. Families are invited to enjoy **team activities like kickball, soccer or wiffle ball**. Each class will begin with a warm up and light stretching, followed by the game of the week.

When: **Every Friday this summer at 6PM**
Please arrive 15 minutes early to register.
You will be required to sign-in each time you participate in this class.
(weather permitting, check Facebook for updates)

Where: **Railroad Park**
1600 1st Avenue South, Birmingham, AL 35233

Cost: **Free!!!**

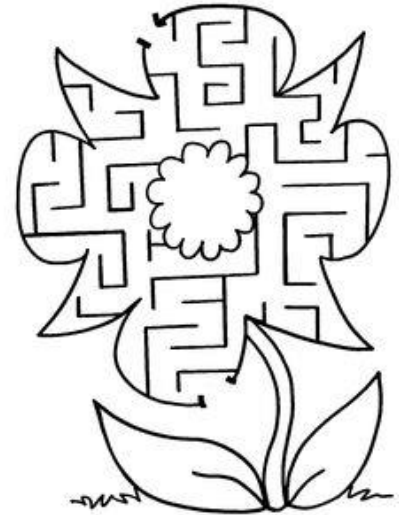
Questions: **(205) 521-9933**
<https://www.facebook.com/railroadpark>
www.railroadpark.org

If you have any future events that you would like us to display in "Community Happenings" please send an email to:

mestis@familyguidancecenter.org

Our next publication will cover June/July 2018

KIDS ZONE:



Please send in the names of acquaintances who might like to receive the newsletter. They can be emailed to:

mestis@familyguidancecenter.org

Counseling Services

are offered **Free** of Charge.

Individuals, Couples, & Family services available by appointment.

Conflict Resolution groups are offered
Thursdays from 10:00-11:00AM

For an appointment or more information on our *Counseling Services* please contact **Jennifer at 205-945-6000**.

COMPUTER LAB

EXPANDED HOURS!

Our Computer Lab is **FREE** for community usage throughout the week from **8:00 am to 4:30 pm**. Please call 205-945-6000 for more information.

Directions to Family Guidance Center – Jefferson County

From I-65 North: take exit 256A (Oxmoor Road Exit) and turn left onto Oxmoor Road. Travel approximately ¾ mile then turn right onto Aquarius Drive into the Barbers Business Park. Take second right into the office complex. Building 234 is on your right, Suite 118 is in the back of the building.

From I-65 South: take exit 256A (Oxmoor Road West Exit) and turn right onto Oxmoor Road. Proceed into far right lane and travel ¾ mile then turn right onto Aquarius Drive (Barbers Business Park). Take second right into the office complex. Building 234 is on your right, Suite 118 is in the back of the building.

Family Service Center of Jefferson County is funded in part by Family Preservation and Support Services of Alabama Department of Human Resources, and Department of Child Abuse and Neglect Prevention.

Family Service Center of Jefferson County is a program of Family Guidance Center of Alabama, Inc.