



# Family Service Center of Jefferson County Newsletter

November/December 2015

## COMMUNITY HAPPENINGS

### **Birmingham Zoo    Zookeeper for a Day**

Have you ever dreamed of being a Zookeeper? He is your chance to work behind the scenes with a real Zookeeper and discover this rich and rewarding career. All attendees must meet the age requirements at the time of participation.

For information regarding Zookeeper for the Day Program please call 205-397-3864 or email [education@birminghamzoo.com](mailto:education@birminghamzoo.com)

### **HOMEWOOD PUBLIC LIBRARY Don't miss the cultural grown opportunity**

**Sunday, November 15, 2015 at 2:30 pm**  
**Our World our Library: learn about different cultures through stories and activities (K-3<sup>rd</sup> Grade)**

### **Monday Movie Inside Out**

After-school family fun on Monday afternoon at 3:30 pm – 5:00 pm at Homewood Public Library November 16, 2015

## **Community Advocacy**

### **New Outreach Program – Community Advocacy Program**

Family Service Center of Jefferson County has an exciting new program called Community Advocacy Program. Our Community Advocates offers single- and multi-session training seminars that focus on strengthening families. These life skill seminars address issues such as parenting education, money management/budgeting, stress management/coping, and economic stability. Services are offered FREE in Jefferson County. Please contact Amy McDuffee or Brittony Mays 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 in partnership with the Jefferson County Cy Pres Grant funds.

## **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.*

For more information contact Brandi Welton at 205-945-6000.

Visit our website!

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

## **COUNSELING SERVICES**

### **TEEN CONNECTION**

*"Strengthening connections between parents and teens"*

Teens ages 13-18 years and parents of teens

For more information or to register call:

205.945.6000

**Funded through a grant from the Junior League of Greater Birmingham.**

Counseling Services are offered through Family Guidance Center **FREE** of charge.

We also offer Parenting & Conflict Resolution Groups.

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

**"I have no special talents. I am only passionately curious."  
– Albert Einstein**

## **Mission Statement**



*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 Partner Announcements

### **Beginning Bridge Outreach Ministry**

A Family Re-Entry Program  
Call Vanessa Hunter-Beavers at  
205-966-2194 or email  
bbcdc2009@yahoo.com

### **One Roof**

Is raising homelessness awareness with Paul Janeway of St. Paul and the Broken Bones. Meet and greet with Paul featuring an auction of band memorabilia and homeless artwork. Nov 17 at 7 pm for tickets contact one roof at [info@oneroofonline.org](mailto:info@oneroofonline.org)

### **Jefferson County Department of Human Resources**

If you would like to become a foster parent or to provide respite care for foster children, please contact:  
Anna Smith 205-744-3947

### **Lawson State Community College**

Adult Education Programs are offered onsite via GED Online at the Family Service Center of Jefferson County in partnership with Lawson State Community College Central and Bessemer Campus locations.  
Classes offered are:  
GED and JOBS Prep Classes via JCDHR.  
Assessment Testing is mandatory for GED placement and is administered at Lawson State Community College – One Stop Career Center.  
If you have any question please call Adult Education at 205-929-6481.

### **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](mailto:rallison@familyguidancecenter.org)

### **Business Hours:**

Monday – Friday 8:00am-4:30pm

*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.*

## **COMPUTER LAB**

Our Computer Lab is free for community usage throughout the week from **3:30pm to 4:30pm**. Please call Maria at 205-945-6000 for more information.

## **WORKING MATTERS**

*Working Matters is a collaborative partnership between the Alabama 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 Deborah at 205-945-6000.**

## **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 Aisha at 205-945-6000.

"Things work out best for those who make the best of how things work out."

**--John Wooden**

### **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  $\frac{3}{4}$  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  $\frac{3}{4}$  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 a program of Family Guidance Center of Alabama, Inc.

# KIDS ZONE:

## **Time out Timer**



You will need:

- 1 water bottle
- 1 hot water
- 1 clear gel glue
- 1 ultra-fine glitter
- 1 tape or super glue to secure lid

Instructions:

1. **Remove the label** from the water bottle.
2. **Fill the bottle** about  $\frac{3}{4}$  of the way with hot water, then add a bottle of gel glue and a small tube of glitter.
3. **Screw on the cap** add more clear gel glue to make it go slower or more water to make it settle faster.
4. **Super glue the cap** onto the

## **Riddle Time!**

Q: I'm light as a feather, yet the strongest man can't hold me for more than 5 minutes. What am I?

A: Breath

Q: Mr. Smith has two children. If the older child is a boy, what are the odds that the other child is also a boy?

A: 50 percent