

MAY—JULY 2017



PARENTING MATTERS

Specialized Services for Fathers • A Program of Family Guidance Center of Alabama



...because Parenting Matters

Supporting Success

Juggling a home, relationships, kids, and work can be challenging, but having a support system can: reduce your stress; keep you motivated; and offer solutions when challenges interfere with what is important to you. Ask to speak with a Fathering Advocate who can help you:

- Set important goals for yourself or your family
- Access community resources
- Stay focused on your plans for success

Fatherhood Forums

Do you have questions about child support? We bring in experts to help answer your questions. Come join us quarterly as we gather to discuss the many issues of this most important topic. This is a father-friendly gathering devoted to empowering fathers through knowledge.

Our next forum is June 6, 2017 at 5:30 pm in Building D at FGC.

Employment Resources

Want a job? Not sure how to get started or where to go? Finding a job and keeping a job are skills that can be learned. Family Guidance Center and Parenting Matters offer personalized assistance in:

- Job search and how to complete a job application
- Tips and practice interviews
- Tools to assist in developing a resume
- Computer classes with Microsoft software
- Developing a plan to jump start your job search

Parent and Partner Education

Relationships don't come with instruction manuals. Thankfully, Parenting Matters offers free seminars and workshops providing tips, tricks, and down-to-earth advice on how to make the most of your relationships. See inside this newsletter for upcoming opportunities.

Healthy Living

Counseling Services are available to fathers and families that participate in the Parenting Matters Program.

Find us...

All Parenting Matters services, from one-to-one consultation to a variety of educational opportunities, are offered at no cost to you; at a location near you! Find the Parenting Matters Program at the Family Guidance Center of Alabama location nearest you and schedule an appointment today ... because Parenting Matters!!!

Montgomery County:

Family Guidance Center of Alabama
2358 Fairlane Drive
Montgomery, Alabama 36116
334-270-4100
1-800-499-6597

Lowndes County:

Family Guidance Center of Alabama
Family Service Center of Lowndes County
22 Washington Street North
Hayneville, Alabama 36040
334-548-6307

Jefferson County:

Family Guidance Center of Alabama
Family Service Center of Jefferson County
234 Aquarius Drive, Suite 118
Birmingham, Alabama 35209
205-945-6000



Parenting Matters is funded through a grant with the AL. Dept. of Human Resources in partnership with the AL. Dept. of Child Abuse and Neglect Prevention.



SAVE THE DATE

SPECIAL EVENTS AT
Family Guidance Center



Montgomery County

CALLING ALL FATHERS! BE ALL THE DAD YOU CAN BE
Father Facts About Child
Open to the Public

Date: Tuesday, June 6, 2017
Time: 5:30 - 6:30 p.m.
Location: Family Guidance Center
2358 Fairlane Drive, Building D
Montgomery, Alabama 36116
Contact: Jim Christensen
(334) 270-4100 ext. 319

Jefferson County
Fathers Going the Distance
Father's Day Event
Date: Saturday, June 10, 2017
Time: 11:00 a.m. — 2:00 p.m.
Location: Family Guidance Center
234 Aquarius Drive
Birmingham, Alabama 35209
Contact: Rhonda Walker
(205) 945-6000

Fathers Going the Distance
Father's Day Event
Date: Saturday, June 17, 2017
Time: 11:00 a.m. — 2:00 p.m.
Location: Family Guidance Center
2358 Fairlane Drive, Building D
Montgomery, Alabama 36116
Contact: Jim Christensen
(334) 270-4100 ext. 319

Lowndes County:
Case Management On-Site
Family Service Center of Lowndes County
22 Washington Street North, Hayneville
Tuesdays
9 a.m. — 11 a.m.
May 9 & May 23
June 6, June 20 & July 11



Family Guidance Center of Alabama

CONSUMER PROFILE

A SUCCESS STORY

WILLIE WINGARD



After years of struggling with life in the street and eventually prison, I decided to take charge of my life. I knew that for me and my family, things had to change. My grandmother always told me, “You can give out, just don’t give up.”

I took classes, Fatherhood and Job Search 101, at the Family Guidance Center. I also worked with an FGC case manager who was able to help me with a variety of matters that came up. I have always loved trucks and driving and felt that driving for a living might be my ticket to financial stability. Having taken the Job Readiness and Training Program at FGC, I researched the profession and determined that jobs were available in this field. I also learned that in order to do this type of work, I would need to go back to school. I enrolled at Trenholm State Technical College and, with hard work, received my Commercial Driver’s License (CDL).

The day I received my CDL was a very special day for both me and my family. I started immediately searching for work. I was able to get an entry-level position right away, and within a two-month period, I got an even better job driving big rigs with a great company. It feels great! I can now take care of my family the way I know I should. I have six children and they are all proud of me as I am of them. Each child is a blessing. My second oldest daughter will graduate from high school this year. I will be there cheering her on like a father should. I am thrilled that I have the opportunity to be the “hands-on” dad that I always knew I could be.

I now know that I can be successful without the street. If I can give advice of any sort, it would be, you can’t rush success. Put one foot in front of the other, step by step, and you can walk in to any success you desire. The Family Guidance Center of Alabama and the Parenting Matters staff have been a great help in making me a better person. For that, I want to thank you.



FUN THINGS TO DO WITH DAD

Activities That Won't Break the Bank

Are you looking for some fun things to do with your kids in the Montgomery area that won't cost a lot. Look no further. Check out these cool things that both you and your children will enjoy. All are free of charge!

1. Visit a museum. The Montgomery Museum of Fine Arts is a great place to relax while taking in some culture. There is even a special "hand's on" area for the younger children to explore their creativity.

1 Museum Drive, Montgomery, AL, 36117, (334) 240-4333

2. The Museum of Alabama and the Department of Archives and History offers visitors the opportunity to travel back in time and experience Alabama from its earliest days up to present times. With newly-updated interactive exhibits, the kids will have a meaningful experience while learning about major events in Alabama's history.

624 Washington Avenue, Montgomery, AL, 36130, (334) 242-4435

3. Alabama has a rich tradition in politics. The historic Alabama State Capitol is a beautifully renovated building that is still a functioning center of political activity.

600 Dexter Avenue, Montgomery, AL, 36104, (334) 242-3935

4. Take a walk along the Alabama River at Riverfront Park. There's a playground for the kids to enjoy or just sit in this beautiful setting while enjoying the peace and serenity that the area provides.

103 North Perry Street, Montgomery, AL, 36104-3728

5. Visit The Dexter Avenue King Memorial Baptist Church as well as the parsonage where Reverend Martin Luther King, Jr. lived during his time in Montgomery. These historical landmarks represent key points of interest for those who want to learn about the Civil Rights Movement.

454 Dexter Avenue, Montgomery, AL, 36104, (334) 263-3970

HOW TO SUCCEED IN FINDING MEANINGFUL EMPLOYMENT: TIPS AND POINTERS



EMPLOYMENT TIPS and POINTERS

1. Ask yourself what it is that you love to do. Be honest with yourself. By following your passion, you should be able to identify an employment field that would be a good fit.
2. Once you have identified a field of interest, start researching the profession. Search the internet to learn anything you can about requirements to work in the profession, companies that are prominent in the profession, and what jobs are currently available.
3. Talk to anyone who may know something about your field of interest. Any insights that you can gain in this manner will be helpful.
4. Should there be skills that you need to acquire to be competitive and work in the field, find out your best method of gaining those skills. This could involve additional formal education, an apprenticeship, or a variety of other means of skill-building.
5. When ready, begin preparation of your resume package (resume, cover letter, work history, and references).
6. When you have completed your resume package, let those who are knowledgeable and detail-oriented look at it. Listen to suggestions and make corrections.
7. Once your resume materials are in order, start getting it out to potential employers. Identify places that you think you would like to work and drop a resume by in person, if close enough. If not, mail it. Even if a company doesn't currently have a position available, they may in the near future.
8. Be patient, persistent, and persuasive, as well as prepared. These are the characteristics needed to find your "dream job."



PARENTING MATTERS

CLASSES TO HELP WITH YOUR LIFE-JOURNEY



Two-week classes are a great introduction to what the Parenting Matters Program has to offer. Currently, the two-week schedule includes classes in Fatherhood/Parenting and Job Search 101. Whether it's your first time investigating these matters or you just want to improve your skills, there is a class for you. The classes are free and open to the public. Upon completion, participants will receive a certificate of completion. Just come by the Family Guidance Center and get signed up. The following schedule pertains to our Birmingham office and our Montgomery office. Please check with the Lowndes office directly, 334-548-6307, for their schedule of classes.

Classes meet on Tuesday, Wednesday, and Thursday. Lunch is provided at 12:30 p.m. for those participating in one or both of the classes.

Fatherhood/ Parenting (11 a.m. to 12:30 p.m.)

May 2017

- **5-23** The Father Thirst Epidemic/ The Father-Mother Partnership
- **5-24** What About the Children?/ Commitment to Physical Development
- **5-25** It Takes a MAN to be a DAD/ My Challenges as DAD
- **5-30** Communicating to Connect/ My Father and Past History
- **5-31** Sharing Emotional Encouragement/ Healthy Relationships with Women

June 2017

- **6-1** Consistent Moral Training/ Making Life Changes
- **6-13** The Father Thirst Epidemic/ The Father-Mother Partnership
- **6-14** What About the Children?/ Commitment to Physical Development
- **6-15** It Takes a MAN to be a DAD/ My Challenges as DAD
- **6-20** Communicating to Connect/ My Father and Past History
- **6-21** Sharing Emotional Encouragement/ Healthy Relationships with Women

Job Search 101 (1 p.m. to 2 p.m.)

May 2017

- **5-23** Conflict Resolution
- **5-24** Communication
- **5-25** Job search skills and interviewing for a Job
- **5-30** Resume and Applications
- **5-31** Self- Worth

June 2017

- **6-1** Recap
- **6-13** Conflict Resolution
- **6-14** Communication
- **6-15** Job search skills and interviewing for a Job
- **6-20** Resume and Applications
- **6-21** Self- Worth
- **6-22** Recap



CHILD SUPPORT

MAKING A DIFFERENCE FOR THE ONES YOU LOVE

Child support is an issue that many parents deal with. Child support is designed to enable children to have the advantages required to succeed in life when one of the parents lives outside of the home. By paying child support on a regular basis, we provide the stability that our children need for a better life. Payment of child support also sends the message to our children that they are loved and that we want the best for them. Child support payments are that monthly reminder to your child that you care and are a part of his or her life.



That being said, the child support system can sometimes seem difficult to manage. One of the best ways to gain insight into how the system works is to talk to your child support case manager at the Department of Human Resources. Every child support case is assigned a case manager. Find out who yours is and talk to them. This is the best way to stay on top of this important family issue. If you don't know who your case manager is, call the DHR office where your case was established.

CONTACT INFORMATION

Jefferson County Department of Human Resources

2001 12th Avenue North
Birmingham, AL 35234
Phone: (205) 423-4900

Lowndes County Department of Human Resources

382 Alabama Highway 97
Hayneville, AL 36040
Phone: (334) 548-3800

Montgomery County Department of Human Resources

3030 Mobile Highway
Montgomery, AL 36116
Phone: (334) 293-3100

For those in the **Montgomery area**

The following scheduling changes have been implemented by the Child Support Division of Montgomery County DHR.

CUSTOMER SERVICE

Walk-ins Accepted

Tuesdays 8 a.m. to 11 a.m.
Thursdays 1 p.m. to 4 p.m.

Telephone Calls Accepted

Mondays, Tuesdays, Thursdays, Fridays
8:00 AM - 4:00 PM

Note: No phone calls or walk-ins accepted on Wednesdays.

Appointment With Case Manager

Wednesdays 1 p.m. to 4 p.m.
Contact case manager to schedule appointment

Child Support Payment Information May Be Accessed By:

Calling the 24-hour Child Support Hotline

1-800-284-4341 or On-line at **myalabama.gov**

This information was provided by the Montgomery County Department of Human Resources.



*Fathers make a positive difference in the lives of children...
Parenting Matters!*

www.familyguidancecenter.org