



# Family Service Center of Jefferson County

234 Aquarius Drive, Suite 118 Birmingham, Alabama 35209  
(205) 945-6000



**BUSINESS HOURS: MONDAY - FRIDAY 8:00 AM - 4:30 PM**

We are located in Barbers Business Park, look for the Family Guidance Center sign.  
[familyguidancecenter.org](http://familyguidancecenter.org) or Connect with us on Facebook.

Visit our website:



SCAN ME!

## 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 for more information about the Working Matters Program, contact Aterra Lee at 205-945-6000

### FREE Parenting Assistance Line:

1-866-962-3030

& visit [alabamafamilycentral.com](http://alabamafamilycentral.com) for resources.

## PARENTING MATTERS

An advocacy program that assists men with fathering skills, life skills, job readiness and employment assistance.

### For information on the Parenting Matters

Program, please contact the office in your location.

#### Birmingham Office

**Frederick Hilliard**

**(205) 945-6000**

#### Montgomery Office

**Jerry Claiborne**

**(334) 270-4100**

**Ongoing help for fathers regarding child support**

**and employment is available.**

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



## DECEMBER



# 2023

## LIFE COACHING

**Services Free of Charge**

TANF eligible consumers with a trained, on-staff coach. Coaches empower consumers to pursue and reach their goals. Need a little support to get to your next level? Contact Coaching today!

**Cheryl Scott**  
**(334) 451-6058**

### Stress Management 101

**Practice good self-care. • Move your body. • Get fresh air. • Eat health foods. • Get enough sleep. • Get enough light/Vitamin D • Avoid using substances to cope with your stress.**

**Call The Crisis Center at**

**(205) 323-7777**



Open your heart and your home to Foster Children in Alabama.

Please call 1-866-4AL-KIDS

**(1-866-425-5437)**

Alabama DHR is recruiting new foster and adoptive homes now!

## 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 online and in-person.

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

Please call Deborah or Tameka at

**205-945-6000**

[deborahat@familyguidancecenter.org](mailto:deborahat@familyguidancecenter.org)

## FREE PARENTING CLASSES NEW CLASS TIMES!!!

Educational classes are available to individuals and couples interested in learning new parenting skills. Classes offered by phone.

**Class Schedule:**

Tuesday & Thursdays 6:00 PM to 7:00 PM

Please call Linda Young at 205-945-6000

[lyoung@familyguidancecenter.org](mailto:lyoung@familyguidancecenter.org)

## FAMILY ADVOCATE

Do You Need Help With...

Setting important goals for yourself or your family?

Staying focused on your plans for life? Finding

community resources to help your family thrive?

Some extra support & encouragement?

**Offered online and in-person.**

For more details call

Jennifer @ (205) 945-6000

## COUNSELING

For information on our *Counseling Services* please contact Amy McDuffee at 205-945-6000 or [amcduffee@familyguidancecenter.org](mailto:amcduffee@familyguidancecenter.org)