



Family Service Center of Jefferson County Newsletter

March 2021

Parenting Matters Seminars

Parenting Matters Program

24/7 Dads – Fatherhood Program

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! To schedule a workshop & get more information, please contact Fredrick Hilliard at (205) 945-6000.

Job Readiness

Seminars include:

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

Please contact Ruby (205) 945-6000 for more information

NEW WORKSHOPS!

NOW OFFERING FREE CO- PARENTING ONLINE ZOOM WORKSHOPS

Every Monday at
5:30pm (excluding holidays)

Zoom Meeting ID:
895 2306 7659

For more information, email
fhilliard@familyguidancecenter.org
Rfelton@familyguidancecenter.org

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

rallison@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. Now offered online.

Please call Dana at 205-945-6000
dking@familyguidancecenter.org

Small Wonders

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.

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
deborah@familyguidancecenter.org

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.



Visit our website!

www.familyguidancecenter.org

All of our services are available via Zoom, Theranest, Conference Call, and other Platforms. Your safety is our number 1 priority!

PARENTING CLASSES

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

Classes offered by phone.

Class Schedule:

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

Please call Linda at 205-945-6000
lyoung@familyguidancecenter.org

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

Counseling Services Free of Charge.

Individuals, Couples, & Family services available by appointment. Now offered online.

Anger Management classes now offered online. Please call for dates and times.

For an appointment or more information on our *Counseling Services* please contact Amy at 205-945-6000 or amcduffee@familyguidancecenter.org

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 ¼ 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 ¼ 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.



SCAN ME TO GO TO THE FAMILY GUIDANCE CENTER'S WEBSITE!



Self Care Ideas ...For Busy People

	Get up from your desk		Block time for productivity
Call a friend		Stretch for 10 minutes	Turn your phone off
Journal for 5 minutes	Light a candle		Organize your desk
Eat mindfully	Moisturize your skin	Listen to meditative music	
Sit down for your coffee	Buy a plant for your desk	Be kind to yourself	Look up funny memes

PARENTING MATTERS Specialized Services for Fathers

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
- Now offered online

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.



HELP PREVENT THE SPREAD



Avoid close contact with people who are sick



Cover your cough or sneeze with a tissue, then throw the tissue in the trash



Avoid touching your eyes, nose and mouth



Stay home when you are sick, except to get medical care



Wash your hands often with soap and water for at least 20 seconds

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

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

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