



# Family Service Center of Jefferson County Newsletter

October/November 2020

## 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

Some Seminars offered:  
Resumes/Applications  
Job Search & Networking  
Interviewing & Interview Attire  
Money Management  
Please contact Ruby (205) 945-6000 for more information

### **NOW OFFERING FREE ONLINE ZOOM WORKSHOPS Tuesdays, Wednesdays & Thursdays**

10:00am:  
Fatherhood/Parenting  
Workshop  
Meeting ID: **811 1197 7106**

11:45am: Employment  
Workshop  
Meeting ID: **893 5006 1576**

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



Visit our website!

[www.familyguidancecenter.org](http://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. Now offered online.

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

## 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

## 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.**

## 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

## 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.*

## 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](mailto:amcduffee@familyguidancecenter.org)

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



### 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.



## FAMILY TIME INDOORS

10 things parents can do with kids indoors:

1. Build a fort using cardboard boxes
2. Do a treasure hunt by hiding things around the home
3. Cook or bake something together
4. Have an indoor picnic
5. Play card games like Go Fish and Uno
6. Play games like Candy Land, Checkers, or dominoes
7. Put a puzzle together
8. Listen to an astronaut read a children's book: <https://storytimefromspace.com/>
9. Dance to music together
10. Put on a fashion show



## 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: [amcduffee@familyguidancecenter.org](mailto:amcduffee@familyguidancecenter.org)*

**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.**