



Family Service Center of Montgomery County

2358 FAIRLANE DRIVE, BUILDING E MONTGOMERY, AL 36116 270-4100



UPCOMING CLASS SCHEDULES

Evening Computer Training

Intro to Computers, Tuesday, December 4, 2018
Intro to Windows, Thursday, December 6, 2018
Intro to the Internet, Tuesday, December 11, 2018
Word (Level 1), Thursday, December 13, 2018

Classes are 6-8 pm.

Call for reservations or more information.

No entry after class begins. Please arrange for childcare

Life Skills Seminars

Anger Management

Wednesday, December 12, 2018, 1-3:00 pm

Financial Recovery

(How to recover financially & rebuild your credit after a financial-setback)

Thursday, December 13, 2018, 1-2:30 pm

Virtual Work Center

Workshops are offered Tuesday afternoons @ 1 PM — 2:30 PM

Career Planning, December 4, 2018

Resume Writing & Development, December 11, 2018

Interviewing Skills/Dress for Success, December 18, 2018

Call for more details

PARENTING MATTERS

FATHERHOOD AND EMPLOYMENT ASSISTANCE

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

"Fatherhood and Me" Workshop

Monday, December 3rd & 10th
5:30 PM—7 PM

Community Action
1100 Adams Avenue
Montgomery, AL 36104

Call Jim Christensen for more details @ 270-4100.

December 2018

Come See Us, Call Us, or Visit Our Website @familyguidancecenter.org

The Family Service Center of Montgomery County is in Executive Park. Look for the Family Guidance Center sign on Fairlane Drive and turn into the parking lot. We're in Building E.

Merry Christmas



Counseling

Confidential counseling services are provided for individuals, couples, or families

Call To Make an Appointment 270-4100. Day and Evening Appointments are Available.

Fees are based on a sliding fee scale which is geared to household income and family size. In addition, selected insurance coverages are accepted.



Couples Connecting Mindfully

In this **FREE** workshop, learn:
How Stress Affects Your Brain;
How Stress Affects Your Heart;

How Your Emotions Impact Your Immune System;
How Mindfulness Can Benefit You & Your Relationship



Taking Your Relationship to the Next Level

In this **FREE** workshop, couples learn 7 practical relationship skills, including more about:

The Physiology of Human Interaction (or The Heart-Brain-Behavior Connection);
How to Manage Stress and Reduce Conflict;
How to Get to Know Each Other More Deeply

MUST Pre-Register. Dinner & Childcare Included.

Call Tonya @ 270-4100 to enroll.

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?
Call for more details

PARENTING EDUCATION

Seven week parenting classes

Tuesday Evenings (6:00-7:30)

Wednesday Mornings (10:00-11:30)

Please Call to Pre-register.

WORK READY!

Assists young adults, 16-24, who are out of school with identifying and getting started on a career plan. Serves young adults in Montgomery, Lowndes, Elmore and Autauga Counties

Call Yolanda Adams for more details
334-270-4100

Federally funded through the State of AL by the U.S. Dept. of Labor/Employment/Training Admin.

VIRTUAL WORK CENTER

A career readiness and employment skill building program that offers free personalized assistance in:

- * Job search and the application process.
- * Interviewing skills & techniques.
- * Résumé and Cover Letter development & writing.
- * Computer knowledge utilizing Microsoft software.
- * Developing self-driven goals to plan your career and personal accomplishments.
- * Learning how to find a job that's right for you.
- * Job etiquette and retention skills.

Call for more details

Parenting Assistance Line 1-866-962-3030

To receive the monthly calendar by email, contact Shauntice at swood@familyguidancecenter.org.



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



"Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant # 90FM0082. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion."