Now Offered Virtually

**COMPUTER TRAINING CLASSES**

**TUESDAYS & THURSDAYS**
**EVENING HOURS** - 6:00 - 8:00 PM

Intro to Computer - Tuesday, February 2
Intro to Internet - Thursday, February 4
Intro to Word - Tuesday, February 9
Word (Level 1) - Thursday, February 11
Word (Level 2) - Tuesday, February 16
Excel (Level 1) - Thursday, February 18
Excel (Level 2) - Tuesday, February 23
PowerPoint - Thursday, February 25

For more information or to pre-register please call Caroline at (334) 270-4100

---

**Feb. 2021**

**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?

Now offered online and in-person
For more details call or email Angela Turner (334) 270-4100 aturner@familyguidancecenter.org

---

**Anxiety Management Class**

Classes are being offered online
Wednesday, February 10th (1:00 - 3:00)
To pre-register, please call or email Angela Nixon @ (334) 270-4100 anixon@familyguidancecenter.org

---

**PARENTING EDUCATION**

Seven week parenting classes
Classes are being offered online
Tuesday evenings (6:00 - 7:30)
Wednesday mornings (10:00 - 11:30)
To pre-register or for more information, please call or email Angela Nixon @ (334) 270-4100 anixon@familyguidancecenter.org

---

**Parenting Matters**

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

- Learn, Apply & Meet
- Employment Prep and Hiring Fair
  - Offered Online
    - Tuesdays, Wednesdays, Thursdays
      - 10:00 AM - 11:30 AM
    - Feb. 9 - Job Search Tips & Applying for Jobs
      - Online
    - Feb. 10 - Effective Resumes & Cover Letters
    - Feb. 11 - Effective Resumes & Cover Letters (Continued)
    - Feb. 16 - How to Prepare for a Virtual Interview
    - Feb. 17 - Putting It All Together for Job Search Successes
    - Feb. 18 - Virtual Job Fair - 10:00 AM - Noon

For more information, please contact Antonio Stoudemire
Phone: 334-270-4100

---

**February 2021**

**COUNSELING**

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

Call To Make an Appointment
(334) 270-4100.

Online, Day and Evening Appointments 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.

**GED Skills Workshops**

Need help with GED Skills?
For more information please call or email Angela Turner (334) 270-4100 aturner@familyguidancecenter.org

---

**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/Employment and Training Admin.

---

**New Class!**

**How to Avoid Falling for A Jerk or Jerkette**

Five week singles/relationship classes
Offered Virtually

6:00 - 7:30 PM

To Pre-register or for more information, call or email Cecelia Saunders (334) 270-4100 csaunders@familyguidancecenter.org

---

**Now Offered Virtually**

**Family Paint Night**

February 17, 2021
6:30 - 7:30 PM

Virtual class - materials will be provided
To pre-register, call or email Cecelia Saunders (334) 270-4100 csaunders@familyguidancecenter.org

---

**Tech Lab Now Open**

Tech lab is now open by appointment only.
Monday - Friday
8:00 - 4:00 p.m.

To schedule an appointment please call Caroline at (334) 270-4100.

Parenting Assistance Line: 1-866-962-3030

For information about
FREE Healthy Relationship workshops,
contact Tonya at 270-4100
tonya@familyguidancecenter.org
or via Email
at rogerson@familyguidancecenter.org

Family Service Center of Montgomery County is supported by funds from Alabama Department of Human Resources-Family Preservation and Support Services.