## March 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

### 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

### FREE Workshops for Couples Begin in April!

**Call to pre-register TODAY!**

Hear all the benefits couples receive from joining us.

Weekly or daily sessions are available.

To Pre-register or for more information, please call or email Tonya at (334) 270-4100 trogers@familyguidancecenter.org

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### Now Offered Virtually

**COMPUTER TRAINING CLASSES**

**Tuesdays & Thursdays**

**Evening Hours - 6:00 - 8:00 PM**

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

PowerPoint - Thursday, March 25

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

**Anger Management Class**

- Classes are being offered online Wednesday, March 10th (1:00 - 3:00 PM)

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 PM)
- Wednesday mornings (10:00 - 11:30 AM)

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

- Mar. 9 - Job Search Tips & Applying for Jobs Online
- Mar. 10 - Effective Resumes & Cover Letters
- Mar. 11 - Effective Resumes & Cover Letters (Continued)
- Mar. 16 - How to Prepare for a Virtual Interview
- Mar. 17 - Putting It All Together for Job Search Success
- Mar. 18 - Virtual Job Fair - 10:00 AM - Noon

For more information, contact Frederick Hilliard Phone: (205) 945-4100

**Co-Parenting - Offered Online**

- Mondays - 5:30 PM - 7:00 PM

- Mar. 1 ~ Mar. 8 ~ Mar. 22

For more information, contact Santana Lumpkin Phone: (334) 270-4100

**Ongoing help for fathers regarding child support and employment is available.**

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### 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**

March 31, 2021

6:00 - 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.

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