



# Family Service Center of Jefferson County Newsletter

February/March 2018

## Parenting Matters Seminars

### 24/7 Dads – Fathering

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!

### Job Assistance

#### Workplace Skills Seminars

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

#### NEW THREE-WEEK CLASS FORMAT

### FATHERHOOD AND EMPLOYMENT ASSISTANCE

New classes begin:

February 12, 2018

March 19, 2018

April 23, 2018

## Anger Management/ Conflict Resolution

Practical advice on how to manage and resolve anger and conflict.

### Mondays at 2PM

Must attend 7 classes to obtain certificate of completion.

## Parenting Classes

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

### Class Schedule:

#### Mondays

11:00AM – 12:00PM

&

1:00PM – 2:00PM

Please call 205-945-6000  
for more information.

## 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

## Parenting Matters

### Specialized Services for Fathers

(See left sidebar for more details)

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
- Anger Management/Conflict Resolution

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.

Serving Jefferson County

*Funding provided by Alabama Department of Human Resources in partnership with the Alabama Department of Child Abuse and Neglect Prevention.*

## Small Wonders

Small Wonders is accepting referrals. The Small Wonders Program assists families of children, birth to 18 years, who have special healthcare & developmental needs. Services are provided in the family's home which allows the assistance to be individualized and tailored to your family's specific needs.

*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  
for more information.



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.

Please call Marie at 205-945-6000.

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

### **Business Hours:**

Monday – Friday  
8:00am-4:30pm

**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.**

## COMMUNITY HAPPENINGS



### What: Free K-12 Tutoring and Reading Buddies

Help in K-12 subjects from Homewood High School Peer Helpers, or you can pair up with a Reading Buddy for reading assistance.

### When: February:

Mon, Feb 05 @ 3:30 pm  
Mon, Feb 12 @ 3:30 pm  
Mon, Feb 26 @ 3:30 pm

### March:

Mon, March 5 @ 3:30 pm  
Mon, March 12 @ 3:30 pm  
Mon, March 19 @ 3:30 pm

### Where: Homewood Public Library

1721 Oxmoor Rd. Homewood, AL 35209

### Cost: Free!!!

### Questions: Call 205-332-6600

*If you have any future events that you would like us to display in*

*“Community Happenings” please send an email to:*

[mestis@familyguidancecenter.org](mailto:mestis@familyguidancecenter.org)

Our next publication will cover April/May 2018

## KIDS ZONE:

Help Mr. Bear find his way through the maze to deliver his Valentine's Day card to Mrs. Bear



*Please send in the names of acquaintances who might like to receive the newsletter. They can be emailed to:*

[mestis@familyguidancecenter.org](mailto:mestis@familyguidancecenter.org)

### Counseling Services

are offered **Free** of Charge.

Individuals, Couples, & Family services available by appointment.

Conflict Resolution groups are offered Thursdays from 10:00-11:00AM

For an appointment or more information on our *Counseling Services* please contact **Jennifer at 205-945-6000.**

### COMPUTER LAB

#### EXPANDED HOURS!

Our Computer Lab is **FREE** for community usage throughout the week from **8:00 am to 4:30 pm.**

Please call 205-945-6000 for more information.

### Save the Date

The Center will be hosting its 9<sup>th</sup> Annual Child Abuse & Neglect Prevention Training on Tuesday, April 10<sup>th</sup>, 1-2:30PM. The event is free and open to the public.

### 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 ¾ 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 ¾ 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 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.*