



# Family Service Center of Jefferson County Newsletter

August/September 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! To schedule a workshop & get more information please contact **Fred Hilliard at (205) 945-6000** for more information.

### **Job Readiness**

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

Please contact **Brittany Fonbah at (205) 945-6000** for more information

### **2-WEEK & 3-WEEK CLASS FORMAT JOB READINESS AND FATHERHOOD**

New classes  
are forming now!!

## **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.

## **2018 Families of the Year Awards**

Family Guidance Center, in conjunction with WBRC Fox 6 News and Synovus, is proud to present the 2<sup>nd</sup> annual Families of the Year Awards.

- Families in Jefferson, Shelby, and St. Clair counties are eligible
- Nomination deadline is 5pm, August 31<sup>st</sup>. Awards will be presented Oct. 14 at the Birmingham CrossPlex.
- Nomination forms are available on the website at [familyguidancecenter.org](http://familyguidancecenter.org), community locations, or by calling 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

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.*

## **Small Wonders Program**

**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 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.

## **Working Matters Program**

*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.

## **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 **Tameka** 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.**

Alpha Kappa Alpha Sorority, Incorporated  
Cultural and Educational Advancement Foundation, Inc. &



**DATE AND TIME:**

Sat, August 25, 2018  
9:00 AM – 1:00 PM

**LOCATION:**

Trinity Baptist Church  
900 Graymont Ave.  
Birmingham, Al. 35204

**FREE REGISTRATION @ [www.Eventbrite.com](http://www.Eventbrite.com)**



**DATE AND TIME:**

Sun, August 12, 2018  
1:30 PM – 3:00 PM

**LOCATION:**

McWane Science Center  
200 19<sup>th</sup> Street North  
Birmingham, Al. 35203

**FREE REGISTRATION @ [www.Eventbrites.com](http://www.Eventbrites.com)**

**COMPUTER LAB**

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.

[www.familyguidancecenter.org](http://www.familyguidancecenter.org)



*Small Wonders Program*

**Child Safety Hint:**

According to KidsandCars.org, an average of 37 children, per year, die of Vehicular Heatstroke. Never, ever leave a child or pet in an unattended car, not even for a minute.

**Try the shoe trick.**

Leave your left shoe in the backseat with Baby! (This also works with your purse, wallet, or cellphone.)

**Try the diaper bag trick.**

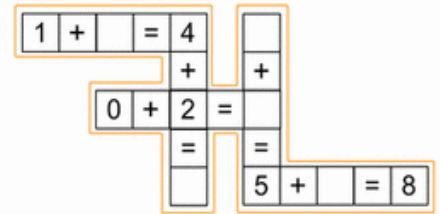
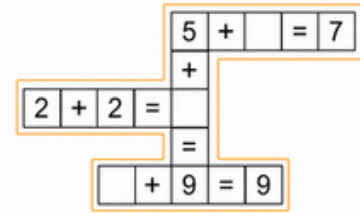
Leave the diaper bag in the front seat to remind you that Baby is in the backseat.

# KIDS ZONE:

## Math Crossword FUN



Fill in the blanks of each crossword puzzle to make the addition equations true.



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**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**.

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

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

### Directions to Family Guidance Center – Jefferson County

From I-65 North: take exit 256A (Oxmoor Road Exit) and turn left onto Oxmoor Road. Travel Business Park. Take second right into the office complex. Building 234 is on your right, Suite 118 is in the back of the building. Approximately ¼ mile then turn right onto Aquarius Drive into the Barbers