



Family Service Center of Jefferson County Newsletter

January/February 2019

Parenting Matters Seminars

Parenting Matters Program

24/7 Dads – Fatherhood Program

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

Some Seminars offered:
Resumes/Applications
Job Search & Networking
Interviewing & Interview Attire
Money Management
Please contact Sade Hicks (205) 945-6000 for more information

FATHERHOOD & Me WORKSHOPS

Friday, January 18, 2019
9:30am-1:30pm

Friday, February 15, 2019
9:30am-1:30pm

3 WEEK JOB READINESS AND FATHERHOOD CLASSES 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.

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.

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

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

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.



Visit our website!

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 **Jennifer** 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

Business Hours:

Monday – Friday
8:00am-4:30pm

KIDS ZONE:

Special thanks to Honda Manufacturing, Inc.

Our annual holiday reception held on December 7, 2018 was made possible by their generous donation.



Earthy Birthy Fair and Family Wellness

DATE AND TIME:
Sun, February 24, 2019
2:00 PM – 5:00 PM

LOCATION
Innovation Depot Inc
1500 1st Ave North
Bham, AL 35203

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.

PARENTING TIP

How about adding one of these to your New Year's resolutions:

Be There

Set aside time every day to give your child your full, happy, curious attention.

Don't Fret Over Milestones

In most cases, your child will accomplish important milestones in due time. They will walk, talk, potty train, read, and ride a bike regardless of your worrying.

Don't Drive Under the Influence of Your Phone

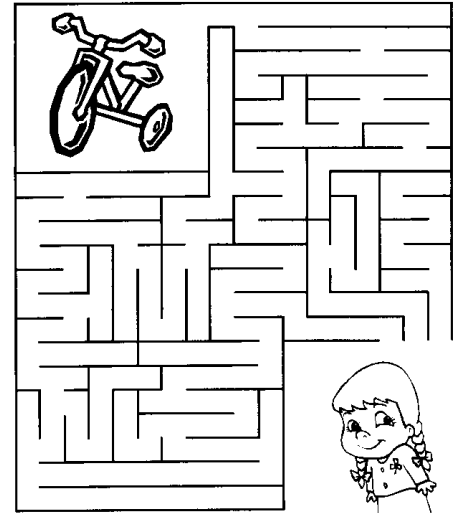
51% of teens report seeing their parent checking their cell phone while driving. Guess what they will do when they get their license?

Yell Less Breathe More

Slow Down

Decrease Screen Time

Excerpted from *8 resolutions for better parenting in the New Year*, CNN.



Show Amy the way to her tricycle.

Counseling Services are offered **Free** of Charge.

Individuals, Couples, & Family services available by appointment.

Anger Management 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**.

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 $\frac{3}{4}$ mile then turn right onto Aquarius Drive into the Barbers

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.