

Family Support Center

The Sharwell Building
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Contact Person:
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S = Sharwell
CL = Career Link
CMS = Curtin Middle School
FP = Family Place (Library)
HMS = Hughesville Middle School
HHS = Hughesville High Sch.
JSMS = Jersey Shore Middle School
JSHS = Jersey Shore HS
LMS = Loyalsock Middle School
LHS = Loyalsock High Sch.
LVMS = Lycoming Valley Middle School
MMS = Montgomery Middle School
MHS = Montgomery High School
MJ/SHS = Muncy Jr./Sr. HS
NE = Newberry Estates
RMS = Roosevelt Middle Sch.
SWHS = S. Williamsport HS
ST = STEP
T = Timberland
WAHS = Williamsport Area HS
YWCA = YWCA

APRIL 2010



| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|-----------|
| <u>Registration is Required for all Classes</u> | ALL CLASSES FREE | | 1 FAM #3 S 6:00-8:00 | 2 |
| 5 Baby Basics #3 S 10:00-12:00 PWS #2 S 6:00-8:00 | 6 YWCA 1:00-3:00 | 7 NO CLASSES | 8 FAM #1 S 6:00-8:00 | 9 |
| 12 Baby Basics #4 S 10:00-12:00 PWS #3 S 6:00-8:00 | 13 YWCA 1:00-3:00 | 14 Positive Choices #1 STEP 9:00-10:00 Budgeting CL 1:30-3:00 | 15 Self-Esteem #1 RMS 2:35-3:12 FAM #2 S 6:00-8:00 | 16 |
| 19 Anger Management #1 WAHS 7:50-8:38 PWS #4 S 6:00-8:00 | 20 YWCA 1:00-3:00 PATT #1 S 6:00-8:00 | 21 Positive Choices #2 STEP 9:00-10:00 Budgeting S 10:30-12:00 PWJ CL 1:30-3:00 | 22 Positive Choices #1 STEP 1:00-2:00 Self-Esteem #2 RMS 2:35-3:12 FAM #3 S 6:00-8:00 | 23 |
| 26 Anger Management #2 WAHS 8:42-9:30 PWS #5 S 6:00-8:00 | 27 YWCA 1:00-3:00 PATT #2 S 6:00-8:00 | 28 Positive Choices #3 STEP 9:00-10:00 #1 SWHS 9:00-10:00 | 29 Positive Choices #2 STEP 1:00-2:00 Self-Esteem #3 RMS 2:35-3:12 | 30 |

- **Baby Basics** — Learn about the stages of child development and how to promote early learning (for parents of children birth to age 3).
- **Parenting with Success (PWS)** — Learn new parenting tips and techniques (for parents of children ages 3 to 12).
- **Parents and Teens Together (PATT)** — Learn about rule setting and follow through (parents), learn life skills (adolescents), build relationships (Parents and Teens Together)
- **Couples Communication** — Learn skills to communicate more effectively with your partner.
- **Anger Management** — Learn skills to manage your temper more successfully (classes for adults and adolescents).
- **Nutrition** — Learn the basics of good nutrition to improve your family's health.
- **Budgeting** — Learn basic budgeting skills in order to manage the business of your family.
- **GAPAC** — A support group for grandparents who are parenting grandchildren.
- **Timberland Support Group** — A group of parents who provide support to each other to make life changes (not limited to residents of Timberland).
- **Building Your Family (BYF)**
- **Family Anger Management (FAM)**
- **Self-Esteem (SE)**
- **Fatherhood**
- **Parenting with a Job (PWJ)**

