

**Family Support Center**

The Sharwell Building  
200 East St.  
Williamsport, Pa. 17701  
Phone: 570-326-7895  
Fax: 570-326-1348

Contact Person:  
Matthew Salvatori  
(570) 326-7895

- S = Sharwell
- CL = Career Link
- CMHS =Central Mountain HS
- 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

# FEBRUARY 2010



Mon	Tue	Wed	Thu	Fri
1 PWS #4 S 6:00-8:00	2 Positive Choices #2 MJ/SHS 10:00-11:00 YWCA 1:00-3:00	3 No Classes	4 No Classes	5
8 PWS #5 S 6:00-8:00	9 Positive Choices #3 MJ/SHS 10:00-11:00 YWCA 1:00-3:00	10 Stress Management CL 1:30-3:00	11 #1 MHS 2:13-3:00 Social Skills #1 LVMS 11:18-11:55 Social Skills #1 LVMS 12:00-12:30	12
15 PWS #6 S 6:00-8:00	16 Positive Choices #4 MJ/SHS 10:00-11:00 YWCA 1:00-3:00	17 Stress Management CL 1:30-3:00	18 #2 MHS 2:13-3:00 Social Skills #2 LVMS 11:18-11:55 Social Skills #2 LVMS 12:00-12:30	19
22 No Classes	23 YWCA 1:00-3:00 PATT #1 S 6:00-8:00	24 Budgeting S 1:00-2:30	25 #3 MHS 2:13-3:00 Social Skills #3 LVMS 11:18-11:55 Social Skills #3 LVMS 12:00-12:30	26
			= Registration is Required for all Classes =	ALL CLASSES FREE

- 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)

