

## Family Support Center

The Sharwell Building  
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Contact Person:  
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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

# JANUARY 2010



Mon	Tue	Wed	Thu	Fri
= <u>Registration is Required for all Classes</u> =	<b>ALL CLASSES FREE</b>			1  Happy New Year!
4  No Classes	5  YWCA 1:00-3:00	6  No Classes	7  No Classes	8  No Classes
11  PWS#1 S 6:00-8:00	12  Baby Basics #1 S 10:00-12:00  YWCA 1:00-3:00	13  Nutrition CL 1:30-3:00  Fatherhood S 6:00-7:30	14  FAM #1 S 6:00-8:00	15  SE #1 S 10:00-12:00
18  PWS#2 S 6:00-8:00	19  Baby Basics #2 S 10:00-12:00  YWCA 1:00-3:00	20  PWJ S 1:00-2:30	21  FAM #2 S 6:00-8:00	22  SE #2 S 10:00-12:00
25  PWS#3 S 6:00-8:00	26  Baby Basics #3 S 10:00-12:00 YWCA 1:00-3:00 #1 MJ/SHS 11:00-12:00	27  No Classes	28  #1 SWHS 9:00-10:00 FAM #3 S 6:00-8:00	29  SE #3 S 10:00-12:00

- **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)**

