

# 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

# JUNE 2010



Mon	Tue	Wed	Thu	Fri
	<b>1</b> YWCA 1:00-3:00 PATT #1 S 6:00-8:00	<b>2</b>	<b>3</b> Self-Esteem #2 S 1:00-2:30	<b>4</b>
<b>7</b> Baby Basics #1 S 10:00-11:30 PWS#3 S 6:00-8:00	<b>8</b> Couples Communication #1 S 10:30-12:00 YWCA 1:00-3:00 PATT #2 S 6:00-8:00	<b>9</b> Positive Choices CL 1:30-3:00	<b>10</b> Self-Esteem #3 S 1:00-2:30	<b>11</b>
<b>14</b> Baby Basics #2 S 10:00-11:30 PWS#4 S 6:00-8:00	<b>15</b> Couples Communication #2 S 10:30-12:00 YWCA 1:00-3:00 PATT #3 S 6:00-8:00	<b>16</b> Positive Choices CL 1:30-3:00	<b>17</b> Timberland 1:30-2:30 FAM #1 S 6:00-8:00	<b>18</b>
<b>21</b> Baby Basics #3 S 10:00-11:30 PWS#5 S 6:00-8:00	<b>22</b> Couples Communication #3 S 10:30-12:00 YWCA 1:00-3:00 PATT #4 S 6:00-8:00	<b>23</b> Positive Choices CL 1:30-3:00	<b>24</b> Timberland 1:30-2:30 FAM #2 S 6:00-8:00	<b>25</b>
<b>28</b> Baby Basics #4 S 10:00-11:30 PWS#6 S 6:00-8:00	<b>29</b> YWCA 1:00-3:00 PATT #5 S 6:00-8:00	<b>30</b> Nutrition S 10:30-12:00 Budgeting S 1:00-2:30	<b>= Registration is Required for all Classes =</b>	<b>ALL CLASSES ARE FREE</b>

- **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)**

