

# 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

# MARCH 2010



| Mon  | Tue  | Wed  | Thu  | Fri       |
|--|--|--|--|-----------|
| <b>1</b><br>Social Skills #1<br>RMS 2:35-3:12  | <b>2</b><br>Anger Management#1<br>HHS 8:15-8:58<br>YWCA 1:00-3:00<br>PATT #2 S 6:00-8:00       | <b>3</b><br>#1 CMS 11:00-11:48   | <b>4</b><br>#4 SWHS 9:00-10:55<br>Anger Management #1 LVMS 11:18-11:55<br>Anger Management #1 LVMS 12:00-12:30<br>#3 MHS 2:13-3:00 | <b>5</b>  |
| <b>8</b><br>Social Skills #2<br>RMS 2:35-3:12  | <b>9</b><br>Anger Management#2<br>HHS 9:01-9:44<br><br>YWCA 1:00-3:00<br>PATT #3 S 6:00-8:00   | <b>10</b><br>#2 CMS 11:00-11:48  | <b>11</b><br>Anger Management #2 LVMS 11:18-11:55<br>Anger Management #2 LVMS 12:00-12:30<br>Anger Management #4 MHS 2:13-3:00     | <b>12</b> |
| <b>15</b><br>Social Skills #3<br>RMS 2:35-3:12   | <b>16</b><br>Anger Management#3<br>HHS 9:47-10:30<br><br>YWCA 1:00-3:00<br>PATT #4 S 6:00-8:00 | <b>17</b><br>#3 CMS 11:00-11:48<br><br>Anger Management CL 1:30-3:00     | <b>18</b><br>Anger Management#3 LVMS 11:18-11:55<br><br>Anger Management #3 LVMS 12:00-12:30<br>FAM #1 S 6:00-8:00                 | <b>19</b> |
| <b>22</b><br>Baby Basics #1 S 10:00-12:00<br><br>Social Skills #4 RMS 2:35-3:12          | <b>23</b><br>Anger Management#4<br>HHS 8:15-8:58<br><br>YWCA 1:00-3:00<br>PATT #5 S 6:00-8:00  | <b>24</b><br>#4 CMS 11:00-11:48<br><br>Anger Management CL 1:30-3:00     | <b>25</b><br>Anger Management#4 LVMS 11:18-11:55<br>Anger Management #4 LVMS 12:00-12:30<br>FAM #2 S 6:00-8:00                     | <b>26</b> |
| <b>29</b><br>Baby Basics #2 S 10:00-12:00<br>Budgeting S 1:00-2:30<br>PWS #1 S 6:00-8:00 | <b>30</b><br><br><br>PATT #6 S 6:00-8:00   | <b>31</b><br>Anger Management CL 1:30-3:00<br><br>Fatherhood S 6:00-7:30 | <u>= Registration is Required for all Classes =</u>  |           |

- **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)**

