

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

MAY 2010



Mon	Tue	Wed	Thu	Fri
3 Anger Management #2 WAHS 9:34-10:00 PWS #6 S 6:00-8:00	4 Anger Management #1 JSHS 8:10-8:45 Anger Management #1 JSMS 10:00-10:50 YWCA 1:00-3:00 PATT #3 S 6:00-8:00	5 Anger Management#1 HHS 8:15-8:58 Positive Choices #1 SWHS 9:00-10:00 Positive Choices #4 STEP 9:00-10:00 Positive Choices #1 MMS 2:16-2:55	6 Self-Esteem #4 RMS 2:35-3:12 Positive Choices #3 STEP 1:00-2:00	7
10	11 Anger Management #2 JSHS 8:10-8:45 Anger Management #2 JSMS 10:00-10:50 YWCA 1:00-3:00 PATT #4 S 6:00-8:00	12 Anger Management #2 HHS 9:01-9:44 Positive Choices #2 SWHS 9:00-10:00 Positive Choices #2 MMS 2:16-2:55	13 Positive Choices #4 STEP 1:00-2:00 FAM #1 S 6:00-8:00	14
17 Anger Management #3 WAHS 7:50-8:38 PWS #1 S 6:00-8:00	18 Anger Management #3 JSHS 8:10-8:45 Anger Management #3 JSMS 10:00-10:50 YWCA 1:00-3:00 PATT #5 S 6:00-8:00	19 Anger Management #3 HHS 9:47-10:30 Positive Choices #3 SWHS 9:00-10:00 Stress Management CL 1:30-3:00	20 FAM #2 S 6:00-8:00	21
24 Anger Management #4 WAHS 7:50-8:38 PWS #2 S 6:00-8:00	25 Anger Management #4 JSHS 8:10-8:45 Anger Management #4 JSMS 10:00-10:50 YWCA 1:00-3:00 PATT #6 S 6:00-8:00	26 Anger Management #4 HHS 8:15-8:58 Positive Choices #4 SWHS 9:00-10:00 Stress Management CL 1:30-3:00	27 GAPAC FP 1:00-2:30 Self-Esteem #1 S 1:00-2:30 FAM #3 S 6:00-8:00	28
31  MEMORIAL DAY			= 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)**

