

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
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

SEPTEMBER 2010



Mon	Tue	Wed	Thu	Fri
= <u>Registration is Required for all Classes</u> =	ALL CLASSES FREE	1 Baby Basics #1 S 10:30-12:00 PWJ CL 1:30-3:00	2 Timberland 1:30-2:30 FAM #1 S 6:00-8:00	3
6 No Classes	7 #1 HHS 8:15-8:58 YWCA 1:00-3:00 PATT #1 S 6:00-8:00	8 Baby Basics #2 S 10:30-12:00 Budgeting CL 1:30-3:00	9 Timberland 1:30-2:30 FAM #2 S 6:00-8:00	10
13 SE #1 S 10:30-12:00 PWS#1 S 6:00-8:00	14 #2 HHS 9:01-9:44 YWCA 1:00-3:00 PATT #2 S 6:00-8:00	15 Baby Basics #3 S 10:30-12:00 Nutrition CL 1:30-3:00	16 Timberland 1:30-2:30 FAM #3 S 6:00-8:00	17
20 SE #2 S 10:30-12:00 PWS#2 S 6:00-8:00	21 #3 HHS 9:47-10:30 YWCA 1:00-3:00 PATT #3 S 6:00-8:00	22 Baby Basics #4 S 10:30-12:00 Safe Kids S 4:30-5:30	23 Timberland 1:30-2:30	24
27 SE #3 S 10:30-12:00 PWS#3 S 6:00-8:00	28 #4 HHS 8:15-8:58 YWCA 1:00-3:00 PATT #4 S 6:00-8:00	29 No Classes	30 Timberland 1:30-2:30 GAPAC FP 1:00-2:30 FAM #1 S 6:00-8:00	

- **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)**

