

Tuscaloosa's One Place, A Family Resource Center

August 2011 Newsletter



870 Redmont Drive
PO Box 40764
Tuscaloosa, Alabama 35404
Phone: (205)462-100
FAX: (205)462-1001
Website: www.tuscaloosaeoneplace.org

"Maximizing Marriage" Relationship Enhancement Classes

Tuesdays, 6:00 – 7:30 p.m.

August Schedule:

2nd, 9th, 16th, 23rd, 30th

"Maximizing Marriage" teaches the benefits of a healthy marriage and how to move from the "I" mindset to the "we." Classes are activity-based focusing on communication skills. Classes target issues such as conflict management, intimacy issues, and how to maintain a relationship over the long term.

- Door Prize Drawn Nightly
- Light Refreshments Served
- Classes are Free & Fun!
- Space is Limited

For questions and directions, call Wanda Martin at (205)462-1000.



Maude Whatley Mobile Health Unit

Services are available on-site at Tuscaloosa's One Place every month.

August Schedule

Medical: August 1st, 2011
10:00 am – 2:00 pm

Dental: August 8, 2011
10:00 am – 2:00 pm
Sliding Fee for those who qualify.

ADULT EDUCATION
FREE GED & ESL CLASSES
Sponsored by Shelton State Community College

Attend your classes at TOP!

GED

Mon & Wed: 9 am – 12 pm
Mon, Tues, Thu: 3 pm - 5 pm

ESL

Tue, Thu: 9 am – 12 pm

Call: (205)462-1000 for more information.

TOP S.P.O.T.

I am very excited to announce that Tuscaloosa's One Place now has a blog, TOP S.P.O.T.!!!!!! **TOP Serving the People of Tuscaloosa.**

To visit the site enter the following link: www.tuscaloosaeoneplace.blogspot.com or you may also get to the site from the official TOP website.

This blog is to keep the community informed about what is going on at our agency and to help us tell the TOP story. I hope everyone will take a few minutes to visit TOP S.P.O.T. and send the link to someone you know!!!!

Amanda Waller
Program Coordinator
(205)462-1000

HOME VISITATION PROGRAM

TOP is now using the Parents as Teachers curriculum with our Home Visitation program. This is an evidenced based curriculum that uses a Parent Educator to coach parents. The Parent Educator will make visits in the home and provide activities that will assist parents in the everyday interactions with their children. This is a very exciting program and offers many opportunities for parents to learn about the latest trends in raising children.

Call Tiffney or Shirley at (205)462-1000.

THE PARENT PROJECT

The Parent Project Classes are held on Monday Nights. This class is for parents and teens that are experiencing communication issues, defiance behavior, and suspected drug or alcohol abuse. The class will assist parents in making plans to deal with difficult behaviors and never argue with your teen again.

Call Sarah at (205)462-1000.



TOGETHER WE CAN

A FREE class designed for non-married parents, includes activities for stress management, identifying family strengths, family rituals, and ideas on how to spend time together.

Includes communication and listening skills, conflict management, as well as tips for working with your child's other parent.

Classes will be held at Tuscaloosa's One Place

August Classes:

2nd, 3rd, 4th, 8th, & 9th

- 9:00 a.m. – 11:00 a.m.
- Call to Register
- Door Prize Give-Aways!
- Light Refreshments Served!

Call Wanda Martin:
(205)462-1000 for more information.



FOOD ASSISTANCE OUTREACH

Tuscaloosa's One Place, A Family Resource Center is offering FOOD ASSISTANCE OUTREACH ENROLLMENT CLINICS to help you or someone you know apply for Food Stamps.

Every 2nd Tuesday of each month, TOP will hold a Food Assistance Enrollment Clinic From 8:00 a.m. until 12:00 noon.

Call Samantha or Amanda for more information: (205)462-1000

Tax Exempt Status: Tuscaloosa Family Resource Center, Inc., d/b/a Tuscaloosa One Place is a tax exempt organization under the Internal Revenue Code Section 501(c)(3). The organization was granted this status in March 1999 through determination letter dated the same issued by the Internal Revenue Service. All donations to the Organization are tax deductible gifts as provided by IRS Code Section 170. Bequests, legacies, devises, transfers or gifts to the organization are deductible for Federal Estate and Gift tax purposes if they meet the provisions of IRS Code Sections 2055, 2106 and 2522. The organization's Federal Identification Number is 63-12904.

