

FAMILY LIFE UNIVERSITY

presented by



and



**Free and Affordable Classes & Events
Promoting Healthy, Successful Family Living**

Spring 2008 Bulletin of Courses

**Unless otherwise indicated, all classes are held at
Shoals Family Success Center**

Brandon Ministry Center, 300 Industry Street, Florence, Alabama
(256)765-0033 ~ info@shoalsfamily.net

Download latest version of this bulletin at <http://www.shoalsfamily.org/bulletins/bulletin1.pdf>
AND lauderdalecountycpc.org

Family Life University's Parenting, Student, and Healthy Marriage classes are funded in part by



Family Life University Spring 2008 Course Schedule

Parenting

1-2-3-Magic

Course # PA-100—for Parents of Kids Ages 2-12

Course # PA-200—for Parents of Kids ages 13-18

"1-2-3 Magic" addresses the difficult task of child discipline by simplifying the job of parenting in three straightforward steps: (1) Controlling obnoxious behavior—learn techniques to get kids to STOP doing what you don't want them to do. (2) Encouraging good behavior—learn effective methods to get your kids to START doing what you want them to do. (3) Strengthening your relationship—learn four powerful techniques that reinforce the bond between you and your children. FACILITATOR: Antoya Miller, 765-0033, antoya@shoalsfamily.net. **One-time \$10 registration fee is requested.**

PA-100—for Parents of Kids Ages 2-12:

PA-100-01	Tuesdays	3 sessions: Jan.29, Feb. 5, & Feb. 12	6-8 p.m.	Room SFSC-10
PA-100-02	Tuesdays	3 sessions: May 6, May 13, & May 20	6-8 p.m.	Room SFSC-10

PA-200-01—for Parents of Kids Ages 13-18:

PA-200-01	Tuesdays	3 sessions: Mar. 18, Mar. 25, & Apr. 1	6-8 p.m.	Room SFSC-10
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1-2-3-Magia EN ESPAÑOL

Course # PA-300—for Parents of Kids Ages 2-12

1-2-3 Magia habla de la tarea difícil de disciplinar a los niños con humor, profundo entendimiento, y la experiencia de muchos años. Con 1-2-3 Magia Uds. aprenderán: Como entrenar a sus hijos a DEJAR de hacer lo que Uds. no quieren que hagan, Como animar a sus hijos a EMPEZAR a hacer lo que Uds. quieren que hagan, Como evitar el síndrome de Hablar-Convencer-Discutir-Gritar-Pegar, Como controlar los malos comportamientos en publico, Como reaccionar a las Seis Clases de Pruebas y Manipulación. A niños de 2 a12 años. CONTACTO PERSONA: Antoya Miller, 765-0033, antoya@shoalsfamily.net.

PA-300-01	Tuesdays	3 sessions: Feb. 26, Mar. 4, & Mar. 11	6-8 p.m.	Room SFSC-10
PA-300-02	Tuesdays	3 sessions: Apr. 8, Apr. 22, and Apr. 29	6-8 p.m.	Room SFSC-10

Students

Life Lab

Course # AS-100

"Life Lab" is aimed at youth ages 10-17 to help teach them social skills such as problem solving, self-control, keeping out of fights, saying no, and dealing with peer pressure. FACILITATOR: Antoya Miller, 765-0033, antoya@shoalsfamily.net. **Parent must sign permission form. Class fee of \$2 per week is requested.**

AS-100-01	Tuesdays	4 sessions: Jan. 29; Feb. 5, 12, & 26	6-8 p.m.	Room SFSC-20
AS-100-02	Tuesdays	4 sessions: Mar. 4, 11, 18, & 25	6-8 p.m.	Room SFSC-20
AS-100-03	Tuesdays	4 sessions: Apr. 1, 8, 22, & 29	6-8 p.m.	Room SFSC-20

Healthy Marriages & Relationships

This program is funded through a partnership between DHR and Children's Trust Fund of Alabama.



Basic Training: Black Marriage Education

Course # HM-200

Targeting Black couples who are married or considering marriage, this course begins with pros and cons of marriage and how to move from an "I" mindset to a "we" mindset. Couples learn communication skills, conflict management, how to address sexuality and intimacy issues, and how to maintain their relationship over the long-term. FACILITATOR: Ron Collier. CONTACT: Tracy Corum, 765-0033, tracy@shoalsfamily.net. **One-time \$10 registration fee requested.**

HM-200-01	Tuesdays	8 sessions: Feb. 5, 12, 26; Mar. 4, 11, 25; Apr. 1 & 8	6-8 p.m.	Room BMC-102
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Healthy Marriages & Relationships—CONTINUED

Smart Steps for Stepfamilies

Course # HM-400

Addresses myths about stepfamilies, realistic expectations for stepfamily members, stages of stepfamily development, legal issues, finances, defining roles & rules, stepparent-stepchild relationships, and more. FACILITATOR: Pam Eckl. CONTACT: Tracy Corum, 765-0033, tracy@shoalsfamily.net. **One-time \$10 registration fee requested.**

HM-400-01	Tuesdays	6 sessions: Feb. 5, 12, 26; Mar. 4, 11, & 18.	6-8 p.m.	Room BMC-101
HM-400-02	Tuesdays	6 sessions: Mar. 25; Apr. 1, 8, 22, & 29; May 6.	6-8 p.m.	Room BMC-101

Mastering the Magic of Love

Course # HM-500-01

No childcare is available during this class. This course teaches couples how to establish a cooperative atmosphere for resolving difficult relationship issues; foster openness and trust; reduce defensiveness, anger and withdrawal; express their deepest concerns and desires openly; nurture deepened caring and compassion; increase love and affection; create solutions to conflicts; and implement agreed-to solutions. FACILITATOR: Dwight Wilson. CONTACT: Tracy Corum, 765-0033, tracy@shoalsfamily.net. **One-time \$10 registration fee requested.**

HM-500-01	Mondays	8 sessions: Mar., 3, 10, 17, 24 & 31; Apr. 7, 21, 28.	6:30-8:30 p.m.	Room BMC-101
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Relationship Smarts

Course # HM-100

Targeting teens in grades 7-12, this course covers subjects such as attraction, infatuation, rejection, falling in love, and breaking up. Students learn dating skills, including how to get to know someone, how to assess a relationship and avoid attachment to problem people. Specific info on recognizing unhealthy/abusive relationships is presented. FACILITATOR: Pete Key. CONTACT: Tracy Corum, 765-0333, tracy@shoalsfamily.net. **One-time \$10 registration fee requested.**

HM-100-01	Tuesdays	6 sessions: Feb. 5, 12, 26; Mar. 4, 11, & 18.	6-8 p.m.	Room BMC-103
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Financial Management

Basic Financial Management

This one-session class on the basics of personal financial responsibility is offered by Community Action of Northwest Alabama at SFSC on the **2nd and 4th Wednesday of every month at 2 p.m.** Topics include tracking your spending, developing a spending plan or budget, and making necessary cutbacks to live within your income. FACILITATORS: Susan Jackson and Holly Alexander of Community Action. CONTACT: Antoya Miller, 765-0033, antoya@shoalsfamily.net. **No charge or registration fee.**

Each class is held from 2-4 p.m. in Room SFSC-10. One session only. Dates: Jan. 23, Feb. 13, Feb. 27, Mar. 12, Mar. 26, etc.

Computer-Based Instruction

(Additional computer-based classes and lab times will be added depending upon demand.)

Computer Basics

Course # CI-100

Learn the basics of using a computer, including an introduction to email and Microsoft Word. **Space is limited, so call to pre-register if possible.** **One-time \$10 lab fee is requested.**

CI-100-01	Tuesdays	4 sessions: Mar. 4, 11, 18, & 25	6-8 p.m.	Room SFSC-01
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English as a Second Language (ESL) Computer-Based instruction: EN ESPAÑOL

Course # CI-200

Non-native speakers of English can use the acclaimed Rosetta Stone software to sharpen their reading, writing, speaking, and listening skills in English. A Spanish-speaking lab assistant will help students learn to use the software effectively. **Space is limited, so call to pre-register if possible.** **One-time \$10 lab fee is requested.**

CI-200-01	Tuesdays	3 sessions: Feb. 5, 12, and 26	6-8 p.m.	Room SFSC-01
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Basic Literacy Computer-Based Instruction

Course # CI-300

Work on basic reading comprehension and practice such language skills as punctuation, grammar, and spelling. **Space is limited, so call to pre-register if possible.** **One-time \$10 lab fee is requested.**

CI-300-01	Tuesdays	3 sessions: April 8, 22, and 29	6-8 p.m.	Room SFSC-01
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Child Care

On-site child care is available for the children of parents attending FLU classes on **Tuesday nights**. All child care workers have undergone a national criminal background check. Babysitting for children ages 0-4 is offered in Room BMC-204. Activities for children ages 5-9 are offered in BMC-203. (Youth ages 10-17 may attend Life Lab in Room SFSC-20.) **Parent must sign permission form for any child below 18 to attend class or child-care. Parents are asked to pay \$2 per week per child if possible.** It is preferred that you call 765-0033 in advance to register your child. CONTACT: Connie Hill, 765-0033, connie@shoalsfamily.net.

Community Activities

Career Fair and Reality Check for 8th Graders

Feb. 1; Florence Freshman Center; Sponsored by Lauderdale Co. Children's Policy Council. NO CHARGE

The Career Fair invites businessmen and professionals to give students a close, hands-on look at career choices so they are better prepared to make decisions regarding classes to take in high school and college. Reality Check teaches students how to budget their money according to life choices and career moves. Area volunteers are needed to help with this program, which is a fun-filled learning experience for both students and volunteers.

For more information OR to volunteer, call Ellen McGowen, (256)246-1473.

Carson and Barnes Circus

April 18; Crosspoint Church of Christ; Sponsored by Lauderdale Co. Children's Policy Council.

CALL FOR TICKET INFORMATION

The largest circus big top in America is coming to Florence! With 70 exotic animals, trapeze performers, clowns, and wholesome family fun, this promises to be an event the entire community can enjoy. Proceeds will benefit the Children's Policy Council.

For more information, call Ellen McGowen, (256)246-1473.

Drug Prevention Program for 6th Graders

Week of April 7-10; Crosspoint Church of Christ; Sponsored by Lauderdale Co. Children's Policy Council. NO CHARGE

Offered by the SAVE (Substance Abuse and Violence Education) Committee of the Children's Policy Council, this event was offered last year and attended by over 900 young people. They hope for an even greater attendance this year!

For more information OR to volunteer, call Ellen McGowen, (256)246-1473.

English as a Second Language (ESL) Classes at Brandon Ministry Center

Mondays and Thursdays; 6-9 p.m. ; Brandon Ministry Center Rm. 202. NO CHARGE

Classes are taught by Northwest Shoals Community College and are offered as a ministry of The Brandon New Vision Church.

For more information, call Brandon Ministry Center, (256)766-4513.

Healing Hearts Day Camp

Saturday, May 3, Sponsored by The Healing Place. NO CHARGE

A camp for children ages 3-12 who have suffered the loss of a loved one. Registration is required.

For more information, call The Healing Place, (256)383-7133.

HUD First-Time Homebuyers Class

January 28-29; 5-9 p.m. Community Action in Florence. NO CHARGE

This two-part class covers topics such as developing a budget and savings plan; coming up with a down payment; understanding credit; shopping for a loan; shopping for a home; and staying in your home after purchase. One-on-one counseling is also available if needed.

For more information, call Susan Jackson, (256)383-3832.

Parenting Fair

March 15; 8:30-12:15; Brandon Ministry Center; Sponsored by Florence Kiwanis Club and CPC. NO CHARGE

This free event will offer practical information for local parents. Snack and door prizes will be provided, too.

For more information, call Ellen McGowen, (256)246-1473.

Faith-Based Classes and Events

Caregivers: Caring for Aging Parents & Spouses

First United Methodist Church of Florence: Wed., Jan 16, 6:00 p.m., FUMC Room 317. NO CHARGE

Alzheimer's—led by Dr. Robert Webb.

For more information, contact Rev. Joy Morgan, (256)764-5072.

Divorce Recovery for Adults, Teens, and Children

Woodmont Baptist Church; Monday nights; 6:30-8 p.m.

\$10 charge for workbook; scholarships available; snack supper provided; childcare available with advance request.

For more information, contact Belinda Green, (256)766-1255.

ESL Classes

Emanuel Church, Brandon Ministry Center; Sunday afternoons; 4 p.m. NO CHARGE

Emanuel Church holds services in Spanish: worship at 10 a.m. Sundays; worship at 6 p.m. Wednesdays; and prayer meeting at 6 p.m. Fridays. In addition, they have an English class en Español every Sunday afternoon at 4 p.m.

For more information, contact Pastor Mirna Bourn at (256)766-4513.

Faith-Based Classes and Events—CONTINUED

Making Re-Marriage Last

Sundays, Jan. 6 - Feb. 10 or 24; 5-6 p.m.; Woodmont Baptist Church, Room B-105. NO CHARGE

This 6-8 week course addresses the unique issues and challenges involved in re-marriage with a focus on building healthy behaviors and learning effective communication strategies based on biblical principles.

For more information, contact the church office at (256)766-1255.

Master Your Money

Sundays, Jan. 6 - Feb. 10; 5-6 p.m.; Woodmont Baptist Church, Room B-106. \$5 workbook fee per person/couple.

This six-week video class features Ron Blue sharing practical biblical principles to help Christians with stewardship. Topics include: how much is enough?; putting the magic of compounding to work; planning your financial future; finding money you never knew you had; managing your cash flow.

For more information, contact the church office at (256)766-1255.

Mighty Men of God Conference

Fri, Feb. 8, 7-9:30 p.m. & Sat., Feb. 9, 8:30-noon; Woodmont Baptist Church; Sponsored by Colbert-Lauderdale Baptist Association.

COST: \$35 per man, \$15 for young men ages 12-17

This conference, which encourages men to become stronger husbands, fathers, and leaders, features a national speaker from Promise Keepers, Dr. Paul Freed. Go to <http://www.mightymenofgod.com/Colbert.htm>.

For more information, contact Joyce Clark, (256)766-1255.

Mom to Mom

Sundays ; 5:15-6:15 p.m.; Woodmont Baptist Church, Room B-101. NO CHARGE

This biblically based program is designed around the Titus 2:4 concept of older women teaching and encouraging the younger women in their relationship with their husbands and children. Through small group interaction, growth occurs not only in parenting skills, but also in wholeness as women—intellectually, relationally, and spiritually. A Mom to Mom group is both a place of nurture for a committed Christian woman and a safe place to bring friends.

For more information, contact the church office at (256)766-1255.

MOPS: Mothers of Preschoolers

First Thursday of each month; 6:30 p.m.; McDowell Hall (Gym), First United Methodist Church of Florence.

One-time fee of \$20; scholarships available; childcare provided.

MOPS is an international Christian organization aimed at mothers with young children. MOPS provides support through meetings, resources, and relationships. A typical MOPS meeting includes food, fellowship, a craft, and speaker/discussion time. MOPS meetings allow moms from all walks of life to come together, meet one another, and learn from one another.

For more information, contact Carole Maynard, (256)765-0423.

Single Parent Small Group

Sundays; 9 a.m. Magnolia Church of Christ. NO CHARGE

This group supports single parents by discussion their concerns, such as creating a good atmosphere in your home, training with love, communicating with co-parent, and financial security. Classes are available for children.

For more information, call the church office at (256)767-6776.

Simplicity in Everyday Life for Teens

Sundays; 9 a.m.; Magnolia Church of Christ. NO CHARGE

For more information, call the church office at (256)767-6776.

Spirit-Filled Family

Mondays, Jan. 21-Mar. 31; 7-9 p.m.; Christ Chapel Room 403. \$10 Registration Fee

Taught by Pastor and Mrs. E. M. "Doc" Shell, this class covers the difference between a contract and a covenant, how to win a fight, intimacy between husband and wife, how to develop a Godly family, and more.

For more information or to enroll, call Christ Chapel, (256)767-1080.

Upward Soccer

Crosspoint Church of Christ; Registration begins Feb. 1. \$50 (Scholarships Available)

This sports ministry for boys & girls in grades K4-6 promotes salvation, character, and self-esteem. Registration begins Feb. 1; evaluations are Feb. 23 & Mar. 1; practice begins Mar. 17; first game is Mar. 29.

For more information, contact Mark Killen, (256)764-4073.

Shoals Family Success Center, Inc.
300 Industry Street
Florence, AL 35630

TO REGISTER for or inquire about Family Life University classes,
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Shoals Family Success Center is located inside
Brandon Ministry Center (formerly Brandon School), one block northwest
of the Veterans-Industry intersection near the Patton Island Bridge.

On-site **CHILD CARE** is available for the children of parents attending FLU classes on TUESDAYS. There are babysitters for children ages 0-4 and activities for children ages 5-17. All child care workers have undergone a national criminal background check. Call in advance if possible to register your child. Parents **MUST** complete permission form for any child attending FLU classes or activities.

Shoals Family Council, Inc. Staff:

Reba Teague, Executive Director

Shoals Family Success Center, Inc. Staff:

Corinne Reese, Executive Director

Antoya Miller, Parent and Youth Coordinator

Tracy Corum, Healthy Marriage Coordinator

Connie Hill, Volunteer Coordinator