

# McKean County Family Centers

## Fall/Winter Program Guide

### September-December 2009

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#### **Bradford Family Center**

1 Mechanic Street  
Bradford, PA 16701  
Phone: 814-362-1834  
Fax: 814-362-1837  
bfc@mckeanfamilyresources.net

#### **Kane Family Center**

2 Greeves Street  
Kane, PA 16735  
Phone: 814-837-5148  
Fax: 814-837-7631  
kfc@mckeanfamilyresources.net

#### **Otto-Eldred Family Center**

160 Main Street  
Eldred, PA 16731  
Phone: 814-225-2513  
Fax: 814-225-2508  
oefc@mckeanfamilyresources.net

#### **Port Allegany Family Center**

63 N. Main Street  
Port Allegany, PA 16743  
Phone: 814-642-9281  
Fax: 814-642-9286  
pafc@verizon.net

#### **Smethport Family Center**

83 S. Marvin Street  
P.O. Box 411  
Smethport, PA 16749  
Phone: 814-887-9344  
Fax: 814-887-5666  
sfc@mckeanfamilyresources.net

Check out  
[www.mckeanfamilyresources.net](http://www.mckeanfamilyresources.net)

The McKean County Family Centers are operated by The Guidance Center and made possible through funding from the Pennsylvania Family Center Initiative of the Department of Welfare's Office of Children, Youth and Families, and through contract with the McKean County Commissioner's Office. Other funding is received from the Pennsylvania Commission on Crime and Delinquency, McKean County Children and Youth Services, McKean County Human Service Development Funds, all area United Ways, the Renodin Foundation, and community and private sector donations.

***It's Free • It's Fun • And It's Learning***

# Groups

## PARENT-CHILD PLAYGROUPS

Weekly

Parents and children birth through age five



Parents and kids, come and enjoy playtime fun. Parents and children gather in the early childhood play area of the Family Centers and participate in play activities facilitated by Family Center staff. Games, books, crafts, snacks, and holiday activities are all part of the fun. Children must attend playgroup with their parent and parents are completely responsible for the supervision of their children when participating. To enroll, call the nearest Family Center.

**Bradford Family Center**

**Thursdays, 10:00-11:30 am**

**Kane Family Center**

**Fridays, 9:30-11:00 am**

**Otto-Eldred Family Center**

**Wednesdays, 10:00-11:30 am**

**Port Allegany Family Center**

**Tuesdays, 10:30-12:00 noon**

**Smethport Family Center**

**Fridays, 10:00-11:30 noon**

## KIDS' CLUBS

Weekly

Kindergarten to 3<sup>rd</sup> Graders

An exciting way for children to socialize with peers and enjoy learning important values through activities, stories, games, crafts and discussion. Special events this quarter include BINGO for books, making scarecrows, Game Day, workshops from the Victims Resource Center on "How to Deal with Bullying", a special presentation by Penn State Cooperative Extension on "mini-beasts", and a "turkey talk" by the U.S. Forestry Service. There will also be lots of holiday fun in October, November and December. Enrollment is limited, so sign up now by calling the nearest Family Center.

**Bradford Family Center**

**Wednesdays, 4:15-5:15 pm**

**Kane Family Center**

**Thursdays, 3:00-4:00 pm**

**Otto-Eldred Family Center**

**Thursdays, 3:00-4:00 pm**

**Port Allegany Family Center**

**Tuesdays, 3:30-4:30 pm**

**Smethport Family Center**

**Wednesdays, 3:00-4:00 pm**

## 4-H CLUBS

Weekly

Youth ages 8-18

An innovative learning-by-doing club operated by Penn State Cooperative Extension. Activities are focused on building leadership, community ventures and conservation skills. Clubs will open soon so please contact your nearest Family Center for more details. Enrollment is limited, so sign up now by calling the nearest Family Center.

**Bradford Family Center**

**Kane Family Center**

**Otto-Eldred Family Center**

**Schedule to be announced**

**Port Allegany Family Center**

**Smethport Family Center**

## Workshops

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### THE INCREDIBLE YEARS

7-Week Series

Parents and children ages 2-8



A fun and interactive class for parents to learn effective use of play, praise and reward, how to set clear limits, and how to handle misbehavior.

Gifts, prizes, games, and snacks are all part of the fun and learning. Children participate in an accompanying activity group lead by Family Center staff. To enroll, call the nearest Family Center.

**Bradford Family Center**

**Tuesdays, Sept 15-Nov 3, 9:30-11:00 am**

**Kane Family Center**

**Mondays, Sept 14-Nov 2, 9:30-11:00 am**

### MOTHER GOOSE

One-time Workshop

Parents and children ages birth to 5

Parents and kids, come and experience how reading together is both fun and rewarding. Participate in hands-on activities related to books, and learn tips on how to make reading together part of your everyday life. Each family receives a free take-home kit of books at the close of the workshop. To enroll, call the nearest Family Center.

**Bradford Family Center**

**Thursday, Nov 12, 10:00-11:30 am**

**Kane Family Center**

**Friday, Oct 2, 9:30-11:00 am**

**Otto-Eldred Family Center**

**Wednesday, Sept 16, 10:00-11:30 am**

**Port Allegany Family Center**

**Tuesday, Sept 15, 10:30-12:00 noon**

**Smethport Family Center**

**Friday, Sept 18, 10:00-11:30 am**

### CHILDREN IN THE MIDDLE

One-time, 3-Hour Class

Divorced or separated parents

If you are a parent going through divorce or separation, come to a four-hour class and learn how to help your children through this difficult process. Parents will learn how to reduce stress children experience during divorce or separation, how to not put children in the middle of conflict, how to communicate directly with "I" messages, and how to not utilize children as messengers or spies. There is no childcare available during classes. To enroll, call the Bradford Family Center.

**Bradford Family Center**

**Monday, Sept 28, 5:30 pm-8:30 pm**

**Bradford Family Center**

**Friday, Nov 13, 9:00 am-12:00 noon**

Starting the week of October 5<sup>th</sup> . . . . .



A seven-session family workshop for 5<sup>th</sup> and 6<sup>th</sup> graders and parents

Join a fun and interactive 7-week workshop series for 5<sup>th</sup> and 6<sup>th</sup> graders and their parents. Parents learn how to set clear rules, communicate more effectively as a family, manage conflict, and protect teens from harmful behaviors. Youth learn peer pressure, stress management, and communication skills.

A free meal is served prior to each workshop, and babysitting for younger children is provided. Sessions are held one night a week for 7 weeks. To enroll, call the nearest Family Center. Enrollment deadline is September 21. For more information check out [www.sfpmckean.net](http://www.sfpmckean.net).

<b>Fretz Middle School, Bradford</b>	<b>Thursdays, Oct 8-Nov 19, 5:30-8:00 pm</b>
<b>St. Bernard's School, Bradford</b>	<b>Wednesdays, Oct 7-Nov 18, 5:30-8:00 pm</b>
<b>Chestnut Street Elementary School, Kane</b>	<b>Tuesdays, Oct 6-Nov 17, 5:30-8:00 pm</b>
<b>Otto-Eldred Elementary School</b>	<b>Wednesdays, Oct 7-Nov 18, 5:30-8:00 pm</b>
<b>Port Allegany High School</b>	<b>Thursdays, Oct 8-Nov 19, 5:30-8:00 pm</b>
<b>Smethport Elementary School</b>	<b>Tuesdays, Oct 6-Nov 17, 5:30-8:00 pm</b>

## FAMILY CENTER COMMUNITY COUNCIL

Come and share your ideas for the Family Centers. Your input is important so that Family Center programs are fun, interesting and meaningful experiences for families.

<b>Kane Family Center</b>	<b>Mon, Sept 14, 3:30-4:30 pm</b> <b>Mon, Nov 9, 3:30-4:30 pm</b>
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# Fun Nights

## FAMILY FUN NIGHTS

Monthly

### Parents and children

Parents, come and enjoy family time together for seasonal parties, crafts, and games. This is a great opportunity to socialize with other families from your community. Children must be accompanied by their parent or caregiver. To register, call the nearest Family Center.

<b>Bradford Family Center</b>	<b>Back to School BINGO</b>	<b>Mon, Sep 14, 6:00-7:00 pm</b>
	<b>Fall Celebration: Mini Scarecrows</b>	<b>Mon, Oct 12, 6:00-7:00 pm</b>
	<b>Family Banner</b>	<b>Mon, Nov 9, 6:00-7:00 pm</b>
	<b>Holiday Party</b>	<b>Mon, Dec 7, 6:00-7:00 pm</b>
<b>Kane Family Center</b>	<b>Back to School BINGO</b>	<b>Wed, Sep 2, 6:00-7:00 pm</b>
	<b>Fall Celebration: Mini Scarecrows</b>	<b>Wed, October 7, 6:00-7:00 pm</b>
	<b>Family Banner</b>	<b>Wed, Nov 11, 6:00-7:00 pm</b>
	<b>Holiday Party</b>	<b>Wed, Dec 2, 6:00-7:00 pm</b>
<b>Otto-Eldred Family Center</b>	<b>Back to School BINGO</b>	<b>Thu, Sep 24, 6:00-7:00 pm</b>
	<b>Fall Celebration: Mini Scarecrows</b>	<b>Thu, Oct 22, 6:00-7:00 pm</b>
	<b>Family Banner</b>	<b>Thu, Nov 19, 6:00-7:00 pm</b>
	<b>Holiday Party</b>	<b>Mon, Dec 17, 6:00-7:00 pm</b>
<b>Port Allegany Family Center</b>	<b>Back to School BINGO</b>	<b>Tue, Sep 8, 6:00-7:00 pm</b>
	<b>Fall Celebration: Mini Scarecrows</b>	<b>Tue, Oct 6, 6:00-7:00 pm</b>
	<b>Family Banner</b>	<b>Tue, Nov 10, 6:00-7:00 pm</b>
	<b>Holiday Party</b>	<b>Tue, Dec 8, 6:00-7:00 pm</b>
<b>Smethport Family Center</b>	<b>Back to School BINGO</b>	<b>Tue, Sep 15, 6:00-7:00 pm</b>
	<b>Fall Celebration: Mini Scarecrows</b>	<b>Tue, Oct 13, 6:00-7:00 pm</b>
	<b>Family Banner</b>	<b>Tue, Nov 10, 6:00-7:00 pm</b>
	<b>Holiday Party</b>	<b>Tue, Dec 8, 6:00-7:00 pm</b>

## DAD'S NIGHT OUT

### Fathers and children



Dads, come and join the excitement of spending quality time with your child. At the same time enjoy socializing with other fathers from your community. Build, create and have fun being together. Children must be accompanied by their father. To register, call the nearest Family Center.

<b>Bradford Family Center</b>	<b>Gingerbread Houses</b>	<b>Mon, Dec 14, 6:00-7:00 pm</b>
<b>Kane Family Center</b>	<b>DNO Round-Up</b>	<b>Thu, Sep 17, 6:00-7:00 pm</b>
	<b>Pumpkin Fun</b>	<b>Thu, Oct 15, 6:00-7:00 pm</b>
	<b>Color Me Teepee</b>	<b>Thu, Nov 19, 6:00-7:00 pm</b>
	<b>Gingerbread Houses</b>	<b>Thu, Dec 10, 6:00-7:00 pm</b>

# Home Visits

## PARENTS AS TEACHERS

Twice a Month

Parents and children ages birth to five



Parents with children ages birth to five are invited to participate in Parents As Teachers home visits.

**“If only kids came with directions,”** could be the cry of every parent. Through twice monthly home visits from a certified Family Development Specialist, parents will learn:

- Milestones of their child’s early development
- New ideas on how to interact through play
- How to set limits and handle challenging behaviors
- How to stimulate each stage of child development
- Ways to strengthen strong and loving parent-child relationships.

Home visits also include early childhood screenings to check milestones in social, emotional, motor, cognitive, speech, vision and hearing development. Screenings are conducted in the home every six months until age three, then yearly until age five.

Home visits are **free and available to any family** in McKean County with a child age five or under. Families do not have to have a certain income level or need to participate because every family needs this type of support. To enroll, call the nearest Family Center.

<b>Bradford Family Center</b>	<b>362-1834</b>
<b>Kane Family Center</b>	<b>837-5148</b>
<b>Otto-Eldred Family Center</b>	<b>225-2513</b>
<b>Port Allegany Family Center</b>	<b>642-9281</b>
<b>Smethport Family Center</b>	<b>887-9344</b>

### **November 8 is National Parents as Teachers Day!**

If you see a staff person from the Family Centers on November 8, please pat them on the back for all of the good work they do with families.

National Parents as Teachers Day was established in 2001 as a way to pay tribute to the thousands of trained and certified parent educators that give support to parents. There are more than 3,000 Parents as Teachers sites around the globe, and 5 of them are in McKean County.