

McKean County Family Centers

Winter/Spring Program Guide

January - May 2008

TABLE OF CONTENTS

Groups	Page 2
Workshops	Pages 3-4
Home Visits	Page 4
Fun Nights	Page 5
Courses and Events	Page 6

Check out
www.mckeanfamilyresources.net
to find out more

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: 814-837-5156
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

• • • *New location*

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



Groups

PARENT-CHILD PLAYGROUPS Weekly

Parents and children birth through age five

An opportunity for 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. 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 am

KIDS' CLUBS Weekly

Kindergarten to 3rd Graders

An exciting way for children to socialize with peers and enjoy learning important values through activities, stories, games, crafts and discussion. To enroll, call the nearest Family Center.

Bradford Family Center	Wednesdays, 4:00-5:30 pm
Kane Family Center	Thursdays, 3:00-4:00 pm
Otto-Eldred Family Center	Thursdays, 3:00-4:30 pm
Port Allegany Family Center	Mondays, 3:30-5:00 pm
Smethport Family Center	Wednesdays, 3:00-4:30 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. To enroll, call the nearest Family Center.

Bradford Family Center (annex), 9 Main St.	Tuesdays, 4:00-5:30 pm
Kane Family Center	Wednesdays, 3:00-4:30 pm
Otto-Eldred Family Center	Tuesdays, 6:30-8:00 pm
Port Allegany Family Center	Thursdays, 4:00-5:30 pm
Smethport Family Center	Mondays, 3:00-4:30 pm

There will be no 4-H Jan 1-18.

THE OUTDOOR HUBBERS CLUB Weekly

Youth in 4th to 6th grades

Forestry, stream ecology, wildlife identification, backpacking, orienteering, and GPS/GIS (Global Positioning and Geographic Information Systems) are all topics of this club operated by Penn State Cooperative Extension. To enroll call the Smethport Family Center.

Smethport Family Center	Tuesdays, 3:00-4:30 pm
--------------------------------	-------------------------------

Workshops

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. In the early childhood play area of the Family Centers; children participate in an accompanying activity group lead by Family Center staff. To enroll, call the nearest Family Center.

- | | |
|----------------------------------|--|
| Bradford Family Center | Thursdays, Jan 10-Feb 21, 10:00-11:30 am |
| Otto-Eldred Family Center | Tuesdays, March 4-April 15, 9:30-11:00 am |

MOTHER GOOSE **One-time or 4-Week Series** **Parents and children ages birth to 5**

Learn how to make reading to children fun and rewarding. Participate in hands-on activities related to books. 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, May 15, 10:00-11:30 am | Ages birth to 5 |
| Kane Family Center | Friday, January 18, 9:30-11:00 am | Ages birth to 5 |
| | Wednesday, February 20, 9:30-10:30 am | Ages birth to 3 |
| | Mondays, April 7-28, 9:00-11:00 am | Ages 3 to 5 |
| | Thursday, April 17, 3:00-4:00 am | Grades K-3 |
| | Monday, May 12. 9:30-10:30 am | Ages birth to 2 |
| Otto-Eldred Family Center | Wednesday, February 27, 10:00-11:30 am | Ages birth to 5 |
| Port Allegany Family Center | Tuesday, February 26, 10:30 am-12:00 pm | Ages birth to 5 |
| | Tuesday, April 22, 10:30 am-12:00 pm | Ages birth to 5 |
| Smethport Family Center | Friday, April 25, 10:00-11:30 am | Ages birth to 5 |

CHILDREN IN THE MIDDLE **One-time, 4-Hour Class** **Divorced or separated parents**

Learn how to reduce the stress your child experiences during divorce or separation. Information taught focuses on how to not put children in the middle of conflict, to communicate directly with "I" messages, and to not utilize children as messengers or spies. To enroll, call the Bradford Family Center.

- | | |
|--------------------------------|--|
| Bradford Public Library | Saturday, Jan 5, 10:00 am-3:00 pm |
| | Saturday, March 1, 10:00 am-3:00 pm |
| | Saturday, May 3, 10:00 am-3:00 pm |

Workshops (continued)

STRENGTHENING FAMILIES PROGRAM

7-Week Series

Parents and youth in 5th and 6th grades

Through a fun and interactive 7-week workshop series, families 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. To enroll, call the nearest Family Center. **Check out www.sfpmckean.net.**

Fretz Middle School, Bradford	Thursdays, Feb 14-April 3, 5:30-8:00 pm
Kane Middle School	Tuesdays, Feb 12-April 1, 5:30-8:00 pm
Otto-Eldred Elementary School	Thursdays, Feb 14-April 3, 5:30-8:00 pm
Port Allegany Elementary School	Wednesdays, Feb 13-April 2, 5:30-8:00 pm
Smethport Elementary School	Tuesdays, Feb 12-April 1, 5:30-8:00 pm

Home Visits

PARENTS AS TEACHERS

Twice a Month

Parents and children ages birth to five



“If only kids came with directions,” could be the cry of every parent. Learn about early childhood development and parenting through home visits designed with hands-on activities parents and children can do together. Gain new ideas on how to interact through play, how to set limits, and handle challenging behaviors. Parents learn how to understand each stage of child development and how to form strong and loving parent-child relationships. To enroll, call the nearest Family Center. It is free and for everyone regardless of income level or need.

April is CHILD ABUSE PREVENTION MONTH

Parenting is “One Tough Job”

During the month of April the Family Centers, along with the McKean County Collaborative Board, will be promoting resources available to parents. Parenting is truly “one tough job” with little training and, often, little support. Join us for a Family Center workshop, home visit, or Family Fun Night. To learn more parenting tips visit this website.

www.OneToughJob.org



Fun Nights

FAMILY FUN NIGHTS

Monthly

Parents and children

An opportunity to enjoy family time together for seasonal parties, crafts, games and movie nights. Children must be accompanied by their parent or caregiver. To register, call the nearest Family Center.

Bradford Family Center	Movie Night	Mon, Jan 14, 6:00-7:30 pm
	Valentine's Day Celebration	Mon, Feb 11, 6:00-7:00 pm
	Spring Project	Mon, March 10, 6:00-7:00 pm
	Mosaic Flower Pots	Mon, April 21, 6:00-7:00 pm
	Mother's Day Stained Glass Picture	Mon, May 5, 6:00-7:00 pm
Kane Family Center	Snowman Weather Sticks	Wed, Jan 9, 6:00-7:00 pm
	Ready to Read: Dinosaur Fun	Wed, Feb 13, 6:00-7:00 pm
	Holiday Celebration	Wed, March 12, 6:00-7:00 pm
	Fish Tail Windsocks	Wed, April 9, 6:00-7:00 pm
	Making Box Puppets	Wed, May 14, 6:00-7:00 pm
Otto-Eldred Family Center	Winter Party	Mon, Jan 14, 6:00-7:00 pm
	Mardi Gras Party	Mon, Feb 4, 6:00-7:00 pm
	Ceramic Night	Mon, March 10, 6:00-7:00 pm
	Birthday Calendars	Mon, April 14, 6:00-7:00 pm
	Mother's Day Dinner	Thu, May 8, 6:00-7:00 pm
Port Allegany Family Center	Let it Snow: Making Fleece Throws	Thu, Jan 10, 6:00-7:00 pm
	Handprint Hearts	Thu, Feb 7, 6:00-7:00 pm
	Spring Welcome Sign	Thu, March 6, 6:00-7:00 pm
	Making Birdhouses	Thu, April 10, 6:00-7:00 pm
	Bingo for Books	Thu, May 1, 6:00-7:00 pm
Smethport Family Center	Winter Fun	Wed, Jan 16, 6:00-7:00 pm
	Scrap Booking Fun	Wed, Feb 20, 6:00-7:00 pm
	Maple Syrup Tour	Thu, March 6, 6:00-7:00 pm
	Fishing Fun	Wed, April 9, 6:00-7:00 pm
	Camping Fun	Thu, May 15, 6:00-7:30 pm

DAD'S NIGHT OUT

Monthly or Quarterly

Fathers and children

An exciting way for fathers to spend quality time with children to build, create and enjoy movie nights. Children must be accompanied by their father. To register, call the nearest Family Center.

Bradford Family Center	Sand Animals	Thu, Jan 17, 6:00-7:30 pm
	Wind Chimes	Thu, Feb 21, 6:00-7:30 pm
	Yo-Yo's	Thu, March 13, 6:00-7:30 pm
	Crystal Sun Catchers	Thu, April 17, 6:00-7:30 pm
	Butterfly Houses	Thu, May 15, 6:00-7:30 pm
Kane Family Center	Making Barrel Banks	Thu, Jan 17, 6:00-7:30 pm
	Heart Trivets	Thu, Feb 21, 6:00-7:30 pm
	Wind Chimes	Thu, March 13, 6:00-7:30 pm
	Tie-Dye Hats	Thu, April 17, 6:00-7:30 pm
	Zany Box Puppets	Thu, May 8, 6:00-7:30 pm

Courses and Events

SCREENING DAYS: Early childhood screenings

Bring your child to the Family Centers to receive free health screenings, developmental screenings, social-emotional developmental checks, and childhood immunizations. Screenings are conducted in general development, social-emotional development, vision, and hearing. Immunizations are provided by the Department of Health. Reservations are required. Call the Family Center where the screening day is held to sign up. Please bring your immunization records.

Bradford Family Center	Thu, April 17, 9:00 am-1:00 pm
Kane Family Center	Fri, April 18, 9:00 am-12:00 pm
Otto-Eldred Family Center	Fri, May 16, 9:00 am-12:00 pm
Port Allegany Family Center	Fri, April 25, 9:00 am-1:00 pm
Smethport Family Center	Fri, April 17, 10:00 am-11:30 am

MOBILE DENTAL CLINIC

FREE dental examinations, cleanings, fluoride treatments, sealants, radiographs, education and toothbrushes will be provided to children without Medicaid or private insurance and lacking sufficient funds for a subsidized fee for dental care. Dental care provided by Mobile Dentists and its' SMILE Program in partnership with the Children's Dental Health Foundation. Visit www.mobiledentists.com for more information. Appointment is required by calling the Port Allegany Family Center.

Port Allegany Family Center	Wed, April 30, 9:00 am-3:00 pm
------------------------------------	---------------------------------------

KNITTING and CROCHETING GROUP for parents

Come and join the Knitting and Crocheting Group and learn new skills or brush-up your rusty skills. The group is lead by an experienced volunteer. Beginning-level or experienced knitting parents are welcome. No babysitting provided. Bring your own supplies. Limited class size and pre-registration is required by calling the Smethport Family Center.

Smethport Family Center	Mondays, 9:00 am –11:00 am
--------------------------------	-----------------------------------

VITA: Volunteer Income Tax Assistance

If your family earns \$40,000 or less you are eligible to receive **FREE tax preparation**. An IRS trained VITA representative from Penn State Cooperative Extension will help you prepare your income tax, and get back any tax refunds and rebates owed to you. **Make your tax time pay for you!** Pre-registration is required by calling the Family Center nearest you.

Bradford Family Center	Tue, February 5, 9:00 am-7:00 pm Tue, February 26, 9:00 am-12:00 noon Tue, March 11, 11:00 am-7:00 pm
Kane Family Center	Tue, February 19, 11:00 am-7:00 pm Fri, March 21, 9:00 am-4:00 pm
Smethport Family Center	Wed, January 30, 11:00 am-7:00 pm Wed, February 6, 1:00 pm-7:00 pm