

McKean County Family Centers

Winter/Spring Program Guide

January - May 2009

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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

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. Children must attend playgroup with their parent and parents are 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 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, 4:15-5:15 pm
Kane Family Center	Thursdays, 3:00-4:00 pm
Otto-Eldred Family Center	Thursdays, 3:00-4:00 pm
Port Allegany Family Center	Mondays, 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 run January 6 through April 23. There will be no 4-H on March 10, 11, 12, and April 9. Group 1 in Otto-Eldred ends April 7. To enroll, call the nearest Family Center.

Bradford Family Center (annex), 9 Main St.	Group 1, Tuesdays, 4:00-5:30 pm Group 2, Thursdays, 4:00-5:30 pm
Kane Family Center	Tuesdays, 3:00-4:30 pm
Otto-Eldred Family Center	Group 1, Tuesdays, 3:00-4:30 pm Group 2, Wednesdays, 3:00-4:30 pm
Port Allegany Family Center	Thursdays, 4:00-5:30 pm
Smethport Family Center	Tuesdays, 3:00-4:30 pm

THE OUTDOOR HUBBERS CLUB Weekly

Youth in 4th to 6th grades

Forestry, stream ecology, wildlife identification, and GPS/GIS (Global Positioning and Geographic Information Systems) are all topics of this club operated by Penn State Cooperative Extension. Club runs from Jan 5-April 27 and does not meet on Jan 19, Feb 16, March 16, and April 13. To enroll call the Smethport Family Center.

Smethport Family Center	Mondays, 3:00-4:30 pm
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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.

Port Allegany Family Center

Tuesdays, Jan 13-Feb 24, 9:00-10:30 am

Bradford Family Center

Wednesdays, March 11-April 22, 1:30-3:00 pm

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, February 19, 10:00-11:30 am

Ages birth to 5

Kane Family Center

Monday, January 12, 10:00-11:00 am

Ages birth to 2

Friday, April 3, 9:30-11:00 am

Ages birth to 5

Otto-Eldred Family Center

Wednesday, January 21, 10:00-11:30 am

Ages birth to 5

Port Allegany Family Center

Tuesday, March 24, 10:30 am-12:00 noon

Ages birth to 5

Smethport Family Center

Friday, March 6, 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 3, 10:00 am-3:00 pm

Bradford Family Center

Friday, March 6, 10:00 am-3:00 pm

Bradford Public Library

Saturday, May 2, 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	Tuesdays, Feb 10-March 24, 5:30-8:00 pm
Kane Elementary School	Thursdays, Feb 12-March 26, 5:30-8:00 pm
Otto-Eldred Elementary School	Wednesdays, Feb 11-March 25, 5:30-8:00 pm
Port Allegany High School	Tuesdays, Feb 10-March 24, 5:30-8:00 pm
Smethport Elementary School	Thursdays, Feb 12-March 26, 5:30-8:00 pm

GRANDS AS PARENTS SUPPORT GROUP

Monthly

Grandparents who are full-time caregivers to their grandchild

More grandparents than ever—one in 12, to be exact—are learning to be parents all over again. If you are a full-time caregiver of a grandchild, come to a new support group. Discuss some of the things grandparents are feeling and concerned about—like guilt, isolation, financial challenges, adoption questions, emotional ups and downs, and school issues—to name just a few. The group is intended to be very casual, small, non-threatening and non-judgmental. It is lead by a Family Center staff person in a discussion topic format. Pre-registration is required by calling the Bradford Family Center.

Bradford Family Center

Tuesday, Jan 13, 6:00-7:00 pm
Tuesday, Feb 10, 6:00-7:00 pm
Tuesday, March 10, 6:00-7:00 pm
Tuesday, April 14, 6:00-7:00 pm
Tuesday, May 12, 6:00-7:00 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. Through home visits from a certified Family Development Specialist, parents can learn about early childhood development and parenting, and gain new ideas on how to interact through play, how to set limits, and handle challenging behaviors. Parents also learn how to understand each stage of child development and how to form 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. To enroll, call the nearest Family Center. It is free and for everyone regardless of income level or need.

Fun Nights

FAMILY FUN NIGHTS

Monthly

Parents and children

Parents, come and enjoy family time together and also socialize with other families from your community. Children must be accompanied by their parent or caregiver. To register, call the nearest Family Center.

Bradford Family Center	Making a Wintertime Craft	Mon, Jan 12, 6:00-7:00 pm
	Game Night	Mon, Feb 9, 6:00-7:00 pm
	Let's Get Crafty	Mon, March 16, 6:00-7:00 pm
	Celebrate Earth Day	Mon, April 13, 6:00-7:00 pm
	Springtime Welcome Sign	Mon, May 4, 6:00-7:00 pm
Kane Family Center	Making a Wintertime Craft	Wed, Jan 14, 6:00-7:00 pm
	Game Night	Wed, Feb 11, 6:00-7:00 pm
	Let's Get Crafty	Wed, March 11, 6:00-7:00 pm
	Making a Holiday Tree	Wed, April 8, 6:00-7:00 pm
	Springtime Welcome Sign	Wed, May 6, 6:00-7:00 pm
Otto-Eldred Family Center	Making a Wintertime Craft	Thu, Jan 22, 6:00-7:00 pm
	Game Night	Thu, Feb 12, 6:00-7:00 pm
	Let's Get Crafty	Thu, March 12, 6:00-7:00 pm
	Celebrate Earth Day	Thu, April 23, 6:00-7:00 pm
	Springtime Welcome Sign	Thu, May 21, 6:00-7:00 pm
Port Allegany Family Center	Making a Wintertime Craft	Thu, Jan 8, 6:00-7:00 pm
	Game Night	Thu, Feb 12, 6:00-7:00 pm
	Let's Get Crafty	Thu, March 12, 6:00-7:00 pm
	Celebrate Earth Day	Thu, April 9, 6:00-7:00 pm
	Springtime Welcome Sign	Thu, May 14, 6:00-7:00 pm
Smethport Family Center	Making a Wintertime Craft	Wed, Jan 21, 6:00-7:00 pm
	Game Night	Wed, Feb 18, 6:00-7:00 pm
	Visiting Cooney's Maple Farm	Wed, March 18, 6:00-7:00 pm
	Celebrate Earth Day	Wed, April 15, 6:00-7:00 pm
	Springtime Welcome Sign	Wed, May 13, 6:00-7:00 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 time with other dads and kids. Children must be accompanied by their father. To register, call the Bradford or Kane Family Center.

Bradford Family Center	Grass Hair Planters	Mon, May 18, 6:00-7:00 pm
Kane Family Center	Snow Measuring Stick	Thu, Jan 22, 6:00-7:00 pm
	Bobbing Bottle Bird	Thu, Feb 19, 6:00-7:00 pm
	Craft Stick Bird House	Thu, March 19, 6:00-7:00 pm
	Kite Making	Thu, April 23, 6:00-7:00 pm
	Grass Hair Planters	Thu, May 14, 6:00-7:00 pm

MOM'S NIGHT OUT

Yearly

Mom's, come and enjoy a night of pampering and socializing. Practice relaxation techniques, learn make-up and hair styling tips, participate in a Chinese tea ceremony, and learn six ways to tie a scarf. Participants receive a free scarf, beauty and tea samples. To register, call the Smethport Family Center.

Smethport Family Center

Wed, May 6, 6:00-7:00 pm

Events, Etc.

SCREENING DAYS: Early childhood screenings

Bring your child to the Family Centers to receive free health screenings. Screenings are conducted in general development, social-emotional development, vision, and hearing. Trained early childhood professionals from the Family Centers, Early Intervention, CARE for Children, and Erie Vision and Blindness Resources complete the screenings. 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 9, 9:00 am-12:00 noon
Kane Family Center	Fri, April 17, 9:00 am-12:00 noon
Otto-Eldred Family Center	Fri, May 8, 9:00 am-12:00 noon
Port Allegany Family Center	Fri, April 3, 9:00 am-12:00 noon
Smethport Family Center	Fri, April 24, 9:00 am-12:00 noon

VITA: Volunteer Income Tax Assistance

If your family earns \$42,000 or less you are eligible to receive **FREE** federal and state income tax preparation and e-filing. Refunds from e-filing arrive in two weeks for individuals with direct deposit. An IRS trained VITA representative from Penn State Cooperative Extension will help you prepare your income tax, and get back what is owed to you. Call the Family Center nearest you for an appointment.

Bradford Family Center	Thu, February 5, 9:00 am-4:00 pm
	Wed, February 18, 9:00 am-4:00 pm
	Wed, March 11, 9:00 am-4:00 pm
	Wed, April 8, 9:00 am-4:00 pm
Kane Family Center	Wed, February 4, 11:00 am-7:00 pm
	Thu, March 26, 11:00 am-7:00 pm

April is CHILD ABUSE PREVENTION MONTH



Non-stop is every child's middle name.

Parenting is one tough job, but there are community resources here to help. During the month of April the Family Centers are joining together with the McKean County Collaborative Board to help spread the word about these resources. Many are listed in the McKean County Resource Directory, a publication developed by the Collaborative Board that provides information about agencies, programs and places that help support family life. Visit www.McKeanFamilyResources.Net to find out more.

Pennsylvania "ONE BOOK, EVERY YOUNG CHILD" Events

To celebrate Pennsylvania's "One Book, Every Young Child" program, the McKean County Family Centers are joining other early childhood and family programs across the State in reading the same book during the month of April. Elected officials will visit the Parent-Child Playgroup at each of the Family Centers and read *If You Were A Penguin* by Pennsylvania authors Wendell and Florence Minor. Be watching for the dates of these events. They will be full of fun penguin activities. And what a great way to meet your elected leaders!

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.

Kane Family Center	Mon, January 12, 3:30-4:30 pm
	Mon, March 9, 3:30-4:30 pm
	Mon, May 11, 3:30-4:30 pm