

McKean County Family Centers

Fall/Winter Program Guide

September-December 2008

TABLE OF CONTENTS

Groups	Page 2
Workshops and Support Groups	Pages 3-4
Fun Nights	Page 5
Events	Page 6
Home Visits	Page 7

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

Check out
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
Kane Family Center
Otto-Eldred Family Center
Port Allegany Family Center
Smethport Family Center

Thursdays, 10:00-11:30 am
Fridays, 9:30-11:00 am
Wednesdays, 10:00-11:30 am
Tuesdays, 10:30-12:00 noon
Thursdays, 10:30-12:00 noon

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. Special events this quarter include workshops from the Victim's Resource Center on how to deal with feelings of anger, what to do if you are bullied, and how to be safe on the internet. Enrollment is limited, so sign up now by calling the nearest Family Center.

Bradford Family Center
Kane Family Center
Otto-Eldred Family Center
Port Allegany Family Center
Smethport Family Center

Wednesdays, 4:00-5:00 pm
Thursdays, 3:00-4:00 pm
Thursdays, 3:00-4:00 pm
Mondays, 3:30-4:30 pm
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 the weeks of September 8 through December 18, unless school is dismissed early or not in session. Enrollment is limited, so sign up now by calling the nearest Family Center.

Bradford Family Center (annex), 9 Main St.
Kane Family Center
Otto-Eldred Family Center
Port Allegany Family Center
Smethport Family Center

Tuesdays, 4:00-5:30 pm
Wednesdays, 3:00-4:30 pm
Tuesdays, 3:00-4:30 pm
Thursdays, 4:00-5:30 pm
Tuesdays, 3:00-4:30 pm

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. Club runs from October 6 to December 8 and does not meet on Oct 13 and Nov 24. To enroll call the Smethport Family Center.

Smethport Family Center

Mondays, 3:00-4:30 pm

Workshops and Support Groups

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

Mondays, Sept 8-Oct 27, 10:00-11:30 am

Smethport Family Center

Tuesdays, Sept 16-Oct 28, 10:30-12:00 noon

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, Oct 23, 10:00-11:30 am

Ages birth to 5

Kane Family Center

Monday, Sept 8, 10:00-11:00 am

Ages birth to 2

Friday, Oct 17, 9:30-11:00 am

Ages birth to 5

Monday, Nov 10, 9:30-10:30

Ages 3 to 5

Otto-Eldred Family Center

Wednesday, Oct 15, 10:00-11:30 am

Ages birth to 5

Port Allegany Family Center

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

Ages birth to 5

Smethport Family Center

Thursday, Oct 23, 10:30-12:00 noon

Ages birth to 5

CHILDREN IN THE MIDDLE

One-time, 4-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 Public Library

Saturday, Oct 4, 10:00 am-3:00 pm

Bradford Family Center

Friday, Dec 5, 10:00 am-3:00 pm

Workshops and Support Groups (continued)

DOCTOR DAD WORKSHOP

4-Week Series

Fathers of infants or toddlers



Dad's, come and learn the basics of baby care—like how to feed and change a baby; how to be in tune with your child's mood; handle minor illnesses; take a child's temperature; and when to go to the doctor for more serious ailments.

"It eased my mind," said one dad who went through the program. Dads receive a free first aide kit at the close of the final session. To enroll call the Bradford Family Center.

Bradford Family Center Wednesdays, Oct 1-22, 1:00 pm-2:30 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 to discuss topics such as: child development, difficult behavior, helping children cope with trauma, making your home safe, and learning how to laugh with your grandchild. Meetings are facilitated by a Family Development Specialist from the Family Centers and are held the first Tuesday of the month. Pre-registration is required by calling the Bradford Family Center.

Bradford Family Center

Tuesday, Sep 9, 3:00-4:00 pm
Tuesday, Oct 14 3:00-4:00 pm
Tuesday, Nov 11, 3:00-4:00 pm
Tuesday, Dec 9, 3:00-4:00 pm

McKEAN COUNTY STRENGTHENING FAMILIES PROGRAM

7-Week Series

5th and 6th grade youth and parents

Join a fun and interactive 7-week workshop series for 5th and 6th 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. To enroll, call the nearest Family Center. Enrollment deadline is September 22. For more information check out www.sfpmckean.net.

Fretz Middle School, Bradford

Thursdays, Oct 9-Nov 20, 5:30-8:00 pm

St. Bernard's School, Bradford

Wednesdays, Oct 8-Nov 19, 5:30-8:00 pm

Kane Middle School

Tuesdays, Oct 7-Nov 18, 5:30-8:00 pm

Otto-Eldred Elementary School

Thursdays, Oct 9-Nov 20, 5:30-8:00 pm

Port Allegany Elementary School

Wednesdays, Oct 8-Nov 19, 5:30-8:00 pm

Smethport Elementary School

Tuesdays, Oct 7-Nov 18, 5:30-8:00 pm

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.

Bradford Family Center	Making a "Back to School" Craft	Mon, Sep 8, 6:00-7:00 pm
	"3-d Halloween Scene"	Mon, Oct 13, 6:00-7:00 pm
	Turkey Table Topper	Mon, Nov 10, 6:00-7:00 pm
	Holiday Celebration	Mon, Dec 8, 6:00-7:00 pm
Kane Family Center	Making a "Back to School" Craft	Wed, Sep 10, 6:00-7:00 pm
	"3-d Halloween Scene"	Wed, October 8, 6:00-7:00 pm
	Turkey Table Topper	Wed, Nov 12, 6:00-7:00 pm
	Holiday Celebration	Wed, Dec 3, 6:00-7:00 pm
Otto-Eldred Family Center	Making a "Back to School" Craft	Thu, Sep 11, 6:00-7:00 pm
	"3-d Halloween Scene"	Tue, Oct 21, 6:00-7:00 pm
	Turkey Table Topper	Tue, Nov 18, 6:00-7:00 pm
	Holiday Celebration	Mon, Dec 16, 6:00-7:00 pm
Port Allegany Family Center	Making a "Back to School" Craft	Thu, Sep 11, 6:00-7:00 pm
	"3-d Halloween Scene"	Thu, Oct 9 6:00-7:00 pm
	Turkey Table Topper	Thu, Nov 13, 6:00-7:00 pm
	Holiday Celebration	Thu, Dec 11, 6:00-7:00 pm
Smethport Family Center	Making a "Back to School" Craft	Thu, Sep 18, 6:00-7:00 pm
	"3-d Halloween Scene"	Thu, Oct 16, 6:00-7:00 pm
	Turkey Table Topper	Thu, Nov 20, 6:00-7:00 pm
	Holiday Celebration	Thu, Dec 11, 6:00-7:00 pm

DAD'S NIGHT OUT

Monthly

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.

Bradford Family Center	Dinosaurs	Mon, Sep 22, 6:00-7:00 pm
	Pirate Ship	Mon, Oct 27, 6:00-7:00 pm
	Color Me Teepee	Mon, Nov 24, 6:00-7:00 pm
	Gingerbread Houses	Mon, Dec 15, 6:00-7:00 pm
Kane Family Center	Dinosaurs	Thu, Sep 18, 6:00-7:00 pm
	Pirate Ship	Thu, Oct 16, 6:00-7:00 pm
	Color Me Teepee	Thu, Nov 20, 6:00-7:00 pm
	Gingerbread Houses	Thu, Dec 11, 6:00-7:00 pm

Events

SCREENING DAYS: Early childhood screenings

Children birth to age 5



Help them grow up healthy! Bring your child to the Family Centers to receive free health and developmental screenings. Reservations are required. Call the Family Center where the screening day is held to sign up. Please bring your immunization records. Screenings are offered in collaboration with area agencies. Sign up for one or all screenings offered:

- **Developmental screenings** conducted by Early Intervention Services and the Family Center.
- **Gross motor screenings** conducted by CARE for Children, Inc.
- **Social-emotional screenings** conducted by the Family Center.
- **Vision screenings** conducted by Erie Vision and Blindness Resources utilizing the latest technology called non-invasive Video Analyzer that checks for poor vision, crossed eyes and lazy eyes.
- **Hearing screenings** conducted by the Family Center using audiometry and tympanometry that checks for hearing ability and inner ear health.
- **Dental screenings** conducted by area dental hygienists (when available) that check for abnormalities such as cavities.
- **Early childhood immunizations** administered by the Department of Health for children who have difficulty accessing immunizations due to lack of health insurance or high cost co-pays.

Pending the availability of screeners, some Screening Days may not offer all screening stations.

Bradford Family Center
Kane Family Center
Otto-Eldred Family Center
Port Allegany Family Center
Smethport Family Center

Thu, Oct 16, 9:00 am-1:00 pm
Fri, Oct 10, 9:00 am-12:00 noon
Fri, Sep 19, 9:00 am-12:00 noon
Wed, Sep 24, 9:00 am-12:00 noon
Wed, Oct 1, 9:00 am-12:00 noon

MOBILE DENTAL CLINIC

Children ages 18 months to 13 years

FREE dental examinations, cleanings, fluoride treatments, sealants, radiographs, education and toothbrushes will be provided to children without Medicaid or private insurance, or for children who can not afford a 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
Otto-Eldred Family Center

Monday, Nov 3, 9:00 am-3:00 pm
Thu, Oct 9, 9:00 am-3:00 pm

OPEN HOUSE: Come visit our street

Come by for a visit and then go visit our neighbor too. We are opening our "house" to you. The Bradford Family Center and Adagio Health Bradford, our neighbor down the street, will be hosting an Open House on the same day, same time. Learn about resources available to you and your family and participate in crafts and a free prize drawing.

Bradford Family Center

Wed, Sep 10, 1:00-3:00 pm

"GIVING BACK" WORKSHOP

"What I know for sure is that what you give comes back to you." Oprah Winfrey

Parents, come and explore how your inner talents can contribute to the community. Learn about opportunities to become involved, and discover how your skills can contribute to the greater good of your community. Call the Port Allegany Family Center at 642-9281 to sign-up for this interactive meeting guaranteed to be fun and rewarding. Free pizza dinner served.

Port Allegany Family Center

Thu, Oct 16, 5:00 pm-7:30 pm

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.

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

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.