

FREE
 Except where noted,
 Donations are
 always welcome.

WORKSHOPS

FOR PARENTS & OTHER BUSY PEOPLE



Winter-Spring 2009



Mental Health America
 of Licking County

65 Messimer Drive
 Newark, Ohio 43055
 Web site—www.MHALC.org
 E-mail: Prevention@MHALC.org
 (740) 522-2277

- Business and community leaders—Help end poverty (starts Jan. 13)
- Low-income parents—Earn while you learn (starts Jan. 22)
- Parents and volunteers—Scrapbooking and journaling with kids (Jan. 28)
- Parents and grandparents—Yell less, laugh more (starts Feb. 11)

- **WORKSHOPS MAY BE CANCELLED** if fewer than 5 people pre-register, so please confirm the day before the event if you don't hear from us.

- **WHEN YOU SEE THESE SYMBOLS:**

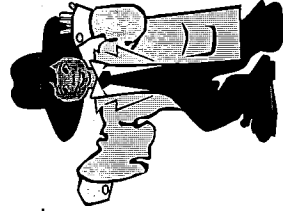
- MEAL** provided
- SNACK** provided
- BRING SACK LUNCH** if desired
- COFFEE & TEA** available
- CHILDCARE** available on request

- **NEED A RIDE?** We will try to help.

- **FOSTER PARENTS** Check with your agency for pre-approved education credit.

- **SPECIAL NEEDS** Let us know if you have special needs. Most sites are handicap accessible.

Our mission— to promote mental health and achieve victory over mental illness.



Earn while you learn—Getting Ahead
in a Just-Gettin'-By-World
 18-session class for low-income parents

Your first step toward Getting Ahead (GA)—

Register for an information and sign-up session as soon as possible (see box below). GA helps you create a personal plan for becoming financially stable. Children can participate in a literacy program so you don't have to worry about childcare.

Get paid to participate up to **\$450** in gift certificates!

Learn to:

- **Get and keep a good job** and overcome barriers that stand in your way.
 - Do you lack reliable transportation?
 - Is your driver's license suspended?
 - Do you need education or training?
 - Do you have a police record?
 - Is your library card out of commission?
 - Do you need clothing for work or job-hunting? Or a computer?

If so, we'll try to help.

- **Investigate policies and resources** in your community that affect your family and speak up about injustice.
- **Increase your kids' chance of success** at home, in school and in their careers, and lower their risk for alcohol and other drugs.
- **Save money on healthy, easy meals** your family will love.

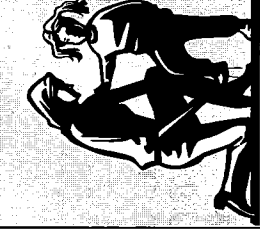


Getting Ahead is partially funded by the PRC program of Licking County Job & Family Services and the Women's Fund of Central Ohio.

The Women's Fund of Central Ohio
 Investing in the potential of women and girls

Want a better life for you & your kids?

Please call as soon as possible so that your application can be approved before classes start.



Register now for a **Sign-up Meeting** in Newark

- 6 pm, Jan. 13, or
- 6 pm Jan. 15, or
- 10 am, Jan 17

Call 788-0300 to see if spots are available.

After you attend the sign-up meeting, we will let you know if you are selected for the class.

Classes start Jan. 22

6:00-8:30 p.m., Thursday evenings.

Free Support Groups

- Depression & Bipolar
- Schizophrenia
- OCD (Obsessive Compulsive Disorder)

For times and locations, call (740) 522-1341 or visit www.MHALC.org.

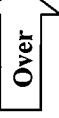
Please call (740) 788-0300 or e-mail Prevention@MHALC.org

- To pre-register for classes
- To volunteer
- To receive these workshop fliers by e-mail or mail

Please post, distribute, or share this flier with a friend.



MHALC is an affiliate of Mental Health America and a partner agency of United Way, NAMI, & the Community Mental Health and Recovery Board.





LOCATIONS VARY. PLEASE CALL FOR DIRECTIONS AND TO REGISTER.

<p>2nd & 4th Tuesdays of each month starting Jan. 13</p> <p>Can't come to the dinners? Businesses and clubs are invited to donate a service or a discount to help one or more Getting Ahead families.</p>	<p>Prosperity & Problem-Solving Dinners A bi-monthly series of working dinners for people from:</p> <ul style="list-style-type: none"> • Business & professional backgrounds (including retirees and college students) • Service clubs • Faith-based organizations • Social services • Government • Getting Ahead class members & graduates <p>At these dinners, volunteer advocates (allies) will serve as mentors to low-income parents (investigators) who are enrolled in, or have graduated from, MHA's <i>Getting Ahead</i> (GA) classes, described on other side. GA advocates using the problem-solving expertise of low-income people to find solutions for poverty in their own communities.</p> <p><i>The suppers are funded in part by United Way Community Impact funds and will include education and activities focusing on wellness.</i></p>
<p>6 p.m., Wed., Jan. 28</p> <p>We will also have a daytime session if there is enough interest.</p>	<p>Make-It, Take-It Training</p> <p>Family Literacy Activities Open to all, especially those interested in:</p> <ul style="list-style-type: none"> • part-time work for MHA's children's literacy program • volunteering with MHA's Parent Support programs for parents or kids • doing more fun family literacy activities with your kids, grandkids, babysitting kids, or students. <p>Learn to use children's books, journals and story writing to express emotions in a healthy way through reading, writing, crafts and activities.</p>
<p>MHA office 12 noon-1 pm 1st Wed. of each month, Starts Feb. 4.</p> <p>Starts Feb. 11</p> <p>Starts March 4</p> <p>Starts April 8</p> <p>Wednesdays, 6-8 pm</p>	<p>What Successful Kids Have That Others Don't Find out about the 40 factors that predict whether or not kids get involved in risky behavior as they grow up. Kids 10 and up are welcome with an adult. Not just for parents, but also open to grandparents, childcare providers, teachers, youth group and youth ministry leaders, and others concerned about youth.</p> <p>Weekly on-going parent education Tired of yelling? Find something that works.</p> <ul style="list-style-type: none"> • 1-2-3 Magic based on video by Dr. Phelan • How to Talk So Kids Will Listen and So Kids Will Talk based on book by Faber/Mazlish • How to Talk So Teens Will Listen and Listen So Teens Will Talk based on book by Faber/Mazlish <div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> • Call 788-0300 about bringing parent workshops to your church, school, workplace or club. • Workshops available to individuals and small groups by appointment. </div>
<p>Reese Center at the OSU/COTC Newark Campus— 7 pm, Sat., Feb. 28</p> <p>Starts in March Call for dates and times</p>	<p>Java & Jazz—A fun evening with hot jazz, hors d'oeuvres and adult beverages, plus silent and live auctions. Bid on anything from a condo rental to a 7-day cruise to either Alaska or the Caribbean. This annual event helps to fund many of our programs and services.</p> <p>P.S.: Please consider a tax-exempt donation of items, services or gift certificates for the auctions to make this year's event the best yet!</p> <p>Your Money or Your Life—For all income levels Newark—8-session class based on the book by Joe Dominguez and Vicki Robin about transforming your relationship with money. Interested teens may attend with their parents. You will need to purchase a new or used book. Scholarships may be available. Volunteers welcome! Depending on interest, we will hold day or evening sessions.</p>
<p>Tues., April 21 Lunch: 11:30 am Dinner: 6 pm</p>	<p>Volunteer Brigade Lunch and Dinner during National Volunteer Week We are celebrating our volunteers in Parent Support and Getting Ahead programs. Bring only yourself and sample projects and ideas you would like to share.</p> <p>Interested in joining our Volunteer Brigade? Visit www.VolunteerMatch.org for details on over 20 volunteer opportunities. Enter 43055 in the zip code search at the Volunteer Match website or call 788-0300 for information.</p>