

onestop

gwinnettcounty's resource for quality living

news & calendar may – aug 2012

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Parents, don't let teenagers drink

By Ari Russell, Executive Director, GUIDE Inc.

In a recent survey conducted in Gwinnett County schools, a majority of high school students who drank alcohol in the past 30 days reported they got it from their parents or other adults. Many parents believe if they let their teens and their friends drink at home they will be safer than if they were drinking somewhere else. New research, however, makes it clear that youth allowed to drink at home are more likely to be heavy drinkers. As we enter the season of proms, graduation, and summer vacation, it's especially important to think about these implications before serving alcohol to minors.

Before condoning or possibly promoting underage drinking, get the facts and understand the harm caused by adolescent alcohol use. A study published in the July 2006 issue of the *Archives of Pediatrics & Adolescent Medicine* found that people who began drinking in their early teens were more likely to become dependent on alcohol at some point in their lives. In fact, about half met the criteria for alcohol dependence by the time they hit age 21. Of those who began drinking before age 14, 47 percent later become alcohol-dependent compared to 9 percent of those who started drinking at age 21 or older.

Experts once believed that it took a long period of heavy drinking to injure the brain, but mounting research suggests that alcohol may readily damage the developing brains of teenagers. Binge drinking (five or more drinks on any occasion)



may cause cellular damage to the adolescent brain, a possible link between drinking at a young age and the increased risk of becoming alcoholic. Studies also have shown that young drinkers perform poorly on a variety of cognitive tests. It is becoming increasingly clear that the damage alcohol does to the adolescent brain is significant. And it occurs whether teens drink at home, at the beach, or anywhere.

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Hot temper, cool parenting: How to handle temper tantrums

You're pushing the cart down the grocery store aisle when your child throws a temper tantrum. This moment is inevitable for all parents, because all children experience temper tantrums. They may happen for different reasons and at different ages, but they are a normal part of growing up. There are no magic words to make tantrums disappear. Fortunately, however, you can respond in ways that can help.

Understanding tantrums at different ages

A tantrum is a sudden, intense display of uncontrolled anger or frustration. Screaming, kicking, falling on the ground, or other forceful body motions are typical. Tantrums are most common in children ages 15 months to 4 years old.

Infants

Some think that a crying infant is having a tantrum, but this isn't true. Infants express their needs by crying because it's their only way of communicating that they need your care. Infants who are comforted and have their needs met quickly develop a sense of security. This leads to less crying in the future.

Toddlers

Toddlers are the kings and queens of tantrums. Toddlers are just learning how to talk, express their feelings, and problem-solve. Because their skills aren't very good yet, their frustrations sometimes erupt in a tantrum. Tantrums are most likely to happen when toddlers are hungry, tired, frustrated, or overexcited.

Preschoolers

Preschoolers are less likely than toddlers to have temper tantrums, since most have developed better coping and communication skills. But they can still get upset and lose control. Preschoolers need adults to teach them to recognize and express their emotions, needs, and wants in more skillful ways.

Four steps to handling tantrums

1. Stay calm: Model the desired behavior for your child by controlling your own emotions. Screaming and spanking make the situation worse
2. Pause before you act: Take 10 seconds to decide the best way to handle the tantrum. Four ways to deal with a tantrum include: distract, remove, ignore, and hold
3. Wait until your child calms down before talking about the situation: Use it as a chance to teach your child acceptable ways to manage anger, such as asking for help or using self-calming strategies. Asking children to "use their words" is only helpful if adults have taught children what those words could be
4. Nurture your child: Tantrums can scare kids because they don't understand the reason for losing control. They need to know there are better ways to behave, but also that you still love them

Prevention techniques

- Try to understand your child's tantrums. When and where do they occur? What happens before, during, and after? Who is usually involved?

...cont'd on page 5

Do you know your neighbor?

It is interesting to meet someone from a different culture. Some of these encounters may seem unusual. Here are some guidelines to help you better understand another person's culture. Read on to find out more about your neighbor.

Clue: They bow to greet someone, which also expresses reverence for the person

Clue: Individualism is frowned upon; they believe in universal good rather than individual gain

Clue: When visiting, you should bring a gift. The gift should be placed on the paper bag in which it has been bought and given with both hands immediately upon entering the living room

Clue: It is necessary that you clear your plate completely while eating. Slurping is not thought of as uncouth and is, in fact, a gesture that shows you are enjoying your meal

Clue: Money should be given and received with both hands as a form of politeness

Clue: They are punctual people

Clue: Leaving the workplace to go home before the boss is considered a rude gesture

Clue: Putting one's feet on the furniture is thought to be extremely rude

Clue: It is impolite to eat and drink while walking in public. Also, to avoid sneezing, spitting, and burping

Clue: An indirect style of communication is preferred over a direct style. It's best to imply what you are saying than actually saying it

Clue: Eye contact is avoided when speaking with their elders or superiors as a sign of respect

The answer is on page 7.

Don't let teenagers drink

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Not only does alcohol impair teens' cognitive functions, it also impairs their impulse control. As parents and concerned adults, we need to do whatever it takes to reduce these risks. The major key is to reduce underage access to alcohol.

Parents, talk to your children and teens about alcohol. Be clear about your expectations so that they remain alcohol free. Discuss their hopes and dreams for their futures and point out that alcohol won't help them achieve any of their goals. Don't serve alcohol to minors at home or other events, and keep alcoholic beverages secure. When teens

are home and unsupervised during the summer months or after school, they are more at risk for drinking if the beverages are readily available.

For more information and resources related to underage drinking, visit www.guideinc.org or contact Mahuli Jakubek at Mahuli@guideinc.org. Gwinnett United in Drug Education, Inc. (GUIDE, Inc.) is a substance abuse prevention agency serving Gwinnett since 1986, and has been spearheading efforts to reduce underage alcohol use. Parents can access information about alcohol and teens at their website, www.SaveBrains.org.

Dining on a budget

Tossed Salad and Dressing

Make a tossed salad using any combination of the following raw vegetables: lettuce, cucumber, tomato, pepper, cabbage, celery, carrot, radish, avocado, spinach, kale, cauliflower, broccoli, and/or onion.

Top with one of the following dressings to keep the fat calorie level low:

Russian Dressing

- 1 cup low-fat (1 percent) cottage cheese
- ¼ cup lemon juice
- ½ cup tomato juice

Blend all ingredients together with a hand beater until very smooth. Store leftover dressing in a covered jar in the refrigerator.

Tomato Dressing

- 1 cup tomato juice
- 2 tablespoons lemon juice or vinegar
- 2 tablespoons onion, minced
- 1/8 teaspoon pepper
- Pinch garlic powder, if desired

Combine all ingredients in blender and shake vigorously in a tightly covered jar. Store leftover dressing in the refrigerator.

For more healthy salad and dressing recipes, contact Ines Beltran, FACS Agent, Gwinnett County Cooperative Extension Service at 678.377.4010 or ines.beltran@gwinnettcountry.com.

Take a vacation from allergies

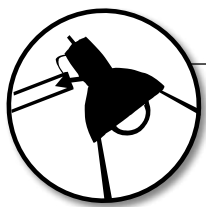
When taking road trips this summer you may travel to areas of the country with weed and grass pollen that may make allergy symptoms – like sneezing, runny nose, and itchy and watery eyes – flare. It's important to know what you can do to prepare should these symptoms arise and that many allergy medications may cause drowsiness.

When traveling by car, you also need to keep in mind that your car is an extension of your home. Allergens like dust mites, indoor mold spores, pollen, and other substances can be lurking in your car's carpeting, upholstery, or ventilation systems. Learn how to control your summer allergy symptoms with simple prevention and treatment options.

There are simple steps you can take to control summer allergy symptoms before hitting the road:

- Plan ahead by checking the local allergy forecast at your destination to be prepared for high pollen count days that may cause symptoms to flare
- Keep the car windows closed and turn on the air conditioner to make sure you circulate clean air. Outdoor allergens, such as pollens and molds, are also potential hazards, especially when traveling in your car with the windows open
- Before getting in the car, turn on the air conditioner and open the windows for at least 10 minutes to help remove dust mites and molds that may be in the system
- Turn off the air conditioner before you leave the car and let the blower run for a short time to dry the vents and prevent moisture collection
- Prevention is sometimes not enough to control your allergy symptoms, so you may need to treat them with over-the-counter medication
- Know the symptoms of summer allergies, so that when they hit you can act quickly to treat them. There are convenient over-the-counter allergy medications available that can provide up to 24-hour, non-drowsy relief from allergy symptoms
- Be prepared for summer road trips by packing quick dissolving allergy medications, which can be taken "on-the-go" without water, in your car, or luggage to relieve allergy symptoms

Adapted from www.allergyactionplan.com



Senior Services Spotlight

Feeling fine at 89

Hazel McArthur is hoping to reach her centennial and she's not far off. At 89, Ms. Hazel regularly attends the Lawrenceville Senior Center. She was first exposed to the "senior life" by working at a retirement community as the Activity Director for 20 years.

Ms. Hazel said, "Our seniors want to do things that make them feel outgoing and vibrant. I had fun planning different activities to get them involved."

From her experience, she saw the importance of staying active. Today, at the Lawrenceville Senior Center, she is a member of the Red Hat Society and continually encourages others to become involved in the activities the center has to offer.

She stumbled upon the center by walking in the park one day and decided to come in to enjoy a meal. "The meals here are very conducive to my dietary needs," Ms. Hazel said.



Ms. Hazel motivates others to stay active

Those meals have become so much more. She has developed valuable friendships that started at the center and have extended to after hours. "Sometimes I get together with people from the center on the weekends and we go different places to eat," she said.

Ms. Hazel has even been on a bus tour from Georgia to Florida with her friends from the center and plans to go to Missouri later this year.

Activities and field trips are planned for seniors ages 60 and over at three Gwinnett senior centers located in Lawrenceville, Norcross, and Buford. Seniors are able to gather, socialize, and remain active. If you're interested in touring one of the centers, please call 678.377.4150 or visit www.gwinnettseniorservices.com to find out more about Gwinnett Senior Services.

8 signs of heat overexposure

In the summer months, excessive heat may make it uncomfortable for many people. Here are eight signs that you may be suffering from heat overexposure:

1. Heavy sweating; if heat stroke sets in, the body can no longer compensate and stops sweating
2. Pale skin
3. Muscle cramps
4. Feeling tired and weak
5. Altered mental status (confusion or disorientation)
6. Headache
7. Becoming semi-conscious or passing out
8. Nausea or vomiting

To avoid heat overexposure, be sure to stay in relatively cool areas, drink lots of water, and eat light well-balanced meals regularly.

Gwinnett County Senior Services offers programs at three centers: Lawrenceville, Norcross, and Buford.
www.gwinnettseniorservices.com

eventcalendar

For the most current class listing at Centerville Community Center, visit www.centervillecommunitycenter.com.

art

Hand Making Paper for Seniors 50+

Wednesday, August 15 from 10:00am – noon. Explore old and new ways of making paper pulp and turning recycled paper into beautiful handmade sheets, cards, journals, and more. Cost: \$1 per person in cash with exact change. Space limited to first six. To pre-register, call 770.985.4713.

career

Career Services • Closing the Deal – The Art of Effectively Closing the Interview • FREE!

Saturday, June 23 from 9:00am – noon. Learn how to make your closing statement count at the end of a job interview; briefly summarize why you are the right candidate for the job; and create a statement that will leave a lasting impression on interviewers. For class information, contact frpeake@aol.com. To pre-register, call 770.985.4713.

Toastmasters of Centerville

Thursdays at 7:00pm. Lose your fear while learning to become a better public speaker, deliver great presentations, lead teams effectively, and give and receive constructive evaluations. For more information, e-mail Linda Buckley at lbuckley1188@gmail.com.

clubs

Wii™ Exercise, Billiards, Table Tennis, Bridge, Bunko, Canasta for seniors 50+

Mondays from 9:00am – noon. Senior adult groups or individuals are welcome to use community center as a meeting place. Call 770.985.4713 for information.

Clicks and Sticks Knitting Guild

Second Thursdays from 7:00pm – 9:00pm. For all experience levels. Cost: \$25 per year (first meeting free) to fund charity knitting and educational sessions. Contact the Guild at 770.413.6171 or info@clicksandsticks.com.

Red Hat Society • FREE!

Third Thursdays at 7:30pm. Cayenne Peppers of Centerville is looking for red and pink hatters to join the society. For information, please call Julie Belk at 770.860.8698 or 770.985.4713.

Atlanta SCRABBLE® Club

May 12 and June 9 from 10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month. For more information, e-mail doc2barbara@gmail.com or call 770.557.1343.

dance

Belly Dancing for Ages 13 to Adults

Mondays from 7:00pm – 8:00pm. May 7 – June 18 (no class May 28). Low- to no-impact exercises can be modified to suit individual. Cost: \$42 for six weeks. To pre-register, call 770.985.4713. E-mail costoluto.g@gmail.com with questions.

Jazz for Ages 5 to 11

Tuesdays from 5:00pm – 6:00pm. Session I: August 14 – September 18; Session II: September 25 – October 30; Session III: November 6 – December 11. Cost: \$45 per six-week session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

Pre-Ballet/Tap for Ages 3 to 4

Saturdays from 8:30am – 9:30am. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 3. Session III: November 10 – December 15 (no class November 24). Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

Ballet/Tap I for Ages 5 to 7

Saturdays from 12:10pm – 1:10pm. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 3. Session III: November 10 – December 15 (no class November 24). Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

Ballet/Tap II for Ages 6 to 8

Saturdays from 9:30am – 10:30am. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 3. Session III: November 10 – December 15 (no class November 24). Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

Ballet/Tap III for Ages 8 to 11

Saturdays from 10:40am – noon. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 3. Session III: November 10 – December 15 (no class November 24). Cost: \$60 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

education for adults

Attracting Butterflies to Gardens

Wednesday, May 9 from 10:00 – noon. Cost: \$1 per person in cash with exact change. Sponsored by Gwinnett Extension Service. Contact Timothy Daly at 678.377.4010. To pre-register, call the community center at 770.985.4713.

AARP Driver Safety Program for Seniors 50+

Mondays and Wednesdays (half days) from 9:30am – 12:30pm on May 14 and 16; July 11 and 13; August 8 and 10. On Wednesday, June 13, (full day) class will be from 9:30am – 4:30pm. Learn defensive driving techniques, adjusting to age-related changes in vision, hearing, and reaction time. For seniors 50+, but anyone with valid driver's license is welcome. For possible insurance discount, contact provider. Cost: \$12 for AARP members with membership card; \$14 non-members. Call 770.985.4713 to pre-register.

Spring Vegetable Gardening

Wednesday, May 16 from 10:00 – noon. Cost: \$1 per person in cash with exact change. Sponsored by Gwinnett Cooperative Extension Service. Contact Timothy Daly at 678.377.4010. To pre-register, call the community center at 770.985.4713.

AARP CarFit Program • FREE!

Thursday, June 14 from 9:30am – 1:30pm. Interactive, customized educational program to improve older driver safety ensuring safest "fit" for drivers in their vehicles, with recommendation on adjustments, adaptations, and more. To pre-register, call 770.985.4713.

Composting and Soils

Wednesday, June 20 from 1:00pm – 2:00pm. Class will cover the importance of having soils that produce healthy plants and practical methods of composting. Cost: \$1 per person in cash with exact change. Sponsored by Gwinnett Cooperative Extension Service. For class information, contact Timothy Daly, 678.377.4010. To pre-register, call the community center at 770.985.4713.

Interactive Demonstration on Canning and Preserving Fruits and Vegetables

Thursday, July 12; Friday, May 18 or Friday, August 24 from 1:00pm – 2:30pm. Learn the correct way to preserve fruits and vegetables, make your own salsa, proper freezing, and storing. Class includes live demonstration and handouts. So *Easy to Preserve* books will be available for purchase on day of class. Cost: \$1 cash in exact change. For curriculum information, contact Ines Beltran at 678.377.4010. To reserve your seat, contact the community center at 770.985.4713.

GED Preparatory Course

Dates: TBD. Language Arts Writing and Essay, Language Arts, Reading, Social Studies, Math, and Science. Comprehensive review of the six subject areas on the GED exam. Taught using Steck-Vaughn training materials, exclusive distributor of the official GED practice test. Cost: \$20 per student for 14-weeks (including training manual). Sponsored by Catalyst Consultants Unlimited, LLC. For information, go to ccucatalystbooks@gmail.com. For registration and payment, call community center at 770.985.4713.

¡Clases de Computación en Español!

Martes y jueves: 1 al 24 de mayo y el 28 de agosto al 20 de septiembre de 6:30pm – 8:30pm. Sabados: 25 de agosto al 15 de septiembre de 8:30am – 12:30pm. Edúquese y aprenda como hacer documents profesionales en Word, presentaciones en PowerPoint, libros de trabajo en Excel, y mas en Microsoft Office 2010. Precio: \$80 por cuatro semanas. Para mayor información, llame al 678.983.8884 ó ibrahammolina@yahoo.com. Para información sobre el pago e inscripción, llame at 770.982.4647.

Knitting 101

Tuesday, August 28 from 7:00pm – 9:00pm. Learn to knit and purl and consider joining the Knitting Guild. Size 8 needles, worsted-weight yarn (smooth, light-colored Lion's Wool Ease, Vanna's Choice, or Red-Heart 4-ply) required. Cost: \$2 cash with exact change. Class limit is 12. Contact Guild at 770.413.6171 or info@clicksandsticks.com. To register, call 770.985.4713.

Snellville and Centerville Writer's Groups • FREE!

Snellville writers interested in writing novels meet the first and third Tuesdays from 7:00pm – 8:30pm. Centerville writers meet the first and third Thursdays from 10:00am – noon. Critique format; all genres. No registration required for either group. Call 770.985.4713 for more information.

education for youth

GED Preparatory Course

Dates: TBD. Language Arts Writing and Essay, Language Arts, Reading, Social Studies, Math, and Science. Comprehensive review of the six subject areas on the GED exam. Taught using Steck-Vaughn training materials, exclusive distributor of the official GED practice test. Cost: \$20 per student for 14 weeks (including training manual). Sponsored by Catalyst Consultants Unlimited, LLC. For information, e-mail ccucatalystbooks@gmail.com. For registration and payment, call the community center at 770.985.4713.

ABC Math Tutoring for Ages 7 to 10

Tuesdays, August 14 – December 18 (no class November 20) from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grades 4 and 5. Gwinnett's AKS curriculum used to aid students with process skills, numbers and operations, geometry, algebra, and more. Ten students per group. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. Call 404.432.1067 or e-mail atestates@aol.com for class information. To pre-register, call the center at 770.985.4713.

ABC Reading Comprehension Tutoring for Ages 7 to 9

Thursdays, August 16 – December 20 (no class November 22) from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grade 4. Gwinnett's AKS curriculum

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used to aid students with strategies, comprehension, vocabulary, and more. Ten students per group. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. For class information, e-mail atestates@aol.com or call 404.438.1067. To pre-register, call 770.985.4713.

ABC Language Arts Tutoring for Ages 7 to 9

Saturdays, August 18 – December 15 (no class November 24) from 12:30pm – 1:30pm for grades 2 and 3; 1:45pm – 2:45pm for grade 4. Gwinnett's AKS curriculum used to assist students with strategies, grammar, and more. Ten students per group. Cost \$12 per week; first two weeks' fee of \$24 due at registration. For class information, e-mail atestates@aol.com or call 404.438.1067. To pre-register, call the center at 770.985.4713.

events

Kids Fishing Derby! • Saturday • FREE!

May 12 from 10:00am – noon. Enjoy the sport of fishing while trying to catch Big Herman, pond's 30lb. catfish that is still on the loose! Children through age 15 will be able to fish without a license this day, so plan on bringing your poles and we'll supply the bait and prizes. Competition ends at 11:45am; winners will be announced at noon. Parents must be present to sign a waiver in order for children to participate. No need to register, but if you wish to volunteer, call the community center at 770.985.4713.

American Red Cross Blood Drive

Fridays, May 25 and August 31 from 2:00pm – 7:00pm. Every two seconds someone in America needs blood. One pint can save three lives, so donate today. Call 1.800.GIVE.LIFE or visit www.redcrossblood.org. Bring photo ID. Walk-ins welcome, but appointments encouraged. For information, call the community center at 770.985.4713.

exercise

Mommy and Me Fitness

Wednesday, August 22 from 10:30am – 11:15am. Moms, dads, or caregivers and toddlers (18 months – 3 years) bond while learning healthy habits. Cost: \$1 per adult in cash with exact change. To pre-register, call 770.985.4713.

Zumba for Families!

Tuesdays or Saturdays from 7:00pm – 8:00pm. Tuesdays: May 1 – June 5; June 12 – July 24 (no class on July 3). Saturdays: May 5 – June 16 (no class May 26); June 30 – August 4 from 11:00am – noon for adults and kids ages 5 – 17 accompanied by an adult over 21. Get off the couch and have fun in this exhilarating, easy-to-follow, calorie-burning fitness program. Cost: \$45 for individuals 18+ years; \$55 for family of two; \$65 for family of three (\$10 for four or more person(s) in group). Six-week program requires parent participation. For class questions, contact Shellie at 770.708.7022 or e-mail kidzexplore-greatness@gmail.com.

Shohei Ryu Karate

Tuesday and Thursdays from 6:00pm – 6:45pm. June 5 – 28; July 10 – 31; August 7 – 30 for grades 1 – 3; 7:00pm – 8:00pm for grades 4 – 8, 9 – 12, and adults ages 18+. Cost: \$25 per month. No logo uniform required. For class information, e-mail bscurllock@bndustrial.com. To register, call the community center at 770.985.4713.

Walk-a-Weigh Fitness and Nutrition

Thursdays, August 30 – October 4 from 10:30am – 12:30pm. Can't get motivated? Exercise with us and learn healthy cooking and eating habits while losing weight! Cost: \$13 for six weeks payable in cash with exact change. Sponsored by Gwinnett Cooperative Extension Service. For information, e-mail ines.beltran@gwinnettcountry.com. To pre-register, call the center at 770.985.4713.

eventcalendar

health and safety

P.R.I.D.E. (Parents Reducing Injuries and Driver Error) • FREE!

Thursdays, August 30 and October 25 from 6:30pm – 8:30pm. National award-winning course for parents and new/soon-to-be drivers (14 – 16). Learn about the 40 hours of supervised driving required by Georgia law, driver attitude, knowledge, and behavior of parent and teen driver. Parents must attend. Sponsored by Child and Adolescent Resource Education Services. Call 404.578.7629 or e-mail monicaddavis@comcast.net. To pre-register, call 770.985.4713.

mentoring

Law Enforcement Agencies Assisting in Development of Students • Mentoring for Ages 7 to 17

Tuesdays until May 22 from 6:00pm – 8:00pm. Mission is to develop, inspire, empower youth through life changing experiences. Commitment with parent involvement required. Topics: team building, leadership, conflict resolution, self-esteem, bullying, and more. Cost: Non-refundable, yearly application fee of \$15 for returning students; \$20 for new students with a \$5 activity fee every nine weeks for professional speakers and special activities. Contact Karen Foote at info@leadsmentorpro.org. To register, call 770.985.4713.

music

Juice and Cookies Music Exploration for Ages 1 to 5

Wednesdays, May 16 and August 15 from 11:30am – 12:15pm. Interactive rhythm exploration with snack. Cost: \$1 per child in cash with exact change. Registration required. For questions, call 770.985.4713.

summer camps

ABC Tutoring's Summer Reading Camp

Monday to Thursday, June 4 – 28 from 9:00am – 11:30am for grades 1 – 2; 12:30pm – 3:00pm for grades 3 – 4. Jump start your child's progress. Students receive assistance with reading strategies, comprehension, phonics, and vocabulary through the use of interactive games, visuals, and reading booklets during group sessions. Cost: \$60 per week with first week's fee due at registration. For camp information, contact instructor at atestates@aol.com or 404.438.1067. For pre-registration, call the community center at 770.985.4713.

Junior Invention Camp for Grades 3 – 5 and 6 – 8

Monday to Friday from 8:30am – 4:00pm. June 4 – 8 for grades 3 – 5; July 9 – 13 for grades 6 – 8. Camp is designed to expose youth to science, math, technology, and engineering. Their minds are guaranteed to be stimulated while learning many innovative ideas through hands-on activities, experiments, and creative science. Goal is to provide an experiential approach to learning, foster creativity and innovation opportunities to improve in science, math, engineering/technology abilities, develop critical thinking, and more. Topics: Aerospace, friction, classroom planetarium, designing a room, creating lava lamp, robotics, and more! Cost: \$70 per week. For camp information, e-mail Atlanta Public Schools teacher Fran Thompson at fthomps33@gmail.com. To pre-register, call the center at 770.985.4713.

Law Enforcement Agencies Assisting in Development of Students (L.E.A.A.D.S.) Summer Fun and Learning Camp for Ages 5 – 13

Monday to Friday from 8:30am – 6:30pm. June 4 – 15; June 18 – 29. Two-week-long camp provides great fun, field trips, arts and crafts, while reviewing academic knowledge and skills in math, reading, writing, and more to stay sharp for the next school year. Children will also benefit from workshops on conflict resolution, self-esteem, bullying, and more. Cost: \$130 per two-week sessions, \$35 one-time, non-refundable registration fee. For information, call Karen Foote at 404.246.3009 or e-mail info@leadsmentorpro.org. To register, call the community center at 770.985.4713.

Please Pass the Manners: Etiquette for Ages 5 – 10

Monday to Friday, June 4 – 8 from 9:00am – 1:00pm; July 16 – 20 from 1:00pm to 5:00pm. Fun-filled camp with educational activities focusing on social skills, self-esteem, party and dining manners, and more. Cost: \$10 non-refundable registration, \$45 course fee (includes workbook, tote bag, fine dining experience, and more). Call 678.826.9228 or e-mail natbrownmodels@gmail.com for information. To pre-register, call the community center at 770.985.4713.

Starquest Tutoring Service: Rising Readers Summer Camp for Grades 5 – 8

Monday to Friday, June 4 – 15 from 10:00am – 1:00pm. Middle school students are prepared for a successful school year with powerful reading techniques to increase reading speed, comprehension, memorization techniques, ways to store and recall vocabulary words and history dates using mnemonics, study strategies, vocabulary development, and more. Only 12 slots available, so don't delay! Cost: \$60 per week with \$5 sibling discount due at registration. Bring your lunch and snacks. For camp information, contact Gaynelle White, Ed. S., at 770.972.5151 or gaynellewhite@yahoo.com. For pre-registration information call the community center at 770.985.4713.

Cultural Food Camp for Ages 8 to 12

Monday to Friday, June 11 – 15 and June 25 – 29 from 10:00am – noon. July 16 – 20 from 1:00pm – 3:00pm. Your children's taste buds will be tickled with mouth-watering flavors of foods from around the world: Italian eggs, Nigerian salad, Mexican guacamole, and more. They will share ideas on how to turn class recipes into their own signature recipes at home. Youth will learn about writing recipes and will place them in their own unique cookbooks. Skills covered: math (measurement), reading, writing, vocabulary building, communication, following directions, visual processing, social skills, and more. Cost: \$12 per person. For camp information, call The Little Red Math and Grammar School, 404.826.6818. For pre-registration and payment information, call 770.985.4713. Children with learning disabilities are welcome.

Etiquette for Everyone for Ages 11 – 14

Monday to Friday from 1:00pm – 5:00pm. June 11 – 15 and July 9 – 13. Interactive workshops focused on polishing image. Topics: conversation, body language do's and don'ts, self-esteem, social skills, table/dining manners, and more. Cost: \$10 non-refundable registration, \$45 course fee (includes light snack, workbook, and certificate). Call 678.826.9228 or e-mail natbrownmodels@gmail.com for information. To pre-register, call 770.985.4713.

Exploring Science Camp for Ages 8 – 11

Monday to Friday from 1:00pm – 3:30pm. June 11 – 15. Enjoy Earth Science, Life Science, and Physical Science through exploration and hands-on activities about minerals, fossils, volcanoes, cells, electricity, magnetism, chemistry, and more! Camp led by experienced science teacher with master's degree in education, a homeschool teacher, and assistants. Cost: \$65 per week (\$5 sibling discount) with all materials and equipment included. Don't delay, only 16 spots available! For more information, call the community center at 770.985.4713.

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eventcalendar and news

centerville community center calendar

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“Little Masterpieces” Music and Drama Camp for Ages 4 to 7

Monday to Friday from 9:00am – 1:00pm. June 11 – 15. Cost: \$15 non-refundable registration fee and \$40 camp fee. Camp will cultivate imagination and inspiration. Campers will engage in fun musical activities, crafts, movement, and drama. A special end-of-class mini-performance will be prepared for family and friends. Camp is limited to 12 children. For camp information, contact Jeneen Hammond at 678.765.2865 or mppacinfo@charter.net. For pre-registration and payment information, call 770.985.4713.

Make-and-Take ART Camp for Ages 8 to 12

Monday to Friday from 1:00pm – 3:00pm. June 11 – 15. This summer your child will enjoy paper cutting, flower arranging, tie-dyeing, puppet making, and more! Without knowing, they will practice skills in reading, listening, following directions, verbal communication, vocabulary building, hand-eye coordination, social skills, and more. Cost: \$15 cash in exact change per person. For camp information, call The Little Red Math and Grammar School at 404.826.6818. For pre-registration and payment information, call the community center at 770.985.4713. Children with learning disabilities welcome.

Babysitter’s Training for Ages 11 – 15

Friday, June 15 or Saturday, June 16 from 9:00am – 2:00pm. Youth will learn basic childcare, safe play safety, First Aid, professionalism, and leadership skills. Cost: \$65 for materials and certification by the American Red Cross. Minimum of six participants required to hold class. For course information, e-mail kimlafourche@aol.com. For pre-registration and payment information, call community center at 770.985.4713.

Cheer and Tumbling Camp for Ages 5 – 8

Monday to Friday from 9:00am – noon. June 18 – 22. Children learn basic cheerleading skills: arm and leg positions, jumps, tumbling, and music-accompanied dance routines. Also learn tumbling and movement skills: rolling, jumping, cartwheels, beam skills, and basic coordination. Cost: \$60 per week with snacks and crafts included. For class information, contact maggie.walls@gmail.com or call 770.985.4713.

It’s Your Planet, Love It! Day Camp for Girls Ages 5 – 18 • Girl Scouts of Greater Atlanta

Monday to Friday, June 18 – 22 from 8:30am – 11:30am. Join us for a great week of fun and friendship. You’ll enjoy outdoor cooking, mad science, games, nature exploration, camping skills, arts and crafts, and more! Cost: \$25 (includes all activities, snacks, and patch). For more information, contact Martha Whitman at mwhitman@gsgatl.org or 404.889.0953. To register, contact the community center, 770.985.4713.

Karaoke Camp for Ages 8 to 12

Monday to Friday from 9:00am – noon. June 18 – 22. Cost: \$15 non-refundable registration fee and \$35 camp fee. This singing camp is designed to enhance vocal skills and build confidence. Campers will engage in a blend of fun vocal exercises and performance etiquette essentials as they prepare for an end-of-the-week mini concert. This camp is limited to 15 children. For camp information, contact Jeneen Hammond at mppacinfo@charter.net or 678.765.2865. For pre-registration and payment information, call the community center at 770.985.4713.

Karaoke Camp for Ages 13 to 17

Monday to Friday from 1:00pm – 4:00pm. June 18 – 22. Cost: \$15 non-refundable registration fee and \$35 camp fee. This singing camp is designed to enhance vocal skills and build confidence. Campers will engage in a blend of fun vocal exercises and performance etiquette essentials as they prepare for an end-of-the-week mini concert. This camp is limited to 15 youth. For camp information, call Jeneen Hammond at 678.765.2865 or send an e-mail to mppacinfo@charter.net. For pre-registration and payment information, call 770.985.4713.

calendar

For the most current class listing at Buford Human Services Center, please visit www.gwinnettbhsc.com.

Canasta and Rummikub

Tuesdays and Thursdays from 1:30pm – 2:30pm. Make new friends while learning to play Canasta and Rummikub. If interested, call Shirley at the Buford Senior Center at 770.614.2541.

Gamblers Anonymous • FREE!

Wednesdays from 6:30pm – 8:30pm. Gamblers Anonymous is a program for the individual, their family members, friends, and loved ones of gamblers who have been

affected by gambling. This group is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem. Call the Buford Human Services Center at 770.614.2526 for more information.

Project Safe Place

The Buford Human Services Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger or are in an unsafe environment. Service is provided by the Gwinnett Children’s Shelter. Visit www.gwinnettchildrenshelter.org or call 770.985.4713.

How to handle temper tantrums

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- Set realistic limits and regular routines, such as meal-times and bedtimes
- Offer acceptable choices. Don’t ask if your child wants a nap unless they can say no
- Choose your battles and avoid fighting over little things

- Give your child a few minutes warning before ending or changing activities
- Help your child find a balance between challenging activities and ones that are too hard

Source: From *Development and Family Studies*, Iowa State University, Alicia Tieskoetter and Diana L. Baltimore

Starquest Tutoring Service: America’s Story Social Studies Camp for Grades 5 – 8

Monday to Friday, June 18 – 22 from 2:00pm – 5:00pm. Many children experience learning loss if not actively engaged in educational activities during summer months. America’s Story is designed to help students maintain and enhance social studies skills using primary sources, role-play, maps, transcripts, audio, photos, statistics, timelines, and simulations. Camp activities teach powerful techniques to increase reading speed, comprehension, memorization techniques, ways to store and recall history dates using mnemonics, and more. Only 12 slots available, so don’t delay! Cost: \$60 with \$5 sibling discount due at registration. Bring your lunch and snacks. For camp information, contact Gaynelle White, Ed. S., at 770.972.5151 or gaynellewhite@yahoo.com. For pre-registration information call the community center at 770.985.4713.

Starquest Tutoring Service: MathMagic Summer Camp for Grades 5 – 8

Monday to Friday, June 18 – 22 from 10:00am – 1:00pm. Would you like to enhance your math skills or develop new strategies for the upcoming year? MathMagic can help! All materials are in accordance with the New Georgia Performance Standards, and taught by a certified educator. Only 12 slots available, so don’t delay! Cost: \$60 with \$5 sibling discount due at registration. Bring your lunch and snack. For camp information, call Gaynelle White, Ed. S., at 770.972.5151 or e-mail gaynellewhite@yahoo.com. For pre-registration information, call the community center at 770.985.4713.

Championship Chess and Tennis Summer Camp Ages 7 to 14

Monday to Friday, June 25 – 29; July 9 – 13 from 1:00pm – 5:00pm. Championship Chess, leader in scholastic chess, assists developing children’s minds into strong players. Studies confirm that chess contributes to academic benefits for children in improved math, reading, and problem-solving skills. Cost: \$65 per week (\$3 sibling discount). Camp includes snack, tournament, pizza party, and practice sheets. Instructor provides chess sets, rackets, and balls for camp use. For curriculum information, contact instructor Rodney Lewis at 770.560.1071 or rodneylewis33@gmail.com.

Conversational Spanish for Kids Ages 8 – 12

Monday to Friday from 3:30pm to 4:30pm. June 25 – 29 and July 23 – 27. Give your child the gift of learning another language. It will help their understanding and appreciation of other cultures and the world around them. Cost: \$10

non-refundable registration fee with \$40 for the week. E-mail Grisel Amargos at spanishteachersn@aol.com for information. For pre-registration and payment information, call the community center at 770.985.4713.

Sports Readiness and Fitness Camp for Ages 3 – 5

Monday to Friday from 9:00am – 11:00am. June 25 – 29. Participants explore the fundamentals of soccer, softball/baseball, track and field, and gymnastics through movement exercises, games, and songs. Program explores the basics of movement, shows how muscles work, and reinforce the importance of safety in sports and exercise. Cost: \$40 per week with snacks and crafts included. For class information, contact maggie.walls@gmail.com or call 770.985.4713.

Video Creation Camp for Ages 8 to 12

Monday to Friday, June 25 – 29 from 1:00pm – 3:00pm; July 16 – 20 from 10:00am – noon. Watch out Hollywood, here comes America’s newest idols! Campers will write, cast, and record their own mini-movie by working in teams, creating, recording, and editing their production until it’s ready for DVD format. Serve the popcorn and dim the lights because a Star is born at the Video Creation Camp! Topics and skills: brainstorming, collaborating, reading, writing, vocabulary building, planning, social skill development, and more. Cost: \$20 per child (\$5 sibling discount). For camp information, call The Little Red Math and Grammar School, 404.826.6818. For pre-registration and payment information, call 770.985.4713. Children with learning disabilities are welcome.

Kids Exploring Greatness Summer Camp for Ages 5 – 14

Monday to Friday from 8:30am to 6:30pm. July 9 – 20. Youth will enjoy kick boxing, yoga, Pilates, Zumba, tennis, swimming, a personal fitness trainer, great food prepared by a certified nutritional counselor and chef, new friends and an amazing time! Youth will also work on a summer academic Bridge Works program to stay sharp for the upcoming school year. Cost: \$75 per week with \$45 one-time, non-refundable registration fee. For camp information, contact Shellie at 770.708.7022 or e-mail kidzexplore-greatness@gmail.com. For registration and payment, contact the community center at 770.985.4713.

For information on additional camps, please call the Centerville Community Center, 770.985.4713.

eventcalendar and news

For the most current class listing at Norcross Human Services Center, please visit www.gwinnettnhsc.com.

camps

Girl Scouts Camp for Ages 7 to 12

Thursdays from 9:00am – 3:00pm. June 4 – 21. Cost: \$40 per week includes lunch, breakfast, snacks, and field trips. Girl Scouting builds girls of courage, confidence, and character who make the world a better place. Space is limited. Please register in person at the Norcross Human Services Center. For more information, call 770.638.5661.

Latin American Association Camp for Ages 6 to 13

Monday to Friday from 8:00am – 5:00pm. June 4 – 29. Cost: \$25 to \$65 a week on a sliding fee scale and includes lunch and afternoon snacks. Space is limited. Unique opportunity for low-income students to increase their abilities in math, science, reading, and writing while taking part in both enrichment and recreational activities. Inspira's goal for the summer is to provide a positive, safe, healthy, and caring environment where students can maintain and improve academic skills. Each class has a teacher, intern, and volunteers to assist the students. Focus will mainly be on math and science. Students will be assessed before and after camp. Character building, fun athletic activities, and in-house field trips are also included. For more information and to register, call the Latin American Association at 678.205.1018.

S.T.E.M. Summer Camp for Grades 1 – 8

Monday to Friday from 9:00am – 4:00pm. June 4 – 29. Science Technology Engineering and Math Camp. Cost: \$65 per week, an additional \$55 for siblings. Supply fee of \$50 for all four weeks. A nutritious breakfast and lunch is included, but parents should supply an afternoon snack. Students will participate in group activities, arts and crafts, reading, writing, computer, and physical activities. Games will entertain and challenge them. They will experience hands-on projects to build models and learn problem-solving for real-world situations. Services are provided by One 2 One Educational Support, Inc. Call camp director at 678.230.4027 with any camp questions. Please register in person at the Norcross Human Services, 770.638.5661. Payment must be by check or money order only.

Mathematics Workshop for Grades 5 – 8

Monday to Friday. July 23 – 27. Two-hour sessions for grades 5 – 6 from 9:00am until 11:00am; grades 7 – 8 from 1:00pm until 3:00pm. Cost: \$50 includes supplies. Sharpen your child's math skills and get ahead of peers before the start of school. Most students experience a loss of valuable information during the summer and usually become frustrated at the beginning of the school year. This math workshop will review familiar topics and introduce new skills in a small group session. Program provided by One 2 One Educational Support, 678.230.4027. Pre-register and make payment at Norcross Human Services Center, 770.638.5661.

computer classes

The Norcross Human Services Center would like to partner with a nonprofit organization or government agency to teach computer classes. Space is available to

NHSC partners with nonprofit organizations to bring free or reduced-cost programs to our community. These partners enjoy free use of space for their service to our community. For consideration, please request a proposal packet by calling 770.638.5661 or e-mailing ingrid.patrick@gwinnettcountry.com

hold classes during the day, night, or Saturdays. Eleven computers are available. No fee to use space or equipment if class meets NHSC guidelines and offers the class for free or at a reduced cost. To request a proposal packet, e-mail Ingrid.Patrick@gwinnettcountry.com or call 770.638.5661.

Computers for Seniors • FREE!

Tuesdays from 9:00am – 11:00am. Ages 60+. Come learn in this mixed-level setting. Classes are ongoing. Must register by calling each Monday and selecting the class you wish to attend that week. Only one class selection per person. Space is limited. Call 770.638.5661 to register.

Computer Classes • FREE!

Thursdays from 9:00am – 11:00am. Classes start August 2 until September 6. For all ages. Come learn in this mixed-level setting. Classes are ongoing. Must register by calling each week. Space is limited. Please call 770.638.5661 to register.

Esencial de Internet en Español • ¡Gratis!

Lunes de 3:30pm – 6:30pm. Esta clase es para jóvenes que todavía están aprendiendo inglés. Se conduce en un laboratorio de computadoras. Les ayudara a aprender el mundo virtual y a entender su terminología en inglés. Esta clase es proporcionada por el Centro de Servicios Comunitarios para los Asiáticos Pacíficos (CPACS). Para mas información y para inscribirse en esta clase, por favor llamar a CPACS al 770.936.0969.

crafts

Scarf Making • Tuesdays and Thursdays • FREE!

9:00am – noon. Class intended for beginners only; participants provide own supplies: two knitting needles and yarn. Space is limited; Call the Norcross Human Services Center to register, 770.638.5661.

Como Hacer Bufandas • Martes y Miércoles • ¡Gratis!

9:00am – noon. Estas clases es para principiantes solamente; el participante provee sus propios materiales; tejidos con dos agujas y lana; el espacio es limitado; para inscribirse llamen al Centro de Recursos Humanos de Norcross al 770.638.5661.

education for adults

Life Skills Classes • FREE!

Flexible schedule; advance registration necessary. Classes open to all those who are applying for financial help from the Department of Family and Children Services (DFCS). Program designed to assist participants in becoming self-sufficient. Class provided by the Gwinnett County Cooperative Extension Service. For class scheduling and registration, please call 678.377.4032.

Clase de Habilidades para Mejor Vida • ¡GRATIS!

Los horarios varían para acomodar más variedad de necesidad; se requiere hacer cita avanzada. Clases abiertas a todo el publico y para aquellos que están aplicando para ayuda financiera del Departamento de Familias y Niños (DFCS). Este programa esta diseñado para asistir a los participantes en hacerse autosuficientes. Clases en español e inglés. Las clases son gracias a la Universidad de Georgia y la Extensión del Condado de Gwinnett; para horario y inscripción de clases, llame al 678.377.4032.

Clases de Crianza Aprobadas por la Corte • ¡GRATIS!

Martes de 6:30pm – 8:30pm. Instrucción en español. Serie de ocho secciones las cuales enseñan con el método PASOS. Entenderse usted mismo y su hijo o

hija; entender su sentimientos; darse fuerzas a sí mismo y su hijo/a; escuchar y hablar con su hijo/a; ayudar que su hijo/a cooperen; disciplina que sirve, escoger la que major le sirva; drogas y alcohol. Estos son algunos de los métodos de crianza. Para más información y para inscripción, comuníquese con el Gwinnett Children's Shelter al 678.546.8770.

CDA Credential Course

Saturdays from 9:00am – 3:30pm. Nationally recognized child development credential provided by Quality Care for Children. Course for child care teachers and family child care providers. Must be 18 years of age, have a high school diploma or equivalency, have 480 hours (four months) of experience with children from birth to 5 by the end of the course, and currently work directly with a group of infants, toddlers, or preschool children in a Bright From the Start-licensed child care center or registered family child care home. Cost: \$130 monthly fee; full scholarships are available for Family Child Care CDA candidates. Please contact Quality Care for Children at 404.479.4230 for more information.

education for youth

Internet Essentials in Spanish • FREE!

Mondays from 3:30pm – 6:30pm. Class for young adults with limited English language skills. Class will be held in the computer lab. This course will help youth learn basic essentials needed to survive the World Wide Web and understand related English terminology. Class provided by the Center for Pan Asian Community Services (CPACS). For more information and for registration, please call CPACS at 770.936.0969.

Math and Reading Tutoring

Tuesdays from 4:00pm – 5:00pm, 5:00pm – 6:00pm, or 6:00pm – 7:00pm. Grades K – 12. Cost: \$12 per hour session or \$20 for two consecutive sessions. Students will master skills through a learning plan and receive support that will improve their academic standing with regular attendance. Tutoring is provided by a certified teacher. Call One 2 One Educational Support, Inc. 678.230.4027 to set date and time, then register in person at the Norcross Human Services Center.

Money Management and Life Skills

Saturdays from 10:00am – 11:30am. Ages 12 to 24 years. Class size is limited. Help youth succeed in every area of their lives by giving them the skills they need. Cost: \$5. Program provided by Bridging the Gap Independent Living and Resource Center, 678.467.0159. Register in person at the Norcross Human Services Center. For more information, call the center at 770.638.5661.

exercise

Walking Club • FREE!

Tuesdays at 11:00am. For adults. Group will walk NHSC, parking lot, and surrounding area. Please consult with your physician before starting this or any exercise program. Register in person on the day of class or call the Norcross Human Services Center at 770.638.5661 to reserve a space.

Fitness Express • FREE!

Thursdays from 11:00am. For adults. Meet in second floor classroom. Blast calories and sculpt your body from head to toe with this 30-minute cardio and strength workout. Please consult with your physician before starting this or any exercise program. Register in person on the day of class or call the Norcross Human Services Center at 770.638.5661 to reserve a space.

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eventcalendar and news

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events

Asian Countries Display • FREE!

Monday to Friday from 8:00am – 6:00pm until May 31 at the Gwinnett Justice and Administration Center (GJAC) located at 75 Langley Drive in Lawrenceville. Come and learn about the demographics, geography location, and more of different Asian countries. Artifacts of some of the countries in this region will also be displayed. The exhibit is made possible by the members of the Gwinnett Multicultural Advisory Committee (GMAC). Please call the Norcross Human Services Center for more information at 770.638.5661.

health and safety

Project Safe Place

The community center is a registered location for children and teens who are feeling threatened or picked on by bigger, older kids; latchkey children who have lost their keys; runaway teens; those who have been kicked out of their homes; youth with friends who are drinking and driving; those experiencing a family crisis or breakdown in communication; or children from neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. For more information, please call 678.546.8770 or visit www.gwinnettchildrenshelter.org.

language

English Reading and Writing • FREE!

Mondays and Wednesdays from 9:00am – 11:00am. This is an ongoing program for English speaking adults. Classes are taught in an informal setting and mixed levels. Space is limited. Register in class with the teacher. Call the center for more information at 770.638.5661.

English as a Second Language • FREE!

Tuesdays and Thursdays from 9:00am – 11:00am. Classes for adults from any culture or nationality who want to learn or improve their knowledge of English. Classes are provided by the Asian American Resource Center. Call 770.270.0663 or e-mail education@aarc-atlanta.org for more information.

Inglés Escritura y Lectura • ¡GRATIS!

Lunes y miércoles de 9:00am – 11:00am. Programa para adultos que hablen inglés en un formato informal y con niveles mixtos. Espacio limitado. Llame el centro de para registrarse a 770.638.5661.

English as a Second Language (ESL) Literacy and Civics Classes • FREE!

Mondays and Wednesdays or Tuesdays and Thursdays from 6:30pm – 8:30pm. New and returning students need to take a test to determine the current level of proficiency. Classes are for adults from any culture or nationality who want to learn or improve English as their second language. Classes are provided by the Asian American Resource Center. Call 770.270.0663 for more information or e-mail to education@aarc-atlanta.org.

mentoring for youth

Girl Scouts

First and third Saturdays with the exception of holiday weekends from 10:00am – noon. Girl scouting builds girls of courage, confidence, and character who make the world a better place. Different age group meets each Saturday. To join the Girl Scouts or for more information, call 770.702.9100.

Reunión de Girl Scouts

Primer y tercer sábado de cada mes con excepción de fines de semanas feriados de 10:00am – mediodía. Girl Scouts ayuda a las niñas a desarrollar la confianza en si mismas, el valor y los principios para hacer del mundo un mejor lugar. Cada sábado hay reunión de topas para diferentes edades. Únase a nuestro grupo multicultural más grande de Norcross. Para inscribirse a las Girl Scouts o para más información, llame al 770.702.9100.

Life Skills and Anger Management

Saturdays from 10:00am – 11:00am. Ages 12 to 24. Space is limited. Call for latest class schedule. Program deals with root causes and will lead youth down the path of healing in order to develop into strong, confident, and stable adults. Cost: \$5 per class. Program provided by Bridging the Gap Independent Living and Resource Center. For details, call 678.467.0159. Register in person at the Norcross Human Services Center, 770.638.5661.

Self-Esteem and Life Skills

Saturdays from 10:00am – 11:30am. Ages 12 to 24. Call for latest class schedule. Program deals with root causes and will lead youth down the path of healing in order to develop into strong, confident, and stable adults. Cost: \$5 per class. Program provided by Bridging the Gap Independent Living and Resource Center. For details, call 678.467.0159. Register in person at the Norcross Human Services Center, 770.638.5661.

multicultural

Multicultural Center for Positive Aging • FREE!

Monday to Friday from 9:00am – 1:00pm. Center open to all seniors 60+. Seniors participate in recreational activities, guest-speaker presentations, and day trip excursions. Some of our current members are from Nigeria, Laos, Korea, Vietnam, Colombia, Puerto Rico, Portugal, Mexico, Ecuador, Peru, Arkansas, Tennessee, Mississippi, the Carolinas, and Georgia. There is no cost to become a member; however, the center welcomes donations for transportation and meals. Non-members, call 770.638.5680 to leave a message and reserve a meal by 1:00pm or send an e-mail to tammy.lea@gwinnettcounty.com.

Centro Multicultural para una Madures Positiva • ¡Gratis!

Lunes a viernes de 9:00am – 1:00pm. El centro está abierto para personas mayores de 60 años. Personas participant en actividades divertidas y estimulantes, ven presentaciones de invitados y grupos especiales, y van en paseos y excursiones. Algunos de nuestros miembros son de lugares como Nigeria, Laos, Korea, Vietnam, Colombia, Puerto Rico, Portugal, México, Ecuador, Perú, Arkansas, Tennessee, Mississippi, las Carolinas, y Georgia. No hay costo para ser miembro del centro. El centro funciona a base de donaciones por la transportación y la comida. Los que no son miembros pueden llamar a reservar un almuerzo para el día que van a venir con tan solo llamar y dejar un mensaje en el número de teléfono 770.638.5680 o pueden mandar un correo electrónico a tammy.lea@gwinnettcounty.com antes de la una de la tarde el día antes de venir.

Citizenship • FREE!

Mondays and Wednesdays from 6:30pm – 8:30pm. Participants will learn history and other current information about the U.S. This program follows the ESL schedule. Instruction provided by the Asian American Resource Center. For more information, call 770.270.0663 or e-mail education@aarc-atlanta.org. Call the center for registration dates and more information at 770.638.5661.

Gwinnett Multicultural Advisory Committee

Fourth Tuesday of each month from 1:00pm – 2:30pm. GMAC collaborates and networks with other organizations to provide resources and education to benefit the diverse communities of Gwinnett County. Your input is welcome as GMAC continues its effort to understand,

value, and incorporate various cultures. The committee meets at the Norcross Human Services Center. Please call 770.638.5661 for more information.

support groups

Gamblers Anonymous • FREE!

Mondays from 6:30pm – 8:30pm. Gamblers Anonymous is a program for individuals, their family members, friends, and loved ones who have been affected by gambling. This group is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem. For more information, please call 678.234.5648.

Clases Prenatales • GRATIS!

Lunes de 9:00am – mediodía. ¿Esta usted embarazada? Ofrecemos un curso especialmente para ti. Clases sobre el embarazo; preparación para el parto; cuidado del recién nacido; alimentación y nutrición materna; como cuidar de su bebe; clases básicas de inglés y mucho más. Si tiene otros niños, se los cuidamos para que puedas participar en las clases sin preocupación. Cuando terminan reciben un certificado en su graduación. Clase en español enseñadas por Saint Joseph Mercy Care. El curso es patrocinado por el Centro de Recursos Humanos de Norcross 770.638.5661. Para inscripción o más información, llame a Gloria Baroni al 678.843.8902.

Court-Approved Parenting Classes

Tuesdays from 6:30pm – 8:30pm. Classes taught in Spanish at Norcross Human Services Center. Offered in English at other locations. Series of eight sessions teaching the STEP method of parenting. For more information and to register, please contact the Gwinnett Children's Shelter at 678.546.8770.

Court-Appointed Special Advocate (CASA) Training

Prior to training, a prospective volunteer completes an application, reference checks, and criminal background check. Once the application has been successfully completed, you will be required to attend a 40-hour training session, which includes 10 hours of court observation. Training sessions vary, but generally last four to six weeks with three-hour classes. Upon completion of the training period, prospective volunteers who have met all requirements are sworn in as officers of the court by a juvenile court judge. For consideration and/or more information, send an e-mail to steve.gill@gwinnettcounty.com or call 770.619.6015.

workshops

Homeowner H₂O • FREE

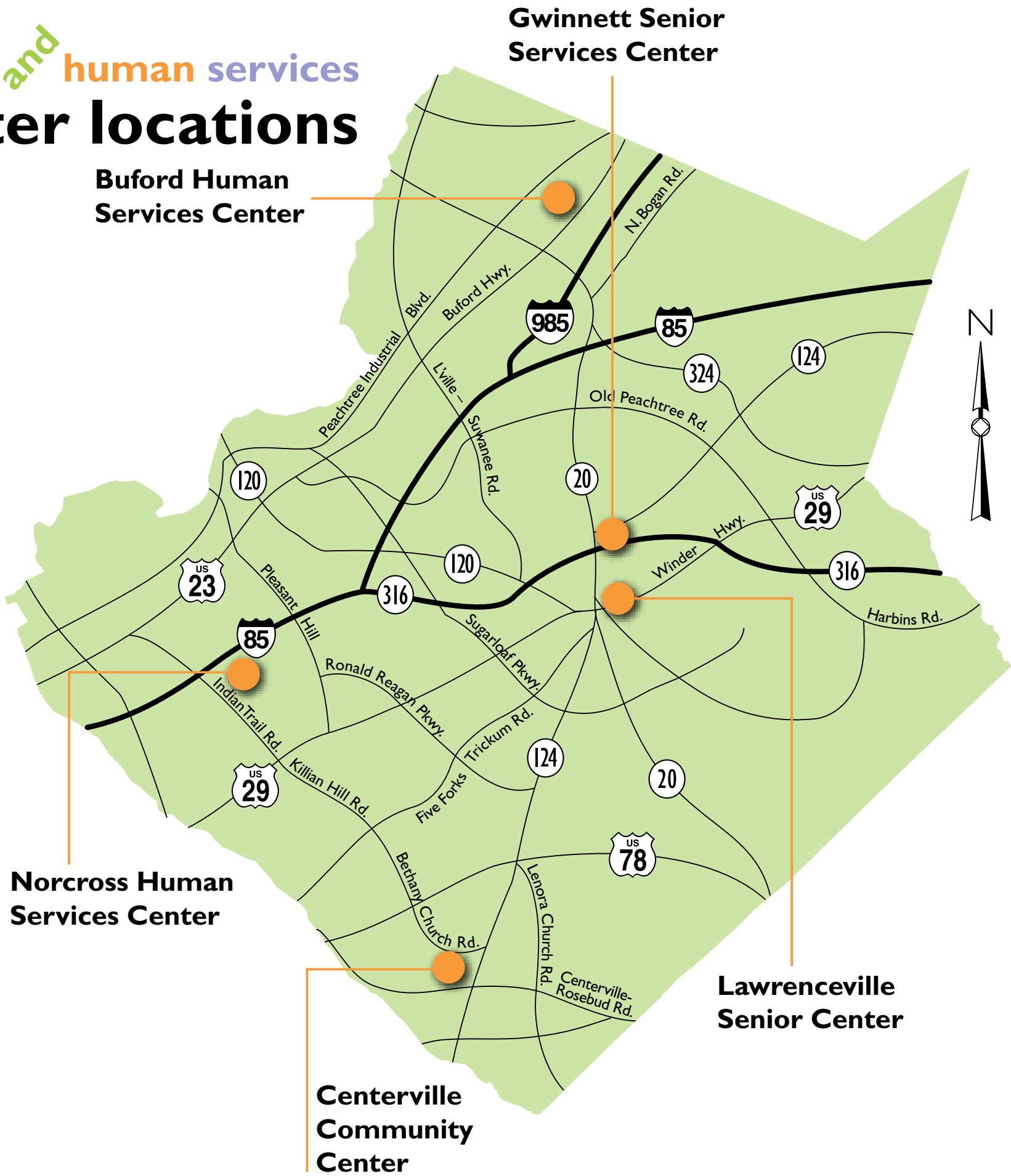
Tuesday, June 12 from 6:00 pm – 7:30 pm. Learn how to reduce your water bill. The presentation will focus on leak detection and repair, installing water-efficient fixtures, and ways to increase your water-saving behaviors. Every participant will receive a low-flow home retrofit kit that includes faucet aerators, a showerhead, an outdoor watering kit that includes an auto-off hose nozzle and a rain gauge, toilet leak detection dye tablets, a guide to perform do-it-yourself home water audit, and information on how to apply for toilet rebate program and receive up to \$200 towards the purchase of new Water Sense toilets for your home. Please pre-register by sending an e-mail to dwrconserve@gwinnettcounty.com and include name, address, and telephone or call 678.376.6722.

Do you know your neighbor?

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Answer: Japanese

health *and* human services center locations



Centerville Community Center

3025 Bethany Church Road
Snellville, GA 30039
770.985.4713
www.centervillecommunitycenter.com

Activities housed in the center include:

- Tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums, mentoring programs, and summer camps
- Educational and enrichment opportunities for youth and adults
- Public and social events for the entire family
- Available rental space for special occasions and events

Norcross Human Services Center

5030 Georgia Belle Court
Norcross, GA 30093
770.638.5660
www.gwinnettnhsc.com

Agencies housed in the center include:

- Norcross Public Health Clinic
- Norcross Senior Center
- Four Corners Primary Care Center
- View Point Health (Mental Health)
- Head Start/Pre-K, Ninth District Opportunity
- Gwinnett County Department of Motor Vehicles (Tag Office)
- A one-stop integrated health and human services center

Buford Human Services Center

2755 Sawnee Avenue
Buford, GA 30518
770.614.2400
www.gwinnettbhsc.com

Agencies housed in the center include:

- Buford Public Health Clinic
- Buford Senior Center
- Department of Family and Children Services (DFCS)
- Partners with other governmental and non-profit agencies to bring programs that benefit the community as well as clients of the service agencies
- A one-stop integrated health and human services center