

health and human services onestop

gwinnettcounty's resource for quality living

news & calendar sept – dec 2010

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Health and Human Services assists Gwinnett's diverse community

Gwinnett County is frequently referred to as "Georgia's most culturally-diverse county." Recent Census estimates show that Gwinnett County is a majority-minority county.

A conscientious effort has been made by Gwinnett County Health and Human Services to provide quality programs to serve various cultures in the community, such as U.S. citizenship courses.

Ingrid Patrick, Norcross Human Services Center coordinator, said, "Norcross Human Services Center has been offering English as a Second Language classes for over 10 years. The center also has life skills, anger management, and parenting classes that are taught in English and Spanish."

"Our Asian and Latin American displays by the Gwinnett Multicultural Advisory Committee at the Gwinnett Justice Administration Center have brought awareness to the community," said **Pat Baker**, director of Gwinnett County Health and Human Services. The Gwinnett Multicultural Advisory Committee (GMAC) was formed to promote an alliance between the different cultures, families, businesses, and the community as a whole.

This past summer, **Brenda Stanley** introduced the Celebrating the Cultures Around the World event, which was held at the Centerville Community Center. The program is designed to embrace other cultures. "It was amazing to hear from my peers of the stereotypes and perceptions they had inherited from childhood. The program was empowering to adults, and I thought it would be great to share it with the youth," Stanley said.



The diverse communities in Gwinnett span across generations, as evident in a recent survey Health and Human Services conducted in its three senior centers. The results show senior center attendees represent 25 different countries of national origin and comprise 22.2 percent of its overall enrollees.

To find out more about the services and programs Health and Human Services has to offer, visit www.gwinnetthumanservices.com.

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 expect the most senior person, by age or position, to make decisions that are in the best interest of the group.

Clue: It is expected that you will use a person's title and his or her surname until invited to use his or her first name.

Clue: They are formal and reserved with a strong need for privacy.

Clue: It is not uncommon for several generations to live together.

Clue: They are known for hospitality and generosity. Guests are always fed.

Clue: Men indicate their respect for women by a tip of the hat, a kiss on the hand, or standing to offer them a seat.

Clue: If you are invited to one's home, bring flowers, chocolates, or imported liquor to the hosts. Give an odd number of flowers; even numbers are used for funerals.

Clue: Leave your napkin on the table when dining; do not put it in your lap.

Clue: Cross your knife and fork on your plate to indicate you have not finished eating. Place your knife and fork across your plate with the prongs facing down and the handles facing to the right when you have finished eating.

Clue: Use an indirect negotiating style. Being too direct is viewed as poor manners.

The answer is on page 7.

Combating domestic violence

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. Domestic violence affects couples who may or may not be married, heterosexual, or living together. Some examples of abuse include name-calling or put-downs, keeping a partner from contacting his or her family or friends, withholding money, stopping a partner from getting or keeping a job, actual or threatened physical harm, sexual assault, stalking, and intimidation.

Anyone can be a victim. Although both men and women can be abused, typically most victims are women. Children in homes where there is domestic violence are more likely to be abused and/or neglected and may have emotional and behavior problems. Children are harmed just by seeing and hearing the violence. If you are being abused, remember: you are not alone, it is not your fault, and help is available.

Abusers are not easy to spot. In public, they may appear friendly and loving to their partner and family. They also try to hide the abuse by causing injuries that can be hidden and do not need a doctor. Often the abuse happens behind closed doors. Abuse does not happen just because someone is stressed-out, drinking, or using drugs; it is an intentional act. Abusers have learned to abuse so that they can get what they want.

Abusers often have low self-esteem and do not take responsibility for their actions. They may even blame the victim for causing the violence. Many abused people do not see themselves as victims. By the same token, abusers do not see themselves as being abusive.

If you feel you are in danger from your abuser at any time, call 911. Get support from friends and family, find a safe place, get medical help, and have a personalized safety plan, which may include leaving and removing your children from the home. If you're considering leaving your abuser, think about four places you can go if you leave your home, people who can help you, lend you money, and take care of your pets. Keep change available for phone calls or have a cell phone ready and open a separate bank account or get a credit card in your name. Put a bag together with clothing, everyday necessities, and identification and hide it where it is easily accessible such as a family member's house.

If you are being abused, contact the 24-hour crisis line for Georgia residents at 1.800.33.HAVEN (42836). If you live outside of Georgia, please call the national domestic violence crisis line at 1.800.621.HOPE (4673). Partnership Against Domestic Violence's Crisis Line in Gwinnett County is 770.963.9799.

Adapted from www.domesticviolence.org

Adult Protective Services program helps seniors and adults with disabilities

The **Adult Protective Services (APS)** program is mandated under the *Disabled Adults and Elder Persons Protection Act* to address situations of domestic abuse, neglect, or exploitation of disabled persons over age 18, or elders over age 65 who are not residents of long-term care facilities.

The purpose of the APS program is to investigate reports alleging abuse, neglect, or exploitation and to prevent recurrence through the provision of protective services' intervention. Principles that guide the assessment consider an adult's right to personal autonomy, self-determination, and the use of the least restrictive method of providing safety prior to more intrusive methods.

Abuse is defined by law as the willful infliction of physical pain or injury, mental anguish, unreasonable confinement, or the deprivation of essential services to a disabled adult. Abuse can take many forms including physical, psychological, and financial abuse, as well as neglect. Adults unable to meet their essential needs may be victims of self-neglect.

Adult Protective Services is available in all Georgia counties. Services might involve finding another residence for the abused person, getting medical help, educating the caregiver on how to care for the older adult, or finding a senior center for the older adult to attend during the day to relieve stress in the home.

Law enforcement, financial institutions, and medical and human services personnel are among those required by law to report suspected cases of adult abuse, neglect, or exploitation to Adult Protective Services. In instances where harm or threat of harm is imminent, call 911 as a first response. In all instances, the identity of the referring source will be kept confidential.

To contact Adult Protective Services, call 1.888.774.0152 toll-free or 404.657.5250.

Adapted from: www.dhr.georgia.gov

New senior services center coming to Lawrenceville

Gwinnett County Senior Services will soon have a new service center located at 567 Swanson Drive in Lawrenceville. "We will not only be providing services to more than 2,000 seniors annually, but also their family members and caregivers," said **Linda Bailey**, Gwinnett Senior Services Manager.

Resources such as home meal delivery, counseling, and respite care will be available at the new location. There will also be two rooms to conduct educational programs and meetings, which will be available to the community in support of seniors.

Pat Baker, Director of Gwinnett County Health and Human Services, said, "Having senior services staff housed together in one building will provide better services to the seniors in Gwinnett through more efficient coordination."

The facility, which sits on 6.4 acres the County already owned, is designed as a LEED Silver building to maximize energy savings. Funding for the center was provided by Recovery Act Community Development Block Grant (CD-BG-R) funds.

For more information on Gwinnett County Senior Services and referrals, call Adrienne Noble at 678.377.4150.



Dining on a budget

Sweet Carrots and Zucchini

6 servings

Ingredients

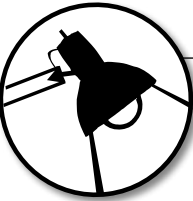
- 1 tablespoon oil
- 6 medium zucchini, cut into thin, crosswise slices
- 6 medium carrots, cut into thin, crosswise slices
- 1 tablespoon honey
- 1 tablespoon lemon juice
- Pepper, if desired

Cooking instructions

1. Heat oil over high heat
2. Add vegetables and fry until crisp and tender
3. Add honey and lemon juice, tossing lightly
4. Season with pepper, if desired; serve immediately

*Per serving – calories: 82; 25% of total calories from fat; total fat: 2 grams; sodium: 28 milligrams; *Vitamin A: 205%; *Vitamin C: 22%; *Calcium: 3%; *Iron: 4%*

** Percentage Daily Values*



Senior Services Spotlight

A successful balancing act of family and career

How does **Millie Cerrone** think she has been able to live to be 100 years old? "I don't get aggravated, and I don't have an enemy in the world. It's your attitude. Accept the good and bad. Don't put pressure on yourself," says Millie.

With four generations now living in Georgia and a beautiful love story to tell, Millie lights up when she talks about her family. She was born in New York City and is the only living child of seven. She married the boy next door and had three children.

When their youngest child graduated from high school, she and husband Ben took up residence in Florida where she found her other passion – volunteering. Millie speaks about the proudest moment of her life, volunteering in a hospice for 16 years. "Whenever they opened a thrift store in the hospice, I was the ribbon cutter. I loved it, working in the hospice and being a volunteer," she said.

Sadly, Ben passed away over 25 years ago. Millie fondly recalls how she met her soulmate through her brothers.



Oftentimes, Ben would come over to hang out with them and Millie would innocently join in on their conversations. Not long after, Ben mustered up the courage to ask Millie's dad permission to date her. To Ben's dismay, Millie chose instead to finish her education at business school. Hence, her dad's response to him was to not ask her out until she was finished, which would be another year. Sure enough, Ben came back a year later. "He was very respectful, as opposed to what we see in the younger generation," said Millie. That is what won her heart.

Millie's own determination to succeed was demonstrated as she became among the first women to be employed on Wall Street in 1928. She remained there until she became pregnant with her first child.

Although she loves to play games on the computer, Millie attends the Bethesda Park Senior Center to play mahjong, an ancient Chinese game, with her daughter and son-in-law the old-fashioned way. Her words of wisdom for the younger generation are, "to pursue your education."

Powerful tools for caregivers

Gwinnett County Senior Services is committed to providing quality services to the community. They have recently embarked on providing a training program called **Powerful Tools for Caregivers (PTC)**. PTC was developed by Legacy Health System's Caregiver Services Department as a six-week educational program to provide family caregivers with tools to increase their self-care and confidence.

Studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Caregivers frequently cite restriction of personal activities and social life as problems. They often feel they have no control over events, and that feeling of powerlessness has a negative impact on caregivers' physical and emotional health.

In the six, two-and-a-half-hour classes, Adrienne Noble, Information and Referral Specialist, and co-facilitator LaTascha Macklin teach caregivers how to develop a wealth of self-care tools to reduce personal stress, communicate their needs to family members and healthcare/service providers, recognize the messages in their emotions, and make tough caregiver decisions regarding placement, driving issues, or finances.

If you are a caregiver and interested in participating in the Powerful Tools for Caregivers training program, please contact Adrienne Noble at 678.377.4150.

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

www.gwinnettseniorservices.com

art

Hand Making Paper for Seniors 50 and Over • Mondays • FREE!
August 16, September 20, October 18, November 15 from 10:00am – noon. Explore old and new ways of making paper pulp and turning recycled paper into beautiful handmade sheets, creating cards, journals, and more. Space is limited to the first 12. For class information, contact sastraylor@gmail.com. For pre-registration and payment information, please contact the center at 770.985.4713.

career

Résumé Writing and Interview Skills • Saturdays • FREE!
October 2, November 6 from 9:00am – 11:00am. Will your résumé catch a recruiter's eye? Has it been a while since your last interview? Organize your job search, update your résumé, prepare for the interview, and receive career transitioning tips. For information, contact Fronzetta Peake at frpeake@aol.com. For pre-registration information, call the center at 770.985.4713.

Toastmasters of Centerville • Thursdays
7:00pm. Lose your fear while learning to become a better public speaker, deliver great presentations, lead teams effectively, give and receive constructive evaluations. Contact Yolondria Tisdell at yharvey76@yahoo.com or Pedro Moro at plmoro@yahoo.com for more information, or call the center at 770.985.4713.

clubs

Atlanta SCRABBLE® Club • Second Saturdays
10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month. Send e-mail to doc2barbara@earthlink.net or call 770.557.1343 for more information.

Bridge or Bunko • Mondays or Wednesdays
9:00am – 3:00pm. Senior adult groups are welcome to use the Centerville Community Center as a meeting place by calling 770.982.4647 for more information.

Charity Knitting • Third Saturdays
1:00pm – 3:00pm. From September – November, knitters will gather to work on projects to be donated to Eastside Medical and Gwinnett Medical Centers. Make new friends and help serve others through charity knitting opportunities. For more information, contact the Guild at 770.413.6171 or clicks_sticks@bellsouth.net.

Clicks and Sticks Knitting Guild • Second Thursdays
7:00pm – 9:00pm. *Clicks and Sticks* serves knitters of all experience levels. Cost: \$25 per year (first meeting free) to fund charity knitting opportunities, educational sessions, and more. For more information, contact the Guild at 770.413.6171 or clicks_sticks@bellsouth.net. To register, call the center at 770.985.4713.

Red Hat Society • Third Thursdays • FREE!
7:00pm. The Cayenne Peppers of Centerville are looking for red and pink hatters to join the society. For more information, call Julie Belk at 770.860.8698 or 770.985.4713.

For more information on room rentals, center programs, or camps, call the Centerville Community Center at 770.985.4713 or visit us at www.centervillecommunitycenter.com.

dance

Pre-Ballet/Tap • Saturdays
8:30am – 9:30am for ages 3 – 4; 12:10pm – 1:10pm for ages 5 – 7. Session I: August 14 – September 25 (no class September 4); Session II: October 2 – November 6; Session III: November 13 – December 18 (no class November 27); Recital: December 18 at 6:00pm at Shiloh High School. Cost: \$55 per six-week session, including recital. Pre-registration and payment required; call 770.985.4713. For information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Ballet/Tap I (ages 5 – 7) • Saturdays
9:30am – 10:30am. Session I: August 14 – September 25 (no class September 4); Session II: October 2 – November 6; Session III: November 13 – December 18 (no class November 27); Recital: December 18 at 6:00pm at Shiloh High School. Cost: \$55 per six-week session, including recital. Pre-registration and payment required by calling 770.985.4713. For class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Ballet/Tap II (ages 8 – 11) • Saturdays
10:40am – noon. Session I: August 14 – September 25 (no class September 4); Session II: October 2 – November 6; Session III: November 13 – December 18 (no class November 27); Recital: December 18 at 6:00pm at Shiloh High School. Cost: \$60 per six-week session, including recital. Pre-registration and payment required by calling 770.985.4713. For class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Jazz for Ages 5 – 7 • Tuesdays
5:00pm – 6:00pm for ages 5 – 7; 6:00pm – 7:00pm for ages 8 – 11. Session I: August 17 – September 21; Session II: September 28 – November 2; Session III: November 9 – December 14; Recital: December 18 at 6:00pm at Shiloh High School. Cost: \$45 per six-week session, including recital. Pre-registration and payment required by calling 770.985.4713. For class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Belly Dancing for Ages 13 – Adults • Tuesdays
August 24 – October 5 (no class September 21) from 7:00pm – 8:00pm. Exercises are low- to no-impact and can be modified to suit the individual. Cost: \$35 for six weeks. For class information, contact lea-blakely@comcast.net. For registration and payment information, call the center at 770.985.4713.

education for adults

AARP Driving Course for Seniors 50 and Over • Mondays and Wednesdays
August 9 and 11; September 13 and 15; October 18 and 20; November 8 and 10; December 13 and 15 from 9:30am – 1:30pm. Refresher course includes topics on defensive driving techniques, how to adjust to age-related changes in vision, hearing, and reaction time. For possible insurance rate discounts, contact insurance provider. Cost: \$12 for AARP members; \$14 for non-members. Must present a current membership card at time of registration and payment. Call 770.985.4713 for more information.

Basic Spanish • Thursdays
September 2 – October 7; October 14 – November 18 from 7:00pm – 8:00pm. Cost: \$65 for six weeks. For class information, contact Grisel Amargos at grisskey@yahoo.com. For pre-registration and payment, call the center at 770.985.4713.

Centerville Writer's Group • First and Third Thursdays • FREE!
10:00am – noon. Critique format; all genres. No registration required. E-mail MsSealofCW@yahoo.com, subject line: Centerville Writer's Group or call 770.985.4713.

Computer Forum • Tuesdays • FREE!
7:00pm – 8:00pm. September 9: Preserve Your Memories; October 19: Get Reconnected to Your Friends and Family Via the Internet; November 16: Protect Your On-Line Privacy; December 7: Staying in Touch. For curriculum questions, call 770.985.1718. To pre-register, call 770.985.4713.

Computer Forum for Seniors 50 and Over • Wednesdays • FREE!
September 22: Preserve Your Memories from 10:00am – 11:00am; October 27: Get Reconnected with Friends and Family Via the Internet from 10:00am – 11:00am; November 17: Protect Your On-Line Privacy from 10:00am – 11:00am; December 15: Staying in Touch from 2:00pm – 3:00pm. For curriculum questions, call 770.985.1718. Must pre-register, call 770.985.4713.

Computer Workshops for Seniors 50 and Over • Mondays or Fridays
10:00am – 1:00pm. Mondays: August 2 – September 27 (no class September 6), October 4 – November 22. Fridays: September 10 – October 29. Learn basics of Microsoft Word and the Internet. Cost: \$15 non-refundable registration fee plus \$11 per week for six weeks (weeks 7 – 8 FREE). For curriculum questions, call 770.985.1718. To pre-register, pay registration plus first two weeks' course fee, call 770.985.4713.

Knitting 101 • Tuesdays • FREE!
August 17, September 21, October 19, November 16 from 7:00pm – 9:00pm. Learn to knit and purl in this beginner's class (children ages 8 – 12 must have an adult learner present). Learn a new craft and consider becoming a member of the Knitting Guild. Bring size 8 knitting needles, worsted- weight yarn (smooth, light-colored Lion's Wool Ease, Vanna's Choice, or Red-Heart 4-ply). Class limited to 12 students. For information, call the Guild at 770.413.6171 or clicks_sticks@bellsouth.net. To register, call the center at 770.985.4713.

Landscaping for Seniors 50 and Over • Mondays
September 20 – October 11 from 9:30am – 11:30am with optional field trip to the Botanical Gardens. Class is designed for seniors gardening from containers, those wishing to learn the basic principles of sustainable residential landscape, and more. Class prize is a two-hour consultation with instructor. Cost: \$50 for four weeks. Contact instructor at vicki.womack@yahoo.com for class information. For registration, call the community center at 770.985.4713.

New Life for Old Landscapes • Thursdays
September 23 – October 14 from 6:30pm – 8:30pm. Time to redo that tired old yard? This fun class is for real people with limited time and budgets, whether you have a green thumb or not. Class prize is a two-hour consultation with the instructor. Cost: \$50 for four weeks. To contact instructor, e-mail vicki.womack@yahoo.com. For registration information, call the center at 770.985.4713.

Not My House – Foreclosure Scam Prevention Workshop • Saturday • FREE!
September 18 from 10:00am – 11:30am. Sponsored by CredAbility. Pre-registration required for participation; call 770.985.4713.

Scam Prevention Workshop • Wednesday, Thursday, or Saturday • FREE!
October 13 from 9:00am – 11:30am; October 30 from 10:00am – 11:30am; November 4 from 6:30pm – 9:00pm. Excellent information for everyone, including senior citizens and their families/caregivers on fighting back against senior scams. Sponsored by CredAbility. Must pre-register to participate; call 770.985.4713.

Snellville Writer's Group • FREE!
First and third Tuesdays, 7:00pm – 9:00pm. For those interested in writing novels. No registration required. Call 770.985.4713 for more information.

education for youth

ABC Math Tutoring for Ages 7 – 10 • Tuesdays

August 24 – December 7 from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grades 4 and 5. Jump start your child's progress and their difficulties with math. Gwinnett's AKS curriculum used to aid students with process skills, numbers and operations, geometry, algebra, and more. Maximum eight students. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. For class information, contact atestates@aol.com or call 404.438.1067. To pre-register, call 770.985.4713.

ABC Reading Tutoring for Ages 7 – 9 • Saturdays

August 28 – December 11 (no class November 27) from 12:30pm – 1:30pm for grades 2 and 3; 1:45pm – 2:45pm for grade 4. Jump start your child's progress and their reading difficulties. Gwinnett's AKS curriculum used to aid students with strategies, comprehension, vocabulary, grammar, and more. Maximum 10 students. Cost \$12 per week; first two weeks' fee of \$24 due at registration. For class information, contact atestates@aol.com or call 404.438.1067. To pre-register, call the community center at 770.985.4713.

Acting Workshop for High School Students Ages 15 – Adults • Saturdays

September 25 – October 23 from 11:15am – 12:15pm. This workshop is designed to build confidence for public performance through various acting techniques, improvisational exercises, and exploration of monologues/scenework. Cost: \$15 non-refundable registration fee with \$50 course fee for five weeks (includes materials and performance). For curriculum information, contact MasterPiece Performing Arts Co., at 678.765.2865 or e-mail mppacinfo@charter.net. To pre-register, call 770.985.4713.

Fun, Interactive Math Workshop for 4 – 10 Graders • Saturday

September 18 from 1:00pm – 2:00pm. Cost: \$40 (10 percent sibling discount for two or more children) includes packet of exercises and copy of "How to Help Parents and Kids Get Over the Fear of Math" book. For curriculum information, please contact mathlonl@hotmail.com. To pre-register, call 770.985.4713.

Knitting 101 • Tuesdays • FREE!

7:00pm – 9:00pm. August 17, September 21, October 19, November 16. Learn to stitch and purl in this beginner's class (children ages 8 – 12 must have an adult learner present). Bring size 8 knitting needles, worsted-weight yarn (smooth, light-colored Lion's Wool Ease, Vanna's Choice, or Red-Heart 4-ply). Class limited to 12 students. For information, call the Guild at 770.413.6171 or clicks_sticks@bellsouth.net. For registration information, call the center at 770.985.4713.

Puppet Making Workshops Ages 4 – 11 • Saturdays

11:00am – 11:50am. September 18: Perseverance and Determination for ages 4 – 11; September 25: Friendship and Compassion for ages 4 – 8; October 2: Friendship and Compassion for ages 9 – 11; October 9: Respect and Kindness for ages 4 – 8; October 16: Respect and Kindness for ages 9 – 11; October 23: Humility and Forgiveness for ages 4 – 8; October 30: Humility and Forgiveness for ages 9 – 11; November 6: Individuality and Discipline for ages 4 – 8; November 13: Individuality and Discipline for ages 9 – 11.

S.A.T. Math Boot Camp • Saturday

October 16 from 12:30pm – 6:30pm. Cost: \$150 (10 percent sibling discount for two or more children) includes packet of exercises and copy of "How to Help Parents and Kids Get Over the Fear of Math" book. For curriculum information, please contact mathlonl@hotmail.com. To pre-register, call 770.985.4713.

eventcalendar

Singing Workshop Ages 8 – 12 • Saturdays

September 25 – October 16 from 12:45pm – 1:30pm. Receive the advantage of private vocal lessons in a peer group setting to develop vocal skills and build confidence for public performance. Cost: \$10 non-refundable registration fee with \$40 course fee for four weeks (includes materials and performance). For curriculum information, contact MasterPiece Performing Arts Co. at 678.765.2865 or e-mail mppacinfo@charter.net. To pre-register, please call 770.985.4713.

Story Time Puppets Ages 18 Months – 4 Years • Mondays

10:30am – 11:30am. September 13, 27; October 11; November 8, 2; December 6. Hands-on puppet creation workshop incorporates story readings, art, and dramatic play, encouraging healthy self-expression, communication, and bonding between caregiver and child (caregiver must participate). Cost: \$8. For curriculum information, contact nina@thesrot.org or 404.518.8833. To pre-register, call 770.985.4713.

Young Entrepreneur Ages 15 – 18 • Saturdays

Dates and times: TBA. Come discover the entrepreneur in you! Topics include Pathway to entrepreneurship, Marketing your Business, Green Idea/Eco-Friendly, and more. Cost: \$30 per class. For curriculum information, contact Atlanta Public Schools teacher at fthomps33@gmail.com. For registration information, contact center at 770.985.4713.

events

American Red Cross Blood Drive • Fridays

September 3, December 10 from 2:00pm – 7:00pm. Did you know that every two seconds someone in America needs blood and just one pint can save three lives? The American Red Cross serves as the bridge between more than four million generous blood donors and millions of patients in need every year. To schedule an appointment, call 1.800.GIVE.LIFE or visit www.redcrossblood.org. Bring photo ID. Walk-ins welcome; appointments encouraged. For more information call the community center at 770.985.4713.

Bingo for Seniors 50 and Over • Wednesday • FREE!

Date: TBA from 10:00 – noon. Sponsored by Laurel Grove.

Holiday Craft • Monday or Saturday

Saturday, December 11 from noon – 1:00pm or Monday, December 13 from 10:00am – 11:00am. Enjoy making a holiday craft with your child (caregiver must assist). Cost: \$5 per child. To pre-register, contact community center at 770.985.4713.

Lend a Helping Hand

To support our community, the Centerville Community Center is collecting canned goods to benefit the Southeast Gwinnett Co-operative Ministry. Please donate canned/boxed food items such as rice, pasta and sauce, soup, dried beans, fruit, vegetables, grits/oatmeal, pancake, powdered or canned milk, vegetable oil, ketchup, mayo, salad dressing, peanut butter, jelly, boxed cereal, sugar, and crackers. Items can be donated at the center Monday through Friday from 9:00am – 5:00pm. To deliver after 5:00pm weekdays or on Saturdays, please call 770.985.4713 to confirm center hours.

Santa's Jingle Bell Rock • Monday

December 13 from 11:00am – 1:30pm. Festive holiday celebration for children and caregivers; yummy snacks and a visit by Santa Claus. To participate, please bring two canned goods per person, five per family or \$3 per person (donations to benefit local food bank). There is no need to register, but if you wish to volunteer for this event, please contact the Centerville Community Center at 770.985.4713.

exercise

Mommy and Me Fitness • Mondays or Wednesday • FREE!

Mondays: August 16, September 20, October 18, November 15, or Wednesday: December 8 from 10:30am – 11:15am. Moms and toddlers (18 months – 3 years) bond while learning healthy habits. Pre-registration required; call 770.985.4713.

Walk a Weigh Fitness and Nutrition

9:30am – 11:30am. Mondays: September 21, 28; October 5, 12. Class moved to Thursdays on October 21, 28. Need to exercise and can't get motivated? Exercise with us, learn about healthy cooking and eating habits, and enjoy losing weight! Cost: \$10 for six weeks. Sponsored by Gwinnett Extension Service. For more information, call Ines Beltran at 678.377.4010. To pre-register and pay, call the community center at 770.985.4713.

family support

12 Steps to Keeping Your Kids Drug Free • Saturday • FREE!

October 23 from 10:00am – noon. For families with school-age children. Learn how to use parenting techniques, discipline tools, and drug and alcohol education to open up communication in the home and prevent substance abuse among children. Sponsored by Family Nurturing Center of Georgia. To register, please call the center at 770.985.4713.

Nurturing Touch • Monday • FREE!

October 11 from 9:15am – 11:15am. For parents with infants and older children. Training encourages a strong parent-child bond, builds empathy for the child, and heightens parent's awareness that babies have thoughts and feelings, just like adults. Sponsored by Family Nurturing Center of Georgia. To register, please call the community center at 770.985.4713.

Parenting Workshop • Tuesday or Saturday

August 28 from 10:00am – 11:30am: How to Have a Successful School Year; August 31 from 6:00pm – 7:30pm: Homework Hassles; September 4 from 10:00am – 11:30am: Developing Responsibilities in Children; September 7 from 6:00pm – 7:30pm: Parenting Under Stress; October 2 from 10:00am – 11:30am: Discipline Matters; October 5 from 6:00pm – 7:30pm: Homework Hassles; October 9 from 10:00am – 11:30am: Developing Responsibility in Children; October 12 from 6:00pm – 7:30pm: Parenting Under Stress. Sponsored by Terri Allen, M.Ed and Gwinnett County Public Schools Professional Counselor. Cost: \$5. For information, contact MrsTFAllen@aol.com. For registration information, call 770.985.4713.

B.U.I.L.D. (Building Up Involved Loving Dads) Fatherhood Program • Thursdays – FREE!

September 9 – December 16 from 6:00pm – 8:00pm. We will support you in raising your children, show you ways to help your kids succeed, connect you with other community help, and teach you skills to help other dads. Program is for dads of all ages. Dinner and rewards at every meeting. Sponsored by the Gwinnett Children's Shelter. For more information, contact Jasmine McCoy at 678.546.8770, extension 251 or at jmcocoy@gwinnettkidshelter.org. ¡Se habla español!

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"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

—Ambrose Redmoon

eventcalendar and news

centerville community center calendar

...cont'd from page 4

health and safety

Overeaters Anonymous • Thursdays • FREE!
7:00pm – 8:00pm. For more information, visit <http://www.oa.org/index.htm> or call the Centerville Community Center at 770.985.4713.

P.R.I.D.E. (Parents Reducing Injuries and Driver Error) • FREE!
August 26 and October 21 from 6:30pm – 8:30pm. This free, national award-winning, course designed for parents and new (or soon-to-be) teen drivers, ages 14 – 16. Program addresses driver attitude, knowledge, and behavior of both the parent and new teen driver. Teens must attend with parents. Sponsored by Child and Adolescent Resource Education Services. For curriculum information, contact monicaddavis@comcast.net or 404.578.7629. For pre-registration and payment, call community center at 770.985.4713.

mentoring

L.E.A.A.D.S. • Dates TBA
5:30pm – 8:30pm. Law Enforcement Agencies Assisting in the Development of Students is a mentoring program with a mission to develop, inspire, and empower youth through life changing experiences that help youth develop a vision for their lives. Weekly meetings through May 2011 include topics on conflict resolution, bullying, life skills, leadership, and more. For more information, contact the community center at 770.985.4713.

music

Juice and Cookies Music Exploration • Mondays • FREE!
August 9, September 13, October 11, November 8, December 13 from 11:30am – 12:15pm. Interactive rhythm exploration with a snack to celebrate after all the fun learning! Activity is for children ages 1 – 5. No registration required. Call 770.985.4713.

New trash and recycling program

Residents in unincorporated Gwinnett County are now part of a new garbage and recycling program that offers more efficient, cost-effective, and environmentally-friendly service. Under this new plan, five haulers have been contracted to serve five different areas of the County. Homeowners also have the opportunity to recycle 35 different items as part of their regular solid waste pick-up service. This new plan does not affect city residents.

Haulers will provide backdoor service at no charge for residents who are unable to get their cart to the curb due to a documented disability. Please contact your hauler directly to request an application for residential disabled solid waste collection service. The form must be signed by a physician. This also applies to temporary disability up to 90 days.

Please contact the **Gwinnett County Solid Waste Call Center** at 770.822.7141 weekdays between 7:30am and 5:30pm with plan questions or contact your assigned hauler with service questions. Visit www.sustainablegwinnett.com to get a list of the 35 recyclable items.

calendar

Canasta and Rummikub • Tuesdays and Thursdays
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 • Wednesdays • FREE!
Gamblers Anonymous is held every Wednesday from 6:30pm – 8:30pm. Call the Buford Human Services Center at 770.614.2526 for more information.

Lifeline Screening
Thursday, September 16. Screening for osteoporosis, peripheral arterial disease, carotid artery disease, and aortic aneurysm. Call 1. 800.643.6075 for an appointment and details of cost.

Project Safe Place
BHSC 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.gwinnettkidshelter.org or call 770.985.4713 for more information.

Walk Away the Pounds
1:30pm – 2:30pm. Mondays, Wednesdays, and Fridays. Tone your legs, buns, and abs, condition your heart, help fight the effects of aging, and speed up metabolism. The class will be conducted rain or shine. Call Shirley at the Buford Senior Center to participate at 770.614.2541.

Yoga • Mondays and Wednesdays
4:15pm – 5:15pm. Develop a more peaceful state of mind and improve strength, balance, and flexibility with yoga. Call Jill at 201.615.8164 for details.

Consumer Credit Counseling Service renamed CredAbility

Consumer Credit Counseling Service (CCCS) of Greater Atlanta has changed its name to **CredAbility**. The new brand provides a distinct identity and better reflects the organization's national presence and leadership in consumer credit counseling and education. The organization has also adopted a new logo and launched an enhanced website, www.CredAbility.org, which makes it easier for people in financial distress to find and use the agency's services.

Founded 46 years ago in Atlanta as a community credit counseling agency, CredAbility is one of the nation's largest and oldest nonprofit credit counseling organizations. In recent years, it has expanded to provide services in all 50 states over the telephone and the Internet, in both English and Spanish. Last year alone, the organization delivered counseling and education to more than 754,000 people and is recognized as one of the nation's leading service providers in foreclosure prevention, reverse mortgage, bankruptcy pre-filing counseling, and debtor education.

"Our organization will continue to serve as a financial emergency room for consumers in distress," said Suzanne Boas, president of CredAbility. "As we continue our work under a new name, we acknowledge and celebrate the important contributions of our employees, who create hope and inspire lasting change in the lives of the people they serve everyday. We also would like to thank all of our partners and donors for making it possible to help an increasing number of people who are facing a financial crisis."

CredAbility is accredited by the Council on Accreditation and is a member of the Better Business Bureau and the National Foundation for Credit Counseling (NFCC). Governed by a community-based board of directors, CredAbility is funded by creditors, clients, contributors, and grants from foundations, businesses, and government agencies. CredAbility provides 24/7 service by phone at 800.251.2227 and online at www.CredAbility.org.

Meet you at the Padgett House

The Padgett House, Inc., a registered Georgia nonprofit organization, has been open since March 2010 and is located in Norcross. The Padgett House nurtures women and children while they work through difficult situations.

One division of The Padgett House is the transitional housing program. The program provides women and children who have experienced violence in their home and those who suffer from addiction with a place of shelter and an opportunity to thrive.

The transitional home serves residents for a period ranging from nine to 12 months, with a minimum six-month commitment. During this time, residents are required to participate in an Individual Treatment Plan program, uniquely tailored to each of their particular needs. The program provides opportunities for respite, healing, and self-improvement through delivery of the following services:

- Housing, food, clothing, and additional basic living needs
- Counseling for abused survivors
- Addiction recovery support
- Financial skills education
- Creation and stewardship of savings accounts
- Occupational guidance

Adherence to this plan promotes both discipline and confidence in their residents as they become active participants in their own healing and success.

Upon successful completion of The Padgett House Transitional Housing Program, every resident should:

- **Recognize** and refrain from abusive relationships
- **Address** addiction issues and remain drug- and alcohol-free
- **Achieve** milestones such as sobriety, receiving a GED, and developing job skills
- **Develop** the ability to successfully manage and save money
- **Acquire** gainful employment
- **Prepare** mentally, emotionally, and financially for program completion
- **Obtain** independent housing
- **Thrive** free of public assistance

If you are interested in volunteering, becoming a member, or want to make a donation, contact Sharon Lewis at 770.674.4856 or e-mail us at thepadgetthouse@gmail.com. To learn more about The Padgett House, visit www.thepadgetthouse.net.

Harriet Wharton • Center Coordinator
Center Line: 770.614.2400 • harriet.wharton@gwinnettcountry.com

buford human services center

eventcalendar and news

computer classes

Computers for Seniors • Tuesdays • FREE!
9:00am – 11:00am. Ages 60 and up. Come learn in this mixed-level setting. Must register by calling each week before class or signing your name on the sheet at the door. Call 770.638.5661 to register.

Primer Nivel de Clases de Computación con Instrucción en Español • Mártes y Jueves o Sábados
Mártres y jueves 6:30pm – 8:30pm o sábados 8:30am –12:45pm. Durante el curso de seis semanas usted aprenderá como esta compuesta su computadora, como navegar el desktop, mandar mensajes por correo electrónico, por mensaje instantáneo, crear documentos, y presentaciones. El costo es de \$70 que incluyen los materiales del curso. Por favor traiga un cheque o un money order para la matrícula. No se reservan cupo sin matrícula pagada. Llame al 770.638.5661.

Computer Classes for Adults and Children
Norcross Human Services Center is looking to partner with a nonprofit to teach computer classes. 12 computers available. No fee to use space or equipment if class meets NHSC guidelines and offered for free or at a reduced cost. E-mail ingrid.patrick@gwinnettcountry.com or call 770.638.5661 to request a proposal packet.

crafts

Scarf Making • Tuesdays and Thursdays • FREE!
10:30am – noon. October 12, 14, 19, 21, 26, and 28; November 2, 4, 9, 11, 16, and 18. For beginners only. Participants must provide two knitting needles and yarn. Call 770.638.5661.

Como Hacer Bufandas • Martes y Miércoles • ¡Gratis!
10:30am – hasta mediodia. 12, 14, 19, 21, 26, y 28 de octubre; 2, 4, 9, 11, 16, y 18 de noviembre. Estas clases es para principiantes solamente. El participante provee sus propios materiales, tejidos con dos agujas y lana. Para inscribirse llamen al 770.638.5661.

education for adults

Life Skills Classes • FREE!
Flexible class schedule open to those who are applying for financial help from the Department of Family and Children Services (DFCS). Class is provided by the County Extension Service. Call 678.377.4032 to register.

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 público 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 y la Extensión del Condado de Gwinnett. Para inscripción de clases, llame al 678.377.4032.

NHSC partners with non-profit 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 e-mailing ingrid.patrick@gwinnettcountry.com or by calling 770.638.5661.

education for youth

Math and Reading Tutoring
Flexible schedules. Academic assistance with math and reading for K – 12 students. Cost: \$25 per hour session or \$40 for two consecutive sessions. Classes taught by a certified teacher. Prepaid reservations only. Provided by One 2 One Educational Support, Inc.; call 678.230.4027. After schedule has been arranged with the instructor, register in person at the Norcross Human Services Center.

Money Management and Life Skills • Saturday • FREE!
10:00am – 11:30am. September 25. Ages 14 and up. Program deals with root causes and will lead youth down the path of healing so they can develop into strong, confident, and stable adults. For program registration, contact Bridging the Gap Independent Living and Resource Center at 770.657.3005.

Reading Comprehension • Monday – Thursdays
3:30pm – 5:30pm. Cost: \$7 per hour in a group setting or private one-on-one instruction available upon requestor's schedule for \$40 per hour. Classes are designed to encourage the enjoyment and comprehension of reading for all students. Call Reading to Learn, Inc., at 770.279.6987 for registration and more information.

SAT Course • Saturdays
2:00pm – 6:00pm. Date: TBA. Cost: \$300 for six-week program. Books will be provided. Course helps students attain higher than average GPAs and SAT/ACT scores. Minimum of 10 participants to hold class. Call Reading to Learn, Inc., at 770.279.6987.

Writing Skills Class • Saturdays
Noon – 2:00pm. Date: TBA. Cost: \$75 for six-week program; two hours per week. Books will be provided. Students will learn grammar, sentence structure, and vocabulary. Students will practice various forms of writing styles. Call Reading to Learn, Inc., at 770.279.6987.

Writing Skills One-Day Workshop • Saturdays
9:00am – 3:00pm. Date: TBA. Cost \$50. Learn grammar, sentence structure, and vocabulary. Participants will practice various forms of writing styles. Minimum of 15 participants. Call Reading to Learn, Inc., at 770.279.6987 to register.

events

Latin American Display of Countries • FREE!
Monday – Friday, 8:00am – 6:00pm. Exhibit will be held during the month of October at the Gwinnett Justice and Administration Center located at 75 Langley Drive in Lawrenceville. Information and artifacts from Spanish-speaking countries will be displayed. Sponsored by the Gwinnett Multicultural Advisory Committee (GMAC). Please call 770.638.5661 for more information.

fitness

Walking Club • Tuesdays and Thursdays • FREE!
9:30am – 10:00am. For adults. Meet at the first floor volunteer desk. The group will walk NHSC and school's parking lot. Consult your physician before you begin this or any other exercise program. Please call 770.638.5661 to register.

Yoga for Seniors • Wednesdays • FREE!
11:00am on Wednesdays. For seniors 60 and older. Classes can be done sitting down or standing up. Meal reservation required the day before in order to eat at the senior center after the yoga class. Call 770.638.5680

to leave a message and reserve your meal by 1:00pm the day before class, or you can send your meal request to tammy.blakely@gwinnettcountry.com.

health and safety

General Health and Nutrition • FREE!
10:00am – noon. Second Friday of every month. Learn how to eat right and how to use the food pyramid, plan meals, and find out about community resources. Class provided by County Extension Service. Call 770.638.5661 to register.

Nutrición y Salud General • ¡Gratis!
10:00am – hasta mediodia. Segundo viernes de cada mes. Aprenda a comer saludablemente y como usar la pirámide de comida; también como planear comidas y encontrar recursos en su comunidad. Las clases son gracias a la Extensión del Condado de Gwinnett. Inscripción de clases, llame 770.638.5661.

Project Safe Place
The NHSC 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 for more information.

language

English Reading and Writing • Wednesdays • FREE!
9:00am – 11:00am. For English-speaking adults. Classes are taught in an informal setting and mixed levels. Call 770.638.5661 to register.

Inglés Escritura y Lectura • Miércoles • ¡GRATIS!
9:00am – 11:00am. Programa para adultos que hablen ingles en un formato informal y con niveles mixtos. Espacio limitado. Llame al 770.638.5661 para registrarse.

Spanish • Mondays and Fridays
6:30pm – 8:30pm. Reading, comprehension, writing, and conversation taught in Spanish. Cost: \$70 for five weeks; class meets twice a week. Minimum of five students. Provided by One 2 One Educational Support, Inc. Must register in person. For more information, call 678.983.8884.

mentoring for youth

G.I.R.L.S. Leadership Development • Fridays
6:45pm – 8:15pm. An eight-month enrichment program for girls ages 11 – 14. Features bi-weekly workshops, mentoring, and community service. Less than \$10 per meeting and sliding fee scale pricing is available for those who require tuition assistance. Discounts for returning participants and 25 percent discount for second and third child within same household. Visit www.iambeautiful.org to obtain an application or call 404.545.9051 for more information.

Girl Scouts • Saturdays
10:00am – noon. Troop meetings are held the first and third Saturday of each month except holiday weekends. A different age group meets each Saturday. For more information, call 770.702.9100.

Reunión de Girl Scouts • Sábados
10:00am – hasta mediodía. Las reuniones son el primer y cuarto sábado de cada mes con excepción de fines de

norcross human services center calendar

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semanas feriados. Cada sábado hay reunión de topas para diferentes edades. Únase a nuestro grupo multicultural más grande de Norcross. Para más información, por favor llame al 770.702.9100.

Life Skills and Anger Management • Saturday • FREE!

10:00am – 11:30am. September 11. Ages 14 and up. Program deals with root causes and will lead youth down the path of healing in order to develop into strong, confident, and stable adults. For program registration, contact Bridging the Gap Independent Living and Resource Center at 770.657.3005.

Self-Esteem and Life Skills • Saturday • FREE!

10:00am – 11:30am. October 9. Ages 14 and up. Program deals with root causes and will lead youth down the path of healing for them to develop into strong, confident, and stable adults. For program registration, please contact Bridging the Gap Independent Living and Resource Center at 770.657.3005.

multicultural

Multicultural Center for Positive Aging • FREE!

9:00am – 1:00pm. Monday to Friday. Center is open to seniors 60 and older. Participate in recreational activities, guest-speaker presentations, and day trip excursions. Non-members, please call 770.638.5680 to reserve a meal by 1:00pm the day before attending or send an e-mail to request a meal by 1:00pm to tammy.blakely@gwinnettcounty.com.

Centro Multicultural para una Madures Positiva • ¡Gratis!

9:00am – 1:00pm. Lunes a viernes. El centro esta 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. Los que no son miembros pueden llamar a reservar un almuerzo para el día que van a venire con tan solo llamar y dejar un mensaje en el número de teléfono: 770.638.5680 o pueden mandar un correo electrónico a tammy.blakely@gwinnettcounty.com antes de los unos de la tarde el día antes de venir.

Citizenship • Wednesdays • FREE!

5:30pm – 7:00pm. 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; 770.270.0663 or send an e-mail to education@aacr-atlanta.org. Call the Norcross Human Services Center for registration dates and more class information, 770.638.5661.

Gwinnett Multicultural Advisory Committee Meetings • Fourth Tuesdays

1:00pm – 3:00pm. GMAC collaborates and networks with other organizations to provide resources and education to benefit the diverse communities of Gwinnett County. Committee meets in the second floor classroom or in the senior center dining room. Please call 770.638.5661 for more information.

support groups

Clases de Crianza • Mártes • FREE!

6:30pm – 8:30pm. Instrucción en español. Serie de ocho secciones las cuales enseñan con el método PASOS, los métodos de crianza. Para más información y para inscripción, comuníquese con el Gwinnett Children's Shelter al 678.546.8770.

Clases Prenatales • Lunes • GRATIS!

9:00am – hasta mediodía. ¿Esta usted embarazada? Ofrecemos un curso especialmente para ti. Cuando termi-

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

All students need to take a test to determine their current level of proficiency.

ESL Basic A and Literacy: Mondays and Wednesdays from 6:00pm – 9:00pm in classroom B
ESL Basic A and Literacy: Tuesdays and Thursdays from 9:00am – noon in second floor classroom
ESL Basic A and Literacy: Tuesdays and Thursdays from 5:00pm – 7:00pm in classroom C
ESL Basic B and Literacy: Mondays and Wednesdays from 6:00pm – 9:00pm in classroom A
ESL Level One: Tuesdays and Thursdays from 6:00pm – 9:00pm in second floor classroom
ESL Level Two: Tuesdays and Thursdays from 6:00pm – 9:00pm in classroom B
ESL Level Three: Mondays and Wednesdays from 6:00pm – 9:00pm in second floor classroom
ESL Level Four: Tuesdays and Thursdays from 7:00pm – 9:00pm in classroom C
ESL Level Five: Mondays and Wednesdays from 7:00pm – 9:00pm in classroom C

Classes are for adults from any culture or nationality who want to learn English. Classes provided by the Asian American Resource Center. You may contact AARC at 770.270.0663 or send an e-mail to education@aacr-atlanta.org. Call Norcross Human Services Center at 770.638.5661 for registration dates.

nan reciben un certificado en su graduación. Clase en español enseñadas por Saint Joseph Mercy Care. El curso es patrocinado por al 770.638.5661. Para inscripción o más información, llame a Gloria Baroni al 678.843.8902.

Family Violence Intervention Program/Anger Management Program • Wednesdays

4:00pm – 5:30pm. Cost: \$20 per person. Groups are ongoing and follow a 24-session series. Participants receive information and training in areas such as: Respect, support and trust, accountability and honesty, partnership, and many other positive ways to deal with family issues. For more information, call Families First at 404.479.4236.

Fatherhood Program • Wednesdays • FREE!

6:00pm – 8:30pm. B.U.I.L.D. = Building Up Involved Loving Dads. This program will show you ways to help your kids succeed, connect you with other community resources, and teach you skills you can use to help other dads. For more information, call Gwinnett Children's Shelter at 678.546.8770.

Escuela Para Padres • ¡GRATIS!

8:00am – 1:00pm. Sábados. Temas incluyen como aprendemos a ser padres, autoestima, hablar para que los hijos escuchen, disciplina sin violencia, saber escuchar, como lograr que la familia coopere unos con otros, y mucho más. Para más información, llamar al 678.363.3079 o al 770.638.5661.

Gamblers Anonymous • Mondays • FREE!

6:30pm – 8:30pm. For individuals and their family mem-

bers, friends, and loved ones who have been affected by gambling. This group is a fellowship of men and women who share their experiences, strength, and hope with each other so that they may solve their common problem. For additional information, please call 678.234.5648.

Got Boys/Got Girls • Third Saturday of each month • FREE!

10:00am – 1:00pm. Single mothers of sons and fathers of daughters are invited to participate in educational classes and support groups designed to bridge the gap and increase understanding between the genders. Program provided by Single Parent Alliance Resource Center (SPARC). For registration, call SPARC at 678.253.0162.

Dreaming of owning a home in Gwinnett County?

Make your dream a reality by participating in the **Neighborhood Stabilization Program!** Homeowners can receive up to \$22,500 towards purchasing a home in the County.

For more information, call **770.822.5424** or visit **www.nspgwinnett.com**.

Controle las bebidas alcohólicas en su casa

Sabia usted que el principal proveedor de alcohol de sus hijos es su propia casa? ¡Despierte y enfrente la realidad! Controle las bebidas alcohólicas en su casa.

Cuando un adolescente toma a temprana edad tiene más posibilidades de convertirse en adicto al alcohol.

Los padres son la fuente de prevención más influyente. Simplemente con tener una conversación con su hijo acerca de los efectos del alcohol, tendrá un gran impacto positivo en su futuro.

Investigaciones indican que los niños están menos propensos a beber a temprana edad cuando sienten que tienen el apoyo cercano de sus padres o tutores.

Los Programas de Prevención de CETPA (Clínica de Educación, Tratamiento y Prevención de la Adicción), proporciona los esfuerzos de prevención a la comunidadlatina en Georgia para intentar aumentar el conocimiento sobre el alcohol, el tabaco y otras drogas, y acerca de otros riesgos.

Nuestra meta principal es educar a los niños, a los padres y a las familias para ayudarlos a tomar decisiones mas sanas para evitar las trampas de los riesgos presentes hoy en sus vidas.



- Tomar bebidas alcohólicas mata las células del cerebro
- Tomar antes de los 21 años de edad es ilegal en los Estados Unidos
- Enséñele a sus hijos las consecuencias de consumir alcohol

Para mas información, por favor llama a CETPA al numero 770.662.0249 ext. 126, 127 o visite la pagina de Internet: www.cetpa.org.

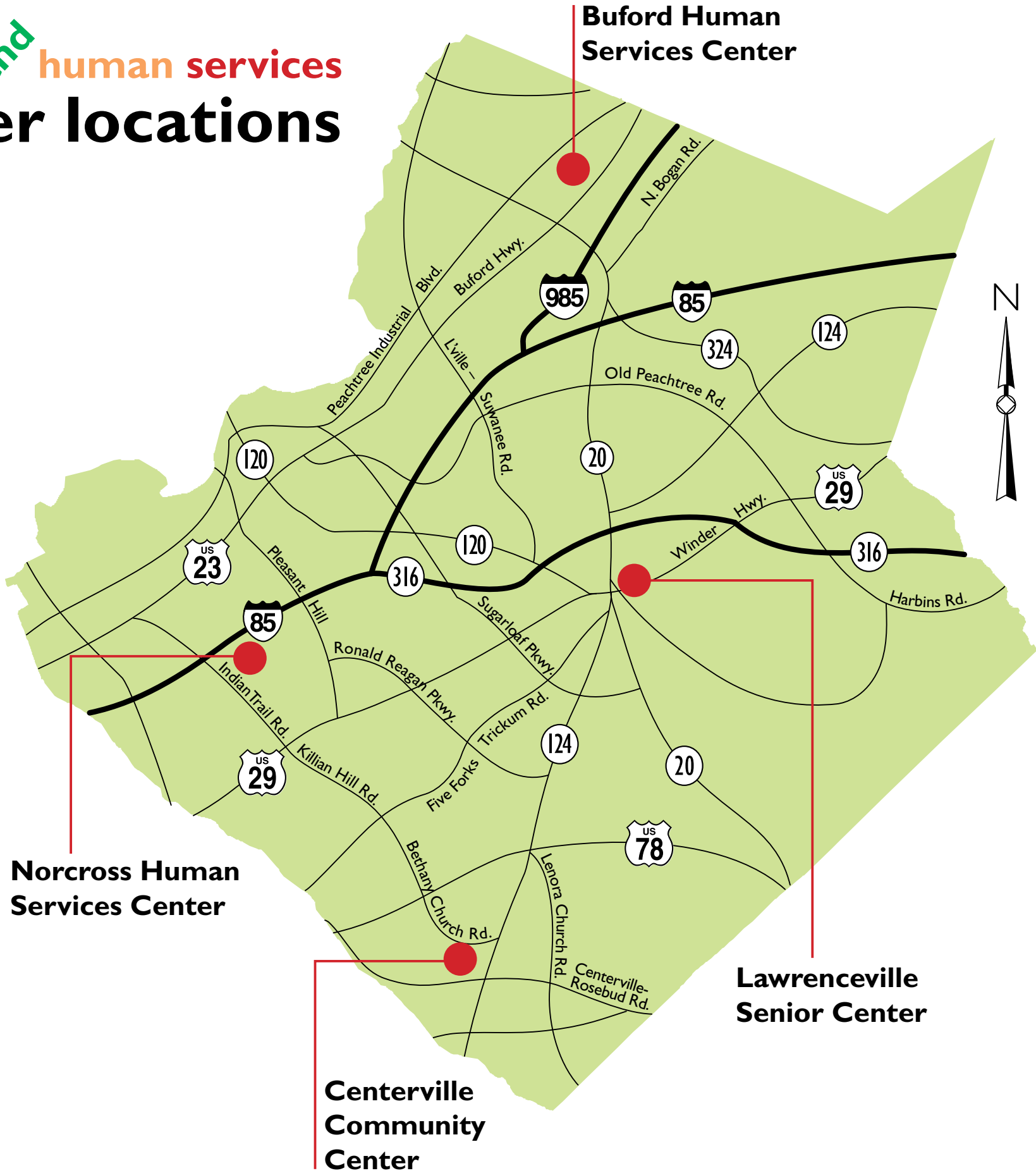
Do you know your neighbor?

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Answer: Romanians

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
- Gwinnett/Rockdale/Newton Community Service Board (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