

health and human services

onestop

gwinnettcounty's resource for quality living news & calendar may – aug 2010

contents

Senior Spotlight..... 2

Centerville Community

Center Calendar and News..... 3-5

Buford Human Services

Center Calendar and News..... 5

Norcross Human Services

Center Calendar and News..... 6-7

Map of Gwinnett County 8

Contacts 8

People helping people

The Gwinnett Coalition for Health and Human Services is a unique nonprofit agency and was the first of its kind in Gwinnett. Its mission is to foster private/public partnerships to facilitate collaboration that improves the well-being of the community by:

- Identifying needs and resources
- Setting priorities and planning solutions
- Being accountable for results
- Educating and motivating the community to action

Members of the Gwinnett Coalition represent a wide spectrum of the community, including corporate, government, churches, schools, health, public safety, and neighborhood groups.

As the population of Gwinnett County has increased dramatically in the last 20 years, so have the needs of our community. The Gwinnett Helpline, a valuable service of the Gwinnett Coalition, was established as a free, confidential information and referral service to meet the residents' growing needs. By making a call to the Gwinnett Helpline at 770.995.3339, residents can talk to experienced volunteers who can help locate the necessary resources the caller needs.

Many of the calls pertain to family issues, shelter, health services, childcare, substance abuse, employment, food, legal services, and senior issues. The Gwinnett Coalition has helped over 380,000 callers since its inception in November 1990.

The Gwinnett Coalition is also involved in the Gwinnett Great Days of Service, a two-day volunteer event held annually in October and the Gwinnett Neighborhood Leadership Institute, a grassroots program that empowers local citizens and community leaders to promote positive changes in their communities. It also participates in a nonprofit CEO Roundtable, and G.U.I.D.E., a drug-free community program.



Gwinnett Helpline volunteers pictured with Director Suzy Bus. From left to right: James Jerome, Leonard Taylor, Suzy Bus, Mark Brown

This year, the Gwinnett Coalition will celebrate its 20th anniversary. A large portion of its success is due to the many hands that have worked on behalf of the organization. The Gwinnett Coalition has been recognized at the regional, state, federal, and international levels as a model of how health and human service providers should plan and collaborate to address community issues.

Over five successful strategic plans have focused on community improvements. It is due to these relentless efforts of the Gwinnett

... cont'd on page 2

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 clues to help you better understand another person's culture. Read on to find out more about your neighbor.

Clue: They tend to be very indirect in communicating as not to offend anybody.

Clue: There is usually a fair amount of touching while conversing, regardless of gender.

Clue: Rice and beans is considered the national dish.

Clue: Punctuality is not highly valued, and being late is usually not considered rude.

Clue: Whistling at someone is considered rude, as is pointing.

Clue: Children are expected to be respectful to adults and obedient to family members, even to siblings only a few years older than themselves.

Clue: Works of art are recognized worldwide because of their unique features and colorful portrayal.

Clue: They love the drama and show of negotiating. They may pretend to be horribly offended by your offer, but this is usually just a ploy to up the ante. Usually the best actor wins.

Clue: This culture is a blend of African, West Indian, and the French cultures.

Clue: The language spoken is a mix of various African dialects and French – referred to as Creole.

The answer is on page 7.

Underage drinking: Be part of the solution, not the problem

In a recent survey conducted in Gwinnett County schools, 75 percent of high school students who said they drank reported they got the alcohol from their parents or other adults. Many parents believe that if they let their teens and their friends drink at home then they will be safer than if they were drinking somewhere else.

However, new research makes it clear that the damage alcohol does to the adolescent brain is significant. 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 a teen's developing brain.

Before condoning or promoting underage drinking, get the facts and understand the harm caused by adolescent alcohol use. A study published in the *Archives of Pediatrics & Adolescent Medicine* found that people who began drinking in their early teens were more likely to become dependent. In fact, about half of the teens met the criteria for alcoholism by the time they hit age 21. Forty-seven percent of those who began drinking before age 14 later became alcohol-dependent compared to nine percent of those who started drinking at age 21 or older.

Adults can be the solution to this growing problem. Underage drinking is not a rite of passage. It is against the law, and serving alcohol to minors can result in civil and criminal consequences, not to mention the harm it does to young people by putting them at risk of becoming victims of sexual assault. 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.

GUIDE, Inc., a nonprofit substance abuse prevention agency in Gwinnett since 1986, is spearheading an effort to reduce underage alcohol use by reducing access. While an important part of this is reducing the number of retail vendors that sell alcohol to minors, parents remain the most crucial link. Many more teens reported getting alcohol from their parents and other adults than from stores and other retail outlets.

For more information about the harmfulness of underage drinking or for strategies to help reduce the problem, please visit GUIDE's website, www.guideinc.org, or contact Ari Russell, Executive Director, at 678.377.4132 or ari@guideinc.org.

People helping people

...cont'd from page 1

Coalition that many nonprofit agencies have received grants for emergency food and shelter assistance. The Gwinnett Coalition has measured and can show drastic improvements in many areas that affect the quality of life for our residents. However, there is an increasing need for services. Partnerships with local government and nonprofit agencies are needed to continue the successful growth and development of Gwinnett County.

To learn more about the Gwinnett Coalition for Health and Human Services or to volunteer with the Gwinnett Helpline, please visit www.gwinnettcoalition.org or e-mail the Coalition at info@gwinnettcoalition.org. You can also learn more by watching People Helping People on TV-gwinnett, cable channel 23 or 25, depending on the cable provider.

Remember, if you need help or know someone who does, call the Gwinnett Helpline at 770.995.3339, Monday through Friday from 9:00am until 5:00pm, to be connected to valuable resources.

Habitat for Humanity

You may be eligible for a Habitat for Humanity home if you meet the following criteria:

- Work or reside in one of the following counties: Gwinnett, Clayton, Cherokee, Dawson, DeKalb, Fulton, Fayette, Forsyth, or Henry
- Total gross annual household income between \$25,000 – \$26,000 (based on family size). Income will be included for all persons over the age of 18 who are working and will live in the Habitat home; income limits are subject to change
- Minimum of one year of continuous income
- Reasonably good credit; bankruptcies must have been discharged for two years

In addition, your present housing must be inadequate (unsafe, unaffordable, structural problems, overcrowded) or you must be unable to obtain adequate housing through conventional means. You must be a legal resident and be willing to be a Habitat for Humanity partner by completing 250 – 350 sweat equity hours and workshops. Call the Norcross Human Services Center for the workshop date and more information at 770.638.5661.

Help seniors stay cool

Gwinnett County Senior Services (GCSS) is working to assist senior citizens in staying cool this summer. You too, can get involved in Project ACCES (Added Cooling Comfort for our Elderly Seniors).

Gwinnett Senior Services Manager **Linda Bailey** said, "Seniors are in need of cooling assistance. Often times, they do not realize they might be undergoing heat exhaustion. We are happy to be able to provide such a service to those who are in an unfortunate situation, especially during these difficult times."

Please consider making a tax-deductible donation of a brand new fan or window air conditioning unit for one of our local seniors. You can drop off your donation at any local Gwinnett County fire station between July 1 and August 31, 2010. Gwinnett Senior Services will collect the items from the stations and distribute them to seniors in need.

For more information on Project ACCES, please contact Melanie Miller at 770.822.8842 or e-mail melanie.miller@gwinnettcountry.com. You may also make a tax-deductible donation and send to: Friends of Gwinnett County Senior Services, PO Box 1680, Lawrenceville, GA 30046 – 1680.

Project ACCES is sponsored by Gwinnett County Senior Services. Our nonprofit partner is Friends of Gwinnett County Senior Services.

Dining on a budget

Turkey N' Squash Dinner

6 servings

Ingredients

- 1 pound ground turkey
- 4 to 5 yellow squash, sliced
- 1 green pepper, chopped
- 1 can (16 oz) stewed tomatoes
- ½ teaspoon ground pepper, to taste

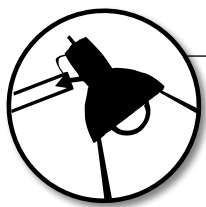
Cooking instructions

1. Brown ground turkey in medium skillet

2. Drain grease into a jar or steel can and rinse turkey in a colander; return turkey to the skillet
3. Stir in squash, green pepper, and tomatoes
4. Add ground pepper (if desired)
5. Cook over low heat for 30 to 40 minutes; serve hot

Per one-cup serving – calories: 180; 39% of total calories from fat; total fat: 8 grams; sodium: 228 milligrams; *Vitamin A: 10%; *Vitamin C: 49%; *Calcium: 8%; *Iron: 15%

* Percentage Daily Values



Senior Services Spotlight

A lifetime of love and music

Ms. Cassye Harper lived independently in New York until she turned 96 years old. For 30 years, Cassye was an elementary school teacher and taught piano lessons in her spare time. Her love of music is still evident as her only daughter Sanita said, "Mom still carts around that heavy bag with all her piano books up and down the stairs. She won't let go of it." Cassye is now 100 years old and lives in Gwinnett County with Sanita.

Cassye believes she was very fortunate to have ancestors who had foresight. She explained, "Grandmother and grandfather were slaves, but had knowledge to educate their children." She and her younger sister have managed to outlive their other eight siblings.

Her view on life in her own words is, "The world has so much to offer, I wonder why people choose to do wrong." When she was asked what the proudest moment in her life is, she did not mention her accomplishments, but simply put, "Just living and enjoying the elements of the world."



Gwinnett County Senior Services would like to recognize those Gwinnettians who are young at heart. If you know any Gwinnett County residents who are 98 years or older, contact Melanie Miller, Public Relations Specialist for Gwinnett County Health and Human Services, at 770.822.8842 or melanie.miller@gwinnettcountry.com.

Four steps to being food safe

Be clean

- Wash your hands for at least 20 seconds with warm, soapy water before and after handling food
- Wash kitchen surfaces before and after food preparation with hot soapy water
- Wash cutting boards and utensils after each use with hot, soapy water or in a dishwasher

Separate

- Keep raw meat, poultry, and fish separate from other groceries by using plastic bags
- Use one cutting board for raw meat, poultry, and fish, and another for other foods
- Store raw meat, fish, and poultry in a container on the bottom shelf of the refrigerator

Cook

- Use a food thermometer to tell when food is cooked safely
- Stir, rotate, and cover foods to ensure even cooking when using the microwave
- Bring soups, gravies, and sauces to a rolling boil when reheating

Chill

- Keep a refrigerator/freezer thermometer in the refrigerator to make sure foods are at 40 degrees or below
- Chill foods quickly in shallow containers within two hours
- Thaw all meat, fish, and poultry in the refrigerator, not on the counter

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

www.gwinnettseniorservices.com

eventcalendar

art

Hand Making Paper for Seniors 50 and over • Mondays • FREE!

August 16 and September 20 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. Instructor has been making original creations for 11 years and will teach the Arnold Grummer Pouring Method. Space is limited to the first 12. For class information, contact sastraylor@gmail.com. For pre-registration and payment information, contact the center at 770.985.4713.

career

Résumé Writing and Interview Skills • Saturdays • FREE!

May 15, June 26, October 2, November 6 from 9:00am – noon. Does your job search need a jump-start? Will your résumé catch a recruiter's eye? Has it been a while since your last interview? If you answered yes to any of these questions, this class is the perfect solution for you. It will walk you through organizing your job search and provides résumé writing, interview preparation, and career transitioning tips. Instructor is a recruiter with over 15 years of experience recruiting for three of the top 10 financial institutions in the nation. 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, and 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 community 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 for membership. Send an e-mail to doc2barbara@earthlink.net or call 770.557.1343 for more information.

Bridge, Bunko, or Dominoes • 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.

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, help with projects, and more. Join us! 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. 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.

Trout Unlimited's (TU) Kanooka Chapter • First Tuesdays • FREE!

7:00pm – 8:00pm. Chapter is a member of the National Trout Unlimited organization and helps sponsor the center's yearly Kids' Fishing Derby. Contact Tony Kearns at KanookaTU@yahoo.com or visit www.KanookaTUGA.org.

dance

Pre-Ballet/Tap I • 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.

Belly Dancing for Ages 13 – Adults • Tuesdays

August 24 – October 5 (no class September 21) from 7:00pm – 8:00pm. Have a blast learning basic belly dancing through proper posture, steps, and moves, such as serpentine arms, shoulder shimmy, the camel, ribcage circle, hip circles in two sizes, the hip shimmy, and horizontal hip figure 8, as well as travel steps, turns, and variations on basic moves. 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.

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.

education for adults

AARP Driving Course for Seniors • Mondays and Wednesdays

May 10 and 12; June 14 and 16; July 19 and 21; August 9 and 11 from 9:30am – 1:30pm. An eight-hour classroom refresher course designed for drivers ages 50 and over. Topics: defensive driving techniques and how to adjust driving to age-related changes in vision, hearing, and reaction time. For possible insurance rate discounts, contact your insurance provider. Cost: \$12 for AARP members; \$14 for non-AARP members. Must present a current membership card at the time of registration and payment. Call 770.985.4713 for more information.

Centerville Writer's Group • First and Third Thursdays • FREE!

10:00am – noon. Critique format; all genres. No registration required. E-mail MsSealofCW@yahoo.com with subject line Re: Centerville Writer's Group or call the Centerville Community Center at 770.985.4713.

Computer Workshops for Seniors 50 and Over • Mondays or Fridays

Mondays: May 24 – July 26 and August 2 – September 27. Fridays: May 7 – June 25 and July 2 – August 27. All classes are offered from 10:00am – 1:00pm. No class will be held on May 31, July 5, July 12, July 16, or September 6. Special class on Tuesday, July 6 for those participating in Monday sessions. Participants learn how computers function, basics of Microsoft Word, and about the Internet. Cost: \$15 non-refundable registration fee plus \$11 per week for six weeks (weeks 7 and 8 are FREE). To pre-register, pay registration fee plus first two weeks' course fee. Cost includes practice CD and materials. For information, call 770.985.1718. For pre-registration and payment information, call 770.985.4713.

Knitting 101 • Tuesdays • FREE!

May 18, June 15, July 20. Learn to stitch and purl in this beginner's class (children ages 8 – 12 must have an adult learner present). Make new friends, learn a new craft, join the charity knitting days, and consider becoming a member of the Knitting Guild. Bring size 8 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.

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 design with tips for saving money and locating free or inexpensive materials. As a class prize, a lucky winner will receive a two-hour consultation with the instructor. Cost: \$50 for four weeks. Contact instructor at vicki.womack@yahoo.com for class information. For registration information, 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. As a class prize, a lucky winner will receive a two-hour consultation with the instructor. Cost: \$50 for four-week class. To contact the instructor, e-mail vicki.womack@yahoo.com. For registration information, call the center at 770.985.4713.

Snellville Writer's Group • First and Third Tuesdays • FREE!

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 children's progress and address their difficulties with math. Gwinnett's AKS curriculum is used to assist students with process skills, numbers and operations, geometry, measurement, algebra, data analysis, and probability. Maximum eight students per class. Cost: \$12 per week; first two weeks fee of \$24 due at registration. For class information, contact Angela Thomas at at-estates@aol.com or call 404.438.1067. For pre-registration and payment information, call 770.985.4713.

Rental Space Available
770.985.4713

eventcalendar

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 children's progress and address their reading difficulties. ABC Tutoring uses Gwinnett's AKS curriculum to assist students with reading strategies, comprehension, vocabulary, grammar usage, and phonics. Maximum 10 students per class. Cost \$12 per week; first two weeks fee of \$24 due at registration. For class information, contact Angela Thomas at atestates@aol.com or call 404.438.1067. For pre-registration and payment information, call the community center at 770.985.4713.

Knitting 101 for Ages 8 – Adults • Tuesdays • FREE!

May 18, June 15, July 20 from 7:00pm – 9:00pm. Learn to stitch and purl in this beginner's class (children ages 8 – 12 must have an adult learner present). Make new friends, learn a new craft, join the charity knitting days and consider becoming a member of the Knitting Guild. Bring size 8 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.

events

Taste of Shiloh by the Shiloh Community Foundation • Saturday

April 24 from 11:00am – 1:00pm for the Arts Festival; 1:30pm – 4:00pm for the food tasting. Come for the art and stay for the taste. You will enjoy the works of our local student artists from the Shiloh school cluster along with entertainment, silent auction, children's play area, community partners' fair, an antique car show, and more. You don't want to miss this exciting event. Food and entertainment tickets are 50 cents each, sold in sheets of \$5 or \$10. For more information, contact the Shiloh Community Foundation at tasteofshiloh@hotmail.com.

Catfish Round – Up (Fishing Derby for KIDS) • Saturday • FREE!

May 8 from 10:00am – noon. Enjoy the sport of fishing while trying to catch Big Herman, the pond's 30-pound catfish. Children through the age of 16 will be able to fish without a license this one 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 for the event, contact the community center at 770.985.4713.

American Red Cross Blood Drive • Friday

May 21 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. So give blood and give the gift of life to someone. To schedule an appointment, call 1.800.GIVE.LIFE or visit www.redcrossblood.org. Be sure to bring a photo ID to the blood drives. Walk-ins are welcome, but appointments are encouraged. For more information call the community center at 770.985.4713.

Back to School Bash • Saturday • FREE!

August 7 from 9:00am – 11:00am. Don't miss this annual event. You'll enjoy inflatable slides, moon walks, sand art, refreshments, activities, and just good old fun before going back to school. Call the community center at 770.985.4713 or visit www.centervillecommunitycenter.com for more information.

Lend a Helping Hand

In an effort to support our community, the Centerville Community Center is collecting canned goods to benefit the Southeast Gwinnett Co-operative Ministry. Please do-

nate canned/boxed food items such as rice, pasta, soup, ramen noodles, dried beans, fruit, vegetables, grits/oatmeal, pancake/baking mix, powdered or canned milk, vegetable oil, ketchup, mayonnaise, salad dressing, peanut butter, jelly, spaghetti sauce, boxed cereal, sugar, and crackers. Items can be donated at the community center Monday through Friday from 9:00am – 5:00pm. To deliver after 5:00pm on weekdays or on Saturdays, please call 770.985.4713 to confirm center hours.

exercise

Mommy and Me Fitness • Mondays • FREE!

May 17 and August 16 from 10:30am – 11:15am. Moms and toddlers (18 months – 3 years) bond while learning healthy habits. Pre-registration required; call 770.985.4713.

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. Is your teenager's life worth two hours of your time? Georgia Teens Ride With P.R.I.D.E. (Parents Reducing Injuries and Driver Error) is a free, national award-winning, two-hour course designed for parents and their new (or soon-to-be) teen drivers, ages 14 – 16. Learn what teens need to do during the 40 hours of supervised practice driving time required by Georgia law. This program addresses driver attitude, knowledge, and behavior of both the parent and new teen driver. Both teens and parents must attend. Sponsored by Child and Adolescent Resource Education Services. For curriculum information, contact Monica Davis at 404.578.7629 or monicadavis@comcast.net. For pre-registration and payment information, call the community center at 770.985.4713.

Project Safe Place • FREE!

The Centerville Community 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 for more information.

Personal Safety Classes for Seniors 50 and Over • Monday – FREE!

April 26 from 10:00am – 11:00am. Learn simple precautions from the Gwinnett County Police Department's Crime Prevention Unit how to avoid becoming a victim of crimes, such as scams, identity theft, and learn home and travel safety tips. For more information and to pre-register, call the Centerville Community Center at 770.985.4713.

music

Juice and Cookies Music Exploration • Mondays • FREE!

May 10 and August 9 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.

support groups

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

May 6 – June 10 from 6:00pm – 8:00pm. Being a Dad is hard work. 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 jmccoy@gwinnettchildrenshelter.org. ¡Se habla español!

Discovering Simple Truths to a Happy Marriage • Saturday

May 22: Let Your Partner Influence You and Create Shared Meaning. Workshop is from 9:00am – noon. Discover ways to nurture your marriage, find new respect and affection for each other, and learn how to communicate better. Interactive workshops are led by licensed professional counselors. Cost: \$25 per individual or \$40 per couple per class. Sponsored by Covenant Counseling and Family Resource Center. For class information, contact info@covenantcounseling.org. For payment and pre-registration information, call 770.985.4713.

Parenting Workshop • Tuesday or Saturday

April 27 from 6:00pm – 7:30pm: Developing Responsibility in Children; August 28 from 10:00am – 11:30am: How to Have a Successful School Year; August 31 from 6:00pm – 7:30pm: Homework Hassles. Are you feeling stressed and overwhelmed with the challenges of today? Are the economy, your job, and family issues giving you the blues? Come learn creative ways to handle the stress of parenting. Sponsored by Terri Allen, M.Ed and Gwinnett County Public Schools Professional Counselor. Cost: \$5. For workshop information: MrsTFAllen@aol.com. For registration information, call 770.985.4713.

Partnership Against Domestic Violence Support Group • FREE!

May 29 from 2:00pm – 3:00pm; June 26 from 10:00am – 11:00am; July 31 from 10:00am – 11:00am; August 28 from 10:00am – 11:00am. Domestic violence can create anxiety and confusion among family and friends who have a loved one experiencing abuse. The support meetings help build strong and supportive relationships between family and friends and the domestic violence survivor. For more information, please contact Angela Sanders at 404.273.0501.

voting

In-person advance voting for the General Primary Election will be held at the community center on July 12 – 16 from 9:00am – 7:00pm. For voter registration information, application, or to contact Gwinnett County Board of Registration and Elections, go to www.gwinnettcounty.com or call 678.226.7210.

summer camps

ABC Tutoring's Summer Reading Camp • Monday – Thursday

June 7 – July 1 from 9:00am – 11:30am for grades 1 – 2; 12:30pm – 3:00pm for grades 3 – 4. Program will jump start your child's progress and help those who have just begun to learn to read. ABC Tutoring will assist students 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 call 404.438.1067. For pre-registration and payment information, call community center at 770.985.4713.

Hand Making Beautiful Paper • Ages 4 – 12

Friday, June 11: 10:00am – noon for ages 8 – 12; Tues-

eventcalendar and news

calendar

day, June 29: 10:00am – noon for ages 4 – 7; Friday, July 9: 10:00am – noon for ages 8 – 12; Monday, July 26: 10:00am – noon for ages 4 – 7. Explore old and new ways of making paper pulp and turning your recycled paper into beautiful handmade sheets, creating cards, journals, and more. Parents are welcome to assist in all classes. Instructor has been making original creations for 11 years and will teach the Arnold Grummer Pouring Method. Cost: \$3 per child (\$5 for a family of siblings) with supplies included. Space is limited to the first 12, so don't delay. For class information, contact sastraylor@gmail.com. For pre-registration and payment information, call 770.985.4713.

Babysitter's Training • Friday or Saturday

June 11 or 12 from 9:00am – 2:00pm. Youth ages 11 – 15 receive basic childcare safety and safe play, first aid, professionalism, and leadership skills training. Cost: \$65 for materials and certification by the American Red Cross. Minimum of six participants required to hold class. For course information, contact kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

Camp Kidz Fun Zone • Monday – Friday

June 7 – 11 and June 14 – 18 from 8:30am – 6:00pm; for ages 5 – 13. Come have a blast this summer participating in Camp Idol, preparing yummy treats during a Mini-Me Chef session, jewelry making, sports, and more. Cost: \$40 non-refundable registration fee with \$78 per week (includes breakfast, lunch, snack, and all camp materials) for one child; families with two children receive a \$5 sibling discount and pay \$73 per child; families with three or more children receive a \$10 sibling discount and pay \$68 per child. For camp information, contact Tondra Jackson at tondra@bellsouth.net. For payment, registration information, and packet call 770.985.4713. First week's fee and registration packet are required to reserve your spot, so don't delay.

Career Exploration Camp for Ages 9 – 14 • Monday – Friday

June 7 – 18; June 21 – July 2; July 5 – 16; July 26 – August 2 from 9:00am – noon. This is a unique, fun, and innovative opportunity for youth to develop as leaders. Youth will work on vision boards, fill out job applications, interview, and more. Cost: \$40 for one child; \$60 for two children; for three or more children: \$30 for first child and \$10 for each child. Register quickly as only 11 spots are available per session. For curriculum information, call instructor Monica Curry at 678.687.2853. For pre-registration packet and payment, contact the center at 770.985.4713.

Celebrating the Cultures of the World • Monday – Friday

July 6 – 23 from 9:00am – 1:00pm. For ages 5 – 13. This summer the world is coming to your child. Participants will learn and celebrate the cultures of our fascinating and diverse world, its people, lifestyles, music, clothing, way of living, food, art, and more. This interactive curriculum includes the Every Culture Counts and All Shapes, Sizes, and Colors Are Special activity books. A parent-assisted optional field trip to the King Center in Atlanta is included. Camp was inspired by Emory University's Transforming Communities Project (TCP) participants. Cost: \$15 for three weeks due at registration. Contact instructor at brim4peace@gmail.com or <http://transform.emory.edu>. For pre-registration and payment information, call the community center at 770.985.4713.

Cheer and Tumbling Camp • Monday – Friday

June 21 – 25 and July 19 – 23 from 9:00am – noon. For ages 4 – 7. Children will learn basic cheerleading skills: arm and leg positions, jumps, and music-accompanied dance routines. They will also learn tumbling and movement skills. Cost: \$60 for one week with snacks and crafts. Pre-registration and payment required to hold spot. Contact Maggie@studiodanceandfitness.com or call 770.985.4713 for more information.

Exploring Science Camp • Monday – Friday

June 14 – June 18 from 1:00pm – 3:30pm: Earth Science

Cooling Assistance

Please contact Buford Community Center, 770.614.2526.

Gamblers Anonymous • Wednesdays • FREE!

Gamblers Anonymous is held every Wednesday from 6:30pm – 8:30pm. The program is free for adults. Call the Buford Human Services Center at 770.614.2526 for more information.

Project Safe Place • FREE!

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 for more information.

and our Environment; June 22 – July 2 from 1:00pm – 3:30pm: Life Science and Physical Science for ages 8 – 11. Explore through hands-on activities, exciting experiments, and games. Topics include rocks and fossils, minerals, water conservation, recycling, biology, electricity, magnetism, and chemistry. Camp is taught by experienced science teacher with master's degree in education. Cost: \$65 per week (\$5 sibling discount) with all materials and equipment included. Don't delay; only 12 slots per week. Pre-registration and payment required to secure spot. For more information, call 770.985.4713.

Junior Achievement: More Than Money • Mondays

June 21 or July 12 from 9:00am – noon. Grades 3 – 5. Program enhances student learning about advertising, banking, entrepreneurship, expenses, job skills, money management, critical thinking, deductive reasoning, problem-solving, vocabulary building, and more. Cost: \$3 per child; \$5 for family of siblings. For information, call the community center at 770.985.4713.

Junior Achievement: Economics for Success • Mondays

June 21 or July 12 from 1:00pm – 4:00pm. Grades 6 – 8. Curriculum explores personal finance and education and career options based on students' skills and interests. Class will expand critical thinking skills, decision-making abilities, interpreting data, math calculations, oral/written communication, problem-solving, and the economic benefits of staying in school. Cost: \$3 per child; \$5 for family of siblings. For pre-registration and payment information, call the community center at 770.985.4713.

Junior Achievement: Financial Literacy • Wednesdays

June 23 or July 14 from 9:00am – 12:30pm. Grades 9 – 12. Examines the concepts of budgeting, investing, credit, identity theft, and insurance. This program is in partnership with the National Endowment for Financial Education. Cost: \$3 per child; \$5 for family of siblings. For pre-registration and payment information, call 770.985.4713.

Junior Achievement: Careers With a Purpose • Wednesdays

June 23 or July 14 from 1:30pm – 5:00pm. Grades 9 – 12. Program demonstrates positive values and ethical decision-making within the context of career and life decisions, helping students realize their life potential. Cost: \$3 per child; \$5 for family of siblings. For information, call the community center at 770.985.4713.

Musical Theatre Camp • Monday – Friday

June 14 – 18 from 9:00am – 1:00pm. For ages 4 – 7. Kids will learn and participate in storytelling, acting, singing, dance, puppets, costumes and props, theatre games, and music crafts. Cost: \$15 non-refundable registration fee and \$50 per week. For camp information, call Mas-

Walk away the Pounds

1:30pm – 2:30pm. Mondays, Wednesdays, and Fridays. Join us to burn that fat and stay in shape. Walking is a gentle and effective form of exercise that helps to burn fat naturally for lasting results. This simple exercise will tone your legs, buns and abs, condition your heart, help to 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.

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.

ter Piece Performing Arts Company (MPPAC) at 678.765.2865 or e-mail mppacinfo@charter.net. For pre-registration and payment information, call the community center at 770.985.4713.

Musical Theatre Camp • Monday – Friday

July 12 – 16 from 9:00am – 1:00pm. For ages 8 – 14. Youth will participate and learn about acting, costumes and props, singing, songwriting, puppets, movement for stage (dance), theatre improvisation and games, puppets, and more. Cost: \$15 non-refundable registration fee with \$50 per week. For camp information, call MasterPiece Performing Arts Company (MPPAC) at 678.765.2865 or send an e-mail mppacinfo@charter.net. Call the community center at 770.985.4713 for payment and pre-registration.

Social Skills Camp for Ages 7 – 11 • Monday – Friday

June 7 – 11; June 21 – 25; and July 19 – 23 from 8:30am – 1:00pm. Children will learn critical social skills such as conflict resolution, recognizing social cues, making decisions, and expressing feelings appropriately. Program is for all children. Many hands-on activities are included and facilitated by licensed professional counselors. If your child can participate in a group setting while engaging in social activities and crafts with peers, register today. Children must bring a sack lunch. Cost: \$80 per child. Sponsored by Covenant Counseling Family Resource Center. For curriculum and scholarship questions, contact Sharai Bradshaw at Sharai@covenantcounseling.org or call 770.985.0837, extension 21. For pre-registration packet and payment, contact the center at 770.985.4713.

Youth Leadership Program for Ages 16 – 18 • Thursdays and Saturdays

Thursdays, June 10 – August 5 from 2:00pm – 4:00pm. Program moves to Saturdays on August 14 – September 4 from noon – 2:00pm. This 13-week program will broaden participants' career considerations with an opportunity to work with current community leaders on Leadership Day. As part of the curriculum, students will also complete a community service project. Cost: \$75 for 13 weeks with \$5 sibling discount. Registrants will be interviewed in May prior to program start date. For curriculum information, call instructor Monica Curry at 678.687.2853. For pre-registration packet and payment, contact the center at 770.985.4713.

For more information on camps and/or center activities, call the Centerville Community Center at 770.985.4713 or visit us at www.centervillecommunitycenter.com.

eventcalendar and news

computer classes

Computers for Seniors • Tuesdays • FREE!

9:00am – 11:00am. Ages 55 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 NHSC at 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 de seis semanas. 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. El espacio es limitado. Llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

NHSC 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!

11:00am – noon. Tuesday, May 4 and 11 and Thursday, May 6 and 13. Beginners only. Participants must provide two knitting needles and yarn. Call the Norcross Human Services Center to register at 770.638.5661.

Como Hacer Bufandas • Martes y Jueves • ¡Gratis!

11:00am – hasta mediodía. Martes, 4 y 11 de mayo y jueves, 6 y 13 de mayo. 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 class schedule open to the public and those who are applying for financial help from the Department of Family and Children Services (DFCS). Class is provided by the University of Georgia County 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 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 a la Universidad de Georgia y la Extensión del Condado de Gwinnett. Para horario y inscripción de clases, por favor llame al 678.377.4032.

education for youth

Math and Reading Tutoring

Academic assistance with math and reading is being offered to K – 12 students. Flexible schedules. 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, please register in person at the Norcross Human Services Center.

Reading Comprehension • Monday – Thursdays

3:30pm – 5:30pm; Cost: \$7 per hour in a group setting or private one-on-one instruction available upon request for \$40 per hour. Reading to Learn uses a variety of instructional techniques, materials, and activities to practice and apply new skills. Call Reading to Learn, Inc., at 770.279.6987 for registration and more information.

SAT Course • Saturday

2:00pm – 6:00pm. Cost: \$300 for 6-week program. Books will be provided. Reading to Learn will help students maximize their chances getting into the college of their choice by helping them attain higher than average GPAs and SAT/ACT scores. Minimum of 10 participants to hold class. Please call Reading to Learn, Inc. at 770.279.6987 to register and for more information.

Writing Skills Class • Saturdays

Noon – 2:00pm. May 1, 8, and 15. Cost \$75 for six-week program; two hours per week. Books will be provided. Students will learn grammar and sentence structure, vocabulary, substance and structure, editing, how to become better spellers, and more. Students will practice different types of essays and research papers. Please call Reading to Learn, Inc., at 770.279.6987 for registration and more information.

Writing Skills One Day Workshop • Saturday

9:00am – 3:00pm. May – July. Cost \$50. This program is for adults who want to improve their skills in writing. Learn grammar and sentence structure, vocabulary, editing, and how to become a better speller. Participants will practice various forms of writing styles. Minimum of 15 participants to hold class. Call Reading to Learn, Inc. at 770.279.6987 to register and for more information.

events

Asian Countries Display • FREE!

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

American Red Cross Blood Drive • Thursday

11:00am – 4:00pm. June 10. Adults 17 years or older. Free gifts will be given to repeat donors. To register, please visit <http://www.redcrossblood.org> and enter zip code 30093, or call 1.800.GIVE.LIFE, 1.800.483.5433. For more information, call the Norcross Human Services Center, 770.638.5661.

Month of the Young Child Celebration • Saturday • FREE!

10:00am – 2:00pm on Saturday, May 1. This event is for the whole family. Young children will receive age-appropriate books and enjoy educational fun games in a carnival-like setting. Event hosted by the United Way of Gwinnett. Call the Norcross Human Services Center for more information, 770.638.5661.

Como Luchar Contra las Estafas a la Personas de la Tercera Edad • Viernes o Sábado • ¡Gratis!

10:00am – hasta mediodía el jueves 13 de mayo, o 6:00pm – 8:00pm el viernes, 21 de mayo, o 10:00am – hasta mediodía el sábado, 19 de junio; este taller enseña a las personas de la tercera edad o a las personas que los cuida, como planear para el futuro, como hacer un testamento, como costear un funeral, seguros y mucho más.

Instrucción en español. Para registrarse y para más información, por favor llama a Consumer Credit Counseling Service al número en español: 1.866.616.3717 o visite la pagina de Internet en español: www.cccsenespanol.org.

fitness

Fitness Express • Mondays, Wednesdays, and Fridays • FREE!

11:30 – noon. For adults only. Slim your upper and lower abs while you target those stubborn lower-body problem areas. Consult your physician before you begin this or any other exercise program. Call the Norcross Human Services Center to register: 770.638.5661.

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 the University of Georgia County Extension Service. Call the Norcross Human Services Center to register at 770.638.5661.

Nutrición y Salud General • FREE!

10:00am – hasta mediodía. 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 Universidad de Georgia y la Extensión del Condado de Gwinnett. Inscripción de clases, por favor llame 770.638.5661.

POP – Parents of Preschoolers • Saturday

July 25 from 9:00am until noon. Cost: \$5 per family. Pre-registration required. Class is for parents of preschoolers to learn about nutrition right from the start. Free childcare will be provided. Prizes will be given at the end of the class. Space limited to 20 families. There will be a special presentation by Kaiser Permanente Theater Educational Program. Class provided by the University of Georgia Extension Service. Call the Norcross Human Services Center to register at 770.638.5661.

Project Safe Place • FREE!

The Norcross 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 678.546.8770 for more information.

language

English Reading and Writing • Wednesdays – FREE!

9:00am – 11:00am. Classes are taught in an informal setting and mixed levels. Space is limited. Call the Norcross Human Services Center to register at 770.638.5661.

Inglés Escritura y Lectura • Miércoles – ¡GRATIS!

9:00am – 11:00am. Programa para adultos en un formato informal y con niveles mixtos. Llame el Centro para registrarse, 770.638.5661.

Spanish • Mondays and Wednesdays

6:30pm – 8:30pm. Cost: \$70 for five weeks; class meets twice a week. A minimum of five students per class is needed to have a class. Provided by One 2 One Educational Support, Inc. Must register in person at the Norcross Human Services Center. For more information, please call 678.983.8884.

mentoring for youth**G.I.R.L.S. Leadership Development • Fridays**

6:45pm – 8:15pm. An eight-month enrichment program designed to increase self-esteem and develop leadership skills for 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 at this location are held the first and third Saturday of each month with the exception of holiday weekends. A different age group meets each Saturday. To join the Girl Scouts or for more information, call 404.527.7500.

Reunión de Girl Scouts • Sábados

10:00am – hasta 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. Las reuniones son el primer y cuarto sábado de cada mes con excepción de fines de semanas feriados. 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, por favor llame al 404.527.7500.

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. There is no cost to become a member; however, the center operates on donations for transportation and meals. 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@gwinnett-county.com.

Centro Multicultural • ¡Gratis!

9:00am – 1:00pm. Lunes a viernes. El centro esta abierto para personas mayores de 60 años. Personas participan en actividades divertidas y estimulantes, ven presentaciones de invitados y grupos especiales, y van en paseos y excursiones. No hay costo para ser miembro del centro, el centro funciona a base de donaciones por la transpoción 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.blakely@gwinnettcounty.com antes de los unos de la tarde el día antes de venir.

Citizenship • Wednesdays • FREE!

5:30pm – 7:00pm. The program is designed for adults who want to become US citizens. Instruction provided by the Asian American Resource Center. You may contact AARC at 770.270.0663 or send an email to education@aacr-atlanta.org. Call the Norcross Human Services Center for registration dates and class information, 770.638.5661.

Gwinnett Multicultural Advisory Committee Meetings • Fourth Tuesdays

1:00pm – 3:00pm. Gwinnett Multicultural Advisory Committee (GMAC) collaborates and networks with other

English as a Second Language 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 classroom B

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.

organizations to provide resources and education to benefit the diverse communities of Gwinnett County. If you would like your culture to be represented, come and share your information and help broaden our alliance perspective. The committee meets in the second floor classroom or in the Senior Center dining room. Please call the Norcross Human Services Center at 770.638.5661 for more information.

support groups**Family Violence Intervention Program/Anger Management Program • Wednesdays**

4:00pm – 5:30pm. Cost: \$20 per person. This is an educational program designed to help participants take responsibility for abusive behavior and learn appropriate ways to communicate. For more information and to register, call Families First at 404.479.4236.

Escuela Para Padres • ¡GRATIS!

8:00am – 1:00pm. Sábados 21 y 28 de agosto 2010. 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. Este programa es libre de costo, no pierdas esta oportunidad. Para más información, llamar al 678.363.3079 o al Centro de Recursos Humanos de Norcross, 770.638.5661.

Fatherhood Program • Wednesdays • FREE!

6:00pm – 8:30pm. B.U.I.L.D. = Building Up Involved Loving Dads. Our free program 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 you can use to help other dads. For more information, call Gwinnett Children's Shelter at 678.546.8770.

Gamblers Anonymous • Mondays • FREE!

6:30pm – 8:30pm. 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 registration and additional information, 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 class registration or more information, call SPARC at 678.253.0162.

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 – 11:00am. ¿Esta usted embarazada? Ofrecemos un curso especialmente para ti. 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.

summer camps**Girl Scouts Camp • Monday – Friday**

9:00am – 3:00pm. July 5 – July 16. Cost: \$25. Lunch, breakfast, snacks, and field trips are included at no additional charge. Camp for girls 5 to 12 years old. Girl scouting builds girls of courage, confidence, and character who make the world a better place. Free childcare provided by NHSC-approved volunteers from 8:00am to 9:00am. Space is limited. Register in person at the Norcross Human Services Center, 770.638.5661.

Kool Kamp • Monday – Friday

9:00am to 4:00pm. For grades one through six cost: \$65 per week, each additional sibling is \$25. Camp begins on Monday, June 7 and ends Friday, July 2. Registration and supplies fee is \$25 per child. A nutritious breakfast and lunch is included, but parents should supply an afternoon snack. Three field trips will be included at no additional charge. Other activities include group activities, arts and crafts, reading and writing time, computer time, and daily physical activities. Free childcare provided by NHSC-approved volunteers from 8:00am to 9:00am. Services are provided by One 2 One Educational Support, Inc. Call camp director at 404.661.2370 with questions. Register in person with check or money order at the Norcross Human Services Center.

Latin American Association Camp • Monday – Thursday

7:30am – 5:00pm. Six weeks from June 1 to July 8. Cost: as low as \$20 a week. Lunch and afternoon snacks are included at no additional charge. Students from ages 6 – 13. Space is limited. This program provides a unique opportunity to low-income students to increase their abilities in math, science, reading, and writing while taking part in both enrichment and recreational activities. For more information and registration, please call the Latin American Association at 678.205.1018.

Mathematics Workshop • Monday – Friday

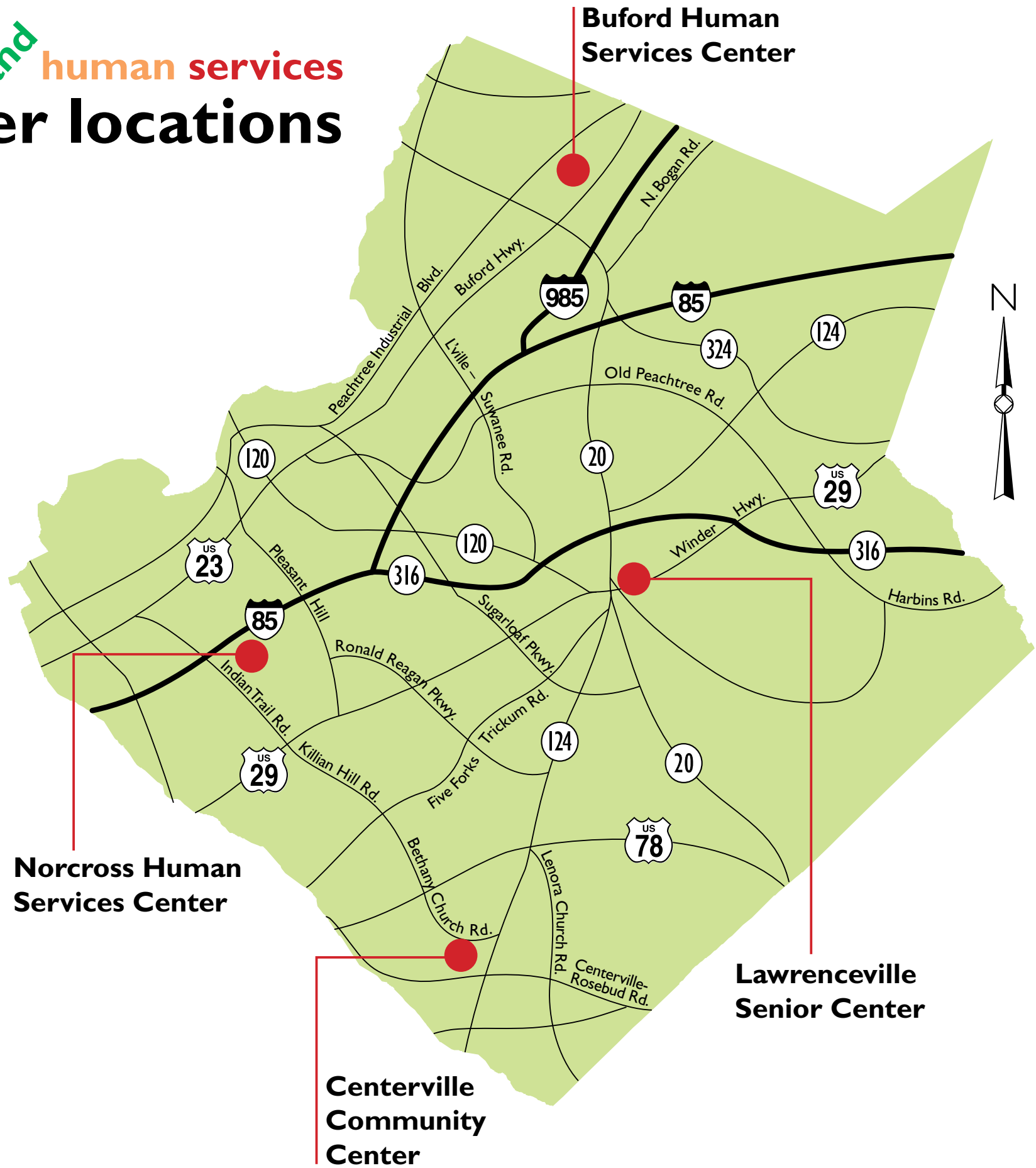
July 26 – 30. Grades 3 – 4 from 9:00am – 11:00am; grades 5 – 6 from 1:00pm – 3:00pm; grades 7 – 8 from 3:30pm – 5:30pm. Cost: \$50. Students will review familiar topics and be introduced to new skills. Supplies provided. Program provided by One 2 One Educational Support, 678.230.4027. Pre-registration and payment required; call NHSC at 770.638.5661.

Do you know your neighbor?

...continued from page 1

Answer: Haitians

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