



The Bear Facts

Spring 2011

Kids... You Just Can't Beat 'Em!

The Exchange Club Family Skills Center
2300 10th Court South
Birmingham, AL 35205
205-801-5151

Ruby Felton: Newsletter Editor
Inside this issue:

From the Executive Director.	2
Salutations	2
Parenting websites	
Programs & Services	3
"People Behind the Scenes"	4

Welcome Our New Chairman of the Board

Please join the Exchange Club Family Skills Center in welcoming our new Chairman of the Board of Directors, **Ms. Brenda Walker**. Ms. Walker is a graduate of A.H. Parker High School. She attended the University of Alabama and graduated with a Bachelor of Science Degree in Accounting from Samford University. She retired from Alabama Gas Corporation in August 2006 as Manager of Group Insurance after 35 years of service. Miss Walker retired from Realty South in February 2011. She resides in Helena, AL and enjoys traveling and reading. Ms. Walker is involved in numerous charity venues and is a Board member for The Esteemed Birmingham Chapter of The Exchange Club.



We are extremely proud to have Ms. Walker serve as the Chairman.

April is National Child Abuse Prevention Month:



A promise of Prevention adapted from Prevent Child Abuse New Jersey



I promise to make a difference in the life of a child. Some of the things I will do in my community:

- * Really listen to a child. I understand that children need undivided attention when they talk.
- * I will be patient and remember that they move at a different pace in their little worlds.
- * Make special time for a child that I care about.
- * Run an errand, bake cookies or prepare a meal for a new mother in my neighborhood.
- * Provide amusement for restless children in a waiting room.
- * Smile and acknowledge that "it's tough work" when I see a parent coping with a stressful situation in public.
- * Remind the caregivers that I know what a great job they are doing.
- * Listen to parents when they tell me about their challenges.
- * Advocate for programs that provide families with education and support—starting when their child is born!

COME ONE COME ALL TO OUR:



BLUE RIBBON BASH: THE REMIX



In an effort to decrease child abuse and neglect and to increase awareness, the Exchange Club Family Skills Center will present **"Blue Ribbon Bash The Remix"** on **Thursday, April 21, 2011 from 10am-2pm.**

The purpose of this event is to create partnerships with the community and to introduce the mission of the agency. This fun filled event will consist of music, food, fun, door prizes, education, and a raffle drawing.

You don't want to miss our educational workshop from **10:30-11:30am** entitled **"What You Don't Know Can Hurt You"**.

This workshop will cover: *when consensual sex is considered rape, online predators and sexting.*

The Exchange Club Family Skills Center Presents

BLUE RIBBON BASH THE REMIX

Join Us April 21st, 2011 From 10am - 2pm

Raffle, Food, Fun, Door Prizes

Educational Seminar
From 10:30am - 11:30am

Bring A Client, Bring A Friend!!!
This Event Is Free!!!
So You Don't Want To Miss It

Address:
2300 10th Court South
Birmingham, AL 35205

For More Information Please Call
Ruby Felton (rfelton@ecfsc.com) Or Vicky Butts @ 205 801-5151

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Educate, Communicate, Prevent the cycle of abuse! The news has recently covered several tragic and unfortunate deaths involving infants and small children; what we refer to as preventable deaths. I am ever more committed to the goal and mission of our agency to provide parent education and support to families regarding the perils of child abuse.

It is a wonderful opportunity to work with a Board, Young Leadership Board and staff that are committed to the same purpose and goal.

We must increase awareness in our community and serve as advocates for those children in need. As we prepare for **National Child Abuse Prevention Month in April** we want to educate others through increasing awareness of Child Abuse Prevention. We continue to form new partnerships and attend workshops so that in improving ourselves through education we are able to educate the public. Please join us in this awesome task. I continue our commitment to seeking funds through new contacts and other sources to increase our services.



Sonya Williams

Join us in strengthening families.



Salutations to our New Young Leadership Board



We are delighted to share the news of the formation of our Young Leadership Board. This board will provide volunteer support and engagement in our mission and will focus on programs, education, advocacy and fundraising. The new members of our leadership board are energetic, intelligent and able-bodied young adults committed to helping spread the importance of the mission of child abuse prevention. We are looking forward to this new addition to our Center.

- | | | | |
|--------------------------|--------------------------|----------------|---------------------|
| Tara Bowman, Board Chair | Willie Davis, Vice-Chair | Miranda Joseph | Christal Montgomery |
| Alicia Williams | Felicia Cunningham | Jason Streater | Jestina Howard |
| Cynthia Turner | Tyrone Silmon | Tammy Cauthen | Mary Jaque Carroll |
| Alisha Taylor | | | |



Welcome our Incredible Intern's



We are pleased to provide valuable learning experiences for students in field placement settings. We are very fortunate to have a dynamic set of interns working with us this term:

- | | |
|--|---|
| Adrienne Baldwin- MSW- The University of Alabama | Charlene Roper-BSW- Miles College |
| Jermesha McCall- MSW- Alabama A & M | Shante' Lee- MSW- The University of Alabama |



Visit our website at WWW.ECFSC.COM



Parenting Related Websites:

- | | | | |
|--|--|--|--|
| www.parenting.com | www.parenting.org | www.parenthood.com | www.familyeducation.com |
| www.parentingweekly.com | www.parent.net | www.Parenting-Advice.net | |
| www.dontshake.org | | | |



Become Our Friend on FACEBOOK

At

Exchange Club Family Skills



Home Based Program News: 2nd ANNUAL CHRISTMAS MINGLE

By: Stacy Hopkins, Parent Aide



Our 2nd Annual Christmas Mingle was a great success!

We were able to sponsor 38 children and 13 parents.



Thank you to ALL of our kind and wonderful supporters that enabled our Center to help bring blessings and smiles to the precious children we serve. Because of your generosity and thoughtfulness we were able to brighten the Christmas season for our children and families. We could not do what we do, without you!

The Christmas Mingle was full of Holiday Joy! Our families were able to visit our Center for an evening of refreshments, fun, and fellowship! The children enjoyed arts & crafts, face painting, and pictures with our very own Santa Clause before they received their gifts!



A special thank you to the Board members, Junior Board members, Staff, Exchange Club members, and Special Volunteers for helping this event to be a success for our families! We appreciate you all so much!



Community Based Program News: From an Interns Perspective



By Charlene Roper, Intern

Interning at the Exchange Club Family Skills Center is profoundly rewarding. My internship experience is allowing me the freedom to observe and facilitate classes. I'm also given the opportunity to shadow home visits to become familiar with the process of needs assessment. My internship is providing me with guidance, knowledge, and confidence to begin my social work journey. My experience with the Exchange Club has enhanced my career path, and re-affirmed my goals and values. The staff at the center make me feel like a major contributor in preventing child abuse and neglect in Jefferson County.

Help Support CTF

Prevention of child abuse and neglect is everyone's responsibility. When you buy a Children's Trust Fund specialty license plate, approximately 92% of the purchase price goes directly to fund community-based prevention programs in Alabama. These tags are available at every County Probate office and are tax-deductible. They can be personalized with any combination of five letters or numerals at no additional charge.



Anger Management Group

Next Sessions will be held:

March 28, 2011 June 6, 2011
August 15, 2011 October 24, 2011

Mondays
6:00pm-7:30pm



To registration contact:

The Exchange Club Family Skills Center
2300 10th Court South
Birmingham, AL 35205
205.801.5151

You must be 19 or older to participate

One time fee of \$50

The Parents as Teacher's Program

Parents as Teachers (PAT) is a parent education and family support program serving families throughout pregnancy until their child turns three years of age.

Being a parent is hard work

In the first few years, children learn more and at a faster pace than at any other time in their life. You help shape your child's future through the experiences you provide. Your baby was born to learn, and as a parent, you are your child's first and most important teacher.

As a PAT family, you receive:

Personal Visits-during which your parent educator will share age-appropriate child development and parenting information, help you learn to observe your child and address your parenting concerns

Contact Vicky Butts at the Center for more information.



Exchange Club Center for the Prevention of Child Abuse of Jefferson County, Inc.

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The Exchange Club
Family Skills Center is
partially funded
by the
Big Saver
Thrift Stores in
Roebuck & Bessemer.
To donate household
items, clothing or toys
contact
836-2495

Address Service Requested

The Exchange Club Family Skills Center's mission is to act as the principal child abuse and neglect agency providing education and support to both adults and children in the Greater Birmingham area.

The Exchange Club Family Skills Center's "People Behind the Scenes"

Staff

Sonya Williams, Executive Director
Vicky Butts, Home Based Programs Specialist
Ruby Felton, Community Programs Specialist
Stacy Hopkins, Office Manager
Tamiko Elston, Parent Educator
Melanie Taylor Sokol, Program Facilitator
Cornell Myricks, Program Facilitator
Vicki Cargile, Program Facilitator
Ziva Hatcher, Program Facilitator
Renona Boswell, Program Facilitator
Michael Jones, Program Facilitator
Keith Cooper, Program Facilitator
Destiny Mayberry, Parent Aide
Tiffany Poe, Parent Aide
Meredith Beatty, Administrative Assistant



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