



323 East Airport • Baton Rouge, La 70806
Phone (225) 201-8888 • Fax (225) 927-1010

WELCOME

Family Road of Greater Baton Rouge is a non-profit organization that provides a variety of services for families. Family Road has over 104 non-profit, public, private, and government agencies that have committed to provide services at our location. Services, Classes, Workshops, Support Groups and Counseling are provided in the following areas:

- * Prenatal Classes & Clinic
- * Fatherhood Classes
- * Teen Parenting Classes
- * Parenting Classes
- * Children & Teens Classes
- * Car Seat & General Safety Classes
- * Counseling Programs
- * Education & Training Classes
- * Banking & Technology (Computer)
- * Wellness, Nutrition & Fitness Classes

FAMILY ROAD BUCKS

Every time you and your family participate in any type of service at Family Road you will earn Family Road Bucks. These Bucks can be used in our Family Store to purchase items for your children (diapers, car seats, clothing, toys, etc. and items for yourself (clothing, make-up, sports gear, etc.).

FREE CHILD CARE

While you are attending different services at Family Road of Greater Baton Rouge, you may use our free child care services. If you will need this service, please call 201-8888 to let us know you will be coming. PARENTS ARE REQUIRED TO CALL IN ADVANCE OR MAKE ARRANGEMENTS AT THE RECEPTION DESK AT LEAST ONE-DAY BEFORE THEY ARE IN NEED OF CHILD CARE. We cannot accept children when play area is full. This is due to safety and fire codes. Reservations are made by the staff of Family Road.

REGISTRATION

Please ask for a registration packet from Family Road Staff. The packet can be mailed to you along with a calendar or they can be picked up from the facility. The registration packet includes the following forms: "Welcome and on the back of the form-"Waiver of Liability," ivory "Registration Form" and our gold "Words that Matter Form." Each adult must turn in these complete forms before you are able to participate in any programs at Family Road. If you are registering your child under the age of 11 for classes; a one-page registration will be given to you when you come to Family Road. After completing the forms, you can stop by Family Road anytime before your scheduled class to turn in your forms. Or, come to Family Road 15 minutes earlier on the day of your class. At that time, the Family Support Person will take your forms and talk to you about all the services at Family Road. Turning in the forms completed is worth \$3.00 of Family Road Bucks and \$5.00 of Family Road Bucks for every hour of class attendance. If you have any questions or need more information please call us at 201-8888.



323 East Airport • Baton Rouge, La 70806 • Phone (225) 201-8888 • Fax (225) 927-1010

To the Community:

Family Road is proud to present the latest schedule of classes, workshops, counseling and various services. Family Road continues to lead the way toward healthier families through its collaboration of 104 organizations throughout the Baton Rouge community as well as providing several direct services.

Services Provided by Family Road

Family Support Program provides support to families by assisting them with classes/program registration, providing them with referrals for job placement, providing them with referrals for rent/food/utilities assistance, and linking them to social service programs in the community. **Call 201-8888 for more information.**

The Medicaid Enrollment Program provides assistance to the community and answers questions concerning various Medicaid Programs that they or their family members may be eligible for including the program LACHIP (A program that is for children and pregnant women 0-19 whose parents' income is too high to qualify for regular Medicaid).

Please bring proof of: identification, age, citizenship, social security number, residence, marital status, number of persons in household, income from all sources, bank accounts, insurance policies, property, and vehicles.

(Please call 201-8888 to make your appointment. Evening appointments also available.)

Family Road is a Smoke Free Facility. Family Road is proud of leading the way toward healthier families by providing a smoke-free environment. Even though smoking is the most preventable form of death, more Americans die from cigarette-related illnesses than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined.*

Smoking will not be permitted anywhere on the Family Road campus, including all parking lots. For the health of our clients, employees, and visitors, we ask that you please extinguish all smoking materials before exiting your vehicle. Thank you for your cooperation!

**Source: American Cancer Society, Cigarette Smoking, 2002; U.S. Department of Health and Human Services, Preventing Tobacco Use Among Young People, Surgeon General's Report, 1994.*



Table of Contents

Prenatal Road.....	4
Fatherhood Road.....	7
Parenting Road	8
Children and Teens Road	10
Car Seat and General Safety	10
Counseling Road.....	11
Education and Training Road	13
Banking and Technology Road.....	14
Wellness, Nutrition and Fitness Road.....	16

Prenatal Road

Healthy Start/Nurse Family Partnership

Sponsored by Family Road of Greater Baton Rouge

Early prenatal care is one of the best gifts a mother can provide to her unborn child. When you are enrolled in the Healthy Start program, a case manager visits you in your home throughout your pregnancy and continues to visit until your baby is 2 years old. The program will help you to have a healthy pregnancy and a healthy baby, learn about parenting, set goals for the future, and provide information on helpful resources in the community. Contact Family Road at 201-8888 to learn more about Healthy Startthe program for today's pregnant woman!

Call 201-8888 for more information.



Nurse Family Partnership

Sponsored by Louisiana Office of Public Health

Are you expecting your first baby? The Nurse Family Partnership can help. A nurse will visit you in your home throughout your pregnancy and continue to visit until your baby is 2 years old. Serving first time parents in the following parishes: Point Coupee, Ascension, East & West Feliciana, Iberville and West Baton Rouge.

Call 225-925-1773 for more information.



Mommy Hour: Things for the Baby, the Body and the Mind

Healthy Start Participants Only!

Sponsored by Family Road of Greater Baton Rouge

If you are in Family Road's Healthy Start Program, this educational group is for you! Pregnancy can be a challenging experience...What to eat, what is safe for baby, and how to care for your unborn child are just a few questions moms have to answer. This group is specifically designed to help mommies answer these questions, as well as providing

you with a fun-filled hour of prenatal and parenting education, a support network and an opportunity to share ideas with other moms. This group meets the 3rd Thursday of each month.

Classes are FREE. Call 201-8888 to Pre-Register. Pre-Registration is Required. Time: 12:00 p.m. - 1:00 p.m.

Thursday, January 20
Thursday, April 21

Thursday, February 17
Thursday, May 19

Thursday, March 17
Thursday, June 16

Building Strong Families

Sponsored by Family Road of Greater Baton Rouge

Together is Better! The *Building Strong Families* (BSF) Program promotes and supports the building of stronger, healthier relationships through education, awareness and support.

The program is for couples who are expecting a baby or have a baby who is twelve months old or younger, at least 18 years old, romantically involved or married. During this program, couples will build trust; learn how to communicate with each other in ways that foster healthy relationships and marriages, receive referrals to additional services like health education, job services, prenatal education, money management and more, all in a group setting with other couples. Couples participating in the BSF program also earn Family Road Bucks that are redeemable incentives like: gift cards! Couples will be provided with free child care, and transportation..

Call 201-8888 for more information.



Breastfeeding Basics: Breast is Best

Sponsored by LA La Leche League of Greater Baton Rouge

Are you aware of the benefits of breastfeeding for you and your baby? Are you looking for an innovative seminar where you can learn how to get your breastfeeding relationship off to a great start? Join us for our series meetings that will cover this and so much more. Mom is welcome to bring a female support person as well to the meeting. This series will offer you education, encouragement, and emotional support. You will earn valuable breastfeeding items that will help you Learn Mothering through Breastfeeding: Much more than Nutrition.

Light refreshments will also be provided. Classes are FREE. Pre-Registration is Required. Call 201-8888 to Pre-Register

Time: 12:30pm-2:30pm

Wednesday, January 12

Wednesday, April 13

Wednesday, February 9

Wednesday, May 11

Wednesday, March 9

Wednesday, June 8

SIDS/ Safe Sleep for My Baby

Sponsored by Office of Public Health

Sudden Infant Death Syndrome, or SIDS, is the sudden and unexpected death of an infant under 1 year of age. This class offers ways to reduce the risk of SIDS and provides resources within the community. This class will also discuss the safest sleep environment to reduce the risk of suffocation and SIDS. **Classes are FREE. Pre-Registration is Required. Call 201-8888 to Pre-Register**

Wednesday, January 12 2:30-3:30 p.m.

Special Delivery Class

Sponsored by Woman's Hospital

During the four hours of this course, we cover basic information so you will be able to recognize when labor starts; know when to come to the hospital, know what to expect when you arrive at the hospital and be aware of indications for a cesarean birth. Other topics include: options available for dealing with the pain of labor and birth.

You are invited to bring a snack and drink from home. Bring a jacket if you chill easily. Take this class after your fifth month of pregnancy. Classes fill quickly; call to register as soon as possible. \$17.50 for Clients of Family Road per family of two. Classes held Tuesday & Wednesday 5:30 p.m. – 7:30 p.m. Call Resources for Women at 924-8444 to register or to get the online code.

August 17 & 18

October 12 & 13

December 7 & 8

ABC: After Baby Comes Baby Care Class

Sponsored by Woman's Hospital

In this class, experience hands-on demonstrations on how to bathe, feed, diaper, dress and hold a baby, while you practice with a lifelike doll. Also learn parent care – get the truth about “baby blues”, recovering from a vaginal or cesarean birth, and more. Plan to take this class in the sixth month of pregnancy or any time if you will be adopting a baby. It's for new parents, grandparents, adoptive parents or other caregivers.

Class is 2 ½ hours long with two 10-Minute breaks. Please bring a snack and drink from home. Also bring a jacket if you chill easily. \$17.50 for Clients of Family Road per family of two. Plan to take this class after your sixth month of pregnancy. Classes fill quickly. Call Resources for Women at 924-8444 to register for this class or get the online code. Classes held Tuesday & Wednesday 5:30 p.m. – 8:00p.m.

February 8 & 9

April 12 & 13

June 14 & 15

***ALL CLASSES AT WOMAN'S HOSPITAL ARE ½ PRICE FOR FAMILY ROAD CLIENTS; PLEASE SEE YOUR FAMILY ROAD REPRESENTATIVE FOR MORE INFORMATION.**

Counseling, Maternity and Adoption Services

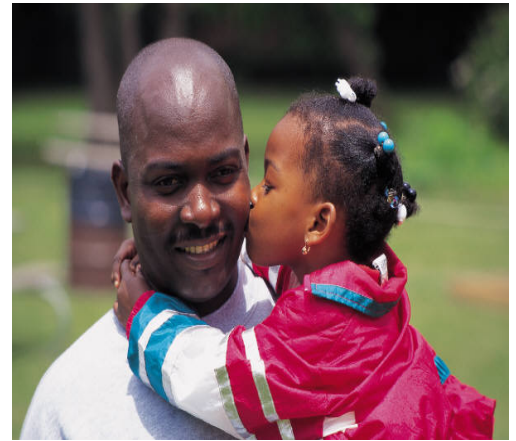
Sponsored by Catholic Community Services

Unplanned Pregnancy? Catholic Community Services provides free, confidential counseling to women experiencing an unplanned pregnancy. The Sanctuary for Life Maternity Home provides shelter and refuge to young pregnant women in need of residential care. Adoption services are also available. The Baby Think It Over Class is offered by request. Baby Think It Over is an infant simulator used as a tool in abstinence education. Referral to community resources- Medicaid, WIC, Welfare, Child Care Assistance, Prenatal Care, birthing/ parenting classes and continued education. Transportation provided.

Services are FREE. Pre-Registration is Required. Call 336-8708 to schedule an appointment

Fatherhood Road

“Daddy” - the most important job a man has in his child’s life



Dedicated Dads:

The Fatherhood Program at Family Road

What does it mean to “be there” for your child?

This class is designed for fathers and fathers-to-be to get the basics and advanced information on what it really means to be a daddy. We offer a 17-week curriculum that covers the roles of responsible fatherhood. This class will feature men learning and sharing challenges of fatherhood, joys of fatherhood, stereotypes of manhood, understanding child’s needs, coping as a single father, coping with blended (step) families, conflict resolutions/anger management, domestic violence, male/female relationships, sexuality, and child support assistance. Fathers are also able to link with educational and job opportunities with this program. If you would like to learn how to be the best daddy you can, join us!

Classes are FREE.

Call 201-8888 to Pre-Register

Pre-Registration is Required.

Group meetings held Tuesdays 6 pm- 8 pm

Age requirement- 20 years & up

One on One Class

This component is designed to address those emotional and psychological issues that stem from failed relationships and give useful insight into breaking the vicious cycles of teen pregnancy and absentee fathers, and counseling on the rights and responsibilities of being on child support.

Father’s Focus

This class is for new and existing dads to share their challenges, advice, and wisdom about fatherhood. Fathers of all ages and backgrounds are encouraged to attend this class to talk with other men about their feelings, challenges, fears, and excitement about being the best dad possible! Other related topics include getting it together, keeping it together, setting and accomplishing goals, challenges of getting and keeping permanent employment, and changing bad behaviors. You do not have to deal with these issues alone; we are here to assist you!



DID YOU KNOW?

Children with involved, loving fathers are more likely to do well in school, have healthy self-esteem, exhibit empathy and pro-social behavior, and avoid high-risk behavior compared to children who have uninvolved fathers.

Classes are FREE.. Call 201-8888 to Pre-Register and for dates and times.

Pre-Registration is Required. Group meetings held on Thursdays 6:00 p.m. – 8:00 p.m.



Parenting Road

Full Circle Parenting Program

Sponsored by Southern University Agricultural Research & Extension Center

This is a free program for the entire family, which offers as many as nine lessons to help participants develop skills to improve parenting and to strengthen the family. This is a free program for program for the entire family.

Classes are FREE. Pre-Registration is Required.

Call 201-8888 to Pre-Register Time: 11:00am–1:00 p.m. Classes on Wednesdays

Five C's of Family Strengthening- February 9, April 6, May 25

Self-Esteem- February 16, April 13, June 8

Anger Management- February 23, April 20, June 15

Parental Involvement- January 5, March 2, April 27, June 22

Family Communication – March 9, May 4, June 29

Coping with Family Stress- January 19, March 16, May 11, July 6

Preventing Juvenile Delinquency- January 26, March 23, May 18, July 13

Parenting Skills

Sponsored by VOA-Partnerships in Child Care

Do you have questions or concerns about your young child? Come and explore different topics concerning parenting and growing in a loving relationship with your child. We will also share tips on quality child care.

Classes are FREE Pre-Registration is required. Call 201-8888 to register.

Time 1:00 p.m. – 2:00 p.m.

**Tuesday, January 18
Tuesday April 19**

**Tuesday, February 15
Tuesday, May 17**

**Tuesday, March 15
Tuesday, June 21**

Real Life. Real Talk. for parents

Sponsored by "The Talk" Coalition

Encourages open, honest, and balanced talk about sex and relationships. It provides parents with the tools and support they want to be able to talk about healthy sexuality by engaging them in a series of program activities. One activity highlight is *Sex Ed for Parents* – a 90 minute crash course in teen realities that provides parents with a glimpse into teen development, what it's like being a teen today, and parenting strategies for guiding a teen's sexual maturity in a fast-paced confused, and sex-saturated culture. The point is to empower parents, and educate communities through vital discussions supporting teen health issues.

Why are PARENTS the primary focus for *Real Life. Real Talk.*? Because parents are powerful. They may not realize it, but parents are the most influential voices in a teen's life when it comes to decisions about sex. But while parents are influential, they also need help.

Real Life. Real Talk sessions will be taking place in and around the Greater Baton Rouge Community. If you are interested in "The Talk" Coalition coming to you please call 225-201-8888. You can also check our website at www.familyroadgbr.org for more info on open sessions in the community

Family Road Session-Monday, February 21st- 6-7:30pm

Sex Education for Parents Series

Sponsored by "The Talk" Coalition

Educational workshops designed to empower parents and caregivers with effective tools and information to communicate with youth about issues related to sex and relationships. **Classes are FREE Must have completed 90 minute Real Life. Real Talk to register for this series. Classes held on Mondays 6:00 p.m. – 7:30 p.m.**

Body Basics- March 14

Ages & Stages- March 21

Sexting & Texting- March 28

Truth & Consequences: HIV, STD & Pregnancy Prevention- April 4

Healthy Relationships – April 11

Parents, Children's and book – the SMART Thing to Do!

Sponsored by East Baton Rouge Parish Library

Reading with your child for just 20 minutes a day, every day, will provide your child with over 600 hours of literacy experience by the time she starts kindergarten. Your child will have a more extensive vocabulary, and be familiar with words, sounds, and books. You don't even have to have reading skills yourself. So, start your child off to the road to success- by helping him/her become a good reader. Children and books- it's the SMART thing to do. **Workshops are Free. Pre-Registration is Required. Call 201-8888 to Pre-Register**

Thursday, May 12, 10:00a.m -11:00 a.m.



Grandparents Raising Grandchildren Support Group

Sponsored by Grandparents Raising Grandchildren Information Center of La.

Are you a grandparent or kinship caregiver that is raising your grandchild or kin? Join us for these informal and interactive parenting workshops designed to help you face the unique challenges of parenting grandchildren or kin that may often seem impossible. Various professionals will join us to discuss areas of interest such as government and legal topics, psychological and mental health concerns, school-related matters, and medical and

DID YOU KNOW?

According to the U.S. 2000 Census, there were close to 2 1/2 million households with grandparents raising their grandchildren. This figure does not even count kinship caregivers such as people raising their brother or sister's children or, even yet, raising their niece or nephew's children. Fifty-seven percent of grandparents raising their grandchildren are still in the work force and 17% are living in poverty.

insurance issues.

Classes are FREE. Pre-Registration is Required. Call 201-8888 to Pre-Register. Thursdays, 10:00am – 11:30am

Thursday, January 27

Thursday, February 24

Thursday, March 24

Thursday, April 28

Thursday, May 26

Thursday, June 23

Children and Teens Road

ChildSearch Early Steps and Head Start Enrollment

East Baton Rouge Parish School System provides free services for children with special needs ages 3-21 who have developmental delays or learning difficulties.

You may call Dedra Stevenson at 225-929-8600. Applications for the East Baton Rouge Head Start Program are available at Family Road.

Car Seat and General Safety Road

Protecting Kids One Car Seat At A Time: Car Seat Safety



****Pick-up of car seat dependent upon availability****

****Only one car seat per client, per 12-month period****

Take the following required classes and buy a Car Seat for \$50.00 Family Road Bucks. Must complete required classes to get a Car Seat. No exceptions.

- **1 Car Seat Safety= \$5.00 Family Road Bucks**
- **1 Class from Bank and Technology Road \$5.00 Family Road Bucks**
- **1 Class from Wellness, Fitness and Nutrition Road= \$5.00 Family Road Bucks**
- **1 Class from Safety Road= \$5.00 Family Road Bucks**
- **1 SIDS Class= \$5.00 Family Road Bucks**

*** 1 Class from Parenting Road may be substituted for Banking and Technology or Wellness, Fitness and Nutrition Road.**

****Additional classes may be necessary in order to get the required amount of Family Road incentive bucks****

Car Seat Safety Class

Sponsored by Office of Public Health

The day class covers proper installation of car seats and use of the basic types of car seats and Louisiana law. If you are interested in purchasing a car seat with Family Road bucks, you must attend this class.

Call Family Road to pre-register. Not admitted if late.

Time: 1:00 pm. - 2:00 p.m.

Thursday, January 20

Car Seat Check or Pick Up

Sponsored by Family Road of GBR & Department of Health and Hospitals Injury Prevention

4 out of 5 car seats are not placed in the car correctly! Don't be a part of the statistic! Come let a certified car seat technician show you how to properly protect your precious cargo in the car for every ride. Have you tried to install your car seat but just can't seem to get it tight enough? Are you worried that you might not be protecting your child as much as you can? Schedule an appointment at Family Road with a certified child passenger safety technician to make sure your child is safe. You can also pick up your car seat with your \$50 Family Road Bucks after taking the required classes.

****Only one car seat per client, per 12-month period****

Car seat checks and pickups held on Mondays by appointment only, No walk-ins. Call Family Road at 201-888 to pre-register.

Safety in the Home

Sponsored by Office of Public Health

4.5 million children are injured in the home every year. Help protect them from common household hazards such as drowning, poisoning, fires, choking, suffocation and falls. **Classes are FREE. Pre-Registration is required. Call 201-8888 to**

Pre-Register. 2:00 – 3:00 pm

Thursday, January 20

Fire Safety

Sponsored by Baton Rouge Fire Department

This class will feature helpful techniques and safety information regarding what is needed to have a fire, how to prevent a fire, and how to put a small fire out. In

addition, how to develop a home escape plan and how to escape if a fire starts at night will be covered.

Classes are FREE. Pre-Registration is required.

Call 201-8888 to register. Time: 5:00 p.m. – 6:00 p.m.

Wednesday, January 19

Wednesday, April 20

Wednesday, February 16

Wednesday, May 18

Wednesday, March 16

Wednesday, June 15

Counseling Road

Rape Crisis Center

This center provides emotional support through a weekly support group for adult survivors of rape. They also offer a 24 hour rape crisis hotline (225) 383-RAPE (7273), short term in-office counseling, forensic rap exams, medical and courtroom advocates, and referrals.

Please call 383-7273 for more information

DID YOU KNOW?

*Fire Departments respond to a fire emergency in the US every 19 seconds.

*Fire kills someone nearly every 3 hours.

*Fire injures someone every 37 minutes.

*Children under age 10 account for an estimated 22.2 percent of all fire deaths in the US.

*4 out of every 5 fire deaths occur in the home

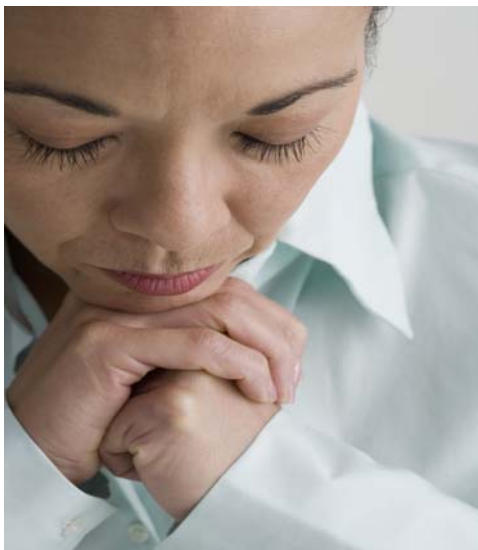
[Source: US Fire Administration and the National Center for Injury Prevention and Control]

HIV/AIDS Prevention Program

Sponsored by Family Service of Greater Baton Rouge

This program offers free HIV counseling and testing to the public. Interested persons can come to Family Service of Greater Baton Rouge by appointment. We offer the OraQuick test, which doesn't involve needles or blood and will provide results in 20-40 minutes. You also have the option of taking the test anonymously.

For more information or for an appointment, please call (225) 927-9810.



Substance Abuse Screening

Sponsored by Baton Rouge Treatment Center

Are you struggling with alcohol or drugs? Have you been missing work? Fighting with friends or family? If you or someone you know has a problem with chemical dependency there is help available. Baton Rouge Treatment Center will provide services to individuals who feel that they may need help. Confidential, free assessments will be provided weekly. Referrals will be made that will help you find the help that you need.

Assessments are Free. Pre-Registration is required. Every Thursday, 9:00 a.m. & 10:00 a.m. appointments available. Please call 201-8888 to Schedule

Battered Women's Support Group

Sponsored by Capital Area Family Violence Intervention Center, Inc.

The Battered Women's Program will offer a weekly empowerment group to women in the community who are survivors of domestic violence. Anyone who is interested in attending the empowerment groups must first contact The Battered Women's Program for an assessment. All group participants must also agree to abide by The Battered Women's Program confidentiality policy.

Services are FREE. Individual counseling also available. Please call 389-3001 for more information or to get an assessment



HIV/AIDS Care Coordination for Women and Children (Title IV)

Sponsored by Family Service of Greater Baton Rouge & Volunteers of America

Helps clients access services, resources and programs that enhance health and well being.

Services include: case management, support groups, counseling, health/treatment education, transportation, childcare, financial assistance toward rent, utilities, eye and dental care. **For more information or to make an appointment, please call (225) 927- 9810.**

Capital Area Community Mediation Center, Inc. (Dispute Settlement Center)

Mediation services are available to assist individuals in resolving conflict without resorting to violence. Intakes for mediations are conducted at Family Road, and persons requesting mediation should call and ask for the Community Mediation Center. Mediation services will be provided to settle such issues as conflict over: noise, parking, and/or property lines between neighbors; rent, privacy and/or damages between landlord and tenant; dissatisfaction and/or non-payment between a business and a consumer; nonviolent crimes, vandalism and/or theft between the victim and the offender; and house rules and/or curfew between a parent and child.



Charge for mediation services may be on a sliding scale according to income level. Please call 201-8888 for more information

GYN Oncology Support Group

Sponsored by Woman's Hospital

Regular support group for women diagnosed with a cancer of the reproductive organs. Meetings Allow women to share ideas and gain understanding about the complex situations faced daily. Meets once a month. **Please call 924-8456 for more information.**

Multiple Sclerosis Support Group

Sponsored by National Multiple Sclerosis Society

Professional facilitated support group for people with multiple sclerosis and their family friends. The group provides a great opportunity to meet people dealing with similar issues, as well as education, guest speaker presentations, exercise, and social activities. **Please call 201-8888 for more information**

Every third Tuesday of each month from 12:00p.m.-2:00p.m.

Tuesday, January 18
Tuesday, April 19

Tuesday, February 15
Tuesday, May 17

Tuesday, March 15
Tuesday, June 21

Education & Training Road

SISTA: Sisters Informing Sisters about Topics on AIDS

Sponsored by Metro Health

A series of five weekly, two-hour group sessions that provide the skills and information necessary to empower women to protect themselves from contracting the AIDS Virus (AV). A \$50 gift card will be issued after all 5 sessions are completed.

Clients must attend all 5 sessions to receive gift card

Pre-Registration is required. Call 201-8888 to Pre-Register.

Time: 10:00 a.m. - 12:00 p.m. Classes held on Wednesdays

January 5, 12, 19, 26, February 2
March 30, April 6, 13, 20, 27

February 16, 23, March 2, 9, 16
May 11, 18, 25, June 1, 8

Educational Opportunity Center

Sponsored by Southeastern Louisiana University

Representative will provide educational assistance to adults ages 19 and above, who are interested in pursuing a post secondary education degree. Free educational and related services! Career Assessment, Academic Assessment, Enrollment Counseling for Technical Schools and Colleges, and Financial Aid Counseling.

Sessions are Free. Pre-Registration is required.

Time: 10:00 a.m. - 12:00 p.m. Call 201-8888 to Pre-Register

Classes held on Fridays, appointments are 30 minutes.

Friday, January 21

Friday, May 20

Friday, February 18

Friday, June 17

Friday, March 18



Adult Education Classes: GED Education Program, Basic Skills, and Employment Test Preparation

Sponsored by East Baton Rouge School System - Adult and Continuing Education

Have you thought about going to school to obtain your GED? Is childcare or transportation a problem? At Family Road you are able to prepare to take the GED with free childcare offered to you during your classes, and also receive instruction in Basic Skills and Employment Test Preparation. Family Road is located on two bus lines and classes are in the evenings. To enroll, bring a state issued ID or Birth

certificate and Social Security card. A student must be at least 17 years old and not enrolled in K-12. Childcare is available at no charge--Call early! Space for childcare is limited and pre-registration for childcare is required. Please call at least 24 hours in advance to register for Child Care.

Classes are FREE. Pre-Registration is required. Child Care is FREE.

Call 201-8888 to Pre-Register. Mondays 4:30 p.m.-7:30 p.m.

No Class on holidays.

Banking and Technology Road

First Time Homebuyers

Sponsored by Urban Restoration Enhancement Corporation

This workshop will inform students of what to expect when purchasing a home for the first time. Students will be educated on financial resources including bond money. Participants will receive a certificate upon completion of the course.

Pre-Registration is Required.

Call UREC at 356-8871 for more information.

Financial Literacy Workshops

Sponsored by Neighbor's Federal Credit Union

Classes are FREE! Pre-Registration is Required

Understanding Credit Reports & Credit Scores

This workshop is for individuals seeking more information specifically on credit and credit scores; including types of credit, cosigning for loans or credit cards, building a foundation for credit, protecting your credit and monitoring your credit. **Wednesday, January 12 1:30 p.m.-3:00 p.m.**

Understanding Your Paycheck

This workshop reviews gross and net pay, mandatory and voluntary deductions, tax forms and brackets and IRS tax filing. This is ideal for individuals new to the work force and people who would like a better understanding of how gross pay becomes net pay. **Wednesday, January 26 1:30 p.m.-3:00 p.m.**

Money Management and Understanding Credit & Credit Scores

This workshop is designed to combine efficient money management skills with building credit and improving credit scores. This fast-paced session is designed to give an overview of financial institutions and how they can help with effective money management. We review types of accounts, understanding and creating a budget, ways to save money and ways to handle financial crises. We examine credit and credit scores, how to build or rebuild credit, how to check your credit report and how to remove incorrect information and avoid credit scams.

Wednesday, February 9, 1:30 p.m.-3:30 p.m.

Talking To Kids About Money

This workshop is designed for parents with children of all ages. We discuss money management skills for children, the purpose an allowance serves, how parents can afford an allowance and ways allowance can be implemented to develop a variety of desirable skills in children.

Wednesday, February 23 1:30 p.m.-3:30 p.m.



Achieving the American Dream of Homeownership

Sponsored by Mid City Redevelopment Alliance

If you dream of owning your own home, Mid City Redevelopment Alliance's Home Ownership Center can help make that dream a reality. The Home Ownership Center offers free homebuyer education and counseling to individuals and families interested in home ownership. Assistance programs are also available through the Home Ownership Center.

Program is FREE. (Call the Home Ownership Center at 267-HOME (4663) for more information.



Wellness, Nutrition and Fitness Road

GBR Community Clinic Screenings for the Working Uninsured

The Greater Baton Rouge Community Clinic provides free dental, medical, mental health, and vision care services to the low income, working uninsured adults, in the nine parish Greater Baton Rouge Area. This program is for individuals who earn a little too much to qualify for federal or state assistance (such as Medicaid, Medicare) but do not earn enough to afford health care coverage. Eligibility Screenings will be held

to determine eligibility and are based on earned income and work history.

- **Must work at least 30 hours a week**
- **Must have worked 10 of the last 12 months.**
- **Must not have any medical or dental insurance (including Medicaid and Medicare)**

Following items required to be screened: 2010 Income Tax statement, Two most current check stubs, Proof of residency, & Photo ID

Every Monday and Tuesday, except holidays. 4:00 p.m. - 7:00 p.m.

No appointment needed. Last Application accepted at 6:30 p.m.

Cancer in Louisiana

Sponsored by Mary Bird Perkins Cancer Center

Participants will learn cancer and become aware of screening guidelines and risk factors for cancer. They will also receive tips on self-examination and prevention.

Classes are FREE. Pre-Registration is Required. Call 201-8888 to Register

Time: 3:00pm - 4:00 p.m.

**Thursday, January 27
Thursday, April 28**

**Thursday, February 24
Thursday, May 26**

**Thursday, March 24
Thursday, June 23**

Nutrition Workshops

Sponsored by LSU Agriculture Center– EBR Extension Service

Classes are FREE. Call 201-8888 to Pre-Register.

Making the Most of Your Food Dollars

This class will teach you how to make the most of your food resources in order to make healthy food choices, and the importance of planning food purchases. This is a fun and interactive workshop about becoming a comparative and informed shopper.

Thursday, January 20 10am- 11am

Quick & Easy Meals

Busy schedules create a need for quick and easy meals. Fatigue, stress, and special events can threaten to overwhelm our desire to eat sensibly. This class will explore ways that you can learn to prepare quick and easy meals that are healthy.

Thursday, February 17, 10am - 11am

Go for a Healthy Pregnancy

This class will teach participant's the mother's role in the pregnancy outcome and the health of the baby by making healthy choices while pregnant.

Thursday, March 17, 10am- 11am

Shopping Smart for Weight Loss

A fun and interactive class for those who are trying to lose weight. Tips for shopping in each section of the store to assist you with making better choices for managing your diet.

Thursday, May 19 10am- 11am





In Recognition of Corporate Sponsors, Grants and Contributions

Corporate Sponsors

Baton Rouge New Car Dealers Assoc.
Greater Baton Rouge Health Forum
Capital One National Bank
EATEL
Milton J. Womack, Inc

Irene W. & C.B. Pennington Foundation
Junior League of Baton Rouge, Inc.
Woman's Hospital Auxiliary
Woman's Hospital Foundation

Grants and Contributions

Agenda for Children
AmeriCares
Allen Fort Colley Christian Soldier Fund
Baton Rouge Area Foundation
Baton Rouge Area Foundation- Starbucks
Capital Area United Way
Department of Health and Human Services
Department of Health and Hospitals
Department of Public Safety & Corrections
LA Highway Safety Commission
Department of Social Services
Downtown Kiwanis Club of BR
Gymboree

Health Resources & Services Admin.
Huey & Angelina Wilson Foundation
Hamco, Inc.
Kevin and Tory Lyle Fund
LA Department of Social Services
LA Office of Public Health
Maternal and Child Health
Mathematica Policy & Research Inc.
Mercy Corp
National Healthy Mothers, Healthy Babies
Coalition
Office of Family Support
Share Our Strength

July-December 2010 Friends of Family Road

Aukimey Brady
CH Speciality
Dianne Andrews
Dr. Indra Jayasinghe
E. Jean Bowers
George Matthews Jr.
Iris Maughan
Jan Ross
Jennifer Hall
Joe Alton
Laura Martin

Lemmie & Mable Andrews
Levillia Moore
Lisa Pultz
Lloyd Travel
M&L Accounting Service
Marjorie Broussard
Mark Broussard
Melissa Lockhart
Mr. & Mrs. Noel Christy
Nevia Feinauer & Chris O'Brien

FAMILY ROAD ADVISORY COUNCIL

Advocacy Center	HIPPY
American Red Cross	Internal Revenue Service
ARC	ITI Technical College
Baton Rouge Recreation (BREC)	Job Center
Baton Rouge AIDS Society	Joy Corporation
Baton Rouge Community College	Junior League of Baton Rouge
Baton Rouge Crisis Intervention Center	Literacy Works
Baton Rouge Fire Department	Louisiana Delta Service Corps, Inc.
Baton Rouge Marine Institute	Louisiana La Leche League of Greater Baton Rouge
Baton Rouge Police Department	Louisiana School for the Deaf
Baton Rouge SAFE KIDS Coalition	Louisiana State University
Baton Rouge Speech & Hearing Foundation	Louisiana State University-Speech & Hearing Clinic
Baton Rouge Treatment Center	LSU Agricultural Center-Cooperative Ext. Service
Baton Rouge Youth	LSUHSC/Earl K. Long Medical Center
Battered Women's Program	Lydia Pelz
Boys & Girls Clubs of Greater Baton Rouge	March of Dimes
BRBAC Metro Health Education	Marjorie Sellers-Stevenson
Camelot Career College	Mary Bird Perkins Cancer Center
Capital Area Community Mediation Center	Meadowood Hospital
Capital Area Human Services District	Medical Management Options, Inc
Capital One National Bank	MedVance Institute
Capitol City Family Health Center	Mental Health Association in Louisiana
Care Pregnancy Clinic	Mid-City Redevelopment Alliance
Carville Job Corps Center	Money Management International
Catholic Charities Human Services Consortium	National Multiple Sclerosis Society
Catholic Charities of the Diocese of Baton Rouge	Neighbor's Federal Credit Union
Child Care Assistance Program	O'Brien House Prevention Services
Child Search	Office of the Mayor President
Children's Coalition	Our Lady of the Lake Regional Medical Center
City of Baton Rouge –Office of Employment and Training/WIA	Prevent Child Abuse Louisiana
Delmont Service Center	Rape Crisis Center
Department of Health and Hospitals- Office of Public Health	RiZ UP Louisiana
Department of Social Services-Office of Family Support	Sacred Heart
Early Intervention Program	Safety Council of LA-Capital Area
East Baton Rouge Parish Library	Sigma Gamma Rho Sorority, Inc. Mu Sigma Chapter of GBR
EBR Housing Authority	Southeastern LA University- Education Opp. Center
EBR Parish School System-Adult and Continuing Education	Southern University
EBR Parish School System-Pupil Appraisal Services	Southern University Cooperative Extension
EMS	Summit Hospital
Families Associated in Therapeutic Habilitation, Inc (FAITH, Inc)	Tobacco Free Living
Families Helping Families	Truancy Assessment and Service Center
Family Service of Greater Baton Rouge	United Methodist HOPE Ministries
Foster Grandparents	United Way Information Line
General Health System	Urban Restoration Enhancement Corporation
Girl Scouts of America-Audubon Council	VOA-Partnerships in Child Care
Goodwill Industries	Volunteens
Grand Parents Raising Grandchildren Information Center of LA	Volunteers United
Greater Baton Rouge Breastfeeding Coalition	Volunteers in Public Schools
Greater Baton Rouge Community Clinic	Woman's Hospital
Gulf Coast Teaching Family Services	YMCA
Harmony Outreach Services-LA Spirit	Young Leaders' Academy
Head Start	YWCA Center for Family Empowerment
Healthcare Centers in Schools	YWCA Early Head Start Centers

***Each organization has representation on the Advisory Council**



July-December 2010 Event Sponsors

Healthy Family Fun Day
Presenting Sponsors

LOUISIANA
covering kids[™]
& families



Other sponsors include:

B Connected Services
Baton Rouge Children's Advocacy Center
Baton Rouge Children's Health Project
Bickham's Place
Capital Spine and Rehabilitation, Inc
Chatholic Charities of the Diocese of Baton Rouge
Christian Modeling and Talent Academy
Early Childhood Supports & Services
EBR Mosquito Control
Family Service of Greater Baton Rouge
HAART_ HIV/AIDS Alliance for Region Two, Inc
Hair Divinity & Accessories, LLC
HIPPY & EBRP Pres-K Program
HOPE Ministries
Joy Corporation

Just Kids Dental
Kentwood Springs
LA Dept of Insurance (SHIIP)
LaCHIP
Lacy Baaheth & Associates
Mary Bird Perkins Cancer Center
MedVance Institute
Miss Black Louisiana USA
MjohnsBrand, LLC
Mo Hair Salon
Neighbors Federal Credit Union
Sentesational Sente
Sigma Gamma Rho Sorority
Volunteers of America- Partnerships in
Childcare



Restoring Hearts Outreach Center

Hazel Knighten

Executive Director of Operations

Wk 225-330-4479
Fax 225-364-2765

1821 Wooddale Court Suite 121
Baton Rouge, LA 70806

"Mending The Broken Hearted In Times Of Trouble"

Website: RestoringHeartsOutreach.vpweb.com

Email: RestoringHeartsOutreachCenter@yahoo.com

A Turning Point

Family & Community Services

"Helping Individuals & Families for Over 15 Years"

We provide comprehensive Mental Health Counseling & Substance Abuse services as well as consulting, seminars, EAP services, and more.....



Leroy Scott, MS, MDiv, LPC
Clinical Director

Now Accepting New Clients

Medicaid Accepted

All Private Insurance Accepted

Sliding Fee Scale Available

Afternoon/Weekend Hours Available

WWW.LEROYSCOTT.COM

Offices in Baton Rouge and Zachary, LA * 225-922-9094 Ph* 225-922-9096

(225) 329-6450
designdejour@live.com

Design De Jour

Specializing in turning ordinary dreams into Lavish Events

Robin Bennett-Watts

Owner/Designer

1732 General Adams Ave.
Baton Rouge, La 70810

Full service event design and coordination
<http://www.designdejour.com>



CeeGee Realty LLC.
10033 Mammoth
Baton Rouge, LA 70814



"Opening Doors To Your Future"

(225) 993-2152 Direct
(225) 928-7777 Office
(225) 928-7779 Fax

LET ME ASSIST YOU! ARE YOU:

A Returning Veteran
Facing Foreclosure
1st Time Home Buyer
Selling and Buying

- Commercial Property
- Residential Property
- Lease Property
- Land



CALL ME! Let me show you some options and guide you home.

Website: mls.gbrar.com/christinahills

Email Address: hillschristina@yahoo.com

NOW ENROLLING

BUTTERFLIES

CHILD CARE & LEARNING CENTER

1531 Green Oak Drive

225-454-6164

225-279-9321

Monday through Friday. 6:30 am—5:30



BATON ROUGE AREA HOMES, LLC

Richel Robinson Turner, REALTOR

Phone: 225.937.3594

Richel.Turner@yahoo.com

www.batonrougeareahomes.com



Bruce Turner
Owner/Operator
225-202-0055

Lawn Services
Computer Services
Web Design
Jewelry & Accessories

bruce@bconnectedservices.com
www.bconnectedservices.com

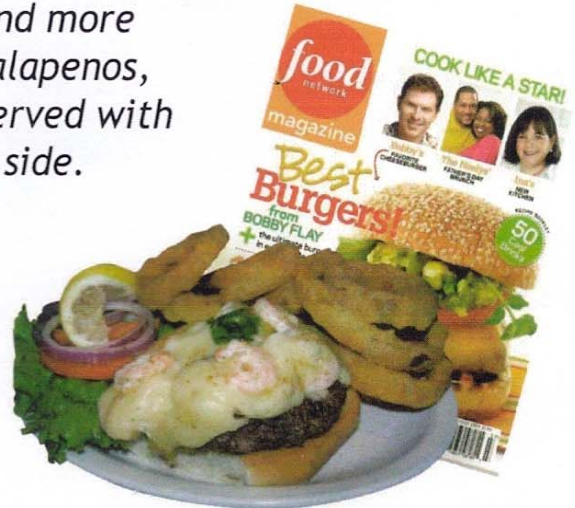


13556 Jefferson Highway
Baton Rouge, LA 70817
225.756.8815
www.masonsgrill.com

Lunch . Dinner
Weekend Champagne Brunch
Patio Dining Available

hours of operation
Monday - Thursday 11am - 9:30pm
Friday 11am - 10:30pm
Saturday 9am - 10:30pm
Sunday 9am - 3pm

HOME OF THE FAMOUS
CAJUN SHRIMP BURGER
*Named "Louisiana's Best Burger!"
by the Food Network Magazine (2009)*
An 8oz. hamburger patty stuffed
with diced jalapenos, piled high
with sauteed shrimp, jack cheese
and more
jalapenos,
served with
a side.



- 24 Hour Service
- Nurses, Aides & Physical Therapy
- Medicare, Medicaid & Other Insurances Accepted



**Home Health
Solutions**

344-6044



Michael Gaines,
Director

Kenyette Gaines,
Program Coordinator

Michael Gaines & FAITH, LLC
"Building On a Solid Foundation"
Individual, Family, Group & Grief Counseling
2 Locations

Zachary
4822 Waywood Dr.
Zachary, LA 70791

Central
9339 Sullivan Rd.
Central, LA 70791

Mailing Address: P. O. Box 157
Baker, Louisiana 70704
Off: (225) 366-3230 Fax: (225) 774-3140

TOTAL CARE OPTIONS

Meeting the needs of the total man

ENRICHMENT SERVICES

NON-MEDICAL PERSONAL CARE

LICENSED PCA PROVIDER
CPR/FIRST AID/DSW TRAINING
12131 FLORIDA BLVD SUITE D
BATON ROUGE LA 70815
225-272-0100
totalcareoption@bellsouth.net
www.totalcareoption.com

www.ddesignpub.com

GRAPHIC DESIGN • PRINTING • POETRY

Sylvia L. Green-Chatman
Graphic Designer-Poet-Publisher

1-888-718-POET (7638)
FAX 1-888-852-TYPE (8973)
E-MAIL info@ddesignpub.com

DISTINGUISHED
DESIGN AND PUBLISHING



Weekend Care, LLC

Family Nurse Practitioner

Professional and convenient
weekend health care

Office: 225-733-4559

1718 North Foster Dr. Suite B
Baton Rouge, LA 70806
(near Family Dollar)

www.weekendcarellc.com

Saturdays: 9-2 Sundays: 1-5



Services

Flu/Rx Refills
Vaccines
Bronchitis
Sinusitis
Physicals/Drug Screens
Urinary Tract Infections
Sore Throat
Minor Skin Conditions
Earaches
Nebulizer treatments
& More
Average cost \$45

*"Train up a child in the way he should go:
and when he is old, he will not depart from
it."*

Proverb 22:6

Nursery & Preschool

6 weeks -3 years of age
License &
r Rating *



"Non discriminatory admissions policy"
A Ministry of Greater
Mt. Olive MBC
Rev. S.C Dixon,
Pastor/Teacher

3155 Victoria Drive
Baton Rouge, LA 70805
225-355-5130 (office)
225 355-5122 (fax)

Do you want to volunteer?
Call Family Road
of Greater Baton Rouge
at 201-8888



**Join us in making Greater Baton Rouge an even better place
to raise a family!**

**Your gift will be used to continue Family Road's success in linking community
resources to meet the needs of all families. As a Friend of Family Road, you will
receive mailings of activities at Family Road and invitations to special events.**

Become a Friend of Family Road at one of the following levels:

☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100
☐ \$50 ☐ \$10 Other: \$ _____

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

**Family Road is a non-profit organization. All funds are invested in the
development of programs and services to benefit families in our community.**

**Please mail to: Friends of Family Road
323 E. Airport Avenue
Baton Rouge, La 70806**



**Volunteers are welcome at Family Road and serve in a variety of
interesting and important roles.**

For more information contact us at 201-8888.