



Founded in 1991 by the Exchange Club of Mobile, the Family Center (formally the Exchange Club Family Center) has offered free family training, education and support to parents and children of Southwest Alabama. We do it through teaching exceptional parenting and communication skills to families of all colors, shapes and sizes. Taught in a family-friendly environment, these life-tools open unlimited possibilities for every person that they touch... and it's amazing how bright our future becomes, one family at a time.

For more information on the Exchange Club, visit www.NationalExchangeClub.org



601 Bel Air Boulevard, Suite 100
Mobile, AL 36606

Earn an A+ in Family 101.



- ✓ Family Training
- ✓ Family Education
- ✓ Family Support



The Family Center

Strengthening families for a better tomorrow.
Formally The Exchange Club Family Center

www.FamilyCenterMobile.org



Healthy Start

The Family Center has provided Healthy Start classes for new parents at area hospitals since 2003. Currently offered at USA Children's and Women's Hospital, these classes focus on teaching infant care skills to new parents and getting the new family off to a happy, healthy start. Preventing Shaken Baby Syndrome and how to care for newborns using Dr. Harvey Karp's method of calming infants (5 S's) are among the many useful methods taught.

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This particular program is funded through a grant from the Alabama Department of Public Health, Child Death Review and the University of South Alabama.



Positive Parenting Classes

Kids don't come with a set of instructions, but our free classes are the next best thing! These classes will teach you skills for managing the behaviors that can be a parent's worst headache. The classes are offered mornings and evenings for your convenience. We even make child care available... just make reservations for your children.

Topics include:

- Family Values, Rules, & Meetings
- Discipline & Guidance I & II
- Communication Skills
- Choices and Consequences
- Power of Praise & Positive Attention
- Token Economies
- Home Safety
- Stress and Anger Management
- Child Development – Birth to 3 Years
- Community Resources
- Behavior Charts

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Visit our Web site for current schedules and comments from past graduates:

www.FamilyCenterMobile.org/classchedules



Family Time

Family Time supervised visitation is provided for non-custodial parents and grandparents. Specialists in this area provide one-on-one supervision to ensure the safety and well-being of children during visitation in a homelike atmosphere at The Family Center. Referrals are made by domestic, criminal and juvenile courts. Non-custodial parents with court orders granting visitation must call 251-479-5700 to arrange Family Time visits. This program is funded by the Children's Trust Fund of Alabama and the Administrative Office of Courts in Montgomery. Funding makes a sliding fee scale possible.



Monitored Exchanges are also available to those parents who choose to avoid contact with one another when transferring children for weekend or holiday visitation and do not want to rely on police. This service is funded by the City of Mobile. Please call Lydia Pettijohn at 251-479-5700 for more information.

Parent Partners Program

Since 1997, the Parent Partners Program (formerly Parent Aide) has provided free in-home visitation for parents or caregivers living with children under the age of twelve. A professionally trained Parent Partner provides individual guidance, support and information about discipline, home safety and child development. The Parent Partner will also provide additional information and referrals to other programs. Just call us at 251-479-5700 to ask about a Parent Partner. You won't believe the help your Parent Partner can be!



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