



2017/18 School Year Second Semester

Events & Service Options

Inside Cover

GoPacks Program

2017/18 School Year Events & Service Options

The GoPacks program is all about helping each other. We believe that our community is a better place when everyone gets involved, and that everyone has something to give.

We invite you to participate in as many of the following **free** events as you can. However, per the GoPacks agreement, you have agreed to participate in at least one.

January 2018:

- ***YMCA GoPacks Open Swim Night* – Friday, January 5, 2018, 5:30 – 6:30 pm**

First Friday nights of the Month, 5:30 – 6:30 pm, **Marietta Family YMCA**, 300 N 7th St, Marietta, Ohio.



On the first Friday night of the month, grab your swim suit and a towel and head over to the Y for some fun and low impact exercise. Let them know you're from GoPacks at the front desk, then head over to the pool. Open to adults and children, locker rooms on site for changing and drying off.

- ***American Red Cross CPR/First Aid Class* – Thursday, January 25, 2018, 4 pm**
Putnam Elementary School



Prepare for the unexpected with CPR and First Aid Training. Marla Hoerst will be instructing this Red Cross class on CPR for infants, children and adults. If time allows, some first aid will also be covered. The class will run approx. 1 ½ hours and is for adults. However, children's activities will be offered to keep the little ones busy!

This class is FREE - however, if you wish to officially become certified or re-certified with the American Red Cross, bring \$20. This covers a two year certification.

- **Manage Your Money series – Mondays, January 22 - February 19, 2018, Each class is from 3-4pm with some days finishing early.**



OSU Extension Office, 202 Davis Avenue, Marietta

Amanda Bohlen leads this six week course that covers all the basics of managing money. Please register to ensure there is enough seats and handouts available. Class topics are as follows. You do not have to attend every class, if your schedule does not allow.

- **Jan. 8th** - Getting Started (Your values when it comes to money, keeping track of how you spend your money and setting some goals.)
- **Jan. 22nd**- Where Does Your Money Go (debt, cash flow, expenses)
- **Jan 29th**- Spending Leaks (spending habits, questions to ask yourself before you spend money, habit spending- what the cost breakdown is and how to change it)
- **Feb. 5th** - How Much Credit Can You Afford (types of credit, advantages and disadvantages, credit history, establishing credit and credit problems)
- **Feb. 12th**- Develop Your Budget (Spending patterns and how to balance a budget)
- **Feb. 19th**- Your Net Worth and Financial Records (Net Worth, Assets, liabilities, record keeping)

February 2018:

- **American Red Cross CPR/First Aid Class – Thursday, February 1, 2018, 4 pm**



Phillips Elementary School

Prepare for the unexpected with CPR and First Aid Training. Marla Hoerst will be instructing this Red Cross class on CPR for infants, children and adults. If time allows, some first aid will also be covered. The class will run approx. 1 ½ hours and is for adults. However, children's activities will be offered to keep the little ones busy!

This class is FREE - however, if you wish to officially become certified or re-certified with the American Red Cross, bring \$20. This covers a two year certification

- **YMCA GoPacks Open Swim Night – Friday, February 2, 2018, 5:30 – 6:30 pm**
First Friday nights of the Month, 5:30 – 6:30 pm, **Marietta Family YMCA**, 300 N 7th St, Marietta, Ohio.



On the first Friday night of the month, grab your swim suit and a towel and head over to the Y for some fun and low impact exercise. Let them know you're from GoPacks at the front desk, then head over to the pool. Open to adults and children, locker rooms on site for changing and drying off.

- **Manage Your Money series February Classes**

Each class is from 3-4pm with some days finishing early.

OSU Extension Office, 202 Davis Avenue, Marietta

Amanda Bohlen leads this six week course that covers all the basics of managing money. Please register to ensure there is enough seats and handouts available. Class topics are as follows. You do not have to attend every class, if your schedule does not allow.



- **Feb. 5th** - How Much Credit Can You Afford (types of credit, advantages and disadvantages, credit history, establishing credit and credit problems)
- **Feb. 12th**- Develop Your Budget (Spending patterns and how to balance a budget)
- **Feb. 19th**- Your Net Worth and Financial Records (Net Worth, Assets, liabilities, record keeping)

- **American Red Cross CPR/First Aid Class – Tuesday, February 6, 2018, 4 pm**



Harmar Elementary School

Prepare for the unexpected with CPR and First Aid Training. Marla Hoerst will be instructing this Red Cross class on CPR for infants, children and adults. If time allows, some first aid will also be covered. The class will run approx. 1 ½ hours and is for adults. However, children's activities will be offered to keep the little ones busy!

This class is FREE - however, if you wish to officially become certified or re-certified with the American Red Cross, bring \$20. This covers a two year certification.

- **American Red Cross CPR/First Aid Class – Thursday, February 15, 2018, 4 pm**



Washington Elementary School

Prepare for the unexpected with CPR and First Aid Training. Marla Hoerst will be instructing this Red Cross class on CPR for infants, children and adults. If time allows, some first aid will also be covered. The class will run approx. 1 ½ hours and is for adults. However, children's activities will be offered to keep the little ones busy!

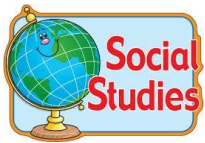
This class is FREE - however, if you wish to officially become certified or re-certified with the American Red Cross, bring \$20. This covers a two year certification



○ **Cracking the Credit Code – Monday, February 26, 6:00 – 7:00 pm**

Huntington Bank, 226 Third Street, Marietta, OH 45750

On Monday, February 26, Consumer Credit Counseling Service and Huntington Bank are going to present “Cracking the Credit Code” at the Huntington Bank 3rd Street location in Marietta. As part of America Saves Week, this presentation will speak in-depth about managing, building and re-building credit while also taking a look at common situations that can cause financial hardship. The program will run from 6-7pm and is open to the public at no charge. Light refreshments will be served. To register, please call Consumer Credit at 304-485-3141 or email info@wvcccs.org.



○ **Putnam Social Studies Night – Tuesday, February 27, 6:00 – 8:00 pm**

Putnam Elementary School

Come learn about social studies with your child at Putnam Elementary School’s Social Studies Night. See our Second Semester Catalog for more information.

- **Strengthening Families Program** – Sadly, the funding for this program was not secured, so the Strengthening Families Program through Family & Children First has been canceled for this semester.

March 2018:

○ **YMCA GoPacks Open Swim Night – Friday, March 2, 2018, 5:30 – 6:30 pm**

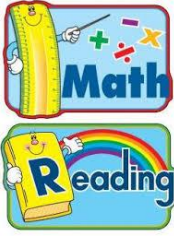
First Friday nights of the Month, 5:30 – 6:30 pm, **Marietta Family YMCA, 300 N 7th St, Marietta, Ohio.**



On the first Friday night of the month, grab your swim suit and a towel and head over to the Y for some fun and low impact exercise. Let them know you’re from GoPacks at the front desk, then head over to the pool. Open to adults and children, locker rooms on site for changing and drying off.

- **Washington Math & Literacy Night - Beginning of March, 2018**

Washington Elementary School



Come learn about math and reading with your child at Washington Elementary School's Math & Literacy Night. Flyers will be sent home by the school prior to the event.

- **Washington Kids Can Cook – 3 session/week cooking class for kids**



First Class - Tuesday, March 27, 2017, 3:45 – 5:15 pm,

(Second class - Tuesday 4/3, Third Class - Tuesday 4/10)

Washington Elementary School

Open to GoPacks students from all elementary schools, class size will be limited to 12 students, with priority given to Washington students.

Cindy Styer from our local Ohio State University Extension office will once again be teaching our students about cooking, kitchen safety, and nutrition. **These classes will be completely hands-on, with the kids cooking and tasting their creations.** Sign up sheets will be sent home prior to the class. Be sure to put this on your calendar!

April 2018:

- **YMCA GoPacks Open Swim Night – Friday, April 6, 2018, 5:30 – 6:30 pm**

First Friday nights of the Month, 5:30 – 6:30 pm, **Marietta Family YMCA**, 300 N 7th St, Marietta, Ohio.



On the first Friday night of the month, grab your swim suit and a towel and head over to the Y for some fun and low impact exercise. Let them know you're from GoPacks at the front desk, then head over to the pool. Open to adults and children, locker rooms on site for changing and drying off.



- Washington Kids Can Cook – 3 session/week cooking class for kids

Second & Third Classes - Tuesday, April 3 & 10, 2017, 3:45 – 5:15 pm

Washington Elementary School

Open to GoPacks students from all elementary schools, class size will be limited to 12 students, with priority given to Washington students.

Cindy Styer from our local Ohio State University Extension office will once again be teaching our students about cooking, kitchen safety, and nutrition. **These classes will be completely hands-on, with the kids cooking and tasting their creations.**

Sign up sheets will be sent home prior to the class. Be sure to put this on your calendar!

- Healthy U – 6 session/week Health Class for adults

Begins Thursday, April 19th, to May 24th (runs at the same time as Phillips Kids Can Cook, plus 3 additional weeks) – 3:50 – 6:00 pm

Phillips Elementary School

HEALTHY U is a six-week workshop led by trained leaders from the Washington Health Department who have learned to take control of their health. The workshops are conducted in six weekly, interactive sessions that focus on the participant’s role in managing their own illness. Each participant receives a copy of Living a Healthy Life with Chronic Conditions. Dinner will be provided at each class.

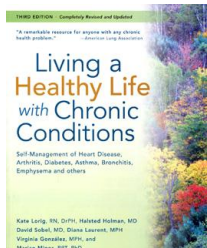
HEALTHY U IS FOR YOU IF:

- You live with long-term health conditions, such as: arthritis, diabetes, lung disease, high blood pressure, heart disease, cancer, chronic pain, anxiety, depression and more;
- You feel limited in your daily activities;
- You feel tired, alone or stressed by health problems;
- You are looking for better ways to manage your symptoms.

YOU WILL LEARN:

- Strategies to deal with stress, frustration, fatigue, pain and depression;
- Using physical activity to maintain and improve strength, flexibility and endurance;
- How to use medications safely and appropriately;
- Better ways to talk with your doctor and your family about your health;
- Using good nutrition to improve health and control symptoms;
- How to evaluate new treatments; and
- How to set and achieve personal health goals.

Sign up sheets will be sent home prior to the class start.





- Phillips Kids Can Cook – 3 session/week cooking class for kids

**First & Second Classes – Thurs., April 19 & 26, 2018, 4:00 – 5:30 pm,
(Third Class - Tuesday 4/10)**

Phillips Elementary School

Open to GoPacks students from all elementary schools, class size will be limited to 12 students, with priority given to Phillips students.

Cindy Styer from our local Ohio State University Extension office will once again be teaching our students about cooking, kitchen safety, and nutrition. **These classes will be completely hands-on, with the kids cooking and tasting their creations.** Sign up sheets will be sent home prior to the class. Be sure to put this on your calendar!

May 2018:

- YMCA GoPacks Open Swim Night – Friday, May 4, 2018, 5:30 – 6:30 pm

First Friday nights of the Month, 5:30 – 6:30 pm, Marietta Family YMCA, 300 N 7th St, Marietta, Ohio.



On the first Friday night of the month, grab your swim suit and a towel and head over to the Y for some fun and low impact exercise. Let them know you're from GoPacks at the front desk, then head over to the pool. Open to adults and children, locker rooms on site for changing and drying off.

- Phillips Kids Can Cook – 3 session/week cooking class for kids



Third Class - Thursday, May 3, 2018, 4:00 – 5:30 pm

Phillips Elementary School

Open to GoPacks students from all elementary schools, class size will be limited to 12 students, with priority given to Phillips students.

Cindy Styer from our local Ohio State University Extension office will once again be teaching our students about cooking, kitchen safety, and nutrition. **These classes will be completely hands-on, with the kids cooking and tasting their creations.** Sign up sheets will be sent home prior to the class. Be sure to put this on your calendar!



- **Container Garden Workshop** -
 - @ Phillips Elementary – **Wednesday, May 16, 3:50 – 4:50 pm**
 - @ Harmar Elementary – **Thursday, May 17, 4:00 – 5:00 pm**
 - @ Washington Elementary – **Tuesday, May 22, 3:45 – 4:45 pm**
 - @ Putnam Elementary – **Wednesday, May 23, 3:50 – 4:50 pm**

You don't need a huge yard to grow your own vegetables! Join us at our Container Garden Workshop and learn what plants are best to grow in a compact container for optimal yields. Unlike traditional gardens, container gardens can travel with you if you move! **All materials will be provided, and the class is open to both adults and children. Everyone will leave the workshop with their very own container garden!** Sign up sheets will be sent home prior to the dates listed above. This was a favorite event last year!



- ***The Incredible Years*** – Sadly, the funding for this program was not secured, so The Incredible Years Program through Family & Children First has been canceled for this semester.

June 2018:

- **YMCA GoPacks Open Swim Night** – **Friday, June 1, 2018, 5:30 – 6:30 pm**
First Friday nights of the Month, 5:30 – 6:30 pm, **Marietta Family YMCA**, 300 N 7th St, Marietta, Ohio.



On the first Friday night of the month, grab your swim suit and a towel and head over to the Y for some fun and low impact exercise. Let them know you're from GoPacks at the front desk, then head over to the pool. Open to adults and children, locker rooms on site for changing and drying off.

Ongoing:

The following opportunities are **offered on a continuous basis** throughout the year.

○ **Adult Basic and Literacy Education Classes To Complete Ohio High School Diploma**

Three Locations, Multiple Times:



- Washington State Community College, Marietta, OH- Monday & Wednesday 6 - 9:00 pm
- Washington County Career Center, 21740 State Route 676, Marietta, OH Tuesday & Thursday 9:00 am- 12:00 pm OR Tuesday and Thursday 1:00 - 3:00 pm OR Tuesday, Wednesday, and Thursday 6:00 - 9:00 pm
- St. Mark's UMC, 302 Maple Street, Belpre, OH - Tuesday, Wednesday, & Thursday 5:30 - 8:30 pm

Free classes to adult students needing to earn an educational credential (GED) or to help learners brush up on skills to gain better employment or enroll in Post Secondary Education (college or career centers). New sessions offered on a rolling basis. Classes cover reading, writing, math, science, social studies and computer literacy. **Upon enrolling in our program, students will receive a voucher of \$80 that can be applied to the cost of the GED test** - this means students only pay \$40 to take the test! To register call 740-885-5990.

○ **Parenting Wisely Program**– Call to schedule an appointment - 740- 376-7081 Family & Children First Office, 202 Davis Avenue, Marietta, OH.

2 Programs available: Young Children and Adolescents



PARENTING ... Is not an easy job for anyone! Why do children and teenagers act the way they do? How can you encourage cooperation from your children? What will improve relationships among family members? Access FREE, short, evidence-based parenting skills training at a time convenient for YOU!

HOW DOES IT WORK? Using a computer, watch scenes of common daily problems; choose a solution; watch and see how effective your solution was! Program completed in 1½ - 3 hours. No computer skills necessary! Certificates Awarded!

Available to the public between 9:00 am and 5:00 pm Monday through Thursday. (Evening times may begin at 5:00.)



Big Brothers Big Sisters– Community Based Program & Youth in Leadership Program - Children are matched with adult volunteers (Big Brothers, Big Sisters, or Big Couples) for a mentoring relationship that lasts for one year or longer. Bigs and Littles can be found in as many places as their mutual interests take them: soccer fields, fairs, libraries, theaters, kitchens, and backyards. Bigs and Littles have fun while forming a strong relationship that leads to positive outcomes for the child.

Littles are:

- 5-17 years old
- Reside in Athens, Washington, Vinton, or Meigs Counties
- Referred to Big Brothers Big Sisters by a school employee, social worker, or a parent/guardian
- Eager to spend 1-2 hours a week with a Big Brother or Big Sister
- Have the full support of the parent/guardian to participate in the program

Bigs:

- Complete a thorough background check, an interview with a staff member, a home visit, and training
- Are 19 years of age or older
- Have a valid driver's license and automobile insurance
- Spend a minimum of 1-2 hours a week for one year (or longer!) with a child
- Are committed to improving the way children grow up in our community

Contact Willa O'Neill, Big Brothers Big Sisters Program Coordinator - Washington County at willa.oneill@bbbsathens.org or Heather Warner, GoPacks Executive Director at 740-628-5533, if you want to learn more about enrolling your child in the Big Brothers Big Sisters program.

- ***Help Your Child's School*** – Throughout the school year, Washington, Harmar, Phillips, & Putnam Elementary Schools



Parents can help by attending PTO meetings, SPDG meetings, help at Book Fairs and more. See your GoPacks School Coordinator or Principal for current needs.

- ***Help Sort Food Used in Weekly GoPacks Bags.*** – Various Days & Times



The items sent home in your child's GoPacks are sorted and packed each week. Speak to your GoPacks School Coordinator, School Representative or Contact Executive Director, Heather Warner at 740-628-5533 to schedule a time to help with this needed task.



- **CCM&EP (Comprehensive Case Management & Employment Program)** - Offered throughout the year, Washington Job & Family Services, 115 Gilman Ave., Marietta, OH
Various free services offered for residents ages 14 to 24. Services include tutoring, paid and unpaid work experience, occupational skill training, leadership development opportunities, adult mentoring, comprehensive guidance and counselling, financial literacy education, entrepreneurial skills training, employment opportunities, and more. Contact Candy Nelson @ 740-434-0518 to see what services best match your needs.

- **Habitat for Humanity of the Mid-Ohio Valley** –



Volunteer Info:

Habitat volunteers work to build homes, communities, and hope. Opportunities to volunteer include work in home construction, the ReStore retail store, and in the Habitat office. If you are interested in learning how to volunteer for Habitat contact Mary Townsend, Office manager at 304-422-7907, mtownsend@habitatmov.com.

Home Owner Info:

Habitat for Humanity is a Christian ministry which helps lower-income homebuyers to build and purchase decent, affordable homes. Homebuyers help t build their own homes, and then they purchase the home with a no-interest, 20 year mortgage. They make monthly house payments, which are usually lower than any rent they might have been paying.

Potential homeowners must demonstrate need (their current housing is inadequate for their family size, unsafe, too expensive, etc.), their ability to manage finances and make monthly payments, a reliable source of income, and a willingness to partner with us in the building of their home and others. Each adult must complete as much as 200 hours of building.

Potential homeowners must fall within the minimum and maximum income guidelines to qualify, depending on the number of people the household. Some families can make as little as \$20,000 and some more than \$40,000 and still qualify! Every family is different.

If you would like to earn more about applying for Habitat for Humanity Home Ownership, request more info from Heather Warner of GoPacks, 740-628-5533. Or contact Stacy Workman, Homeowner Services Coordinator, Habitat for Humanity, 304-422-7907, workman@habitatmov.com. Or visit www.habitatmov.com.