



2019/20 School Year First Semester

Events & Service Options

Inside Cover

GoPacks Program

2019/20 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.

September 2019:

Who: Marietta Middle School Students

What: Go Grow at the Pack & Go – Indoor Gardening Club

Where: The Pack & Go Store, Rm. 111, Marietta Middle School

When: Wednesdays ~ 9/18, 9/25, 10/9, 10/16, 11/6, 11/20, 12/4, & 12/18



Who says you can't garden year round in Ohio? Not us. Join the Pack & Go Store twice a month this semester to learn how to successfully grow and harvest fruits and vegetables year round!

This hands-on gardening group will use both traditional soil growing methods as well as hydroponics to raise indoor crops! Students will learn what is needed to successfully go from seed to harvest. Some of the bounty grown will be shared with AVI to be used in school lunches and some will go home with the student gardeners.

This group will be led by OSU Extension Educator Marcus McCartney.

This gardening group is open to ALL STUDENTS at Marietta Middle School.

Group size will be kept small to ensure everyone has hands-on opportunities.

Depending on harvest times, we will have one to two groups the second semester.

Who: Parents and Youth ages 10-14

What: Strengthening Families Program

Where: Ely Chapman Center, 403 Scammel St., Marietta, OH

When: Tuesdays ~ 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, & 11/5,
5:30 – 8 pm (Dinner 5:30 – 6 pm)



Strengthening Families uses a parent, youth, and family skills-building curriculum designed to: build family strengths, strengthen parenting skills, prevent teen substance abuse and other behavior problems. The program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects. In just seven two-hour sessions you will learn how to show love while setting limits, your children will develop skills in handling peer pressure and building a positive future, and your family will grow and have fun together. *Free childcare for younger siblings! *Dinner provided each night! *Gas cards to assist with transportation!

Who: Adults 50 years & older

What: Health Screening Clinic

Where: O'Neill Center, 333 Fourth St., Marietta, OH

When: Thursday, Sept., 24th, 9 am to 12 pm



Katie Fleming, RN from the Ohio University Heritage College of Osteopathic Medicine will be here to offer a free health clinic. Tests will be offered for blood cholesterol, blood glucose and blood pressure, all at once, and it takes approximately 5-7 minutes per person. Everyone will receive a copy of their results and any education needed from the results. Fasting before the test will get the best results, but not required. The cholesterol testing is a complete testing with results of HDL, LDL, and triglycerides. Please call the O'Neill Center to show interest, 740-373-3914.

October 2019:

Who: Harmar Elementary Students

What: Kids Can Cook – The Pizza Edition

Where: Harmar Elementary School

When: Thursdays, Oct. 3rd, 10th, & 17th, 2019, 4-5:30 pm



Pizza can be so much more than cheese, sauce and crust! This year's Kids Can Cook classes will have kids creating pizzas with a twist! Led by OSU Extension Agent Cindy Styer, the class will cover healthy eating habits and nutrition as well as kitchen and cooking safety. **The 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.

Who: Parents

What: Child Trauma Workshop

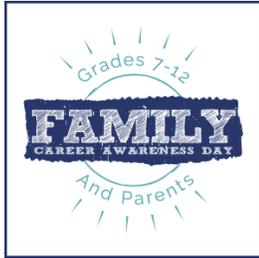
Where: Harmar Elementary School

When: Thursday, Oct. 17th, 2019, 4-5:15 pm



This workshop is being offered while the Kids Can Cook session meets. This allows parents to attend the workshop without children. If you have additional children who will not be attending the Kids Can Cook Class, but you would still like to attend this workshop contact Heather Warner (740-628-5533) to arrange for additional childcare. Elaine Corbitt from Family and Children First will discuss the affects trauma has on individuals, families and communities, with a focus on children. Come learn about trauma and its affects along with **some skills to help your child better deal with trauma.**

Who: Students in Grades 7 – 12 & Parents

What: Family Career Awareness Day**Where:** Junior Fair Building at the Washington County Fairgrounds**When:** October 17, 2019, 4-7 pm

The purpose of Family Career Awareness Day is to increase awareness and knowledge of potential career opportunities by showcasing local businesses to students and PARENTS. Our hope is to especially engage parents in the event, since we know from 10 years of student surveys that mom and dad have the most influence on a student's career decision, right behind personal experience. Students and parents can visit over 50 local employers together to learn what these careers entail. Free food and door prizes!!

Who: Adults 50 years & older**What: Health Screening Clinic****Where:** O'Neill Center, 333 Fourth St., Marietta, OH**When:** Tuesday, October 22nd, 9 am to 12 pm

Katie Fleming, RN from the Ohio University Heritage College of Osteopathic Medicine will be here to offer a free health clinic. Tests will be offered for blood cholesterol, blood glucose and blood pressure, all at once, and it takes approximately 5-7 minutes per person. Everyone will receive a copy of their results and any education needed from the results. Fasting before the test will get the best results, but not required. The cholesterol testing is a complete testing with results of HDL, LDL, and triglycerides. Please call the O'Neill Center to show interest, 740-373-3914.

Who: Marietta Middle School Students**What: Cooking Demo with Chef Zach****Where:** Marietta Middle School**When:** Wednesday, Oct. 23rd, 2:25 pm to 3 pm

AVI/Marietta Middle School's own Chef Zach Leverett will demonstrate various cooking techniques and skills as he creates a culinary creation before the students' eyes. This is a chance to see professional cooking up close and ask questions you may have about a career as a chef or just cooking in general. The workshop will end by 3 pm so that students can catch the school's late bus if needed.

November 2019:

Who: Middle School Students

What: The Game of Life – Interactive Budgeting

Where: Marietta Middle School

When: Tuesday, Nov. 5th, 2:30 – 3 pm



Do you think you can make it in the real world? Come see just how easy or difficult it is to budget “life.” Students will be given real life scenarios, outlining their age, career, salary, family size, other income, debt amount and type. Players will then visit stations where they choose housing, transportation, clothing, groceries, entertainment, savings/investments, new careers, insurance, daycare, taxes and banking needs. Players also have the option to play the “Game of Life” lottery! The session concludes with a discussion on the ease and/or difficulty of making each of these important life choices as they build their budget and stay within affordability.

This class is being offered by CCCS of the Mid Ohio Valley.

Who: Putnam Elementary Students

What: Kids Can Cook – The Pizza Edition

Where: Putnam Elementary School

When: Thursdays, Nov. 7th, 14th, & 21st, 2019, 3:45-5:15 pm



Pizza can be so much more than cheese, sauce and crust! This year’s Kids Can Cook classes will have kids creating pizzas with a twist! Led by OSU Extension Agent Cindy Styer, the class will cover healthy eating habits and nutrition as well as kitchen and cooking safety. **The 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.

Who: Parents

What: Child Trauma Workshop

Where: Putnam Elementary School

When: Thursday, Nov. 21st, 2019, 4-5:15 pm



This workshop is being offered while the Kids Can Cook session meets. This allows parents to attend the workshop without children. If you have additional children who will not be attending the Kids Can Cook Class, but you would still like to attend this workshop contact Heather Warner (740-628-5533) to arrange for additional childcare.

Elaine Corbitt from Family and Children First will discuss the affects trauma has on individuals, families and communities, with a focus on children. Come learn about trauma and its affects along with **some skills to help your child better deal with trauma.**

December 2019:

Who: Marietta Middle School Students

What: Cooking Demo with Chef Zach

Where: Marietta Middle School

When: Wednesday, Dec. 11th, 2:25 pm to 3 pm



AVI/Marietta Middle School's own Chef Zach Leverett will demonstrate various cooking techniques and skills as he creates a culinary creation before the students' eyes. This is a chance to see professional cooking up close and ask questions you may have about a career as a chef or just cooking in general. The workshop will end by 3 pm so that students can catch the school's late bus if needed.

Who: Parents & Children

What: Pests on Pets Workshop

Where: GoPacks Office, 501 Fourth St., Marietta, OH

When: Thursday, Dec. 19th, 2019, 4:30-5:15 pm



Come learn how to minimize the pest problems that often accompany our beloved pets. Information will be provided on how to identify common pests along with ways to deter them. Particular focus will be given to fleas and ticks. This workshop is being led by OSU Extension Educator Marcus McCartney.

Ongoing:

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

Who: Parents

What: Parenting Wisely

Where: Family & Children First Office, 202 Davis Avenue, Marietta, OH.

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

Call to schedule an appointment - 740- 376-7081



Parenting Wisely is a parenting skills program right at the tip of your fingers. As you know, each stage of child growth and development brings up unique issues and challenges. Parenting Wisely offers programs to meet the needs of parents in a variety of circumstances. Learn constructive skills proven to lessen drug and alcohol abuse in youth, school and homework problems, delinquency and other problem behaviors, family conflict, and more.

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!

Who: Adults

What: Aspire

Where: Washington County Career Center, 21740 State Route 676,
Marietta, OH

When: Tuesdays, Wednesdays & Thursdays, 10 am – 2 pm



To get a good job today, you need basic academic and workforce skills, and access to affordable, high quality higher education options.

The Aspire program can help...

- To prepare for the Ohio Options GED/HiSET, ADP, and 22+
- Obtain or improve reading, writing, & arithmetic skills needed to get or keep a job
- To prepare for the ASVAB, COMPASS and Accuplacer
- Prepare for pre-employment testing
- Take practice tests for free!

Aspire classes are free to all eligible students.

Who: Children/Youth 5-17 years old

What: Southeast Ohio Youth Mentoring

(formerly Big Brothers, Big Sisters)

Where: Family & Children First Office, 202 Davis Avenue, Marietta, OH.

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



Southeast Ohio Youth Mentoring offers a variety of programs to support children and families in Southeast Ohio. Programs include:

- Community-Based Mentoring – Adults are paired with children 5-17 in positive, supported matches.
- Youth in Leadership – High school students are paired with at-risk elementary school students in weekly meetings and activities.
- Special Activities – They hold holiday parties, host free activities for program participants, such as swimming at the Community Center, Aquatic Center in Marietta, and Nelsonville Pool; mini-golf, football and baseball tickets and more.

Contact Willa O'Neill at 70-516-4913 or willa.oneill@hotmail.com for more information. Information can also be found at www.seoyouthmentoring.org or through their main office, 740-797-0037.

Who: Adults & Children

What: Volunteer with GoPacks

Where: GoPacks Office, 501 Fourth St., Marietta, OH

When: *Various Shifts Throughout the Week*



From sorting food and packing bags to prepping for events, GoPacks is always looking for great volunteers to add to our team. Contact Leah Rake, GoPacks School & Volunteer Coordinator/Vista ~ Leah.Rake@GoPacks4kids.org or Heather Warner, Executive Director ~ 740-628-5533 to sign up to volunteer.

Who: Adults & Children

What: The Salvation Army Christmas Bell Ringing

Where: Various Marietta Locations

When: *Begins Right Before Thanksgiving through Christmas Eve*



If hearing the Salvation Army's Christmas Bells puts you in the holiday spirit, consider being a Salvation Army Bell Ringer this holiday season. The money raised with the bright red kettles stays right here in your community, helping to support neighbors and friends in need. Contact Captains Megan Moretz or Elisha Moretz at 740-373-4043, or in person at the Salvation Army, 136 Front St., Marietta, OH to set up a time.

Coming Next Second Semester:

Here's a peak at what we're working on for next semester:

- The Incredible Years
- Container Gardening Workshops
- CPR Training
- More Kids Can Cook Classes ~ @ Washington & Phillips Schools
- More Child Trauma Workshops ~ @ Washington & Phillips Schools
- PAX Workshop for Parents with a Children's Social Play Group