



2019/20 School Year Second 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.

January 2020:

Who: Marietta Middle School Students

**What: Go Grow at the Pack & Go – Indoor Gardening Club
Second Semester Session 1**

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

**When: Wednesdays ~ 1/22, 1/29, 2/5, 2/12, 2/19, 3/4, 4/1, 4/15, 4/29,
tentatively 5/13, 5/20 & 5/27. Each session runs 2:25 – 3:10 pm**



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.

February 2020:

Who: Parents of Children ages 3-6 years

What: The Incredible Years Program

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

When: Mondays ~ Feb. 3rd through May 11th, 2020 5:30 – 7:30 pm



The Incredible Years Preschool Basic parenting program strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills and are encouraged to partner with teachers and day care professionals so they can promote children's emotional regulation and social skills. In the parenting groups, trained Incredible Years® facilitators use video clips of real-life situational vignettes to support the training and trigger parenting group discussions, problem solving, and practice exercises.

Washington County Family & Children First is excited to offer this highly acclaimed, evidence-based program FREE to parents in our community! FREE child care and FREE meal provided! To register or for more information, call 740-376-7081.

Who: Adults 50 years & older

What: O'Neill Breakfast Club

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

When: Mondays, throughout February 10-11 am



Winter is in full swing and the winter blues can sometimes get us down. Starting Mondays, beginning January 27, we will have a breakfast club every morning from 10am until 11am. This is a great way to enjoy a warm cup of coffee, a little treat, and some fun socialization with your friends. The Ohio State University Extension office will be here to facilitate this with a guest speaker once per month. This club is free of charge. Please call to reserve your seat so we have enough goodies to go around, 740-373-3914.

Who: Phillips Elementary Students

What: Kids Can Cook – The Pizza Edition

Where: Phillips Elementary School

When: *Thursdays, Feb. 13th, Feb. 20th, & Feb. 27th, 2020 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 & Youth ages 10-14

What: Strengthening Families Program

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

When: *Tuesdays ~ Feb. 18th through Mar. 31st, 2020 (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: Putnam Students & Family

What: Healthy Kids Night

Where: Putnam Elementary School

When: *Thursday, Feb. 27th, 2020, 6:30-8 pm*



Putnam students and their families are invited to attend Putnam's Health Fair. There will be multiple stations, from jump roping to a blender bike, all focused on healthy habits. The school will send home sign up sheets ahead of time.

March 2020:

Who: **Washington & Phillips Students & Families**

What: **Title 1 Parent Night**

Where: Phillips Elementary School

When: *Thursday, March 5th, 2020, 6-7:30 pm*



Come meet author and illustrator Jeffrey Ebbeler at this joint event. Students and families from both Washington and Phillips Elementary schools are invited to this fun evening which will include door prizes, free student prizes, food and fun educational activities. Jeffrey's works include George the Hero Hound, Tiger in My Soup, and Cinco de Mouse-O! The schools will be sending out sign up forms, please let the schools know you will be **coming by Feb. 21st!**

Who: **Adults 50 years & older**

What: **O'Neill Breakfast Club**

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

When: *Mondays, throughout March 10-11 am*



Winter is in full swing and the winter blues can sometimes get us down. Starting Mondays, beginning January 27, we will have a breakfast club every morning from 10am until 11am. This is a great way to enjoy a warm cup of coffee, a little treat, and some fun socialization with your friends. The Ohio State University Extension office will be here to facilitate this with a guest speaker once per month. This club is free of charge. Please call to reserve your seat so we have enough goodies to go around, 740-373-3914.

Who: Young Entrepreneurs ages 10-18

What: Junior Entrepreneur Marketplace

Where: Armory Square, Front Street, Marietta, Ohio

When: Deadline is Saturday, March 14th. Event is *Saturday, April 4th, 2020 1-5 pm*



The first-ever Junior Entrepreneur Marketplace hosted by Marietta Main Street is scheduled for Saturday, April 4th from 1 to 5 pm at the Armory on Front Street in downtown Marietta. This event will feature a showcase of young entrepreneurs, ages 10 to 18, showing off their products, business ideas, crafts, baked goods and more. Come on out and support Marietta's youngest business owners and celebrate the next generation of local leaders. This event is free for the community to enjoy. If you are interested in participating fill out the online form at <https://www.mariettamainstreet.org/events/2020/4/4/junior-entrepreneur-marketplace> **Deadline is Saturday, March 14th.**

Who: Marietta Middle School Students

What: Cooking Demo with Chef Zach

Where: Marietta Middle School

When: Wednesday, March. 18th, 2:25 pm to 3:10 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 in time for students to catch the school's late bus if needed.

Who: Washington Elementary Students

What: Kids Can Cook – The Pizza Edition

Where: Washington Elementary School

When: Thursdays, Mar. 19th, 26th, & Apr. 2nd, 2020 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: Adults & Children 12 and older

What: American Red Cross CPR/First Aid Training

Where: First Presbyterian Church

When: Sunday, March 22nd, 2020 12 pm to 1:30 pm



American Red Cross

Marla Hoerst will be instructing this Red Cross class on CPR for infants, children and adults. **This class is open to adults, tweens and teens and 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.

Who: Middle School Students

What: The Game of Life

Where: Marietta Middle School

When: Wednesday, March 25th, 2020, 2:30 – 3:10 pm

The Game of



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: Adults 50 years & older

What: Health Fair

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

When: Monday, March 30th, 1 pm to 5 pm



Join the area’s finest health care providers for a day of screenings and information. You will get your “know your numbers” booklet then proceed to the screenings. Screenings will include but not limited to:

- Blood sugar
- Blood oxygen
- Blood pressure
- BMI
- Weight
- Spinal screenings
- Massages

Door prizes will be held throughout the day.

April 2020:

Who: Marietta Middle School Students

What: Cabin Fever Game Night

Where: Marietta Middle School Main Gym

When: Friday, April 3rd, 7- 9 pm



Come beat the winter blues at Cabin Fever Game Night hosted by The Right Path for Washington County and The Pack & Go Store. There will be multiple games, a dj, food and beverages. Cabin Fever Game Night is open to all students at Marietta Middle School and their families.

Who: Adults 50 years & older

What: O'Neill Breakfast Club

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

When: Mondays, throughout April 10-11 am



Winter is in full swing and the winter blues can sometimes get us down. Starting Mondays, beginning January 27, we will have a breakfast club every morning from 10am until 11am. This is a great way to enjoy a warm cup of coffee, a little treat, and some fun socialization with your friends. The Ohio State University Extension office will be here to facilitate this with a guest speaker once per month. This club is free of charge. Please call to reserve your seat so we have enough goodies to go around, 740-373-3914.

Who: Washington Elementary Students

What: Papier-Mâché Art Class

Where: Washington Elementary School – Art Room

When: Wednesdays, throughout April (4/1, 4/8, 4/15, 4/22, & 4/29) afterschool until 5 pm



Join artist and teacher, Ms. Fackleman, each Wednesday afterschool in April to learn the art of papier-mâché. Students will learn how to turn strips of newspaper, cardboard and glue into beautiful pieces of cake that look good enough to eat! Multiple techniques will be used and each student will have a delicious looking work of art to take home at the end of the last class.

Who: Parents

What: Child Trauma Workshop

Where: Washington Elementary School

When: Thursday, April 2nd, 2020, 4 - 5 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: Young Entrepreneurs ages 10-18

What: Junior Entrepreneur Marketplace

Where: Armory Square, Front Street, Marietta, Ohio

When: Saturday, April 4th, 2020 1-5 pm



The first-ever Junior Entrepreneur Marketplace hosted by Marietta Main Street is scheduled for Saturday, April 4th from 1 to 5 pm at the Armory on Front Street in downtown Marietta. This event will feature a showcase of young entrepreneurs, ages 10 to 18, showing off their products, business ideas, crafts, baked goods and more. Come on out and support Marietta's youngest business owners and celebrate the next generation of local leaders. This event is free for the community to enjoy. If you are interested in participating fill out the online form at <https://www.mariettamainstreet.org/events/2020/4/4/junior-entrepreneur-marketplace> **Deadline is Saturday, March 14th.**

Who: Phillips' Students

What: Fun with Science

Where: Phillips Elementary School

When: Thursday, April 16th, 2020, 4-4:45 pm



Join Mr. John the Science Guy exploring physical science through hands-on experiments which have real life applications. Each science experiment comes with a souvenir to take home!

Who: Phillips Elementary Students

What: Money Games

Where: Phillips Elementary School

When: Tuesday, Apr. 28th, 3:55 - 4:55 pm



Students are invited to stay afterschool on April 23rd & 28th to see who can manage money best! Students will be given \$20 each in play money to start the game, and then different opportunities to earn more & spend some! Throughout the game kids will learn fun money facts, like how much does it cost to make a penny, what are credit reports and what is bankruptcy! The student who ends the game with the most money WINS! This workshop will be led by CCCS of the Mid-Ohio Valley.

Who: Parents

What: Child Trauma Workshop

Where: Phillips Elementary School

When: Tuesday, April 28th, 4-5:00 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.**

May 2020:

Who: GoPacks Families

What: “Make Your Mark” Party

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

When: Monday, May 4th, 5-6:30 pm, RSVP by Monday 4/27

*Make
Your
Mark*

Come celebrate *Older Americans Month* at this party where all attendants are encouraged to share how they have or are “making their mark” on the community. There will be crafts and a picnic style dinner served. This is a great way for all generations of the community to connect. Please RSVP to GoPacks via Remind text by Monday 4/27.

Who: Elementary Students & Their Families

What: Container Garden Workshop

Where: Elementary Schools as Noted below

When: @ Putnam Elementary – Thursday, May 5th, 3:55 – 4:40 pm

@ Washington Elementary – Thursday, May 7th, 3:45 – 4:30 pm

@ Harmar Elementary – Tuesday, May 19th, 4 – 4:45 pm

@ Phillips Elementary – Tuesday, May 21st, 3:55 – 4:40 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! Join us for this very popular workshop led by OSU Extension Agent Marcus McCartney. **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.

Who: Washington Elementary Students

What: Money Games

Where: Washington Elementary School

When: Tuesday, May 12th, 3:45 - 4:45 pm



Students are invited to stay afterschool on April 23rd & 28th to see who can manage money best! Students will be given \$20 each in play money to start the game, and then different opportunities to earn more & spend some! Throughout the game kids will learn fun money facts, like how much does it cost to make a penny, what are credit reports and what is bankruptcy! The student who ends the game with the most money WINS! This workshop will be led by CCCS of the Mid-Ohio Valley.

Who: Marietta Middle School Students

What: Lessons from Harry Workshop

Where: Marietta Middle School

When: Thursday, May 14th, 2:30 to 3:10 pm



Calling all Harry Potter fans. Join us for a workshop led by local Harry Potter expert, Marietta College professor Katy McDaniel. “Lessons from Harry” will offer fans new insight and takeaways from Harry’s magical world.

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: 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**

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: **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.

Summer:

Here's a peek at what we're working on for the summer:

- Swim Party with The Right Path & a Farmer's Market
- Another Round of Money Games
- Summer Activity Packets