

**FAMILY PROGRAMS ~ Educational Opportunities**

**LET'S TALK FOR GIRLS AND MOTHERS**

A 2-hour class provided to help aid in discussing puberty and growing up. Also includes information on physical changes, relationship to childbearing and respect and empathy for changes occurring in both sexes.

Date: October 15, 2009      Time: 6:30pm-8:30pm  
Location: IRMC outpatient Classroom A&B  
Suggested age 9-13  
Price \$15 per child

**HOME ALONE AND IN CONTROL**

A 3-hour class, which provides information and activities to prepare your child for time home alone. Only you can decide when your child is able to stay home alone. We offer suggestions to the child about emergencies, safety, and activities to occupy their time.      **Date: October 10, 2009**

Time: 9am-12pm  
Location: IRMC outpatient bldg., Classroom A&B  
Cost: \$15. each child

**BABYSITTING CLASS**

This class is a 2-day program (6 hrs each day). The student will be prepared to interview for a babysitting job, keep a journal, and learn how to feed, entertain, and care for an infant, toddler, preschooler and school age child. Students will also learn appropriate first aid for emergencies, how to activate EMS, and do CPR and care for a choking victim.

**Date: December 28 & December 29**  
Time: 9am-3pm each day  
Location: IRMC Outpatient bldg  
Classroom A&B  
Suggested age 12 and up  
Price \$50 per student

**Let's Talk PARENTS!**

**School Aged Children**

Ever wonder how to help your child with:

- Bullies
- Problems on the School Bus
- Sibling Rivalry

We can help answer your questions. Join us for a one time discussion on these issues and many more.

**Location:** Indiana Regional Medical Center  
PDR # 3 (1<sup>st</sup> floor by cafeteria)  
**Date:** October 12, 2009  
**Time:** 6:30 pm – 8:00 pm

\$5  
Each

**Teenagers**

How do you handle these problems?

- Internet Safety
- Dating Rules
- Loners
- Curfew

Join us and we can work together to find answers to these questions and many more.

**Location:** Indiana Regional Medical Center  
PDR # 3 (1<sup>st</sup> floor by cafeteria)  
**Date:** November 9, 2009  
**Time:** 6:30 pm – 8:00 pm

\$5  
Each

**To SCHEDULE call the  
Scheduling Center @ 724-357-7075**