



Take the 1st step toward meeting your goals...

FREE CLASSES B'HAM PUBLIC LIBRARIES

Mental Health Discussion with UAB's Diversity Outreach and Advocacy Committee

9/12/22 at 11 a.m.

Southside Branch Library

Students of the Outreach and Advocacy subcommittee will present monthly talks about Mental Health topics (i.e., Coping Strategies, Sleep Hygiene, Diversity, etc.) to spread mental health awareness.

Computer Basics

9/14/22 at 10 a.m.

West End Branch

Learn basic computer skills such as using the mouse, operating Microsoft Windows, and surfing the internet. Register at the front desk or call.

Continue Your Education with UAB TRIO Educational Opportunity Center

9/15/22 at 10 a.m.

Southside Branch

Representatives from the UAB Educational Opportunity Center will be at Southside branch providing information about how adults can continue their education. The EOC's services include GED assistance; college and trade school application help; applying for financial aid and scholarships; tutoring and mentoring; and more! Plus, their services are free to eligible participants!

Let's Talk about Medicare: Questions & Answers

10/6/22 at noon

Central Library

Birmingham licensed insurance advisor Albert McWilliams Sr. is providing his popular Medicare Q & A sessions in-person as well as virtual via Facebook to help BPL patrons learn more about their Medicare options and eligibility.

Accepting Applications for the 2022-2023 Program Year



SNAP recipients are automatically eligible

Jefferson County Child Development Council Inc. is now accepting applications for children at licensed family childcare homes with full day, full week childcare at no cost to eligible parents. JCCDC serves all qualified children. For more information, please call JCCDC Early Head Start/Head Start Program at 205-933-1095/ Monday – Friday 8:00 a.m. – 5:00 p.m. or visit our website at www.jccdc.com

Hispanic Heritage Month

Hispanic Heritage Month recognizes and celebrates the contributions Americans tracing their roots to Spain, Mexico, Central America, South America, and the Spanish-speaking nations of the Caribbean have made to U.S. society and culture. The observance was born in 1968, when Congress authorized the president to issue an annual proclamation designating National Hispanic Heritage Week. Two decades later, lawmakers expanded it to a monthlong celebration, stretching from September 15 to October 15.

The timing is key. Hispanic Heritage Month — like its shorter precursor — always starts on September 15, a historically significant day that marks the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. The designated period is also a nod to those from Mexico and Chile, which celebrate their independence September 16 and September 18, respectively.

Courtesy of census.gov

September/October 2022



Visit our website!
www.jccdc.com

What's Happening at JCCDC?

September 5: Labor Day (All FCC sites and agency closed)

September 17: Parent Meeting at 10 a.m.

October 10: Professional Development (All FCC sites closed)

October 31: Halloween

Attention Parents!!

Did you know that just by being a parent of a Head Start/Early Head Start participant, you are "automatically" a member of the Parent Committee?

*A Parent Meeting is scheduled for Saturday, **September 17, 2022 at 10:00 a.m.** at*

JCCDC, Inc.

728 37th Street South

Birmingham, AL 35222

We hope to see you there!



Head Start Awareness Month

October is Head Start Awareness Month and it aims to spread awareness about a crucial program that benefits millions of families in the U.S. Head Start assists children belonging to low-income families by providing them with a framework meeting their social, emotional, psychological, nutritional, and health needs. Children are given a boost until the age of five, easing the pressure on their families.

HISTORY OF HEAD START AWARENESS MONTH

The Head Start program was announced in 1965 by President Lyndon B. Johnson as a complete framework for providing the required health, educational, and nutritional needs of children from low-income families to pave better opportunities for them.

Since its inception, the program has served over 35 million children. It has given them access to learning tools, healthcare, and more, as well as supporting their families. Head Start and Early Head Start are federally funded initiatives that are crucial for preparing young children for a life of independence and success. Children who participate in the program are on par with regular students when they join the school.

While the program started in 1965, Head Start Awareness Month was initiated by President Ronald Reagan on October 22, 1982. His great words for the cause continue to inspire today:

“The National Head Start Program has helped over eight million low-income preschool children and their families. In so doing, it has earned recognition and support for its success in early childhood education and development.”

Courtesy of nationaltoday.com

Breast Cancer Awareness



For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer—including metastatic breast cancer (MBC)—and the importance of early detection and timely, high-quality care.

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk and what's normal for you, so if there are any changes in your breasts, you can act.

Since 1989, Susan G. Komen has helped drive down mortality rates from breast cancer thanks to our focus on early detection and improvements in treatment—however, that progress is in jeopardy. During the COVID-19 pandemic, many people delayed their regular screening and the pandemic disrupted treatment and research progress.

And progress is needed. Through research, growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people and replaced the one-size-fits-all treatments of three decades ago. It is research that brings hope to patients facing this disease, especially those living with MBC. We need to ensure more options for patients, especially when treatments stop working.

The COVID-19 pandemic also highlighted the disparity in breast cancer treatments for rural and low-income people across the country, as well as the disparity in treatment between Black and white women. Black women in the U.S. are about 40 percent more likely to die from breast cancer than white women.

That's why Susan G. Komen encourages you to dedicate this October as a time of action, both for yourself and others.

Courtesy of komen.org

5 THINGS TO KNOW ABOUT HEAD START PROGRAMS

Helps children and families thrive, enrolling over 1 million children ages 0-5 and pregnant women each year.

Supports at-home learning and healthy habits from parent-child and facilitates early intervention services.

Uses research-based curricula and assessments so each child makes progress in language/literacy, math, science, and physical development.



Evaluates, identifies, and serves children with special needs, and facilitates early intervention services.

Coordinates comprehensive services so children and families have the community resources they need.

Our Services

- ❖ Education.....(205) 379-6069
- ❖ Disabilities/Mental Health.....(205) 379-6066
- ❖ Health & Safety.....(205) 379-6059
- ❖ Enrollment.....(205) 379-6056
- ❖ Family Engagement.....(205) 379-6064
- ❖ Nutrition.....(205) 379-6058
- ❖ Community Engagement.....(205) 379-6090