



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

FREE CLASSES B'HAM PUBLIC LIBRARIES

Keyboarding & Mouse

11/15/22 at 9:30 am

Five Points West Library

Course on learning how to use the keyboard and mouse.

Mental Health Discussion: Healthy Sleep

11/15/22 at 10am

Southside Branch

Students of the Outreach and Advocacy subcommittee will present monthly talks about Mental Health topics to spread mental health awareness.

Continue Your Education with UAB TRIO Educational Opportunity Center

11/17/22 at 10 am

Southside Branch

11/23/22 at 10am

11/30/22 at 10am

Woodlawn Branch

Representatives from the UAB Educational Opportunity Center will be at Southside branch providing information about how adults can continue their education.

Titusville Diaper Giveaway

12/6/22 at 10 am- 2pm

Titusville Branch

Titusville Branch Community Diaper Resource Day. Registration required: <https://form.jotform.com/213394571142150>

Talk with a Doc

12/7/22 at 11am

West End Branch

Come visit with a Cahaba Medical Care doctor for a short health talk. Snacks and door prizes will be available!

H A P P Y
Holidays



May the magic and the wonder of the holiday season stay with you throughout the coming year.



November/December 2022



Visit our website!
www.jccdc.com

What's Happening at JCCDC?

November 11th: Veteran's Day (Agency and All FCC sites closed)

November 16th: Thanksgiving Luncheon (All FCC sites closed)

November 23rd-25th: Thanksgiving Holiday (All FCC sites closed)

December 19th – January 2nd: Christmas Break (All FCC sites closed)

Become a member of JCCDC Head Start's Policy Council!



What is Policy Council?

Policy Council is an opportunity for parents to be a part of program decision-making.

Policy Council gives parents an opportunity to have a voice and learn about program leadership.

**The member participating will be responsible for contributing to the direction of our agency.*

Please become an advocate for your child.

For more information, contact Tena Sales at 205-379-6065



In observance of Fire Prevention Month, JCCDC Head Start Program gifted some of the participating families with a Fire Prevention Kit. This kit included smoke detectors, batteries, and a flashlight.

Tips For Parents: Making Holidays



1. Develop traditions.

Create activities which are special to your family. They need not be elaborate or costly, but they need to be enjoyable and reflective of your family. Traditions can be as simple as a special recipe that everyone associates with the family holiday to an elaborate vacation or special event in which everybody participates.

2. Keep your plans within your resources.

Holidays are double duty for most parents. What parent hasn't wondered where the extra time will come from to shop, wrap presents, cook, and plan and attend special events. Be realistic about the scope of your plans. If you are hurried and stressed, your personal contribution to your children's holiday may be your short temper and irritability rather than your patience and enthusiasm.

3. Help children understand the value and meaning of holidays.

Don't rely upon others to convey the meaning to your children; do it yourself. Talking about your own personal meaning is important. If the holidays are a religious experience for you, impart that by your religious practice; if it's a sharing experience, provide your child an opportunity to share; if it's a predominant family reunion experience, provide a reunion of family for your child.

4. Finally, have fun yourself.

Don't expect perfection. Remember just as your child doesn't need or want a perfect parent, neither do they need a perfect holiday... just a good enough day will do.

Santa Claus

Ingredients:

12 ounces white baking chocolate, chopped

32 vanilla or white chips

1 package (1 pound) Nutter Butter sandwich cookies

64 miniature semisweet chocolate chips

Red colored sugar

32 Red Hot candies



Directions:

1. In a microwave, melt white chocolate at 70% power for 1 minute; stir. Microwave at additional 10 to 20 seconds intervals, stirring until smooth.
2. Dip one end of each cookie into melted chocolate, allowing excess to drip off. Place on wire racks. For Santa's hat, sprinkle red sugar on top part of chocolate. Press one vanilla chip off-center on hat for pompom; let stand until set.
3. Dip other end of each cookie into melted chocolate for beard, leaving center of cookie uncovered. Place on wire racks. With a dab of melted chocolate, attach semisweet chips for eyes and a Red Hot for nose. Place on waxed paper until set

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