

**\*CAPS Child Advocacy and Parenting Services, Inc. -**

**On-going program** Morning Out for Moms/Dads

Free respite child care for low income parents needing time away from the stresses of parenting. Parents of children ages 3 weeks to 5 years may use MOMS one morning each week. Wednesday mornings from 9:00 a.m. to 11:30 a.m. and afternoons from 12:30 p.m. to 3:00 p.m. at the St. John's Lutheran Church, 302 S. 7<sup>th</sup>.

Contact CAPS at 825-4493 for more information.

**Consumer Credit Counseling Services -**

Registration required. Call 785-827-6731

Outside Salina call 1-800-279-2227

All workshops are located at: 1201 West Walnut

**Money Action Program** (Budgeting) - FREE

Monday, August 23 - 6:00 p.m. to 8:00 p.m.

\*Goal Setting \*Tracking Your Spending

\*Reducing Debt \*Looking Ahead

**Homebuying** - \$75.00 (Check or Money Order only)

Tuesday August 10 - 6:00 p.m. to 10:00 p.m.

\*Budget, Credit, Debt \*The Closing Process

\*Life as a Homeowner \*Certificate of Completion

**Salina Public Library -**

Sign up for programs one week in advance unless otherwise noted. Children under 8 must be accompanied by adult unless otherwise noted.

5 . Mystery Party @ 1:30 p.m. **Ages 8 and up SIGN UP REQUIRED**

6 . Rolling Hills Storytime @ 4 p.m.

7 - Lapsit Storytime @ 10 a.m.

11 & 12 . Make & Take

13 - Lapsit Storytime @ 10 a.m.

Craft-A-Story @ 4 p.m.

20 - Rolling Hills Storytime @ 4 .m.

23 & 24 - Make & Take

27 - Puppet Theater @ 4 p.m.

**\*Catholic Charities, 425 W. Iron Ave., 825-0208**

Counseling Services \* Pregnancy & Adoption Services

Emergency Assistance \* Legal Immigration help

Children's health insurance sign-up

Open M - F 8:30 a.m. to 12, 1 to 5 p.m. Call 825-0208 for appointment

**St. Francis Community Services - 405 E. Iron Ave.,**

823-0001 x 14 Call for more information on classes listed and additional opportunities.

**Commonsense Parenting Class** Begins July 1, 2010 (6 week session) @ 405 E. Elm from 6-8-p.m. Cost is \$50.00 with some Scholarships available.

**Anger Management for Young People** Begins July 12, 2010 (6 week session) from 3-4 p.m. Cost is \$50.00 with some scholarships available.

**Choices for Young People** Begins July 6, 2010 (6 week session) from 3:30-4:30 p.m. Cost is \$50.00 with some scholarships available.

If you are concerned that a child may be neglected or abused, call **The Protection Report Center: 1-800-922-5330.**

**Ashby House - Life Skills Classes** - Includes budgeting, nutrition, responsive discipline, job readiness, and house cleaning tips. Call 785-826-4935.

**Salina-Saline County Health Department- Stop Smoking Classes** For more information call 826-6605.

**Salina Parks and Recreation** - Bike Helmets \$10 - Call 785-309-5765

**\*Central Kansas Foundation** - For drug, alcohol, and other prevention topics as well as family issues. Books and videos are available. Call 825-6224.

**\*DVACK, Domestic Violence Support Group** -Tuesdays @ 6:00 p.m. - 7:30 p.m., call for childcare.

**Woman-2-Woman**, Thursdays @ 6:00 p.m. - 8:00 p.m. Call 827-5862 or 800-874-1499

**\*The Volunteer Connection - 785-823-3128**

**Back To School Fair Volunteer Needs**

**Monday August 2** Volunteers to help with registration for the fair. Basic data entry skills required. Must be adult volunteers 3 shifts available. (15 volunteers needed)

**Wednesday August 4** Volunteers needed to help tie yarn on backpacks; unpack and sort supplies 1 - 5 p.m. (25 youth and adult volunteers needed)

**Thursday August 5** Volunteers to help stage supplies and pack back packs 1-5 p.m. (60 - 70 adult and youth volunteers needed)

**Friday August 6** Back To School Fair volunteers needed from 4:30-8:30 p.m. (50-70 volunteers of all ages needed to help in all areas of the fair.)

Call for more details or find a listing on our website [www.nckvc.org](http://www.nckvc.org) click on the button %check volunteer opportunities+at the bottom of the page.

Many additional volunteer opportunities available.

**\*Girl Scouts of Kansas Heartland - Sign Up For Scouting!** Girls can sign up on August 26 from 6:30-8:30 p.m. at your school. Membership staff will be available to answer any questions and get your girl signed up for the upcoming year of scouting. Interested in becoming a volunteer? Staff can also answer your questions that night! Can't make it to the Sign Up night? Come to our Journey on the Wild Side at Rolling Hills Wildlife Refuge Saturday, August 28 to sign up and enjoy a fun-filled day. Visit [www.kansasgirlscouts.org](http://www.kansasgirlscouts.org) for more information or call 827-3679.

**Emergency Aid/Food Bank 255 S Chicago, 827-7111**

**Cooking Classes**

Join the fun every Tuesday and Thursday 4:00 p.m. Have fun ~ take home what you make and make new friends. Hands on cooking! YOURS! Ages 9 and above.

**\*Boy Scouts of America - Coronado Area Council -** Character education and self-esteem building activities for boys in 1st - 12th grades, and girls in 9th - 12th grades. Boy Scout Troops exist in many churches in our community. Call: 785-827-4461

**\*American Red Cross - 785-827-3644**

Call for class schedule and locations

**\*Big Brothers Big Sisters -** Find out more about mentoring services for your child, or be a mentor yourself! Call 785-825-5509 or visit [www.bbbssalina.org](http://www.bbbssalina.org).

**Hospice of Salina, Inc. - will be offering an Inner Peace - Adult Grief Support Group** at Hospice of Salina, 730 Holly Lane in the near future. Call 785-825-1717.

**\*SALINA Family Healthcare Center -**

Medical Clinic, 651 E. Prescott, 825-7251.

Dental Center, 625 E. North St., 826-9017.

Appointments available Mon.- Fri. 8 a.m. to 5 p.m., and evening appointments available Monday, 5 a.m. to 8 p.m.

Accept most insurances: private insurance, Medicaid, Medicare, self-pay. Discount Program available for qualifying individuals. Call for appointment.

*Information gathered & coordinated by Salina Area United Way.*

*\* Supported by United Way donations.*