

## **FOR-U January classes announced**

Family Outreach University or FOR-U will be offering educational programming this semester for the community. All classes are free, no pre-registration is required and all classes are held on Tuesday evenings, from 5:30 to 7:30 p.m.

The initial class this year will be held at the Pittsburg County Expo Center on Jan. 13, to accommodate a national broadcast of "Crystal Darkness." Thereafter classes will shift to the conference rooms of the new Pittsburg County Health Department, 1400 E. College Ave. in McAlester.

Course No. 1 classes for January include:

- Jan. 13 – Crystal Darkness – Drug Education 101 – Crystal Darkness is a 28-minute documentary exposing the frightening truth about Meth's devastating attack on the youth and families of our nation. The program will be aired nationally and is targeted for youth and their parents but the message extends to the entire community. The program will be held at the Expo Center and will be followed by a panel discussion of community experts concerning the pitfalls as well as the resources needed in the fight against Meth.
- Jan. 20 – Crystal Darkness 201 – The second class in the Crystal Darkness sequence will consist of a panel of past abusers discussing their problems with addiction and sharing their stories of success. Again a panel of experts in the field of substance abuse will be on hand to share discuss local resources and services.
- Jan. 27 – Crystal Darkness 301 – The last class in the Crystal Darkness sequence will consist of a panel of family members discussing their problems and successes in their efforts to assist a loved one deal with the problems associated with abuse. As before, a panel of professionals will be available to discuss local treatment resources and services.

Course No. 2, Postponing Sexual Involvement Curriculum, includes:

- Jan. 27 – Growing Up Female: What is going on in the bodies of young teen girls? This course is for both girls and boys and explains the physical and hormonal changes going on in young teens. This course also helps teens to develop a definition of "sexuality" that is broader than genital activity or reproduction. A pre-test will be given at the beginning of the class.

FOR-U is a community service project of the Pittsburg County Local Service Coalition. For more information, log onto [www.pcfcd.org](http://www.pcfcd.org) and click on the FOR-U schedule or contact the Pittsburg County Health Department at 423-1267.

Concurrent supervised activities are available for younger children if notified in advance. Also, certification of attendance is provided at the end of the semester.