

FOR-U readies for a year of learning

Plans are in place for the 13th semester of Family OutReach University, a community service project sponsored by the Pittsburg County Local Service Coalition.

FOR-U offers courses covering a variety of topics including anger management, parenting skills, money management, domestic violence, and recovery from substance abuse.

“We change our curriculum from year to year based on community needs,” said Donna Engleman, Program Supervisor of the health department’s Healthy Beginnings program. “If we have a low-attendance class, we’ll do away with it, and add what the community needs.”

Various organizations, such as DHS, Carl Albert Mental Health Center, and the health department’s guidance area offer suggestions based on their clients’ needs.

“Mostly we have people that are just interested in learning something new, or getting some help with an issue they have,” Engleman said. “But some are referrals or even court-ordered, through DHS, Carl Albert Mental Health, Drug Court, Health Department Guidance Center, the Domestic Violence Shelter, counselors, or probation officers.”

Sign-in sheets for each class offer credit for attending for those who are court-ordered, as do certificates of completion for every course.

New to this session, which begins Sept. 1 and ends Dec. 15, is a course entitled Wellbriety. This is a three-week course that discusses sobriety after substance abuse and healing the whole person. It also takes a look at the impact of substance abuse on families and communities.

Other courses on the schedule this semester are Anger Management, Interactive Parenting, Money Management in Challenging Times, Money Munchkins, and Domestic Violence.

The classes, which are free of charge and open to the public, are held on Tuesday nights from 5:30 to 7:30 at the Pittsburg County Health Department, 1400 East College Ave. Pre-registration is not required. Anyone wishing to attend but is unable to arrange child care may bring children along. The health department does not provide childcare, but has arranged for supervised activities for children while parents attend class. Parents wishing to take advantage of this service are asked to contact the health department prior to registration.

For more information about FOR-U, please contact the Health Department, Child Guidance Division, at 423-1267.