

"Breast Cancer Awareness"

Thursday, Oct. 8, Doors open at 11:30 am, Program is from 12 to 1 pm, NCI Conference Ctr. at Ft. Detrick. No fee.

A diagnosis of breast cancer is scary for any woman; navigating the health care system to make the best choices for treatment can be equally difficult. **Mary Jackson**, Coordinator of Cancer Education and Outreach at Frederick County Health Dept., will share the importance of early detection. She will also provide the latest information on treatment options for breast cancer at a "lunch and learn" co-sponsored by *Families Plus!* and Ft. Detrick's *Exceptional Family Member Program*. (Call *Families Plus!* for information about getting on base and to the NCI Conference Center.)

"Children From Changing Families"

Wednesdays, October 7 through December 2 (skipping the Wednesday before Thanksgiving), 5:30 to 6:30 pm, Families Plus!, 35 E. Church St., 21701. No fee.

This eight-week support group is for children (grades 1-8) whose parents are separated or divorced. This group will help children learn that they did not cause the problem, they can not cure it, but they can learn to cope with the changes in their lives. Group leaders will be and **Christina Karszen and Ginger Hart**, CASS Coordinators. **Pre-registration is required as class size is limited.** Some funding for this program is provided by the Frederick County Circuit Court.



**OCTOBER 2009
AT
FAMILIES PLUS!**

FAMILIES PLUS! PRESENTS

**16th Annual Children's
Dinner Theater**

**Friday, October 16
Doors open at 6 pm**

**Ballenger Creek Middle School
5525 Ballenger Creek Pike
Frederick, MD 21703**

This year's program by
"The Fun Company"
is

**"Ma Liang and the
Magic Paintbrush"**

a delightful Chinese folktale



**Chinese dinner,
face-painting and
other activities.
Doors open 6 pm,
Dinner at 6:15 pm
Live Show at 7 pm**

**Adults \$9.50, Children \$7,
Children 2 and under free. Great
for birthday parties!**

Please order tickets early.

**To order call 301-694-9002 or
email info@familiesplus.org or
or fax 301-694-3374**

**Families Plus! accepts
Visa and MasterCard.**

SAVE THE DATES!

**"Addictive and High-risk
Behavior Prevention Series"**

If you or someone you know is addicted to sugar, food, tobacco, alcohol or drugs or you suspect you child may be abusing drugs, then this is the series for you. Facilitated by **Dr. Rose Gamblin**, the four-week series will take place beginning Monday, November 2, 2009

**"Parent/Teen Anger Management
Group"**

*Tuesdays, October 6, 13, 20,
27, 7 to 8:30 pm, Families
Plus!, 35 E. Church St., 21701.
No fee.*

Families Plus! and **Carmen Turner, LCSWC**, will present an anger management group for parents and high school age students. The course will involve an interactive overview of anger management techniques, information and problem-solving skills. This is a great opportunity for teens and parents to work together to develop improved communication and build a stronger relationship. **Pre-registration is required and group size is limited.**

Childcare for some programs and groups may be available. This service must be requested at least five (5) business days before the program.

For information or to register call Families Plus! at 301-694-9002, fax: 301-694-3374, e-mail: info@familiesplus.org or visit our website: www.familiesplus.org
PLEASE NOTE NEW EMAIL ADDRESS