



ABOUT US

Founded in 1991 by the Exchange Club of Mobile, The Family Center offers free and affordable family training, education, and support to parents and children on the Gulf Coast. We teach effective parenting and communication skills to families. These life-tools open unlimited possibilities for every person that they touch... and it's amazing how bright our future becomes, one family at a time.

For more information on the Exchange Club, visit www.NationalExchangeClub.com

"Kids don't come with a set of instructions, but our free classes are the next best thing!"



United Way of Baldwin County



OUR MISSION

To strengthen families, and prevent child abuse and neglect, by providing affordable education, training and support to parents and caregivers in Southwest Alabama. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

How to Donate

The Family Center is a private not-for-profit agency designated 501(c)(3), making all your gifts tax-deductible. To make a donation, please mail your gift to:
601 Bel Air Boulevard, Suite 100, Mobile, AL 36606.

Internship Opportunities

Internships are available for interested students in human service disciplines such as social work, psychology, counseling, or related interdisciplinary studies. Students may work in either of our two offices in Mobile or Robertsdale.




Baldwin County Office
22671 Alabama Hwy. 59 S.
Robertsdale, AL 36567
(251) 947-4700

Mobile County Office
601 Bel Air Blvd. Ste. 100
Mobile, AL 36606
(251) 479-5700

www.GulfCoastFamilyCenter.org

Visit our website for current schedules and comments from past graduates

Call (251) 725-7073 for **Mobile** visitations.
Call (251) 554-4734 for **Mobile** exchanges.
Call (251) 402-7487 for **Robertsdale** services.



The Family Center
Strengthening families for a better tomorrow.

OUR PROGRAMS

PARENT NETWORK

Positive Parenting
Healthy Start

STRENGTHENING FAMILIES

Parent Coaching - Case Management
24/7 Dad

COMMUNITY PROGRAMS

Loving Solutions
Parent Project, Sr.
Preparing Our Children for Success

FAMILY TIME

Supervised Visitation
Monitored Exchange

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PARENT NETWORK

Positive Parenting:

Kids don't come with instructions, but our free classes are the next best thing. Our Positive Parenting program is an 8-week program, and all our classes are held via Zoom. Our classes focus on protecting children from abuse and neglect, home and personal safety, age expectations, and safe discipline. Our Class Facilitator works with parents individually and as a group to address real life parenting problems and concerns. *The Positive Parenting classes are funded by Children's Trust Fund of Alabama.*

Healthy Start:

Offered at USA (University of South Alabama) Children's and Women's Hospital, these classes are focused on teaching infant skills to new parents and getting the new family off to a happy, healthy start. Preventing Shaken Baby Syndrome and how to care for newborns using Dr. Harvey Karp's method of calming infants (5S's) are among the many useful methods taught. *This program is funded by Alabama Department of Public Health's Child Death Review Team.*

Loving Solutions:

Loving Solutions is a parent program for parents raising difficult or out-of-control children, ages 5 to 10. It offers step-by-step solutions for parents raising adolescent children in today's complex society. A built-in parent support group offers parents both emotional and practical support as they make necessary changes at home. *This program is funded partially by The Community Foundation of South Alabama and Mobile County Public School System.*



STRENGTHENING FAMILIES RESPONSIBLE PARENTING

Our Strengthening Families program is funded by The Children's Trust Fund of Alabama and Alabama State Department of Human Resources. The program is focused on strengthening families by providing 24/Dad parenting classes, workshops, case management, by focusing on strengthening and establishing high quality, emotionally supportive parent-child relationships. Parents are supported by Parent Coaches who help them to identify a career pathway which improves their employment opportunities, helping to stabilize their family through the increased financial income.

We also focus on teaching parents how to coparent effectively and how to maintain a healthy parent relationship. Our Coaches also help guide parents through programs that will help them gain employment skills and the certification needed to find suitable employment. They help develop family plans that address their hopes, wants, and wishes for their family. Including employment goals, educational goals, housing, transportation, and how to overcome obstacles, handle setbacks, legal issues, illness, and other problematic situations.

COMMUNITY PROGRAMS

Parent Project Sr.:

Changing Destructive Adolescent Behavior is a parent program to meet the specific needs of parents who are raising strong willed or out of control adolescents. It is unique in that it focuses on the most destructive adolescent behaviors (Alcohol and Drug Use, Violence, Sexual activity). Most parents who take this course believe that "Nothing works with my child." Using the Steps for Success's parents will see positive changes at home. *This program is funded by Mobile County Public School System.*



FAMILY TIME

Supervised Visitation:

Family Time supervised visitation is provided for non-custodial parents and grandparents. Our specialist in this area provides one on one supervision to ensure the safety and wellbeing of children during visitation in a home-like atmosphere at The Family Center. Referrals are made by domestic, criminal, and juvenile courts. This program is offered on a sliding fee scale if visiting parents attend parenting classes here. Visitation is available in both of our offices, seven days a week. *This program is partially funded by The Children's Trust Fund and United Way of Baldwin County.*

Monitored Exchange:

Monitored Exchanges are available to those parents who choose to avoid contact with one another when transferring children for weekend or holiday visitation. Or for those parents who have restraining orders or other domestic violence concerns. *This program is partially funded by The Children's Trust Fund and United Way of Baldwin County.*

Preparing our Children for Success 2hr Program:

The parenting techniques presented here are specifically designed to help our children improve their school attendance and performance. The strategies provided in this training program are to help reduce truancy and poor academic performance. *This program is funded by Mobile County Public School System.*

