



## Program Updates Winter 2010

Alight Care Center  
500 Federal Street, Suite 200  
Troy, NY 12180  
Office: 518 270-5540  
Fax: 518 271-0580  
[www.alight.org](http://www.alight.org)

### Active Parenting™ PROGRAM

- 8-week course for parent training & education, covering *early childhood (1 year olds) thru adolescence*
- Offered to adults and teen parents age 16 and above (minors need guardian permission)
- Meets mandate requirements - Certificate of Participation awarded to attendees meeting Program requirements
- Fee: Non-refundable \$35 reg./materials fee due at intake appointment

**Evening Session Begins: January 5, 2010**

**(Tuesdays from 7 PM to 8:30 PM)**

**Daytime Session Begins: January 6, 2010**

**(Wednesdays from 10:30 AM to 12:00 PM)**

### COOPERATIVE PARENTING & DIVORCE – “Shielding Your Child From Conflict”

- 8-week course (16 hours) for training & education of parents of common children in separate households
- Offered to divorced and separating parents or those involved in a custody dispute (age 16 and over)
- Meets mandate requirements - Certificate of Participation awarded to attendees meeting Program requirements
- Fee: \$65 per individual registration/materials fee. Non-refundable minimum of \$25 due at intake appt. Payment plans are available upon request.

**Evening Session Begins: Spring 2010 TBD**

**(Tuesdays from 6:30 p.m. to 8:30 p.m.)**

### ANGER MANAGEMENT PROGRAM

- 10-week course for men and women (age 18 and over)
- Meets mandate requirements - Certificate of Participation awarded to attendees meeting Program requirements
- Fee: Non-refundable \$40 registration/materials fee is due at the intake appointment

**Evening Session Begins: January 7, 2010**

**(Thursdays from 7:00 PM to 8:00 PM)**

**Daytime Sessions Begin: January 20, 2010**

**(Wednesdays from 4 to 5 PM)**

### B.A.B.E (Beginnings and Birth Education)

- 5-week childbirth preparation course designed for teens, young adults and their labor coaches
- Taught by Certified Childbirth Educators
- Expectant moms should be in their third trimester of pregnancy when taking the course
- Fee: none

**Evening Session Begins: January 5, 2010**

**(Tuesdays from 6:30 to 8:30 PM)**

### INFANT CARE PROGRAM

- 5-week course (video & workshop style) offered to new parents and expecting parents
- Instruction covers the basic care of infants (Birth to 12 months)
- Fee: none

**Evening Session Begins: February 23, 2010**

**(Tuesdays from 6:30 -8:30 PM)**

#### Attention Service Providers:

Please call (518) 270-5540 for further information regarding our services and program or visit our website at [www.alight.org](http://www.alight.org). In an effort to assist service providers with case management needs, Alight will accommodate most requests for written and/or verbal notifications regarding participation and attendance, according to privacy laws. Please contact our office to make the necessary arrangements.

#### How does a client enroll in a class?

The interested party should call the Alight Office at 270-5540 to schedule an intake appointment. Clients should indicate their referring agency and if they are mandated. After the intake is complete and fee paid in full (when applicable), the client will be added to the class list. Classes generally fill up quickly, therefore it is suggested that the intake be completed at least three weeks prior to a class start date. Alight Care Center is not a medical facility, and may not offer medical advice, diagnosis, or psychological evaluations.