

“N.O.T.” on Smoking Program for Teens

For teens who are trying to quit or reduce tobacco use, Abington Memorial Hospital now offers the helpful program **“Not On Tobacco”** (N.O.T.). This free, 10-week program from the American Lung Association is designed to create an environment for open communication about goal setting, stress management, and coping. The program will also discuss nutrition and interpersonal skills. It begins Monday, October 7. Refreshments are served. Pre-registration is required. Please call 215-481-2204.

Babysitting Workshops Set

Child, Home & Community, Inc. offers a one-day **“Babysitting Workshop”** at Abington Memorial Hospital. The six-hour program teaches young people the skills to become more qualified and responsible babysitters. Certificates are issued upon completion. Classes will be held on Saturdays from 9:00 a.m. to 3:00 p.m. at the Rorer Building, ground floor, Rooms M & H on October 12 and December 7. The cost is \$25. To register, call Child, Home & Community, Inc. at 215-348-9770.

Safe Harbor: For Grieving Teens, Children, and Families

Safe Harbor assists teens, children, and their families who have lost a loved one through death. Teens and children are assigned to one of four age-appropriate groups, while parents or guardians meet separately to learn more about how to support their grieving children. All groups are facilitated by a number of professionals, including teachers, nurses, social workers, and psychologists.

The program provides a safe place for all family members to share their experiences as they move through the grief and healing process. A game room for teens includes fooseball and air hockey. Older children also experience guided group conversation time.

Safe Harbor meets 6:30-8:00 p.m. on Thursdays at Abington Memorial Health Center’s Schilling Campus, Pennwood Building, 2500 Maryland Road, 4th floor. For registration and information please call 215-481-5983.

Alateen Available

Young people approximately 12 to 18 years old whose lives have been affected by alcoholism in a family member or close friend now have a place to go to discuss their feelings with other teens in the same situation. Alateen holds meetings on Sunday evenings, beginning in September from 7:30-9:00 p.m. at Abington Memorial Hospital’s Rorer Building, Garden Café, Rooms M and H. For more information, contact Barbara M at 215-725-7551.

Focus on Motherhood For Adolescents

Pregnant adolescents, fathers-to-be, and their support persons can prepare for childbirth in a comprehensive childbirth program offered by Abington Memorial Hospital through Child, Home & Community, Inc. This course focuses on pre-natal care and options for giving birth as well as infant care once the baby arrives. Life skills and decision making are explored, along with infant health and immunization needs, nutrition, breast feeding, and safety issues in baby care. This free 12-week program begins September 19. For registration and a schedule of course offerings and locations, call 215-348-9770.

Building the Family

“Building the Family” is a parent support group designed as a follow-up to **“Focus on Motherhood.”** It meets the second Monday of every month from 7:00-9:00 p.m. at Abington Memorial Hospital. This group provides young parents with resources essential to raising healthy young children and gives them an opportunity to discuss parenting questions and concerns. For information and registration, call Child, Home & Community, Inc. at 215-348-9770.

Reminder: Use Anonymous Tip Line to Prevent Crime

Remember, anyone can report observed or overheard threats of violence and crime throughout the community by calling the anonymous, toll-free, anti-violence tip line at 1-877-APD-TIPS (1-877-273-8477). This 24-hour number goes directly to the Abington Police Department for immediate response. However, this number is not a substitute for 911 emergencies.