



Community Connection for Help

INFOLINE

2-1-1 in Tuscaloosa

Dial 2-1-1 on AT&T, Sprint & Verizon cell phones from anywhere in West Alabama

Land Line (205) 345-7775

A Service of the United Way of West Alabama

ABILITY ALLIANCE OF WEST ALABAMA

205-333-1577

Provides case management and other services for persons with cognitive and intellectual disabilities. This agency also provides some transportation, recreation and leisure activities.

ADULT EDUCATION

205-391-2662

Free GED preparation classes offered at Shelton State Community College through the Adult Education Program. The classes are held at the C.A. Fredd Campus.

ALABAMA BLUES PROJECT

205-752-6263

Register now for the Fall 2009 and Spring 2010 after-school Blues Camp. The camp is held at First United Methodist Church. For more information call the number above or log onto alabamablues.org.

ALABAMA HEAD INJURY FOUNDATION*

205-823-3818

For support group information call Phyllis Lewis at 205-333-5999. For volunteer opportunities visit ahif.org.

ALS ASSOCIATION

1-800-664-1242

West Alabama Support Group - Meetings are usually held the second Tuesday of every month from 6:00 to 7:30 p.m. The group meets at the University Medical Center located at 5th Avenue and University Blvd. Please contact Lynn Sanderson at 205-937-4415 to confirm meetings. For more information visit www.alsalabama.org.

AMERICAN RED CROSS*

205-758-3608

The American Red Cross provides relief to victims of disaster and helps people prevent, prepare for, and respond to emergencies.

The ARC of Tuscaloosa*

205-556-4900

Holiday Open House - December 4th from 11 a.m. until 1 p.m. at the McGraw Center located at 1330 University Boulevard East.

New Staff member: Annie White, Life Skills Coach, McGraw Center.

Congratulations to long time board member John Austin for winning the Volunteer of the Year Award at the ARC State Convention in Pelham, Alabama.

AREA AGENCY on AGING

205-333-2990

Free Medicare Counseling - During the annual enrollment period which takes place November 15th through December 31st.

SenioRX - This program helps people 55 and older with free medications from pharmaceutical companies. The agency also helps with Ensure and Glucerna. For more information call 1-800-AGELINE.

Upcoming Events

*Indicates a United Way member agency!

Free Flu Shot Clinic - October 14th at Bowers Park starting at 7 a.m.

*Fall Festival - October 25th from 2-4 p.m. at Tuscaloosa's One Place.

*Fright Factory - Taking place in late October benefitting UCP.

*Salvation Army Angel Tree - Begins November 13th.

Dickens Downtown - Dec. 1st downtown Northport.

Christmas Parade - December 7th at 6:30 p.m. downtown Tuscaloosa.

United Way of West Alabama
P. O. Box 2291 - ZIP 35403
(205) 345-6640 - FAX (205) 345-6681

INFOLINE is provided by the Information & Referral Service of the United Way of West Alabama. If you have information or news about your organization you would like in the next issue please send me an email at tamika@uwwa.org

ARTS COUNCIL

205-758-5195

Artrageous Riverfront Arts Tour - This free celebration of the visual arts takes place the first Thursday of the month at galleries in Tuscaloosa and Northport. The event is held from 5-9 p.m.

Screening of Woodstock: Presented by Rock Docs on October 13th and 14th at 7:30 p.m. at the Bama Theatre.

Kentuck Festival of the Arts - October 17th-18th at Northport's Kentuck Park. Admission is charged for more information call 205-758-1257.

Rocky Horror Picture Show - October 31st at the Bama Theatre. This event will feature live performers!

If You Give a Pig a Pancake - November 10th at the Bama Theatre. This program is a part of the Bama Fanfare series.

Dickens Downtown - December 1st in downtown Northport. For more information on these and other events visit www.tuscartarts.org.

BIG BROTHERS/ BIG SISTERS*

205-758-5734

Annual No Show Ball - Taking place in late November. This is the only event in T-town where you pay not to come! Save a few bucks on a dress and tux and stay home to support kids in our community. This agency is looking for adults ages 18 years and older to mentor children in the program.

BOYS & GIRLS CLUB*

205-553-3879

This agency offers planned activities for kids and teens.

BOY SCOUTS OF AMERICA*

205-554-1680

(Black Warrior Council)

Popcorn Sale - The sale runs thru October 29th. If a Scout does not offer to sell you popcorn you may purchase products from the scout office on Jack Warner Parkway.

CATHOLIC SOCIAL SERVICES

205- 759-1268

Located at 608 37th Street East in Tuscaloosa. This agency offers adoption services, counseling and assistance with food, rent, utilities and some medications. This agency is closed on Fridays.

C.A.P.S.*

205-758-1159

(CHILD ABUSE PREVENTION SERVICES)

This agency is dedicated to the treatment and prevention of child abuse and neglect in our community.

CARING DAYS ADULT DAY CARE*

205-752-6840

Candle Light Vigil - November 3rd at 6 p.m. Black Warrior Medical Center. Anyone wanting to have someone remembered or recognized at the vigil can call the number above.

Silpada Jewelry Sale -November 19th at Caring Days and November 20th at First National Bank of Central Alabama

on Greensboro Avenue. Both events will be held from 11:30 a.m. until 2:30 p.m. Note cards with art work done by clients on sale now. Each set has 8 different cards and they sell for \$10. November is National Alzheimer's Awareness Month and National Caregiver Month. November 17th is National Alzheimer's Screening Day.

C.H.O.M (Children's Hands-On Museum) 205-349-4235

Halloween Spooktakular - October 22nd from 5-6:30 p.m.. Costume is admission.

Elephant Appreciation Day - November 20th from 3-4:30 p.m. This event will feature professional photographs, Big Al, cookies and many other fun activities!

Global Holidays - December 6th. This event is a celebration of international music, food and dance.

New Year's Rockin Noon - December 30th for kids of all ages. The event is from 11:30 a.m. until 12:30 p.m. Call the number above for event times and admission fees.

COMMUNITY SERVICE PROGRAMS 205-752-5429

This agency is now offering Homebuyer's Education classes and Financial Literacy classes. For more information call the number above.

COMPASSION COALITION

205-349-2797

This agency coordinates the faith based communities in times of disaster.

DENT TRANSITIONAL PROGRAM

205-633-4100

This program is a homeless shelter for men ages 19-30. Volunteers welcome for more information call 205-246-5655.

DCH HOME HEALTH

205-759-7010

This agency provides skilled home health services and LIFELINE which is a medical alert system and CPAP machines. This agency also sells and or rent a variety of health care items.

DHR

205-554-1100

This agency provides assistance with child abuse cases, child support issues and WIC along with food stamps for low income families.

EAST TUSCALOOSA SOUP BOWL 205- 887-1298

Wednesday and Friday hot meals are served from noon to 1 p.m. at Alberta United Methodist Church which is located at 2101 10th Street East in Tuscaloosa. On Sundays brown bag lunches are handed out at 1 p.m.

EASTER SEALS WEST ALABAMA* 205-759-1211

Ornament Sale - Featuring the "Little Round House" on the University of Alabama campus. The ornaments will cost \$20 and make great gifts for family and friends.

Ornaments will be available in November at Hudson-Poole Fine Jewelers, Bryant Bank Main Office, Cadence Bank, and Easter Seals. For more information call 759-1211 ext. 229.

FAMILY COUNSELING SERVICE* 205-752-2504
Counseling for individuals and families.

FRIENDS OF THE LIBRARY 205-345-5820
The used book store is located on the side of the main library. The book store is open Monday - Thursday from 9 a.m. to 6 p.m. and Friday from noon to 4 p.m.

FOCUS on SENIOR CITIZENS* 205-758-3393
Health Fair - October 8th from 9 a.m. until noon.
Halloween Carnival - Dress in your Halloween best and come enjoy food, games and prizes. Both events are free and open to seniors!

GIRL SCOUTS* 205-980-4750
(North-Central Alabama)
Open House - October 15th from 4 - 6 p.m. at the Tuscaloosa Service Center. Come enjoy light refreshments & activities and learn about what the Girl Scouts in West Alabama are doing! RSVP by Oct. 12th to Angie Hines at 800-447-5755 or ahines@girlscoutsna.org.

GOOD SAMARITAN CLINIC* 205-343-2212
The clinic is open on Tuesdays and Thursdays.

HEART GALLERY 205-445-1293
This exhibit is taking place from October 1st - 30th at the Ferguson Center and will feature children from Alabama's foster system who are legally available for adoption. To see children's portraits and hear their interviews visit www.HeartGalleryAlabama.com.

HELPFUL HANDS FOUNDATION 334-287-0268
This agency which is based in Demopolis helps people across the nation avoid foreclosure. This agency also provides counseling for homeowners.

HERO 334-624-0842
(Hale Empowerment & Revitalization Organization)
This agency offers housing counseling, credit counseling, foreclosure counseling, reverse mortgage counseling, rental assistance, utility assistance and food assistance. Volunteers always welcome.

HOSPICE OF FAYETTE* 205-932-8057
Cares for the terminally ill and their families.

HOSPICE of West Alabama* 205-523-0101
Bereavement Support Group - 2nd Wednesday of each month at 2 p.m.

Grieving Parents Group - 3rd Wednesday of every month at noon.

Camp Daybreak - October 10th from 9 a.m. until noon. Camp Daybreak is a free one day bereavement camp for children who have experienced the loss of someone close to them. For event costs and other information call the number above.

INFORMATION & REFERRAL/2-1-1*

Dial 2-1-1 on a land phone or call 205-345-7775. You can also dial 2-1-1 on your AT&T, Sprint & Verizon cell phone. 2-1-1 is similar to 9-1-1 but offers information on social services.

OASIS PROGRAM 205-554-1300
This free program assists adults 55 years and older who have suffered vision loss.

PARA 205-562-3220
Night of Ghosts and Goblins - October 23rd from 7-9p.m. at the Miller Center.

Holiday Dishes - November 12th featuring award winning culinary artist and cookbook author Prudence Hilburn. The event will take place from 5:30-7:30 p.m. at the McAbee Center.

West Alabama Christmas Parade - December 7th in downtown Tuscaloosa at 6:30 p.m. PARA also offers adult aerobics, day camps for kids and many other family friendly activities for more information call the number above or visit www.tcpa.org.

PAL (Parenting Assistance Line) 1-866-962-3030
Phone lines are open from 8 a.m. - 8 p.m. Monday through Friday. Messages can be left at any time.

PHOENIX HOUSE* 205-758-3867
The Mustard Tree Thrift Store - Open Tuesday through Friday, 9 a.m. to 11 a.m. and Saturdays 8 to 11 a.m. If you need large donations picked up contact the number above.

PSYCHOLOGY CLINIC, U of A 205-348-5000
The clinic provides evaluations for disruptive behavior, ADHD, Autism, Depression, Anxiety and Mood Disorders. Couples and family therapy sessions also available.

SALVATION ARMY* 205-758-2804
Christmas Help Applications - October 1st - 2nd and the 12th-16th.

Angel Tree Begins - November 13th

Thanksgiving Dinner - November 26th. This agency is looking for volunteers and can goods for the food pantry.

SUCCESS BY 6* 205-345-6640
Children from birth to 5 years who live in the Holt, Alberta, Oakdale, Central, Crestmont and Matthews areas can sign up to receive FREE books monthly from the Dolly Parton Foundation.

TEMPORARY EMERGENCY SERVICES*
205-758-5535

Thrift Store open Monday - Friday from 9 a.m. to 4:30 p.m. and Saturday from 9 a.m. until 2:30 p.m.

THEATRE TUSCALOOSA 205-391-2277

The Honky Tonk Angels: Presented by Theatre Tuscaloosa at Shelton State's Bean-Brown Theatre. Show runs from October 1st-4th and October 7th-11th.

Christmas Belles - December 11th - 20th. For more information on ticket prices and show times call the number above or visit theatretusc.com.

TURNING POINT* 205-758-0808

Safe shelter and counseling for abuse victims and their children.

TUSCALOOSA CHILDREN'S THEATER

205-462-0100

Alice in Wonderland - October 9th through 11th

A Christmas Carol - December 18th-20th. Both shows are taking place at the Bama Theatre. For more information on ticket prices and show times log onto www.tuscaloosachildrenstheatre.com

TUSCALOOSA'S ONE PLACE* 205-462-1000

Fall Festival - October 25th from 2:00 – 4:00 p.m. This FREE event will feature games, food and activities for the entire family. Parenting programs will begin in November while adult education classes are offered 4 days a week. For more information call the number above.

TUSCALOOSA PUBLIC LIBRARY 205-345-5820

Teen Read Week - October 19th - 24th

New Moon Party - November 29th

Thanksgiving Puppet Show - December 29th. The Tuscaloosa Public Library also offers programs for babies, toddlers and preschoolers.

UA ARBORETUM 205-553-3278

Fall Plant Sale - Taking place in October at the former UA golf course parking lot. No admission charged for more information call the number above.

UA MUSICAL EVENTS 205-348-6010

Kindermusik Village - Registration for infant classes begin in October.

Celebrity Series - Featuring Maxim Rubtsov and Pam Penick will be held October 6th at 7:30 p.m. at the Moody Music Building.

Dance Alabama! - October 13th-16th at Morgan Auditorium.

Hair - October 26th - November 1st at the Allen Bales Theatre. For more information call 205-348-3400.

Alabama Wind Ensemble - November 3rd at the Moody Music Building. Program begins at 7:30 p.m.

Hilaritas - December 4th and 6th at the Moody Music Building. For more information call 205-348-7111 or visit www.as.ua.edu/music.

UNITED CEREBRAL PALSY* 205-345-3031

Taste of the Town Cookbooks - On sale now! The cost is \$15.

Fright Factory - Taking place in late October.

Open House - December 4th from 11:00-1:00 p.m. You are invited to come by and tour the Day Habilitation center and see what UCPWA is all about.

Santa Shop - December 13th at the Jemison Mansion. Children may get their picture made with Santa and create their own frame at the same time for a donation to UCPWA!!

UNITED WAY OF WEST ALABAMA 205-345-6640

Campaign wraps up on December 16th.

Victory Celebration date and time TBA.

WEST ALABAMA AIDS OUTREACH* 205-759-8470

This agency serves people living with HIV/AIDS and works diligently to stop the spread of HIV in ten counties in Alabama. For more information call the number above or visit www.waao.info.

WEST ALABAMA FOOD BANK 205-759-5519

Delivers food to elderly persons on fixed income living below the poverty line.

WIC PROGRAM 205-554-4515

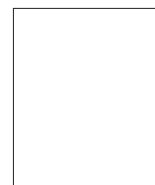
A supplemental nutrition program for pregnant and new moms, infants and children up to 5 years. Persons receiving Medicaid, food stamps, or TANF automatically qualify.

YMCA - Barnes/Central Branches* 205-345-9622

This agency offers swim lessons, after school and holiday childcare along with Lifeguard Training, First Aid, CPR and AED certification. For more information on these and other activities call the number above or visit www.ymca-tusc.org.



UNITED WAY OF WEST ALABAMA
P. O. BOX 2291
Tuscaloosa, AL 35403



Mailing address