

FOR IMMEDIATE RELEASE

Today's Date: July 23, 2004

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**PARENTAL STRESS
CENTER, INC.**

Believing in the Power of the Family

**PARENTAL STRESS CENTER AFFIRMS THE POWER OF THE FAMILY
DURING APRIL "FAMILY EMPOWERMENT MONTH"**

PITTSBURGH, Pa. — April 2004 — Parental Stress Center will be hosting free family friendly activities in April, during "Family Empowerment Month." PSC exists to prevent child abuse and neglect by empowering families to achieve stability, permanency, and a holistic quality of life together.

Local media representatives are encouraged to attend and cover any or all of these events. Please call ahead to ensure that you will receive personal assistance during your coverage of activities.

PSC is inviting local families, and their children, to participate in the following events at the PSC Family Center - in the month of April:

- ◆ **Families Reading Together** – April 3, Saturday – 9:30 a.m. to 3:00 p.m.
Activities that celebrate the joy of families reading together.
- ◆ **PSC Family Center Sign Unveiling** - April 19, Monday – 9:00 a.m. - 5:00 p.m.
An open house for families who are looking to find out more about family service organizations, programs, and resources, offered at the center.
- ◆ **PSC Wellness Fair** – April 24, Saturday – 9:00 a.m. to 3:00 p.m.
Health screenings, stress management, yoga, aerobics, nutrition workshops, bike safety, community volleyball, door prizes and much more!

Timothy P. Snyder, Parental Stress Center's Executive Director explains, "We realize that families face difficult life challenges almost everyday. At Parental Stress Center, we try to look at things differently. We not only focus on the short-term problem, but we also look at long-range solutions to improve a family's quality of life. During Family Empowerment month, we bring the strength of family power to the forefront of our programs and services."

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All parents and children in the community are encouraged to participate in Family Empowerment events at the PSC Family Center.

Pre-registration is required. Parents should contact Donna Coleman at the PSC Family Center by phoning 412-361-4800, to register for any or all of the events listed above. Registration deadlines occur at least two weeks prior to the occurrence of the activity.

PSC is also looking for volunteers to assist within these activities. If you are interested in volunteering, please contact Elizabeth Bender at the PSC Family Center, by phoning 412-361-4800. We will work to accommodate your scheduling needs.

Parental Stress Center, located at 5877 Commerce Street in East Liberty, is a family service organization that supports and strengthens all families. The center regularly provides strength-based parenting education, solution-focused family counseling and family centered support for all parents looking for assistance in stressful times. For more information about Family Empowerment Month activities or other programs and services, call 412-361-4800, or visit us at www.pscfamily.net.

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