



4C Family Center

of Washington County

January February March April 2017



4C-For Children



262-338-9461 ~2376 W Washington St. West Bend, 53095 www.wcfamilycenter.org

Strengthening families by providing parent education and family activities.

The Nurturing Program

Wednesdays: February 1–May 24, 2017 No Class 4/26/16

Time: 4:00 pm to 6:30 pm

Presenter: Kathy Bruni, Parent Educator

Location: Family Center, 2376 W Washington St. West Bend, 53090

The philosophy of this 16-week Nurturing Program emphasizes the importance of raising children in a warm, trusting, caring household. Discover how children develop the capacity to trust, care, and respect themselves and others. Explore the 7 principles of the program: Attachment, Empathy, Nurturing Ourselves, Discipline, Expressing Feelings, Expectations & Self-worth. Call anytime to register no need to wait till registration day.

Space is limited, so please call 262-338-9461 to register.

The Nurturing Program:

For Those Families in Substance Abuse Treatment and/or Recovery

Wednesdays February 1–April 19, 2017

Time: 4:00 pm to 6:00 pm

Presenter: Tammy Christensen, Elevate

Location: Family Center, 2378 W Washington St. West Bend, 53090

This 12-week Nurturing Program is for anyone in treatment and/or recovery for substance abuse themselves or has experienced it within their family. This program will develop self-awareness and build nurturing skills using a variety of techniques. Parents/caregivers will explore the effects of substance abuse on themselves and their families and strengthen their recovery. Call anytime to register no need to wait till registration day.

Space is limited, so please call 262-338-9461 to register.

Parenting the Love and Logic Way

Thursdays: February 23rd, March 2nd, 9th, 16th and 23rd

Time: 6:00 pm to 8:00 pm

Presenters: Kim Mundinger and Jen Schroeder-Parent Educators

Location: Family Center, 2376 W Washington St. West Bend, 53095

The love and logic class is a highly regarded national parenting program that incorporates discussion and videos. Parents learn to share control, give kids choices, and communicate to reduce arguing and power struggles. This five-week program is for parents of toddlers to teens.

Fee: \$15/person or \$25/couple (includes materials)

Space is limited. So please call 262-338-9461 to register.

Registration begins Wednesday January 4th at 8:30 am by phone

Family Activities

Family Drop-In Playgroup

Tuesdays &
Thursdays
9:30-11:00am

No sign-up needed for this one-come when you can and leave when you must! A great morning out for the kids - and YOU! Join the fun with open play time, then put the toys away & it's on to a special craft, snack & circle-singing time, too! Drop-In is for you and your 0-5 year old to come and enjoy whenever you can!

Please Note: NO DROP-IN January 10th and March 14th

Location: Family Center

A Night Out With Dad (or grandpa, uncle, or other significant male in your child's life.)

For ages 2 - 6.

Limited Enrollment. Please call 262-338-9461 to register.

Thursday
January 12th
6:00-7:30 pm

Sundaes Anyone-I scream, you scream, we all scream for ice cream. Join us tonight as we make our own delicious ice cream. After we have our ice cream made we will be able to enjoy some yummy sundaes.

Location: Family Center

Thursday
February 2nd
6:00-7:30 pm

Ahoy Mateys- Yo ho ho and a lot of fun! If its treasure ye be after, then climb aboard. We'll hunt for treasure and haul in booty. Wear a costume if you dare.

Location: Family Center

Thursday
March 2nd
6:00-7:30 pm

Dr. Seuss -What could be more fun than celebrating a birthday? Celebrating Dr. Seuss's birthday of course. Dr. Seuss would have been 112 years old this year. We'll celebrate his legacy by reading a book and doing a fun craft. Each child will go home with a surprise!

Location: Family Center

Thursday
April 13th
6:00-7:30 pm

For The Birds -Tonight we'll travel to Lac Lawrann Conservancy to make a special project for our fine feathered friends. We'll construct Bluebird boxes from start to finish. When complete you can choose to paint them, and then take them home and enjoy them in your yard. Dress like a carpenter and be prepared to have lots of fun!

Location: Lac Lawrann Conservancy, 300 Schmidt Rd. West Bend

Let's Start With a Book

For ages 0 - 6.

Location: Family Center

Limited Enrollment. Please call 262-338-9461 to register.

Life can be busy, maybe you have been away from your child all day and want to reconnect, or are looking for a low key evening activity...then join us for a relaxing evening of fun especially for you and your little one!

Open play from 6:00-6:30pm, promptly at 6:30 we'll "start with a book"...Pajamas encouraged.

Tuesday
January 17th
6:00-7:30 pm

A Snowman for Little Bear -It's the first snowfall of winter, and Little Bear can't wait to go outside. It's a perfect day to catch snowflakes and make snow angels. She also wants to build a snowman, will she get a little help from her friends, come find out.

Tuesday
February 21st
6:00-7:30 pm

Maggi and Milo- Maggi is an excellent adventurer, Milo is her best friend who also happens to be a dog. Together they share lots of fun things. Come and see what happens when they venture out on a frog hunt.

Tuesday
March 14th
6:00-7:30 pm

Duck and Cover-When Harold, a large green alligator with a big mouth and an even bigger appetite shows up at Irene's door seeking shelter everyone hides. Except Max. Max persuades the other animals that this particular runaway needs their help. Come find out if the animals accept Harold and help him out.

Tuesday
April 18th
6:00-7:30 pm

Money As You Grow Curious George Saves his Pennies-Start money talks with your child today. Learn how to build healthy money habits for your child while doing hands on activities. When parents read about money with their children, they will help their children understand money concepts in a fun way. Tonight we will welcome Carol Bralich of the UW Extension as a guest. We will read a story then do some fun activities.

Registration begins Wednesday January 4th at 8:30 am by phone .

Workshops

Thursday
January 26th
6:00-7:30 pm

Healthy Kids -Join us tonight as learn natural ways and practical tips to boost your child's immune system and help your child thrive. What could be better than having a healthy, happy child and learning how to do it naturally.

Presenter: Andrea Lange River Shores Chiropractic

Location: Family Center, 2376 W Washington St. West Bend, 53095

Tuesday
January 31st
6:00-7:30 pm

Hands Up Art Activities -Everyone loves seeing a child's hand that they can look back on to see how their child has grown. Come tonight to find out how many different projects can be done just by tracing a child's hand. This will be a "hands on" evening of fun.

Presenter: Kathy Bruni, Parent Educator

Location: Family Center, 2376 W Washington St. West Bend, 53095

Thursday
February 9th
6:00-7:30 pm

Financial Harmony: The Key to a Successful Relationship -Talking about money isn't always easy, but it is important. Healthy financial management skills can be strong predictors of happy relationships. For this interactive program, Carol will start the money conversation by sharing communication tips, ideas for saving money, and ways to achieve your financial goals so your relationship doesn't suffer. Couples are encouraged to attend together but it is not mandatory.

Presenter: Carol Bralich Family Living Educator UW Extension Washington County

Location: Family Center, 2376 W Washington St. West Bend, 53095

Thursday
February 16th
6:00-7:30 pm

123 Magic (Americas #1 Discipline Program)- Need a more effective discipline approach? Learn practical and effective behavior management techniques without yelling, arguing, teasing, fighting, tantrums, and many other difficult behaviors.

Fee \$20/person (includes book)

Presenter: Ann Fuerbringer, Parent Educator

Location: Family Center, 2376 W Washington St. West Bend, 53095

Tuesday
March 7th
6:00-7:30 pm

Bullying-Fighting Fear with Love- This presentation examines the problem of bullying by considering the definition and prevalence of bullying, and by profiling both the bully and the victim. We will discuss what parents, children, and schools can do to confront the problem of bullying and help the victims as well as what can be done if you are the parent of a bully.

Presenter: Sarah Reik Licensed Family Counselor, Christian Family Solutions

Location: Family Center, 2376 W Washington St. West Bend, 53095

Thursday
March 9th
6:00-7:30 pm

Get Ready, Get Set, Get GOING! Goal Setting in a Hectic Universe- Are you aware that the way in which we set goals can actually inhibit us from reaching them? This presentation will bust open the doors of goal setting by unveiling various "myths" associated with setting goals. Specific topics include the benefits of goal-setting, areas in life which goal-setting can be applied, a helpful and easy-to-implement model for goal setting, and various guideposts to follow when defining goals. Provided will be methods to increase motivation, to achieve goals, as well as create a personal and social accountability system in order to gain support reaching goals.

Presenter: Jessica Landini Licensed Family Counselor, Christian Family Solutions

Location: Family Center, 2376 W Washington St. West Bend, 53095

Tuesday
March 21st
6:00-7:30 pm

Avoiding Power Struggles- Occasionally students try and engage adults in power struggles. This presentation will provide eleven proactive tips that will help you avoid a power struggle and deescalate an argumentative student. We will also discuss what to do when your bag of tricks is empty.

Presenter: Matt Durant-Special Ed Coordinator-West Bend School District

Location: Family Center, 2376 W Washington St. West Bend, 53095

Thursday
April 6th
6:00-7:30 pm

Parenting with a Purpose- What is your parenting philosophy and style? How do you discipline and take active control of your parenting responsibilities? As parents we want to raise responsible, caring, and confident children. This evening will focus on packing your mind with useful thoughts, expectations, and attitudes. Come with a willingness to listen, an attitude of tolerance and positive expectations as a parent. Bring questions as we learn about different parenting styles, and what each style can accomplish.

Presenter: Ann Fuerbringer-Parent Educator

Location: Family Center, 2376 W Washington St. West Bend, 53095

Afternoon Artists

- Tuesday
January 10th
4:00–5:30 pm** **Cabin Fever** -Sick of winter? Come and join me today as we have some fun making our own gingerbread houses, only we'll use yummy graham crackers, pretzels, and other assorted treats as we construct our own "cozy cottage".
Presenter: Kathy Bruni, Parent Educator
Location: United Way Resource Center, 1121 E Sumner St. Hartford, 53027
- Monday
February 13th
4:00-5:30 pm** **Celebrating Valentine's Day** -Join me today as we focus on this special, loving holiday. We'll make a special craft that you can give to your "Very Special Valentine."
Presenter: Kathy Bruni, Parent Educator
Location: United Way Resource Center, 1121 E Sumner St. Hartford, 53027
- Monday
March 13th
4:00-5:30 pm** **Celebrating St. Patrick's Day**-Bring your little lads and lassies as we celebrate the "Luck of the Irish". We'll do have craft, have a story, and maybe even find the "Pot of Gold!"
Presenter: Kathy Bruni, Parent Educator
Location: United Way Resource Center, 1121 E Sumner St. Hartford, 53027
- Monday
April 10th
4:00-5:30 pm** **Celebrating Easter**- Hippity Hoppity, Easter is on its way. Come for an afternoon of fun where we will make our own Easter baskets and decorate some eggs to put in them. We may even have an Easter egg hunt.
Presenter: Kathy Bruni, Parent Educator
Location: United Way Resource Center, 1121 E Sumner St. Hartford, 53027

Registration begins Wednesday January 4th at 8:30 am by phone .

Support Groups

Grandparents Support Group

Wednesday January 25th, February 22nd, March 22nd, April 19th, 9:30 am to 11:00 am

Location: Family Center, 2376 W Washington St. West Bend, 53095

This support group is offered to any grandparents to come together to share experiences with one another while providing support and encouragement as they face the rewards and challenges of raising or caring for a grandchild. Some meetings may also include guest speakers.

For more information please contact Kathy, 262-338-9461, kathy@wcfamilycenter.org

On the Spectrum: A support group for parents of children on the autism spectrum

4th Thursday of the month, 6:30 pm, Location: Family Center

This group has been formed to help educate and support all who attend, with many meetings including guest speakers. Come and join us and become part of a positive autism experience within our community. Many of these discussions would apply to anyone with special needs, so anyone would truly be welcome, not just families living with ASD.

For more information please contact: Nikki Busalacchi, 262-353-2335, jnbusalacchi@charter.net

West Bend La Leche League Breastfeeding Information and Support Group

2nd Wednesday of the month, 9:30 am, Location: Family Center

Whether you breastfeed your baby six days, six weeks, six months or beyond, you'll find La Leche League meetings supportive and informative. Mothers with nursing babies, mothers-to-be and children welcome. Come for the Information – Stay for the Friendships.

For meeting information or breastfeeding help call: Molly 507-382-5309 or Jennifer 262-674-7177
www.lalecheleague.org.

NOTICE TO PROFESSIONALS: There will be \$5.00 fee per class
if proof of attendance is needed for certification processes.

Hours

Monday thru Friday

8:30am - 4:30pm

Closed January 2nd, January 16th, and February 20th

There will be NO Drop-In on
January 10th and March 14th

Inclement Weather Policy:

On days when the West Bend School District has cancelled school, the Family Center will also be closed and all programming for the day will be cancelled. If the school district has a delayed start, all morning programs will be cancelled for that day.

Please check out website
(www.wcfamilycenter.org) or our Facebook page for any closings or cancellations. Also closings will be shown on channels TMJ4, WISN12, FOX 6, and you can also check their websites.

Washington County Human Services Departments

Acute Care/Crisis Intervention	262-365-6565
Aging & Disability Resource Center	262-335-4497
Alcohol & Other Drug Abuse	262-335-4583
Child Abuse/Neglect Hotline	262-335-4888
Children & Family Services/BadgerCare	262-335-4610
Energy Assistance	262-335-4677
Financial Assistance Programs	888-446-1239
Mental Health Services	262-335-4545
Washington County Toll Free	800-616-0446
WIC (Women, Infants & Children)	262-335-4466

Albrecht Free Clinic

262-334-8339

Elevate

262-677-2216

Friends of Abused Families

262-334-7298

Full Shelf Food Pantry

262-335-0685

Housing Support Hotline

262-334-4912

W2

262-306-3505

Workforce Development

262-335-5300

Breastfeeding Coalition

262-335-4741

The **Family Center** is located at:

2376 W Washington St. West Bend 53095

The **United Way Resource Center** is located at:

1121 E. Sumner Street, Hartford 53027

Giving Tree Wish List



Warmline!

Tantrums? Potty Training? Sleepless Nights?

Discipline Questions?

Maybe just someone to talk to?

Call The Family Center 262-338-9461

VOLUNTEERS!

Has the Family Center made a difference in your life? How about doing the same for another? Please consider adding your name to our list of childcare volunteers! The commitment is **small**, but the rewards are **great** — lots of free hugs & smiles from the kids! Call 262-338-9461, for more information.

4C-For Children/Family Center Staff

Bonnie Debroux	<i>Site Director</i>
Kathy Bruni	<i>Family Engagement Specialist, Family & Educational Programs</i>
Traci Tousey	<i>Data Specialist</i>
Kelly Carini	<i>Youngstar</i>



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2376 W Washington St
West Bend, WI 53095

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DON'T FORGET...
Registration begins at
Wednesday January
4th at 8:30 am by
phone only please.

www.wcfamilycenter.org



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