



4C Family Center

of Washington County

September October November December 2016



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.

Active Parenting Now in 3

Wednesdays, September 28th, October 5th, and 12th,

6:00 pm to 7:30 pm

Presenter: Amy Campbell-Educator

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

Learn discipline techniques that work! Improve communication with your child, teach responsibility and other values, handle problems as they arise, diffuse power struggles, and learn how to stimulate independence. This program is geared toward parents and caregivers of children 4-12.

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

Grandparents Support Group

Wednesday September 28th, October 26th, November 30th

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.

Child care will be offered-registration required. Please call 262-338-9461 to register.

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

Is My Child on Track?

Wednesday, November 9th

9:30 am to 11:00 am

Presenter: Michael Hoffman, Director of Early Intervention Services Birth to Three

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

What do I need to know about my child and his or her learning? Mike will speak about normal development and share basic information about what skills to expect and when. Ideas for expanding your child's skills in the areas of cognition/play, speech, motor, social/emotional, and self-help will be discussed. This presentation will focus on children ages birth to three years.

Child care will be offered-registration required.

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

Registration begins Wednesday August 31, 2016 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 September 13, November 15, December 13

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
September 8th
6:00-7:30 pm

Fire Station-Hurry, Hurry Drive the Fire Truck. Kids love fire trucks, Dads love fire trucks, tonight we will visit the fire station and find out all the cool things about being a fire fighter.
Location: Fire Station, 325 N 8th St. West Bend

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

Lac Lawrann-Tonight we will be one with nature as we travel to Lac Lawrann Nature Conservancy. First we will take a nature hike on the trails and will end the night with a fire to roast marshmallows. Please dress for walking and don't forget your bug spray!
Location: Lac Lawrann Conservancy, 300 Schmidt Rd. West Bend

Thursday
November 17th
6:00-7:30 pm

National Guard Armory-Come and see the big helicopters up close and have the opportunity to sit in one. We will hear all about what it is like to work there and how they serve the community.
Location: National Guard Armory, 105 Trenton Rd. West Bend

Let's Start With a Book

For ages 0 - 6.

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
September 20th
6:00-7:30 pm

Little Fox's Surprise-Autumn leaves are falling, blackbirds are calling. It's time for the annual Fall Fair, BUT where is Little Red Fox. Come and find out if we can find him with the clues we are given.
Location: Family Center, 2376 W Washington St. West Bend, 53095

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

The Pout-Pout Fish Learns to Read-Along time ago when Mr. Fish was very small he didn't know his letters and he didn't know how to read. Come find out if he succeeds and finally learns to read.
Location: Family Center, 2376 W Washington St. West Bend, 53095

Tuesday
November 22nd
6:00-7:30 pm

Squirrel's Busy Day-Squirrel is busy collecting acorns and doesn't have time to play with his friends. But when things go wrong, Squirrel needs some help. Will his friends come to the rescue?
Location: Family Center, 2376 W Washington St. West Bend, 53095

Registration begins Wednesday August 31, 2016 at 8:30 am by phone .

Workshops

Thursday
September 15th
6:00-7:30 pm

Creating Kids of Character - This presentation explores how parents and caregivers can become equipped to help their children grow into people of high character. It focuses on assisting parents in identifying practical strategies to foster an environment at home that models, nurtures, and teaches valuable life skills to their children.

Presenter: Whitney Donovan, LPC, LMHC, NCC

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

Tuesday
September 27th
6:00-7:30 pm

Cook for a Day-Eat for a Week - At this session you will learn how a few steps taken once a week help you plan and prepare easy, healthy family meals. The method uses kid-friendly recipes, fits your budget, and frees up time for your family. You'll taste one of the recipes, and will leave with a plan for a week's worth of meals.

Presenter: Renee Vertin

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

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

The Autism Spectrum - Nikki Busalacchi, mother of twin boys both affected by autism and President of "On The Spectrum", a non profit organization and support group will walk us through her autism journey. From diagnosis through adult life, and everything in between, she will educate us and be available to answer any questions about autism.

Presenter: Nikki Busalacchi

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

Thursday
October 20th
6:30-7:30 pm

Managing Colds and Flu Symptoms in Young Children - Join us as we discuss how to make your child feel better during this upcoming cold and flu season. Learn about natural ways to help children's symptoms, potentially dangerous remedies that you should avoid, and how to know when your child should see the doctor. (Please note time of class)

Presenter: Stacy Boden, RN, MSN, APNP

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

Thursday
October 27th
6:00-7:30 pm

Self Esteem in Kids - What is self-esteem and why is so important? You can't see it...or can you? Learn about and share your ideas on how to raise children with healthy self-esteem. This workshop is great for both parents and caregivers of children and adolescents of all ages.

Presenter: Patty Kueck, Affiliated Clinical Services

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

Tuesday
October 25th
3:30-5:00 pm

Halloween Extravaganza - Bring your little ghosts and goblins for an afternoon of Halloween fun. We'll do some fun crafts, play some Halloween games and enjoy a spooktacular snack!

Presenter: Kathy Bruni-The "Good" Witch

Location: United Way Resource Center 1121 E Sumner St. Hartford, 53027

Tuesday
November 1st
6:00-7:30 pm

Healthy, Wealthy, and Wise - We all want to be fit and healthy. Tonight's program will teach you ways to engage your family into fun activities that will get you off the couch and moving. We will also get to taste some healthy snacks and get recipes that will appeal to the whole family. This is an interactive parent/child program so the whole family can come and participate!

Presenter: Nicola Patrinos, Certified Ace Personal Trainer YMCA

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

Registration begins Wednesday August 31, 2016 at 8:30 am by phone.

Workshops

**Tuesday
November 8th
6:00-7:30 pm**

Sensory Processing and Emotional Regulation - Many students pass through our halls that have sensory needs. This presentation will discuss the different types of senses (yes, there are more than five) and how it can affect the student if they are experiencing too much or too little of that type of input. We will also discuss the best way to work with children who are experiencing sensory needs throughout their day. Finally we will explore case studies to determine as a group if we can put things in place to support students with sensory needs. You will also be able to examine examples of tools that can be used to help.

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

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

**Tuesday
November 29th
6:00-7:30 pm**

Stressed Out But Standing Strong - Are you feeling overwhelmed with life and looking for some relief? Would you like to know how to prevent stress overload? This presentation clarifies the issue of stress by looking at the definition of stress, good vs. bad stress, the signs of stress, and the causes of stress. We will discuss solutions for stress by identifying coping skill and stress prevention techniques.

Presenter: Sarah Reik Licensed Family Counselor, Christian Family Solutions

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

**Tuesday
December 6th
3:30-5:00 pm**

Christmas Around the World - Join me this afternoon as we take a look at different Christmas traditions from around the world. We'll learn how different cultures celebrate the holiday. We'll try some different food and do some other fun activities.

Presenter: Kathy (Mrs. Claus) Bruni

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

**Wednesday
December 7th
6:00-7:30 pm**

Power Struggles - How easy is it to engage in a power struggle with a partner or a child? Extremely easy! Families know each other best and therefore know each other's triggers. It is easy to get engaged in power struggles when we are upset. Let's discuss how to avoid power struggles, what they look like, how to disengage once we are in them, what patterns emerge (is it the same argument repeatedly?), and how to find peace. Also discover the strengths in how your family communicates.

Presenter: Shana Schloemer, Psychotherapist, Northshore Clinic

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

Support Groups

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 dealing 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 September 5th,
November 11th, November 24th and 25th,
December 23rd, 26th, and 30th

There will be NO Drop-In on
September 13th, November 15th, and
December 13th

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>
Pam Kaye	<i>Pre-Licensing</i>



Like Us on Facebook!

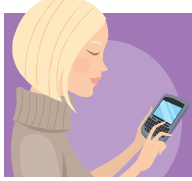


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@WCFamilyCenter*



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of Washington County
2376 W Washington St
West Bend, WI 53095

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DON'T FORGET...
Registration begins at
Wednesday
August 31st at 8:30
am by phone only
please.

www.wcfamilycenter.org



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