



4C Family Center of Washington County Newsletter

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



Strengthening families by providing parent education & family activities.

4C-FOR CHILDREN, INC.

For January through April 2020



4C-for Children serves Kenosha, Milwaukee, Ozaukee, Racine, Washington & Waukesha Counties
Main Office: 1736 N 2nd Street, Milwaukee, WI 53212 • Office: 414-562-2650
www.4c-forchildren.org

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Office Closed:

Wed, Jan 1 New Year's Day
Mon, Jan 20 Martin Luther King Jr. Day
Mon, Feb 17 Presidents Day

TUESDAYS & THURSDAYS FAMILY DROP-IN Playgroup

LOCATION: 4C FAMILY CENTER
TIME: 9:30 – 11:00AM

– Please Note –

NO DROP-IN: Tuesday, January 14th
OR Tuesday, March 10th

**NO SIGN-UP NEEDED
FOR THIS ONE – COME
WHEN YOU CAN & 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 and it's on to a special craft, snack and circle-singing time, too! Drop-In is for you and your 0-5 year old to come and enjoy whenever you can!



PROGRAMS

Programs are held at the 4C Family Center, 2376 W Washington St, West Bend.

REGISTRATION REQUIRED & SPACE IS LIMITED SO REGISTER EARLY
– PLEASE CALL: 262-338-9461 –

ACTIVE PARENTING

**TUESDAYS: APRIL 7TH
APRIL 14TH AND
APRIL 21ST**

6:00 - 7:30PM

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.

Presenter: Amy Campbell, Parent Educator
CHILD CARE: Available, but you **MUST** register
SPACE IS LIMITED



NUTURING

**WEDNESDAYS:
JANUARY 8TH – APRIL 22**
TIME 4:00 - 6:30PM

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. The 7 principles of the program include Attachment, Empathy, Nurturing Ourselves, Discipline, Expressing Feelings, Expectations, and Self-Worth.

Presenter: Kathy Bruni, Nurturing Facilitator
NO CHILD CARE AVAILABLE
SPACE IS LIMITED



REGISTER @ 8:30AM BY PHONE: 262-338-9461
FOR JANUARY, FEBRUARY, MARCH, APRIL PROGRAMS

**PHONE
REGISTRATION
BEGINS**

**MONDAY,
JANUARY 6TH
@ 8:30AM**

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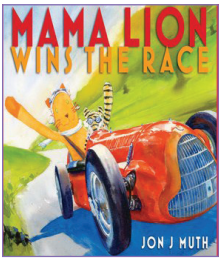
REGISTER @ 8:30AM BY PHONE: 262-338-9461
FOR JANUARY, FEBRUARY, MARCH, APRIL PROGRAMS

LET'S START WITH A BOOK

Space
is
Limited

Pajamas
STRONGLY
Encouraged!

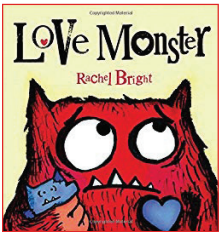
LOCATION: 4C FAMILY CENTER
TIME: 6:00 – 7:30PM
AGES: INFANT – 6 YEARS



MAMA LION WINS THE RACE:

Start your engines: the race is on! Mama Lion and Tigey are off with their cool goggles and snazzy sports car. Will they win the race and get the trophy cup? Join us as we find out!

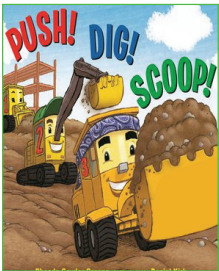
TUESDAY, JANUARY 14TH



LOVE MONSTER:

Love Monster is a slightly hairy monster trying to fit in with the cuddly residents of Cutesville? Will he fit in or will they think he is just too different!

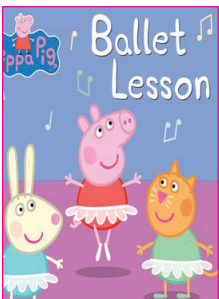
TUESDAY, FEBRUARY 4



PUSH! DIG! SCOOP!:

One dozer PUSHES! Two excavators DIG! Three loaders SCOOP! Come on down to the construction site and count all the different vehicle families hard at work!

TUESDAY, MARCH 17



PEPPA PIG-BALLET LESSON:

Peppa Pig learns a beautiful dance routine at her first ballet lesson. Can she remember the steps and show Mummy and Daddy Pig how to dance too?

**MONDAY, APRIL 13
(NOTE DIFFERENT DAY)**

A NIGHT OUT WITH DAD

(OR GRANDPA, UNCLE, OR OTHER
SIGNIFICANT MALE IN YOUR CHILD'S LIFE)

LOCATION: 4C FAMILY CENTER (unless otherwise noted*)
TIME: 6:00 – 7:30PM
AGES: MOST APPROPRIATE FOR 2 – 6 YEAR OLDS

Snow Family

Tonight we will enjoy our own little "blizzard" indoors. We will read a story about a little boy and his outdoor adventures in the snow. After the story we will create our own snow family....and maybe even have a snowball fight!

THURSDAY, JANUARY 23



Valentine's Day

Love is in the air! Bring your little honey tonight as we celebrate the holiday of love. We will make a special card and project that can be shared with your Special Valentine!

THURSDAY, FEBRUARY 13



St. Patrick's Day

Celebrate the "Luck of the Irish" with your little lad or lassie as we celebrate all things St. Patrick's Day. We may find a pot of gold at the end of the rainbow or see a leprechaun, that is if he isn't too sneaky for us to see!

THURSDAY, MARCH 12



Spring is in the Air

Tonight we will have good time creating our own block head faces. We'll start with a block of wood and get to add many different embellishments to personalize our creations. There will be no two alike. Let your imagination run wild!

THURSDAY, APRIL 9



COFFEE & CONVERSATION MONDAYS

The coffee is ready!

JANUARY 13, FEBRUARY 10,
MARCH 9, AND APRIL 13



PRESENTER: KATHY BRUNI, PARENT EDUCATOR
LOCATION: 4C FAMILY CENTER
TIME: 9:30 – 11:00AM
CHILD CARE AVAILABLE: MUST REGISTER

Come relax and join in as we discuss concerns and share ideas to help you through your child's next stage and beyond. This group is an opportunity to support you in the most important job on Earth... RAISING YOUR KIDS!

EDUCATIONAL WORKSHOPS

All Educational Workshops are held at the
4C Family Center, 2376 W Washington St, West Bend
(unless otherwise noted*) (Times vary so check schedule)
Limited child care available – MUST REGISTER
Please call: 262-338-9461

JANUARY

TAKING CARE OF YOU... BODY, MIND, SPIRIT

It's time to start taking care of you! Discover your joys and learn practical strategies to manage life's challenges in healthy ways. This two-part series will explore topics through group conversation, self-reflection, and activities.

PRESENTER: Carol Bralich, *Triple P Educator, Human Development and Relationships Educator, Associate Professor, Extension Washington County*

CHILD CARE: Available, but you MUST register

WEDNESDAY, JANUARY 15 & 22 • 9:30-11:30AM

TRIPLE-POSITIVE PARENTING PROGRAM DEALING WITH DISOBEDIENCE

All parents face that moment when their children don't do as they are told. It's natural for children to test their limits, but they also need to learn to follow instructions. You can teach your child to cooperate and do the right thing. You also need a plan for dealing with disobedience if it happens, so you can follow through and make sure children do what they've been asked to do.

PRESENTER: Kathy Bruni, *Triple P Educator*

CHILD CARE: Available, but you MUST register

TUESDAY, JANUARY 28 • 6:00-8:00PM

FEBRUARY

TRIPLE-POSITIVE PARENTING PROGRAM MANAGING FIGHTING AND AGGRESSION

It's common for children to have disagreements or arguments at times. However, when children fight there is always a risk that someone will get hurt. Fighting and aggression range from mean comments, arguments, "rough and tumble" play, to more severe destructive behavior. If not dealt with at an early age these things become worse. Come find out how you can teach and encourage desirable behavior.

PRESENTER: Kathy Bruni, *Triple P Educator*

CHILD CARE: Available, but you MUST register

WEDNESDAY, FEBRUARY 5 • 9:30-11:30AM

HANDLING MELTDOWNS LIKE A ROCKSTAR

Our kids can have "BIG" emotions and when they get overwhelmed it is our job to share our calm, not join in their chaos! Tonight we will learn some tips and strategies to keep "calm" in our home.

PRESENTER: Kim Munding & Kathy Bruni, *Triple P Educators*

CHILD CARE: Available, but you MUST register

THURSDAY, FEBRUARY 6 • 6:00-7:30PM

TRIPLE-POSITIVE PARENTING PROGRAM:

SEMINARS

★ POWER OF POSITIVE PARENTING:

Want to boost your skills and confidence? Need help tackling a specific problem? From raising toddlers to coping with complex problems at home, this Triple P seminar will provide you with a friendly place to learn, share ideas, and find support. Get insight into your child's behavior, learn positive parenting basics, and gain some techniques to try at home.

PRESENTER: Carol Bralich, *Triple P Educator, Human Development and Relationships Educator, Associate Professor, Extension Washington County*

CHILD CARE: Available, but you MUST register

TUESDAY, FEBRUARY 11 • 6:00-7:30PM

★ RAISING RESILIENT CHILDREN:

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Emotional resilience involves six key skills; recognizing and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping, being able to deal with negative feelings and being able to manage stressful events. Come learn some ideas on how to help your kids become emotionally resilient.

PRESENTER: Carol Bralich, *Triple P Educator, Human Development and Relationships Educator, Associate Professor, Extension Washington County*

CHILD CARE: Available, but you MUST register

TUESDAY, FEBRUARY 18 • 6:00-7:30PM

★ RAISING CONFIDENT, COMPETENT CHILDREN:

The values, skills and behaviors to encourage children are the choice of every individual parent. However, some core skills are important for everyone. Children are more likely to be confident, succeed at school and get on well with others when they develop certain life skills. These life skills include being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem, being a good problem solver, and becoming independent and able to do things for themselves. Get some ideas on how to help children learn these important life skills and become confident and competent individuals.

PRESENTER: Carol Bralich, *Triple P Educator, Human Development and Relationships Educator, Associate Professor, Extension Washington County*

CHILD CARE: Available, but you MUST register

TUESDAY, FEBRUARY 25 • 6:00-7:30PM



MARCH

BACK TO BASICS - CREATING FAMILY RULES

Family rules??? Who needs them? As children grow they begin to need clear limits or boundaries. Family rules provide structure and limits. When children have structure and limits they learn responsibility. Come create some rules that are designed for your family and learn how beneficial this can be to make your home life run smoothly!

PPRESENTER: Kathy Bruni, *Parent Educator*

CHILD CARE: Available, but you **MUST** register

WEDNESDAY, MARCH 18 • 9:30-11:00AM

BUILD YOUR FAMILY'S MEDIA PLAN

Parents, do you have high tech kids? How can you use digital media as a positive source? It is possible. We can integrate digital media into our responsibilities as parents. We'll learn ways we can use digital media to help us stay connected and continue to be an influential part of our child's life.

PRESENTER: Carol Bralich, *Human Development and Relationships Educator, Associate Professor, Extension Washington County*

CHILD CARE: Available, but you **MUST** register

TUESDAY, MARCH 24 • 9:30-11:00AM

TRIPLE-POSITIVE PARENTING PROGRAM DEVELOPING GOOD BEDTIME ROUTINES



It can be exhausting for the whole family when there are problems at bedtime. Some kids fall into a deep and long sleep the moment their head hits the pillow, but for others, bedtime is a nightly struggle. Come learn how to help your children develop good sleep habits. With a few small changes you can make a big difference, making it easier for everyone to get a good night's sleep!

PRESENTER: Kathy Bruni, *Triple P Educator*

CHILD CARE: Available, but you **MUST** register

THURSDAY, MARCH 26 • 6:00-8:00PM

APRIL

HEALTHY EATING ON A BUDGET

As parents and caregivers healthy eating is always in the back of our minds. Come and learn five steps you can take to feed your family healthy meals and stay within your budget. You will get lots of tips and a basic meal plan to help you get started to a healthier lifestyle!

PRESENTER: Missy Propper, *Authentic Wellness*

CHILD CARE: Available, but you **MUST** register

**THURSDAY, APRIL 2 • 6:00-7:30PM –OR–
MONDAY, APRIL 20 • 9:30-11:00AM**

PINT SIZED PICASSOS

I'm bored...this time of year your kids can get bored quicker than usual. Join me as we turn them into little "Picassos". We will paint on many different surfaces and let our creativity come to life! This is an interactive program so there will be no child care.

PRESENTER: Kathy Bruni, *Parent Educator*

CHILD CARE: Available, but you **MUST** register

MONDAY, APRIL 6 • 9:30-11:00AM

THE HAPPY FAMILY PLAYBOOK

What would bring true happiness to your household? A winning lottery ticket? A vacation home on a faraway beach? A new minivan free of crumbs and kid clutter? Lasting family happiness isn't about momentous events or acquiring more things. It's about learning to savor life's small pleasures...together.

PRESENTER: Kathy Bruni, *Family Educator*

CHILD CARE: Available, but you **MUST** register

THURSDAY, APRIL 16 • 6:00-7:30PM

PHONE
REGISTRATION
BEGINS

MONDAY,
JANUARY 6TH
@ 8:30AM



REGISTER @ 8:30AM BY PHONE: 262-338-9461
FOR JANUARY, FEBRUARY, MARCH, APRIL PROGRAMS

VOLUNTEERS!



*Has the 4C Family Center of Washington County made a difference in your life?
How about doing the same for another?*

Please consider adding your name to our list if childcare volunteers! The commitment is small, but the rewards are great — lots of free hugs and smiles from the kids!

Call 262-338-9461 for more information.



4C Family Center of Washington County WARMLINE:

Trantrums?
Potty Training?
Sleepless Nights?
Discipline Questions?
Maybe just someone
to talk to? **CALL:**

262-338-9461





4C-FOR CHILDREN, INC.
Family Center
of Washington County

2376 W WASHINGTON ST, WEST BEND, WI 53095

PHONE: 262-338-9461

WEBSITE: www.wcfamilycenter.org

HOURS: MONDAY – THURSDAY 8:30AM – 4:30PM
 Fridays by appointment only.

4C FAMILY CENTER OFFICE WILL BE CLOSED:

- January 1 New Year's Day
- January 20 Martin Luther King Jr. Day
- February 17 Presidents Day

Please note that there is No Drop-In on
 Tuesday, January 14th – or – Tuesday, March 10th

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

4C FAMILY CENTER STAFF:

- Bonnie Debroux.....*Site Director*
- Kathy Bruni*Triple P Educator, Family Engagement Specialist, Family and Educational Programs*
- Kelly Carini.....*Youngstar Consultant Family and Educational Programs*
- Annmarie DiGangi*Office Support Specialist*

PROGRAM LOCATIONS:

4C Family Center of Washington County
 2376 W Washington Street 262-338-9461
 West Bend, WI 53095 www.wcfamilycenter.org

United Way Resource Center
 1121 E Sumner Street 262-670-9980
 Hartford, WI 53027 www.unitedwayofwashingtoncounty.org



The Giving Tree Wish List:

- CHILDREN'S DVD'S
- GLUE & GLUE STICKS
- HAND SANITIZER
- KID FRIENDLY SNACKS/JUICE
- KITCHEN GARBAGE BAGS
- KLEENEX
- LIQUID HAND SOAP
- NAPKINS
- POSTAGE STAMPS
- SMALL PAPER PLATES

GIFT CARDS:

HOBBY LOBBY
MEIJER
OFFICE MAX
PICK-N SAVE
PIGGLY WIGGLY
WALMART

QUESTIONS? CALL 262-338-9461

IMPORTANT WASHINGTON COUNTY PHONE #'s:

- 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

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find us on **facebook**

@WCFamilyCenter



**4C Family Center
of Washington County**
2376 W Washington Street
West Bend, WI 53095

NON-PROFIT ORG.
US POSTAGE
PAID
MILWAUKEE, WI
PERMIT NO. 3707



4C-For Children, Inc.



United Way of
Washington County

SUPPORT GROUPS

LOCATION:
4C FAMILY CENTER



**NO NEED TO
REGISTER
FOR SUPPORT
GROUPS**



ON THE SPECTRUM: A SUPPORT GROUP FOR PARENTS OF CHILDREN ON THE AUTISM SPECTRUM

4TH THURSDAY OF THE MONTH • 6:30PM

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 at 262-353-2335. jnbusalacchi@charter.net

WEST BEND LA LECHE LEAGUE BREASTFEEDING INFORMATION AND SUPPORT GROUP

2ND WEDNESDAY OF THE MONTH • 9:30AM

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.

For meeting information or breastfeeding help call Molly at 507-382-5399 www.lalecheleague.org

GRANDPARENTS SUPPORT GROUP

THURSDAY, FEBRUARY 27 • 6:00-7:00PM

Calling all Grandparents out there that are feeling overwhelmed because of suddenly becoming "parents" to their grandchildren. Come and share your experiences with others while gaining support and encouragement. Raising or caring for a grandchild can be very challenging, but also very rewarding!

Please contact Kathy Bruni at 262-338-9461 • Child Care Available – Must Register kathy@wcfamilycenter.org

FOSTER PARENT SUPPORT GROUP

Dates TBD for Spring 2020 call the 4C Family Center at 262-338-9461 for more information.



**Don't
FORGET!**



**REGISTRATION
BEGINS**

**MONDAY
JANUARY 6th**

**BY PHONE @ 8:30AM
262-338-9461
FOR JANUARY, FEBRUARY,
MARCH & APRIL
4C FAMILY CENTER
PROGRAMS**