



4C Family Center of Washington County Newsletter

Strengthening families by providing parent education & family activities.

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



4C FOR CHILDREN, INC.

Newsletter for January through April 2018



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

PROGRAMS

The 3 programs listed on this page will be held at the **4C Family Center of Washington County, 2376 W Washington St, West Bend, WI 53095**

REGISTRATION REQUIRED AND SPACE IS LIMITED, SO REGISTER EARLY.

Registration – Please Call: 262-338-9461

THE NURTURING PROGRAM

WEDNESDAYS: January 10 – April 25

TIME: 4:00 PM TO 6:30 PM

PRESENTER: Kathy Bruni, Parent Educator

LOCATION: 4C Family Center

REGISTRATION: Required

The philosophy of this **FREE** 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 and Self-worth.

THE NURTURING PROGRAM:

**FOR THOSE FAMILIES IN
SUBSTANCE ABUSE TREATMENT
AND/OR RECOVERY**

WEDNESDAYS: February 14 – May 2

TIME: 4:00 PM TO 6:00 PM

PRESENTER: Katie Meier, Elevate

LOCATION: 4C Family Center

REGISTRATION: Required

This **FREE** 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 for our Nurturing Program's – no need to wait till registration day.

What's Inside this issue:

4C Family Center Programs.....	1
Family Activities	2
Workshops	3
Afternoon of Fun	4
4C Family Center Information.....	5
Support Groups	6



PARENTING THE LOVE AND LOGIC WAY

**THURSDAYS: January 25,
February 1, 8, 15, and 22**

TIME: 6:00 PM TO 8:00 PM

**PRESENTERS: Kim Mundinger and
Jen Schroeder,
Parent Educators**

LOCATION: 4C Family Center

REGISTRATION: Required

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)**

**Limited Child Care Available –
Must call to register**



**PHONE
REGISTRATION
BEGINS**

**MONDAY
JANUARY 8th
@ 8:30AM**

**FOR JANUARY, FEBRUARY, MARCH
& APRIL PROGRAMS**





FAMILY ACTIVITIES *Limited Enrollment.*

Registration begins Monday January 8th at 8:30AM by phone: 262-338-9461

FAMILY DROP-IN PLAYGROUP

TUESDAYS & THURSDAYS • LOCATION: 4C FAMILY CENTER • TIME: 9:30 - 11:00AM

Please Note: NO DROP-IN January 9th, March 13th, and May 8th.

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!



COFFEE & CONVERSATION

Limited Child Care Available - Must call to register

This group is an opportunity to support you in the most important job on Earth... **RAISING YOUR KIDS!**

THE COFFEE IS READY. Come relax and join in as we discuss concerns and share ideas to help you through your child's next stage and beyond.

PRESENTER: KATHY BRUNI / LOCATION: FAMILY CENTER / TIME: 9:30 - 11:00AM
MONDAYS: JANUARY 22 • FEBRUARY 26 • MARCH 19 • & APRIL 16

A NIGHT OUT WITH

DAD

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

LOCATION: 4C FAMILY CENTER

TIME: 6:00 - 7:30PM

AGES: CHILDREN 2 - 6 YEARS



Snow Much Fun:

Join me tonight as we do everything "snow" related. We'll read a story about a snow family, make our own "snow" and even have an indoor snowball fight! BRRRR!

THURSDAY, JANUARY 18



Love Is In the Air:

Tonight we will celebrate Valentine's Day by making our own candy kiss. There may even be some yummy surprises in store for all the "Little Sweethearts!"

TUESDAY, FEBRUARY 6

Ocean Adventure:

Tonight we will take a trip to the ocean. We will have a shell relay race, taste some seawater, talk about "the wishing shell", and just have a lot of fun exploring different things about the ocean.

THURSDAY, MARCH 8



Danger! Volcano Eruption:

Tonight we will create bubbling, fizzy volcanos. Come and see how this experiment works and if we achieve a volcano. Dress for a mess.

THURSDAY, APRIL 19



LET'S START WITH A

BOOK

LOCATION: 4C FAMILY CENTER

TIME: 6:00 - 7:30PM

AGES: INFANT - 6 YEARS

MAKE A WISH BEAR: Early one evening a little bear made a wish on a little star. Bear sat and sat but nothing happened. Soon many of little bear's friends joined him. Come find out what happens and if little bear's wish comes true.

TUESDAY, JANUARY 23

BAD KITTY DOES NOT LIKE DOGS: Kitty wants to take a nap. Kitty always wants to take a nap. But Puppy wants to play! Can Kitty get what she wants and get Puppy to leave her alone?

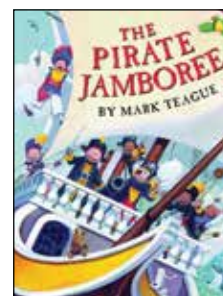
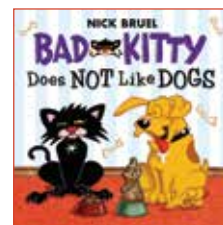
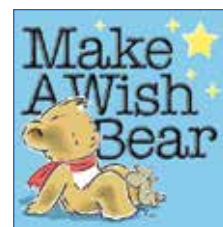
TUESDAY, FEBRUARY 13

ONE DROWSY DRAGON: Drowsy Dragon is trying to get some sleep, but his ten little dragons want to have fun instead. Come find out what a drowsy dragon has to do to catch some ZZZZZZ's.

THURSDAY, MARCH 22

THE PIRATE JAMBOREE: Join Blackbeard Johnson, Eye Patch Sue, Cap'n Gunderboom, Peg Leg Jones, and more as they set sail for a swashbuckling adventure!

TUESDAY, APRIL 10



**REGISTRATION
BEGINS**

**MONDAY
JANUARY 8th**

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

WORKSHOPS

All workshops are held at the 4C Family Center, 2376 W Washington St, West Bend, WI 53095.

Workshops are from 6:00 - 7:30PM and are FREE unless otherwise noted.

Limited Child Care Available - Must call 262-338-9461 to register for all workshops.

JANUARY

BEATING THE FINANCIAL SQUEEZE

Life happens... as we start the new year come learn valuable ways to start a spending plan, stick to it, and to take control of your finances. Learn how to set up and follow through on a spending plan tailored to your needs, wants, and goals.

PRESENTER: Keith Braun, *Certified Credit Counselor and Educator, Consumer Credit Counseling Service*

TUESDAY, JANUARY 30 • 6:00 - 7:30PM

FEBRUARY

THE AUTISM SPECTRUM

Nikki Busalacchi, mother of twin boys both affected by autism and the 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, *Parent Educator*

TUESDAY, FEBRUARY 27 • 6:00 - 7:30PM

MARCH

BRILLIANT BEGINNINGS

TUESDAYS: MARCH 6, 13, 20, & 27 • 6:00 - 7:30PM

An enriched environment is one filled with words, sounds, pictures, textures, books, and opportunities to play and explore. There is no need to rush right out and buy fancy toys. Believe it or not you already have the skills you need to stimulate your child. This 4-week series will give insight, a lot of inspiration, and a whole array of concrete ideas for continuing on the path toward enrichment. You may sign up for one or all of them.

Week 1: **Steps into Reading**

Week 2: **Music and Song-Nurturing a Love of Music**

Week 3: **Encouraging Small and Large Motor Skills**

Week 4: **Sense of Self: Nurturing a Positive Self-Image**

PRESENTER: Amy Campbell, *Parent Educator*

123 MAGIC (AMERICA'S #1 DISCIPLINE PROGRAM)

Need a more effective discipline approach? Learn practical and effective behavior management techniques without yelling, arguing, or spanking. Learn solutions that work even for challenging behaviors. Learn how to stop whining, teasing, arguing, fighting, tantrums, and many other difficult behaviors.

PRESENTER: Ann Fuerbringer, *Parent Educator*

FEE: \$20.00 for materials

MONDAY, MARCH 5 • 6:00 - 8:00PM* (*Note Longer Time)

MARCH CONTINUED...

THE IMPORTANCE OF PLAY

Play is the universal language of childhood. This workshop will stress the importance of play in the early childhood years as a building block to other skills later in life. We will be identifying different levels of play and how to guide play at different ages.

PRESENTERS: Trisha Lane, Teneil Walters, & Terry Delcore, *Speech Language Pathologists - West Bend School District*

THURSDAY, MARCH 15 • 6:00 - 7:30PM

MORE 123 MAGIC

A follow up to 123 Magic, this workshop will help you learn how to encourage positive behavior, responsibility, independence, and a healthy self-concept. Come learn the qualities that foster competent kids. *Must have taken 123 Magic to sign up.*

PRESENTER: Ann Fuerbringer, *Parent Educator*

FEE: No fee for class

MONDAY MARCH 19 • 6:00 - 8:00PM* (*Note Longer Time)

APRIL

NEW Triple P-Positive Parenting Program 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 parents 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 Family Living Educator UW Extension - Washington Co.*

TUESDAY, APRIL 17 • 6:00 - 7:30PM

BLENDED FAMILIES – CAN IT WORK

Do you struggle being part of a blended family? Tonight we will discuss how to strengthen the family bond, and talk about issues you may be facing. We will walk through positive solutions to help your "blended" family be a "happy" family!

PRESENTER: Deb Anderson, *Parent Educator*

TUESDAY, APRIL 24 • 6:00 - 7:30PM

WOMEN'S SAFETY

This workshop is designed for women of all ages and abilities who would like to learn how to protect themselves in dangerous situations. You'll learn how to deal with a variety of threatening situations using basic techniques.

PRESENTER: Deputy Bill Niehus, *Washington Co. Sheriff's Dept.*

THURSDAY, APRIL 26 • 6:00 - 7:30PM

NOTICE TO PROFESSIONALS:

There will be \$5.00 fee class if proof of attendance is needed for certification processes.



AFTERNOON OF FUN

United Way of
Washington County



All Afternoon of Fun events are held at the United Way Resource Center,
1121 E Summer Street, Hartford, WI 53027 from 3:30-5:00PM.



ESKIMOS AND IGLOOS

GOT CABIN FEVER?

Join me as we have some fun creating an igloo and of course an Eskimo.

MONDAY, JANUARY 29



Valentine's Day

Make someone's heart go pitter patter by joining me today and making five different cards to give to someone you love!

MONDAY, FEBRUARY 12



st. patrick's day

Bring your lads and lassies today as we celebrate the luck of the Irish by creating some crafts that even a leprechaun would love!

MONDAY, MARCH 12



Spring is in the Air!

Celebrate the coming of Spring by hopping over to Hartford. There will be lots of fun as we have a "Bunny Hop" contest and do some other "springy activities. Guaranteed to be a fun time!

MONDAY, APRIL 23

AFTERNOON OF FUN PRESENTER: *Kathy Bruni, Parent Educator*

**4C Family Center
of Washington County
WARMLINE:**

Trantrums?
Potty Training?
Sleepless Nights?
Discipline Questions?
Maybe just someone
to talk to? **CALL:**
262-338-9461

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,
Office Max,
Pick-N Save,
Piggly Wiggly,
Walmart

**United Way of
Washington County**

1121 E Summer Street, Hartford, WI 53027
262-670-9980
www.unitedwayofwashingtoncounty.org

**REGISTRATION
BEGINS**

**MONDAY
JANUARY 8th**

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 FOR CHILDREN, INC.
Family Center
of Washington County

2376 W WASHINGTON STREET
WEST BEND, WI 53095

PHONE: **262-338-9461**

WEBSITE: **www.wcfamilycenter.org**

HOURS: **MONDAY THRU FRIDAY**
8:30AM – 4:30PM

*Note: There will be NO "Family Drop-In Playgroup"
on January 9th and March 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 our website **www.wcfamilycenter.org** or our **Facebook** page for any closings or cancellations. Also closings will be broadcast on channels TODAY'S TMJ4, WISN12, FOX 6, and you can also check their websites.

4C FAMILY CENTER STAFF:

Bonnie Debroux *Site Director*
Kathy Bruni *Family Engagement Specialist,*
Family & Educational Programs
Kelly Carini *Office Coordinator/ Youngstar*

IMPORTANT WASHINGTON COUNTY PHONE NUMBERS

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

PROGRAM LOCATIONS

4C Family Center of Washington County

2376 W Washington Street
West Bend, WI 53095
262-338-9462
www.wcfamilycenter.org



United Way Resource Center

1121 E Summer Street
Hartford, WI 53027
262-670-9980
www.unitedwayofwashingtoncounty.org



United Way of
Washington County

follow us **twitter**

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.



4C Family Center Support Groups

All Support Groups meet at the 4C Family Center

GRANDPARENTS SUPPORT GROUP

PLEASE CALL KATHY AT 262-338-9461 FOR DATES AND TIMES

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.

kathy@wcfamilycenter.org

ON THE SPECTRUM:

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

4TH THURSDAY OF THE MONTH, STARTS AT 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, 262-353-2335,
jnbusalacchi@charter.net**

WEST BEND LA LECHE LEAGUE BREASTFEEDING INFORMATION AND SUPPORT GROUP

2ND WEDNESDAY OF THE MONTH, 9:30AM-11:00AM

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**

Don't FORGET!

REGISTRATION BEGINS

MONDAY JANUARY 8th

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