



4C Family Center

of Washington County

May June July August 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: August 2–November 15, 2017

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: August 2–October 4, 2017

4:00 pm to 6:00 pm

Presenter: Tammy Christensen, Elevate

Location: Family Center, 2376 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.

10 Greatest Gifts I Give My Children

Wednesday, June 21st 6:00 pm to 7:30 pm

Presenter: Ann Fuerbringer, Parent Educator

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

Rediscover the joy of parenting with this unique presentation. The 10 Greatest Gifts is based on the concept of proactive parenting to guide children's behavior in positive ways before problems begin, as opposed to our usual "survival" parenting where we constantly react to unacceptable behavior.

Child care provided- Must Register

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

Registration begins Monday May 8th 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 June 20th, July 4th, August 8th. There is no Drop-In on Thursdays starting June 8th thru August 31st due to summer field trips.

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
May 11th
6:00-7:30 pm**

Mother's Day Make It-Take It-Daddies be a big hit at your house by bringing your little ones to make a special gift for Mom. Nothing says love like a handmade gift from the kids. Come ready to create a masterpiece.

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

**Thursday
June 8th
6:00-7:30 pm**

Fishy, Fishy in the Brook-Back by popular demand we will join expert fisherman Steve Koepp and his daughter who will show us how to catch "the big one". We will supply the bait and you supply the pole.

Location: Sandy Knoll Park, 2064 Wallace Lake Road Town of Trenton

**Thursday
August 10th
6:00-7:30 pm**

Let the games begin-We will travel to Regner Park tonight for a night of games. We will play some familiar games and learn some new ones. After we are exhausted will walk to Toucan and enjoy a treat. Dress for running around. Treat cost is your responsibility.

Location: Regner Park

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
May 23rd
6:00-7:30 pm**

All By Myself-Tonight we will take a trip to Villa Park to walk on the Born Learning Trail. We'll walk the trail while learning new things. After our walk we'll sit down and read about Little Critter. Each child will receive a "surprise!"

Location: Villa Park, Born Learning Trail, 1190 Squire Lane West Bend, 53090

**Tuesday
June 20th
6:00-7:30 pm**

Eating the Alphabet-Tonight we'll read about a colorful celebration of fruits and vegetables highlighting Harvest of the Month fruit, strawberries. We'll talk about this delicious fruit, learn facts, get recipes, and then at the end we will make our own fruit kabobs to enjoy!

Location: Family Center, 2376 W Washington St. West bend

**Tuesday
July 11th
6:00-7:30 pm**

Down on the Farm-Come find out all about the sights and sounds of noisy farmyard animals as they go about their busy day. Cock a doodle doooooo!

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

**Tuesday
August 22nd
6:00-7:30 pm**

Bernice Gets Carried Away-Young tabby cat Bernice may be at a festive party but she's certainly not feeling the fun. She gets a plain piece of cake, no turn to hit the piñata and one lousy gumdrop. Come find out if Bernice's day gets better.

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

Registration begins Monday May 8th at 8:30 am by phone .

Summer Field Trips (Please call 262-338-9461 to register)

Please note our field trip policies:

- You may register for up to **three** field trips, more only if there is no Limited Enrollment.
- Parents/caregivers must accompany children. We'll meet at the location, not the Family Center. **Please arrive 10 minutes early.**
- Field trips are only for **children ages 6 and under**. We apologize that we are not able to accommodate older siblings.
- When you call to register please tell us the names of **all** adults (including spouses, grandparents, etc.) and **all** children who will be attending.
- If you find that you are unable to attend a field trip, please call to let us know as soon as possible so we can offer the spot to another family as we often have waiting lists for field trips.

**Thursday
June 8th
9:45-11:00am** **RIVERSIDE PARK** (800 E. Kilbourn Ave. ~ West Bend)
Join us as we kick off field trips with a visit to Riverside Park. We'll explore nature and make a masterpiece with all of our collected treasures.

**Thursday
June 15th
9:45-11:00 am** **West Bend Community Memorial Library** (630 Poplar St. ~ West Bend)
UNbirthday celebration! Imagine just one birthday every year....But as the Mad Hatter said, "Ah, but there are 364 UNbirthdays! We will celebrate EVERYONE'S BIRTHDAY today, no matter when it is. Wearing your finest clothing, a birthday shirt, party hat, or other festive apparel is **STRONGLY ENCOURAGED**. We will read stories about birthdays, sing birthday songs, and make birthday crowns.
LIMITED ENROLLMENT

**Thursday
June 22nd
9:45-11:00 am** **SUNSET FARMS** (6600 Sunset Drive ~ Allenton)
Join me as we travel to Sunset Farm. We'll see the milking parlor, new calves, and the dairy barn. At the end of our tour we will get a special treat. **LIMITED ENROLLMENT**

**Thursday
June 29th
9:45-10:30 am OR
10:15-11:00 am** **PAPA MURPHY'S** (815 S. Main St. ~ West Bend)
Everyone loves pizza so you won't want to miss this field trip. We'll get a behind the scenes tour of Papa Murphy's and see how those delicious pizzas are made from start to finish. Each child will get their own mini pizza to take home. **LIMITED ENROLLMENT. REGISTER FOR ONE TIME ONLY.**

**Thursday
July 13th
9:45-11:00 am** **COUNTY SHED** (900 Lang St. ~ West Bend)
Have you ever wondered where they keep all the salt that they use on our roads in winter, we'll get to see the huge salt dome up close. We'll also get to see where all the county trucks are kept and get a chance to sit in some of the "big rigs". **LIMITED ENROLLMENT**

**Thursday
July 20th
OR July 27th
9:45-11:00 am** **WEST BEND FIRE STATION** (325 N. 8th Ave. ~ West Bend)
Hurry, hurry drive the fire truck. If your child dreams of sitting in a real fire truck, this is the field trip for you. We'll spray a real fire hose and put out the "pretend" fire. We'll also get to see where the firefighters eat and sleep too. **LIMITED ENROLLMENT. REGISTER FOR ONE DATE ONLY.**

**Thursday
August 3rd
9:45-11:00 am** **LAC LAWRANN CONSERVANCY** (300 Schmidt Rd ~ West Bend)
Enjoy nature as we travel to Lac Lawrann and explore the great outdoors. We will go on a nature hike and discover many cool things. Please wear good walking shoes. **LIMITED ENROLLMENT**

**Thursday
August 10th
8:45-9:30 am OR
9:15-10:00 am** **MCDONALDS** (1140 S. Main St. ~ West Bend)
Everyone loves McDonalds but not everyone will get to see what goes on behind the scenes like you will on this tour. We will learn what all goes on as we find out how they make all the things we love to eat. Everyone will get an ice cream at the end of the tour. Please note earlier time.
LIMITED ENROLLMENT. REGISTER FOR ONE TIME ONLY.

**Thursday
August 17th
9:45-11:00 am** **NATIONAL GUARD ARMORY** (105 Trenton Rd. ~ West Bend)
How does it feel to sit in a real helicopter? If your children have ever wondered then this field trip is for you. We will be able to see the helicopters up close and sit in them. We will also get a tour of the Armory and learn about the many exciting things they do there. **LIMITED ENROLLMENT**

**Thursday
August 24th
9:45-11:00 am** **WASHINGTON COUNTY SHERIFF'S DEPARTMENT** (500 N. Schmidt Rd. ~ West Bend)
We'll take a tour of the sheriffs department and get a first hand look at where all the 911 calls come in and how the officers are dispatched. We will hear many facts about how they keep us safe. We will get to sit in the squad car and try on real handcuffs. **LIMITED ENROLLMENT**

**Thursday
August 31st
9:45-11:00 am** **ZIEGLER PARK** (Corner of Lincoln Dr. S. & Terrace Dr. ~ West Bend)
Join us at the park as we say good-bye to summer. We'll play and blow bubbles and have a great time. We'll enjoy a pot luck lunch. Please bring a dish to share, plates and utensils will be provided.

Registration begins Monday May 8th at 8:30 am by phone .

Workshops

- Thursday
May 18th
6:00-7:30 pm** **Keeping Kids Entertained**-I'm bored-famous words that every parent hears from their child at one time or another. Nix boredom with this program of fun, low cost, low stress activities to keep your kids occupied and happy. We'll learn lots of ways to use everyday items to keep our kids entertained. Child care provided-must register.
Space is limited, so please call 262-338-9461 to register.
Presenter: Kathy Bruni, Parent Educator
Location: Family Center, 2376 W Washington St. West Bend, 53095
- Wednesday
May 24th
9:30-11:00 am** **How Learning to Handle Disappointment Can Help Your Child-** We'll discuss how learning to hear "no," losing, feeling frustrated, feeling "yucky" feelings are actually good ways to function as a healthy adult. None of us enjoy those feelings, however they are a part of life. We lose, we don't get things we feel we've earned, unfair things occur. It's o.k. to fail and feel frustrated. We'll discuss how much comfort to offer our children and how much to explain that it's o.k. to sit with some of those 'yucky' feelings sometimes. This does not mean that we never comfort or support our children when they are treated poorly, it just means that those events become life lessons.
Child care provided-must register.
Space is limited, so please call 262-338-9461 to register.
Presenter: Shana Schloemer, Psychotherapist Northshore Clinic
Location: Family Center, 2376 W Washington St. West Bend 53095
- Wednesday
June 7th
9:30-11:00 am** **Yoga**-Today's competitive world puts a lot of burden and stress on our children. Our busy lives lead to unhealthy lifestyles. An excellent way to keep our little ones healthy is yoga. Yoga helps to improve concentration, boost confidence, and reduce stress levels. We will learn twenty different yoga poses. Dress comfortably and bring a mat or beach towel. This is an interactive parent-child class most appropriate for ages three and up.
Space is limited, so please call 262-338-9461 to register.
Presenter: Kathy Bruni, Parent Educator
Location: Family Center, 2376 W Washington St. West Bend, 53095
- Wednesday
July 12th
9:30-11:00 am** **Wiggle-Giggle-Go**-Music and movement spice up this parent-child interactive class. The kids will enjoy dancing and playing and laughing till their socks come off! Most appropriate for ages two and up. Space is limited, so please call 262-338-9461 to register.
Presenter: Kathy Bruni, Parent Educator
Location: Family Center, 2376 W Washington St. West Bend, 53095
- Tuesday
August 15th
6:00-7:30 pm** **Back to Basics-2 Part Parenting Series: Rules**-Family rules??? Who needs them? As children grow they begin to need clear limits or boundaries. Family rules provide structure and limits. Without structure and limits, children do not learn responsibility. Maybe it is time to create rules for your family. Child care provided-must register. Space is limited, so please call 262-338-9461 to register.
Presenter: Kathy Bruni
Location: Family Center, 2376 W Washington St. West Bend, 53095
- Thursday
August 17th
6:00-7:30 pm** **Back to Basics-2 Part Parenting Series: Redirection, Rewards ,and Other Great Discipline "Tricks"**- Behavior can be positively managed with words of direction, praise, and clear communication. Come to this workshop and learn to relearn some basic positive discipline techniques. Child care provided-must register. Space is limited, so please call 262-338-9461 to register.
Presenter: Kathy Bruni, Parent Educator
Location: Family Center, 2376 W Washington St. West Bend, 53095

Afternoon With Mom

- Monday
June 12th
OR
Thursday
June 15th
1:00-3:00pm** **Make It-Take It Father's Day**-Join me as we create a one of a kind homemade gift for the Dads in our kid's lives. Nothing says "I LOVE YOU" like a special gift from your child. Space is limited, so please call 262-338-9461 to register but only register for date.
Presenter: Kathy Bruni, Parent Educator
Location: June 12th-United Way Resource Center, 1121 E Sumner St. Hartford 53027
Location: June 15th- Family Center, 2376 W Washington St. West Bend, 53095

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 May 29th, July 4th and August 8th

There will be no Drop-in June 20th, July 4th and August 8th

Starting June 8th thru August 31st there will be NO drop-in on Thursdays due to Summer Field Trips.

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

Giving Tree Wish List



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>

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

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.



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@WCFamilyCenter*



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2376 W Washington St
West Bend, WI 53095

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DON'T FORGET...
Registration begins at
Monday May 8th at
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only please.

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Support Groups

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

4th Thursday of the month May, 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

Grandparents Support Group

Please contact Kathy at 262-338-9461 or kathy@wcfamilycenter.org 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.

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