



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 2019



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:

January 1st New Year's Day

January 21st Martin Luther King Jr. Day

February 18th Presidents' Day

Note: March 12th No Drop-In

TUESDAYS & THURSDAYS FAMILY DROP-IN PlaygRoup

Please Note:
NO DROP-IN:
TUESDAY
MARCH 12TH



AT THE 4C FAMILY CENTER FROM 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!

PROGRAMS

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

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



NURTURING

WEDNESDAYS, JANUARY 23 THROUGH MAY 8
• 4:00-6:30PM •

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.

FEE: **FREE**

PRESENTER: **Kathy Bruni**, Parent Educator

CHILD CARE: **NOT** offered for this program



PARENTING THE LOVE AND LOGIC WAY

THURSDAYS, FEBRUARY 21, 28 & MARCH 7, 14 21
• 6:00-8:00PM •

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)

PRESENTERS: **Kim Mundinger & Jen Schroeder**
Parent Educators

CHILD CARE: **Limited child care available,**
must call: 262-338-9561



PHONE
REGISTRATION
BEGINS

WEDNESDAY,
JANUARY 9TH
@ 8:30AM

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

PHONE
REGISTRATION
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WEDNESDAY,
JANUARY 9TH
@ 8:30AM



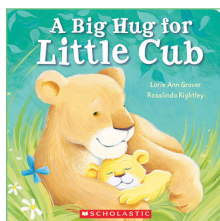
REGISTER @ 8:30AM BY PHONE: 262-338-9461
FOR JANUARY, FEBRUARY, MARCH & APRIL PROGRAMS

LET'S START WITH A BOOK

LOCATION: 4C FAMILY CENTER

TIME: 6:00 - 7:30PM

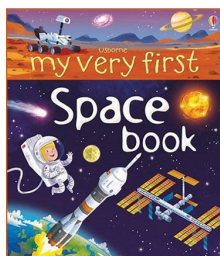
AGES: INFANT - 6 YEARS



BIG HUG FOR LITTLE CUB:

Little Cub is a cute and curious lion with a big day ahead. Come join in on the journey as he discovers the world around him. An enchanting story for little lions everywhere!

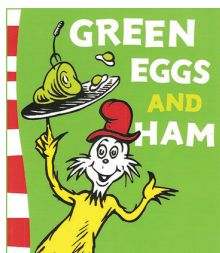
TUESDAY, JANUARY 15



MY VERY FIRST SPACE BOOK:

This book is a perfect way for your kids to find out about space. It's full of lots of things to look at and talk about. We'll also make our very own moon sand!

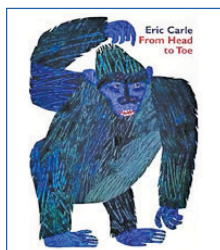
TUESDAY, FEBRUARY 5



GREEN EGGS AND HAM:

Let's celebrate Dr. Seuss. A very persistent Sam-I-Am keeps asking his friend if he would like "green eggs and ham"! Come find out if his friend decides to try it, and if he does, will he like it!

TUESDAY, MARCH 19



FROM HEAD TO TOE:

Join in with a host of elephants, monkeys, and other animals as they wiggle, stomp, thump, and bend across the pages. Lots of fun!

TUESDAY, APRIL 30

A NIGHT OUT WITH DAD

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

LOCATION: 4C FAMILY CENTER

2376 W Washington St, West Bend

TIME: 6:00 - 7:30PM

AGES: CHILDREN 2 - 6 YEARS

Discovering Mighty Dinosaurs:

Tonight is everything dinosaurs, what they ate, where they lived. They came in all shapes and sizes. We'll craft a dinosaur of our own and play dinosaur bingo. It will be a *ROARING* good time.

THURSDAY, JANUARY 17



Legacy Martial Arts Academy: CHILD MUST BE 4 OR OLDER FOR THIS PROGRAM

The transition from preschool to elementary school is very exciting. You want to have your child become independent and take on more challenges. We'll learn some basics to help with that transition.

THURSDAY, FEBRUARY 7



Cabela's*:

We'll travel to Cabela's tonight to get a tour. We'll see so many things it will feel like we are in a "museum"! Don't miss the fun!

*LOCATION: Cabela's, 1 Cabela Way, Richfield
THURSDAY, MARCH 14



Spring is in the Air:

Join me tonight as we assemble our own kite and then take it outside and see if we can fly it. Whoosh, we'll hope for a windy day!

THURSDAY, APRIL 25



COFFEE & CONVERSATION MONDAYS

The coffee is ready!

JANUARY 14, FEBRUARY 11,
MARCH 11, APRIL 8



PRESENTER: KATHY BRUNI
LOCATION: 4C FAMILY CENTER
TIME: 9:30 - 11:00AM

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.

Limited child care available – MUST REGISTER – Please call: 262-338-9461

NOTICE TO PROFESSIONALS:

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

JANUARY

BIRDS AND BEES

This workshop will give you language to talk to your children about their bodies, sex, and how that changes as they get older. The goal is to make you feel more comfortable about answering questions or bringing up topics. If we don't give our kids information they will find it somewhere else. This helps you control the message and give them the correct information.

PRESENTER: Shana Schloemer, *Psychotherapist-North Shore Clinic*
CHILD CARE AVAILABLE: Must Register

TUESDAY, JANUARY 29 • 6:00-7:30PM

FUN ACTIVITIES TO PROMOTE FINE MOTOR SKILLS

From finger feeding to handwriting, our hands are an important part of how we interact with our world. You will learn fun ways to foster the development of fine motor skills through a variety of play activities.

PRESENTER: Pediatric Occupational Therapist – Rehab Resources
CHILD CARE AVAILABLE: Must Register

WEDNESDAY, JANUARY 30 • 9:30-11:00AM

FEBRUARY

TAKING CARE OF YOUR... 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, *Family Living Educator – UW Extension Washington County*

CHILD CARE AVAILABLE: Must Register

TUESDAYS, FEBRUARY 12 & 19 • 6:00-8:00PM

BEING A DAD

While almost any man can father a child, there is so much more to the important role of "being a dad" in a child's life. Dads, come and discuss your important role as a "daddy".

PRESENTER: Bradley Mitchell
CHILD CARE: NOT offered for this workshop

TUESDAY, FEBRUARY 26 • 6:00-7:00PM

INDOOR GAMES TO PROMOTE PHYSICAL ACTIVITY

Play is the universal language of childhood. This workshop will stress the importance of play in 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.

PRESENTER: Pediatric Physical Therapist – Rehab Resources
CHILD CARE AVAILABLE: Must Register

WEDNESDAY, FEBRUARY 27 • 9:30-11:00AM

MARCH

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 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, Family Living Educator, UW Extension-Washington County*

CHILD CARE AVAILABLE: Must Register

TUESDAY, MARCH 5 • 6:00-7:30 PM

TRIPLE P-POSITIVE PARENTING PROGRAM

BEING A PARENT

Being a parent is the most important and challenging job many adults will have in their lifetime. Our aim is to raise healthy, well-adjusted children who will have the skills they will need in adult life. Most adults begin parenting careers unprepared for what lies ahead, and learn parenting skills through trial and error. Many have unrealistic expectations of themselves, this can lead to feelings of disappointment or inadequacy. Come learn some suggestions to help you manage the challenges that come with being a parent.

PRESENTER: Kathy Bruni, *Triple P Educator*

CHILD CARE AVAILABLE: Must Register

TUESDAY, MARCH 12 • 6:00-7:30PM

BRILLIANT BEGINNINGS

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. You have the skills to stimulate your child at your fingertips. This 4-week series will give insight, a lot of inspiration, and many concrete ideas for continuing on the path toward enrichment. You may sign up for up for one or all of them.

Week 1: **Steps into Reading** (March 26)

Week 2: **Music and Song – Nurturing a Love of Music** (April 2)

Week 3: **Encouraging Small and Large Motor Skills** (April 9)

Week 4: **Sense of Self: Nurturing a Positive Self-Image** (April 16)

PRESENTER: Amy Campbell, *Parent Educator*

CHILD CARE AVAILABLE: Must Register

**TUESDAYS, MARCH 26, APRIL 2, 9, & 16
6:00-7:30PM**



**4C Family Center
of Washington County**

WARMLINE:

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

United Way of Washington County

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

SOCIAL GAMES TO PROMOTE LANGUAGE DEVELOPMENT

Social games are so much fun for babies, toddlers, and preschoolers. Did you know songs and little games can teach our little ones' important skills like social engagement, following direction, and word production? We'll guide you through some favorite songs and how to use them to improve your child's language skills.

PRESENTER: Pediatric Speech Language Pathologist – Rehab Resources

CHILD CARE AVAILABLE: Must Register

WEDNESDAY, MARCH 27 • 9:30-11:00AM

APRIL

PARENTING FOR PREVENTION

This informational workshop will prepare you for the questions your child has concerning drugs and alcohol. When is the right age to start talking to your kids about the temptations they may face growing up? Learn to protect your children and how to be a pro-active parent.

PRESENTER: Ronna Corliss, *Director of Community Engagement and Partnerships, Elevate, Inc.*

CHILD CARE AVAILABLE: Must Register

TUESDAY, APRIL 9 • 6:00-7:30PM

TRIPLE P-POSITIVE PARENTING PROGRAM

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 life events. Come learn some ideas on how to help your kids become emotionally resilient.

PRESENTER: Carol Bralich, *Triple P Educator – Family Living Educator, UW Extension-Washington County*

CHILD CARE AVAILABLE: Must Register

THURSDAY, APRIL 11 • 6:00-7:30PM



TRIPLE P-POSITIVE PARENTING PROGRAM

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: Must Register

THURSDAY, APRIL 18 • 6:00-7:30PM



GOT DIRT

Come join us to learn about container gardening and how to create your own "vegetable garden" on your porch or patio. We will identify what you need, how to plant with your kids and some new recipes to try with your garden harvest! Please join us for the fun, messy, spring-time activity. Each person will get to make a container to take home.

PRESENTER: Tina Ginner Melzl, *4C for Children, Master Trainer*

CHILD CARE AVAILABLE: Must Register

WEDNESDAY, APRIL 17 • 9:30-11:00AM

DEVELOPMENTAL MILESTONES - WHAT TO EXPECT AND WHEN TO WORRY

We will guide you through a timeline of developmental milestones from birth to age 5 and discuss what is typical and when to be concerned. A team of pediatric specialists from Rehab Resources will discuss child development from multiple angles including speech, fine motor, and gross motor skills.

PRESENTERS: Rehab Resources

CHILD CARE AVAILABLE: Must Register

WEDNESDAY, APRIL 24 • 9:30-11:00AM

**PHONE
REGISTRATION
BEGINS**

**WEDNESDAY,
JANUARY 9TH
@ 8:30AM**

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

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



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 THRU FRIDAY
8:30AM – 4:30PM

4C Family Center Office will be closed:

- January 1, 2019 – New Year's Day
- January 21, 2019 – Martin Luther King Jr. Day
- February 18, 2019 – Presidents' Day

NOTE: There will be NO "Family Drop-In Playgroup" on March 12, 2019

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 & Educational Programs
Kelly Carini Youngstar Consultant

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.



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
262-338-9461 • www.wcfamilycenter.org

United Way Resource Center
1121 E Summer Street, Hartford, WI 53027
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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



4C-For Children, Inc.



AFTERNOON OF FUN

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



Snow, snow, snow!:

Everyone likes snow, especially kids. Today we'll craft some snow projects, have an indoor snowball fight, and even attempt to make snow!

MONDAY, JANUARY 28



Little Picassos:

Today we will create some fun projects using crayon resist art and watercolor paints. We'll read a story about what artists use in their work, and just be CREATIVE!

MONDAY, FEBRUARY 25



For the Birds:

Join me today as we make some "treats" for our fine feathered friends. We'll use peanut butter and birdseed for our project. Dress for a mess!

MONDAY, MARCH 25



Picture-Picture:

Everyone loves to be in pictures, especially when the frame is home made. Today we will construct some unique picture frames using basic household materials.

MONDAY, APRIL 29



**Don't
FORGET!**



**REGISTRATION
BEGINS**

**WEDNESDAY,
JANUARY 9TH**

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