



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 September through December 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:

Nov. 28th Thanksgiving Day
Dec. 24 & Dec. 25th Christmas Eve/Day
Dec. 31 & Jan. 1 New Year's Eve/Day

TUESDAYS & THURSDAYS FAMILY DROP-IN PlaygRoup

LOCATION: 4C FAMILY CENTER

TIME: 9:30 – 11:00AM

– Please Note –

**NO DROP-IN: Sept. 10th,
Nov. 5th, Nov. 28th,
Dec. 24th, Dec. 26th and Dec. 31st**

**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 –

NURTURING

WEDNESDAYS:

AUGUST 21 THROUGH DECEMBER 4

9:00 - 11:30AM

The philosophy of the **FREE** 16-week Nurturing program emphasizes the importance of raising children in a warm, caring household. Discover how children develop the capacity to trust, care, and respect themselves and others.

THE 7 PRINCIPLES OF THE PROGRAM:

Attachment, Empathy, Nurturing Ourselves, Discipline, Expressing Feelings, Expectations, and Self Worth.

Presenter: Kathy Bruni, Nurturing Facilitator

CHILD CARE: NOT Available

SPACE IS LIMITED



ACTIVE PARENTING

TUESDAYS: SEPTEMBER 10

SEPTEMBER 17

SEPTEMBER 24

6:00 - 7:30PM

Learn Discipline Techniques the Work!

This program is geared towards parents of children 4-12.

- Improve communication with your child
- Teach responsibility and other values
- Handle problems as they arise
- Diffuse power struggles
- Stimulate independence
- Cope with difficult topics such as drugs, violence, and sex

Presenter: Amy Campbell, Parent Educator

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

SPACE IS LIMITED



**REGISTER @ 8:30AM BY PHONE: 262-338-9461
FOR SEPT., OCT., NOV., DEC. PROGRAMS**

**PHONE
REGISTRATION
BEGINS**

**MONDAY,
AUGUST 26TH
@ 8:30AM**

PHONE
REGISTRATION
BEGINS

MONDAY,
AUGUST 26TH
@ 8:30AM



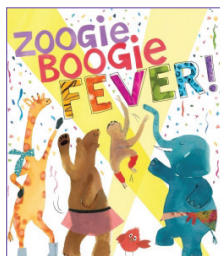
REGISTER @ 8:30AM BY PHONE: 262-338-9461
FOR SEPT., OCT., NOV., DEC. PROGRAMS

LET'S START WITH A BOOK

Pajamas
STRONGLY
Encouraged!

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

Space
is
Limited



ZOOGIE BOOGIE FEVER!

What do the animals at the zoo do when the gates close at night? They boogie until dawn of course! Come see all the animals dance and try to avoid being discovered by the zookeeper.

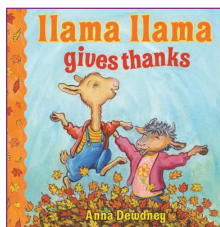
WEDNESDAY, SEPTEMBER 18



THE POUT-POUT FISH HALLOWEEN FACES

Your little guppies will delight in seeing Pout-Pout Fish try on different Halloween costumes. Pout-Pout loves dressing up for Halloween. Come and see his SPOOKTACULAR costumes.

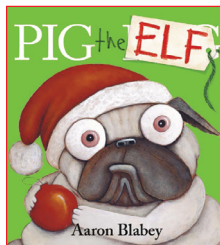
TUESDAY, OCTOBER 15



LLAMA LLAMA GIVES THANKS

It's Thanksgiving time for Llama Llama and his family. That means yummy foods and autumn leaves and being thankful for everything from pumpkin pies to blue skies.

TUESDAY, NOVEMBER 19



PIG THE ELF

No one loves Christmas more than Pig. The world's greediest pig will stay up all night to get his presents! Find out what adventures Pig encounters as he finds himself on Santa's sleigh!

TUESDAY, DECEMBER 17

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

Pizza and Play in the Park*

We'll meet at Barton Park for a night of fun and food. Dads give Mom a real break, she won't have to make dinner! We'll enjoy pizza and games as we say good-bye to summer.



*LOCATION: Barton Park, 2100 N Salibury Rd
THURSDAY, SEPTEMBER 26

Fall Fun

Apple pie and scarecrows, what could be better. We will craft a scarecrow and after that we will make our own personal size apple pies. Don't miss this tasty treat! We'll also decorate a pumpkin. Feel free to wear a costume.



THURSDAY, OCTOBER 24

Fire Station

Did you ever wonder where the fire fighters sleep and eat? Do they have a TV? These are all great questions which you can get answered at this field trip. The kids will get to see and sit in the fire trucks and ambulance. Fun!

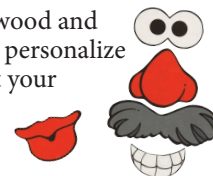
THURSDAY, NOVEMBER 14



Block Heads

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, DECEMBER 12



COFFEE & CONVERSATION MONDAYS

The coffee is ready!

SEPTEMBER 9, OCTOBER 7,
NOVEMBER 4, & DECEMBER 9



PRESENTER: KATHY BRUNI
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

SEPTEMBER

HARVESTING FARMER'S MARKET BOUNTY

Come learn how to use the bounty of your garden and local Farmer's Market to prepare easy family meals. We'll share ideas on freezing and preserving your fresh fruits and vegetables to enjoy during the cold winter months!

PRESENTER: Tina Ginner Melzl, 4C-For Children, Master Trainer
CHILD CARE: Available, but you MUST register
WEDNESDAY, SEPTEMBER 11 • 1:00-2:30PM

TRIPLE-POSITIVE PARENTING PROGRAM THE 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

LOCATION: United Way Resource Center
121 E. Sumner St, Hartford

CHILD CARE: NOT Available

THURSDAY, SEPTEMBER 12 • 6:00-7:30PM

TRIPLE-POSITIVE PARENTING PROGRAM MANAGING FIGHTING AND AGGRESSION



When children argue or fight, even become aggressive, it can be hard for parents to know when to step in, and how to calm things down. The important thing is for children to learn how to get along with others, and to deal with disagreements and frustration. This is something parents can teach them, by having clear limits and setting a good example.

PRESENTER: Kathy Bruni, Triple P Educator

CHILD CARE: Available, but you MUST register

MONDAY, SEPTEMBER 23 • 9:30-11:30AM

OCTOBER

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 the whining, teasing, arguing, fighting, tantrums, and many other difficult behaviors.

FEE: \$20 for book and materials

PRESENTER: Ann Fuerbringer, Parent Educator

CHILD CARE: Available, but you MUST register

TUESDAY, OCTOBER 1 • 6:00-8:00PM

HANDLING CHALLENGING BEHAVIORS

This Workshop will give you the opportunity to bring your list of questions on topics such as biting, hitting, dealing with temper tantrums, and helping kids deal with other challenging behaviors whether at home or at daycare.

PRESENTER: Jennifer Pfannerstill-Purnell,
LCSW Greensquare Developmental
Specialist, Children's Hospital of Wisconsin

CHILD CARE: Available, but you MUST register

WEDNESDAY, OCTOBER 2 • 6:00-7:00PM

SAME PAGE PARENTING

Couples often have different styles of parenting. Come for a night of tips and tools to find that common ground that works for the whole family. Bring your questions and concerns.

PRESENTERS: Kim Mundinger and Kathy Bruni,
Parent Educators

CHILD CARE: Available, but you MUST register

THURSDAY, OCTOBER 10 • 6:00-8:00PM

TRIPLE-POSITIVE PARENTING PROGRAM DEVELOPING GOOD BEDTIME ROUTINES



Offered for Grandparents Raising their Grandchildren

It can be exhausting for the whole family when there are problems at bedtime. Some children fall into a deep and long sleep the moment their head hits the pillow, but for other, bedtime is a nightly struggle. Grandparents can help their grandchildren develop good sleep habits. With a few small changes you can make a big difference, making it easier for everyone to get the sleep they need.

PRESENTER: Kathy Bruni, Triple P Educator

CHILD CARE: Available, but you MUST register

WEDNESDAY, OCTOBER 16 • 6:00-8:00PM

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

MONDAY, OCTOBER 21 • 9:30-11:30AM

TRIPLE-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 feeling, 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*

LOCATION: United Way Resource Center
121 E. Sumner St, Hartford

CHILD CARE: NOT Available

TUESDAY, OCTOBER 22 • 6:00-7:30PM

NOVEMBER

MONEY, MONEY, MONEY

The root of all evils, but it doesn't have to be. Join us tonight and learn valuable ways to start a spending plan, stick to it, and take control of your finances. Learn how to set 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*

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

TUESDAY, NOVEMBER 12 • 6:00-7:30PM

TRIPLE-POSITIVE PARENTING PROGRAM

POSITIVE PARENTING

The values, skills and behaviors to encourage children are the choice of every individual parent. However, some core skill are important for everyone. Children are more likely to be confident, succeed at school and get on will 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*

LOCATION: United Way Resource Center
121 E. Sumner St, Hartford

CHILD CARE: NOT Available

TUESDAY, NOVEMBER 12 • 6:00-7:30 PM

MANNERS

"Say thank you," "Sit up straight," "Shake hands," "Say please." Most of us heard phrases like this as we grew up. Why? Because our parents thought it was important to teach us manners. Many of us do the same thing with our own children, but why do we bother? Find out why teaching manners is so important.

PRESENTER: Kathy Bruni, *Parent Educator*

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

MONDAY, NOVEMBER 18 • 9:30-11:00AM



TRIPLE-POSITIVE PARENTING PROGRAM

HASSLE-FREE SHOPPING WITH CHILDREN

As we embark upon the busy holiday shopping season come learn about one of the most difficult times for parents-when children misbehave in public-those times when they won't do as they are told, or really lose their cool. Parents often have to deal with difficulties like these when they are out shopping. You'll be happy to hear you can make shopping fun and you can teach your child to behave on shopping trips!

PRESENTER: Kathy Bruni, *Triple P Educator*

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

MONDAY, NOVEMBER 25 • 9:30-11:30AM

DECEMBER

CHRISTMAS COOKIES FROM AROUND THE WORLD

The holidays are such a great time to try new things. Join me as we explore different cookie recipes from different countries. I'll share some recipes and we may even have some goodies to taste!

PRESENTER: Kathy Bruni, *Parent Educator*

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

PLEASE SIGN UP FOR ONLY ONE DATE:

MONDAY, DECEMBER 2 • 9:30-11:00AM

– OR – WEDNESDAY, DECEMBER 4 • 6:00-7:30PM

HOLIDAY BASH-DROP IN

What could be more fun than sharing cookie decorating with our friends at the Senior Center. We'll join forces to decorate some cookies, do a craft and sing some carols as we celebrate the holidays.

CHILD CARE: NOT Available

WEDNESDAY, DECEMBER 11 • 9:30-11:30AM

2020 CALENDAR (2 DAY WORKSHOP)

Come make a beautiful calendar crafted by your children. They will create artwork that will be their very own. This is a gift that every Grandma and Grandpa will love to receive!

PRESENTER: Kathy Bruni, *Parent Educator*

NOTE – MUST ATTEND BOTH WORKSHOPS TO COMPLETE CALENDAR:

MONDAY, DECEMBER 16 (Months January-July)

WEDNESDAY, DECEMBER 18 (Months August-December)

9:30-11:00AM (both days)

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:

- Nov. 28th..... Thanksgiving Day
- Dec. 24 & Dec. 25th Christmas Eve/Christmas Day
- Dec. 31 & Jan. 1 New Year's Eve/New Year's Day

Please note that there is No Drop-In on Sept. 10th,
Nov. 5th and Nov. 28th,
Dec. 24th, Dec. 26th and Dec. 31st

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 BruniTriple P Educator, Family Engagement Specialist,
Family and Educational Programs
Kelly Carini.....Youngstar Consultant

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



follow us **twitter**

find us on **facebook**

@WCFamilyCenter



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

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 #'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



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

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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

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.

DATE/TIME: TBD Please contact Kathy at 262-338-9461 or by email: kathy@wcfacmilycenter.org

NEW FOSTER PARENT SUPPORT GROUP

FALL 2019 DATE/TIME: TBD

For more information call the 4C Family Center at 262-338-9461 for more information.



**Don't
FORGET!**



**REGISTRATION
BEGINS**

**MONDAY,
AUGUST 26TH**

**BY PHONE @ 8:30AM
262-338-9461**

**FOR SEPTEMBER,
OCTOBER, NOVEMBER &
DECEMBER
4C FAMILY CENTER
PROGRAMS**