

# Community Education Programs

Call 262-549-5575 to register. Free pre-registered childcare is available while attending most classes.

## STRONG WILLED CHILD

Identifying feelings and emotions is key in teaching kids essential life skills such as: managing emotional outbursts, developing problem solving skills that help control behavior, and working cooperatively within family and group settings.

**Mondays, May 1, 8, 15, 22**  
from 6:00-7:30pm

## LOVE AND LOGIC®

Love and Logic is a philosophy founded by Jim Fay and Foster W. Cline, M.D., and provides simple and practical techniques to help parents have less stress and more fun while raising responsible kids. This curriculum provides immediate results with techniques like: setting limits with enforceable statements, sharing control through lots of small choices, and many more. Become a Love and Logic parent and unlock the secret of successful parenting with these effective techniques.

**Mondays, July 10, 17, 24, 31**  
from 6:00-7:30pm

## MINDFUL PARENT/ HAPPY CHILD

*(Parent and Child class)*

Mindfulness is a key element in happiness and is proven to improve wellbeing, physically and mentally. Children also benefit from developing this relaxation state. Research links mindfulness practice to a decrease in temper tantrums and night terrors. This practice is also linked to improved self-esteem and school performance. Create a home with less stress, where children feel loved, accepted, safe, and calm.

**Tuesdays, August 22 & 29**  
from 5:30-7:00pm



## CO-PARENTING

Divorce or the end of a relationship is not the end of a relationship with your child or with your child's other parent. A negative relationship with your co-parent can cause your child to feel emotional and psychological distress. In this group, we work to redefine the relationship with your co-parent for the sake of the children involved.

**Wednesdays, June 7, 14, 21, 28**  
from 5:30-7:00pm

## BIG EMOTIONS-MELTDOWNS AND TANTRUMS

Learn new strategies and techniques in dealing with these everyday struggles. Gain an understanding of how you can influence your child's emotional development. Come join us for this informative workshop.

**Tuesday, July 18**  
from 5:30-7:00pm

## PARENTING THROUGH RECOVERY

Parenting through recovery is a series designed for parents who are in recovery from alcohol and/or substance abuse and wish to learn how to balance the demands of recovery while learning to be a better parent. The main topics will include talking with your children about addiction, recovery and ending the cycle of addiction; identifying feelings and healthy behaviors; rebuilding trust; how to discipline and re-establish rules; family roles; learning to use the tools of recovery and applying them to parenting.

**Wednesdays, July 19, 26, August 2**  
from 5:30-7:00pm

## TRIPLE P-POSITIVE PARENTING PROGRAM®

Triple P- Positive Parenting Program is an evidence based program, delivered individually to families who have behavioral concerns regarding their children. The individual approach provides an in depth look at why this behavior is happening, and how to manage and problem solve with key steps and strategies that will encourage healthy options. **Please call to make an appointment.**

## TAKING CARE OF YOU: MIND, BODY, SPIRIT

In this program, we will discuss the various dimensions of health (physical, mental, social, and spiritual) and how they are interrelated. We will be doing activities that reinforce the importance of being mindful and intentional in our daily lives for maximum health.

**Tuesdays, May 2, 9, 16, 23**  
from 5:30-7:00pm

## SOCIAL SKILLS & SELF-ESTEEM FOR CHILDREN

*(Parent and Child Class)*

The greatest gift we can give our children is to value themselves and to be able to approach life with confidence. This program aims to help children develop the social skills and positive self-esteem they need to live happily through interactive activities about one's self. "Behind every child who believes in themselves, is a parent who believed first."

**Wednesdays, May 10 & 24**  
from 5:30-7:00pm



## Fun things to do this Summer!

### FUN IN THE PARK/ ICE CREAM SOCIAL

Join us for yard games, nature crafts, and ice cream! It will be taking place at Greenway Terrace Park in Waukesha.

**Tuesdays, June 20, July 18, August 15**  
from 10:00-11:30am.

### CREATIVE CRAFTS FOR KIDS

*(Combined Parent and Child class)*

A love of learning, thinking, and creating are important qualities necessary to aid children in healthy development. Join us for a combined parent/child group that will allow you and your child to work together to create self-esteem shields, colorful kites, sun catchers, bird feeders, and more!

**Wednesdays, July 12, 19, 26**  
from 10:00-11:30am.

### KIDS MANAGING ANGER

*(Parent and Child class)*

Parents learn to deal with their children's anger and frustrations while children learn the tools to curb their anger as well. Parents will meet with a facilitator while the children are in their sessions.

**Tuesdays, August 1, 8, 15**  
from 5:30-7:00pm

### ADULT ANGER

Explore common causes of anger, learn how to manage your emotions, and find techniques that will help you control your actions before they hurt someone or yourself.

**Mondays, August 7 & 14**  
from 5:30-7:00pm

Like us on **facebook**

# Community Education Programs

## ON-GOING SUPPORT GROUPS:

### **PARENTING THROUGH LIFE'S CHALLENGES**

In this free on-going program, families support one another through Trust, Empowerment, Appreciation, Communication and Humor. We T.E.A.C.H. through Challenges. All families deal with challenges, but when you are faced with overwhelming day-to-day obstacles such as death, divorce, chronic illness, depression, anxiety, and/or unemployment, to mention a few, we know that finding support is critical. Parents Place provides support and help during these difficult times.

**Meets every 2nd & 4th Thursday  
from 5:30-7:00pm**

### **SINGLE/STEP-PARENT SUPPORT**

This parent led support group addresses the hardships that single parents and step-parents often face within their families. It will allow these parents to come together to address these struggles, help to constructively work through them, and promote positive relationships within their family. Sessions will focus on topics like goal setting, problem-solving, communication, and positive thinking in an effort to strengthen family bonds.

**Meets every 2nd Wednesday  
from 5:30-6:30pm**

### **REACHABILITY, TEACHABILITY (Previously Parenting Children with and Through Challenges)**

*(Parent and Child group)*

Every child deserves to have fun, socialize and be creative. Children with a special learning need, or the child that just does not "fit in" can experience creativity, support, and friendships. This program will reach out and teach through the use of experiential learning and hands on activities. Children will develop strength, coordination, confidence and independence while parents and guardians gain support and learn how to advocate on behalf of their children. (This is a new advanced "Parenting Children with Multiple Challenges," with a stronger focus on the child component.)

**Meets every 1st & 3rd Wednesday  
from 6:00-7:30pm**

### **FOSTER PARENT SUPPORT**

**Meets every 1st Thursday  
from 6:00-7:00pm**

### **PLAYGROUP**

A free on-going group for parents, grandparents, primary caregivers and children.

**Meets every Wednesday  
from 9:30-11:00am**

### **GRUPO DE NIÑOS HISPANOS**

- Ven a compartir con otras mamas
- Los niños juegan y comparten juntos en un cuarto lleno de juguetes
- Un aperitivo será proveído
- El grupo es gratis
- Nos reuniremos todos los Martes 9:30am a 11am

El grupo es en **PARENTS PLACE**. Si tienes preguntas llamar a Nina (262)549-5575 o via email: [info@parentsplacewi.org](mailto:info@parentsplacewi.org)



\*\*Registration required for all programs.  
Class fees may apply.  
Classes may cancel if under five register.  
Call / email for prices & registration.  
262.549.5575 / [info@parentsplacewi.org](mailto:info@parentsplacewi.org)

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Please call 262.549-5575 to be removed from this mailing list

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## **PARENTS PLACE**

### **Community Education Programs & Classes Spring/Summer 2017**

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[info@parentsplacewi.org](mailto:info@parentsplacewi.org)

*The mission of PARENTS PLACE is to  
strengthen families and protect  
children through prevention,  
intervention and education in  
Southeastern Wisconsin.*