

Community Education Programs

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

FAMILY CREATIVITY

(Combined Parent and Child Class)

Exploring your inner self through drumming and insight oriented art. This two session program promotes non-violent communication, self-empowerment, and positive family connections through creative art experience. This class aids in times of stress, to help heal traumatic wounds, and as a way for parents and their children to strengthen their bonds and communication.

*Space is limited to 15 participants.

*Must be 6 and older to participate.

Monday & Tuesday, September 18 & 19
from 5:30-7:00pm

PARENTING THROUGH RECOVERY

(Parent and Child Class)

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, September 20, 27, October 4
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, October 2 & 9
from 5:30-7:00pm

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.

Wednesdays, October 4, 11, 18, 25
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.**

DISCUSSION GROUP

Parents explore particular parenting issues with a small group of other parents. Includes an informational presentation and short video as well as tips and suggestions for dealing with specific behavior challenges. September topic "Dealing with Disobedience". Develop strategies and techniques to build a positive relationship with your children.

Tuesday, September 26
from 5:30-7:00pm

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.

Mondays, October 9, 16, 23
from 5:30-7:00pm

THE TRAUMATIZED CHILD

Emotional trauma is all too common in children and adults. In recent years there has been an explosion of research in trauma and its long-term effects on brain development, behavior, physical wellbeing and social connections. This class will have two parts, the first class will focus on defining trauma and its effects on child development. The second class will explore evidence based ideas to help heal and discipline the traumatized child.

Tuesdays, October 10 & 17
from 5:30-7:00pm

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, November 6, 13, 20, 27
from 6:00-7:30pm

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, November 7
from 5:30-7:00pm

MINDFUL PARENT/ HAPPY CHILD

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.

Tuesday, November 14
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.

Tuesdays, December 5, 12, 19
from 5:30-7:00pm

Everyday Learning Series:

(Combined Parent and Child Class)

MUSIC

Create instruments and learn the importance of music in your child's life in creating calm. Through music you develop:

- A sense of patterning such as math skills
- Increase memory and cognitive skills
- Stimulated brain connections
- Created sense of joy and calm

Wednesday, September 27

from 5:30-7:00pm

PLAY

Develop creative outlets, create "old school toys," and explore your child's creativity. Play helps to promote:

- Physical development
- Emotional development
- Social development
- Intellectual development

Wednesday, October 25

from 5:30-7:00pm

READ

Reading begins at birth. How parents introduce a child to books is critical to development. This groups will allow you to:

- Create a book with your child
- Learn how to create a fun reading environment
- Learn the key to a child's success in school
- How to create a love of reading
- Language development

Wednesday, November 29

from 5:30-7:00pm

*Come join Wisconsin's
Largest Spaghetti Dinner
on November 12th!*

***Contact Parents Place for
details and registration.*

Community Education Programs

PARENTS OF CHILDREN WITH SPECIAL CHALLENGES

(Parent and Child Class)

Raising children with ADHD, Autism, and/or Oppositional Defiant behaviors can be exhausting. This series offered by experts in the field will present new ideas and the skills necessary to build loving relationships filled with more joy and less chaos. Children will develop self-regulation, anger management, social skills, and self-esteem. They will meet in a separate age related group.

Speakers are as follows:

Dina Visuri, an occupational therapist from Journeys therapy clinic, will show how to use breath and body awareness and practice as a way of feeling grounded or connected to ourselves in a rapidly moving and over stimulating world.

Wednesday, September 20
from 6:00-7:00pm

Dawn D'Amico Director of Advanced Therapeutic counseling will speak on trauma, anxiety, and depression. Learn how past experiences impact your behavior and what you can do to develop positive coping skills.

Wednesday, November 8
from 6:00-7:00pm

NUTRITION SERIES

Come and enjoy preparing and tasting healthy, low-cost recipes together with other parents during this eight week nutrition series. Along with preparing food, a portion of each class will be spent *Walking with Leslie Sansone* (DVD). You choose your intensity level. Let's eat right and get active together! This program is offered in both Spanish and English.

Spanish:

Tuesdays, October 3, 10, 17, 24, 31, November 7, 14, 21
from 10:00-11:00am

English:

Wednesdays, October 4, 11, 18, 25, November 1, 8, 15, 22
from 10:00-11:00am

ON-GOING SUPPORT GROUPS:

PARENTING THROUGH DEPRESSION & ANXIETY

In this ongoing support group, members help each other as symptoms of depression and/or anxiety make parenting difficult. Get tips for managing and preventing symptoms as well as the support of parents who are faced with the same challenges. The group meets twice a month every month. Leave each meeting recharged and ready to face the challenge that parenting with depression and anxiety can bring.

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

FOSTER PARENT SUPPORT

This parent facilitated support group looks at the struggles associated with being a foster parent. Connect with other foster parents in the area to share experiences and hardships and support one another.

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 mamás
- 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



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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 Fall/Winter 2017

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