

Community Education Programs

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

STOP BULLYING/ BUILD SELF-ESTEEM

(Parent and Child Class)

An exciting first time opportunity: Two special nights presented by Pewaukee High School students that have inside knowledge on self-esteem and bullying issues. These nights will be fun and educational for children ages four to thirteen, and their parents. Learn new and effective strategies to stop bullying and build a positive self image.

**Free backpacks and supplies will be given to each child; as well as snacks, drinks, and door prizes.

SELF-ESTEEM

Monday, January 8
from 5:30-7:00pm

BULLYING

Monday, January 15
from 5:30-7:00p

**For more information, please visit our website:
<http://www.parentsplacewi.org/>

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.

Wednesdays, January 10, 17, 24
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, January 29 & February 5
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. **Please call to make an appointment.**

DISCUSSION GROUP

Parents explore particular parenting issues with a small group of other parents. Discussion workshops include:

- Bedtime Routines that Work
- Dealing with Disobedience
- Hassle Free Shopping with Children
- Managing Fighting and Aggression

Choose one or all.

Dates to be announced.

LOVE AND LOGIC®

This curriculum provides immediate results with techniques like: setting limits with enforceable statements, sharing control through lots of small choices, and many more. Unlock the secret of successful parenting with these effective techniques.

Mondays, February 12, 19, 26
from 5:30-7:30pm

OR

Mondays, April 9, 16, 23, 30
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.

Mondays, March 5, 12, 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.

Tuesdays, March 6, 13, 20
from 5:30-7:00pm

EAT SMART

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!

Wednesdays,
March 7, 14, 21, 28, April 4, 11, 18
from 10:00-11:00am

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.

Wednesdays, March 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.

Wednesday, April 11
from 5:30-7:00pm

Everyday Learning Series:

(Combined Parent and Child Class)

PLAY/ READ

Develop creative outlets, create "old school toys," and explore your child's creativity. Play helps to promote physical, emotional, social, and intellectual development. Then explore reading and how parents introduce a child to books is critical to development. This group will allow you to create a book with your child, learn how to create a fun reading environment.

Wednesday, April 11
from 5:30-7:00pm

MUSIC/ MOVEMENT

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, increased memory and cognitive skills, stimulated brain connections, and allows a sense of joy and calm.

Wednesday, April 25
from 5:30-7:00pm



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.

Speakers and topics are as follows:

Joe Lashley, a parent of a child with autism and an expert in work on de-escalating children with autism. He will be teaching effective strategies and tools for redirecting challenging behaviors in individuals with cognitive delays.

Wednesday, February 7
from 6:00-7:00pm

Tania Stolfa, LPC, has been practicing in the outpatient mental health setting since 2010. She has currently gone into her own private practice with Engaging Therapies, LLC, in Waukesha County. In this two-part series you learn the different kinds of trauma, how trauma effects the person who went through it, how trauma effects caregivers and children, as well as strategies to help children cope with traumatic events and the behaviors that follow.

Wednesdays, February 14 & 28
from 6:00-7:00pm



Special Workshops with Karen Becker:

DEPRESSION/ ANXIETY

Learn to recognize warning signs of anxiety and depression in yourself, build a plan for working through those warning signs, and get ideas for preventing some of those symptoms from showing up again.

Tuesday, February 20
from 5:30-7:00pm

MINDFULNESS

During this discussion, we'll talk about ways to incorporate mindfulness in your family life as well as your personal life.

Tuesday, April 17
from 5:30-7:00pm

ON-GOING PROGRAMS:

FOSTER PARENT SUPPORT

Meets every 1st Thursday

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

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

**Registration for all classes and speakers closes 24 hours prior to the program. Please be sure to register at least 48 hours in advance for all programs that you wish to attend to ensure your spot.*

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Parents Place, Inc.
1570 E Moreland Blvd.
Waukesha, WI 53186
262.549.5575

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PARENTS PLACE

Community Education Programs & Classes Winter/Spring

1570 East Moreland Boulevard
Waukesha, WI 53186
262-549-5575
www.parentsplacewi.org
info@parentsplacewi.org

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