**Community Education Programs**

**Call 262-549-5575 to register. Free pre-registered childcare is available while attending classes. “Space is limited”**

**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.

*Love and Logic Early Childhood Parenting Made Fun!*
“For parents with children from birth to age 7”

Tuesdays, March 24, 31 and April 7, 14
From 5:30-7:15pm

Parenting the Love and Logic Way
“For parents with children from 7 and older”

Tuesdays, January 7, 14, 21, 28
Or
Tuesdays, April 28 and May 5, 12, 19
From 5:30-7:15pm

Please Pick One of The Sessions Above

**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.

ONE-ON-ONE

- Focus on your family’s specific needs
- Get suggestions for your situation
- Create a practical action plan

Please call to make an appointment.

**CO-PARENTING**

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, February 3, 10, 17
From 5:30-7:00pm

**Connected Parenting and The CALM Technique**

Based on the scientific research of Jennifer Kolari, one of the nation’s leading parenting experts and founder of Connected Parenting, this program teaches parents to use empathy repair frayed bonds, deescalate tantrums, correct difficult behaviors and help your child to become more confident and emotionally resilient. Through a collaborative and supportive teaching model. Parents will find their children are more compliant, more relaxed and most importantly—happier.

Thursdays, February 6, 13, 20, 27
From 5:30-7:00pm

Also adding one Saturday
February 8
Saturday session at 9-Noon

**PARENTING IN 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.

Mondays, April 6, 13, 20, 27
From 5:30-7:00pm

A Dinner Included

**UNDERSTANDING ANXIETY**

Unmanaged anxiety can severely affect or highly restrict or disrupt daily life. Fifteen percent of Americans are affected by anxiety disorders. Understanding what anxiety is and learning strategies that can lessen and improve anxiety are the first steps to a fuller life. This program is for parents and teens to work together and provide support.

This Class Is for Teens age 12-18 With Their Parents

Wednesdays,
May 13, 20 & 27
From 5:30-7:00pm

**INSIDE OUT DAD**

“An evidence-based program for reconnecting fathers with their children”

An evidence-based curricula proven to develop pro-fathering attitudes, knowledge and skills, which helps fathers successfully reenter the lives of their families and communities.

A Dinner Included

Wednesdays, March 18 & 25 & April 1 & 8
From 5:30-7:00pm

**CO-OP PARENTING**

**PARENTING IN RECOVERY**

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Community Education Programs

STRONG BODIES PROGRAM
Come learn about this free strength training program for adult women and men. Program will include strength training, flexibility and balance exercises plus nutrition education. Weights are provided.
Monday, April 2
From 4:00-5:00pm

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.
Wednesdays, April 22, 29 & May 6
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, March 2, 9, 16
From 5:30-7:00pm

A NGER S ERIES

Strong Bodies Program
Come learn about this free strength training program for adult women and men. Program will include strength training, flexibility and balance exercises plus nutrition education. Weights are provided.
Monday, April 2
From 4:00-5:00pm

Tantrum
Get suggestions to help you handle tantrums and teach your toddler to calm down quickly.
Monday, February 24
From 5:30-7:00pm

Managing Fighting & Aggression
Get suggestions to teach your child to solve problems and get along with others.
Monday, March 30
From 5:30-7:30pm

PLAYGROUP
A free on-going group for parents, grandparents, primary caregivers and children.
Meets every Wednesday
From 9:30-10:00am

GROUP 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 or via email:
info@parentsplacewi.org

Registration required for all programs. Class fees may apply. Classes may cancel if under five register. Call or email for prices & registration.
262.549.5575 / info@parentsplacewi.org

PARENTS PLACE
Community Education Programs & Classes
Winter 2020
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.

Parents Place, Inc.
1570 E Moreland Blvd.
Waukesha, WI 53186
262-549-5575

Please call 262-549-5575 to be removed from this mailing list.
Parents Place, Inc. is supported by United Way WCDHHS, COAP, CANPB, and other private contributors.