

# Parents Place Community Education Programs

September 2015 - January 2016 (Page 1 of 4)

262-549-5575 ~ www.parentsplacewi.org

**Call 262-549-5575 to register. Prices for some classes may apply.  
Free pre-registered childcare is available while attending most classes.**

## **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 2-23 from 5:30-7:30pm**

## **STRENGTHENING FAMILIES**

*(Parent and child class)*

This program will benefit the entire family, and provide support for creating a healthy, well-rounded life style. The family skills component will include positive behavior management techniques to encourage healthy behaviors, build strong communication and increase cooperation within the family unit. Parents and children will be involved in learning and practicing new behaviors.

**Tuesdays, November 3-24 from 5:30-7:00**

## **MINDFULNESS**

Join us to learn the practice of purposely focusing your attention on the present moment and accepting it without judgment. Mindfulness has been found to be a key element in happiness and proven to improve your wellbeing, your physical and mental health. Being mindful makes it easier to enjoy life's pleasures as they occur. Come and see how we can help you enjoy each moment with your child and why it is important.

**Wednesdays, Oct 21 & 28 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, November 9-23 from 5:30-7:00pm**

## **PARENT/TEEN RELATIONS: Understanding Your Teen's Anger** *(Parent and teen class)*

This two-part class is for Parents and Teens. The first class will meet with the parents to help them understand their teen's anger, development and strategies to cope with their seemingly ever changing moods. The teens will meet separately.

The second class will be parents and teens together to explore the essence of anger and anger management strategies. Discover how anger manifests itself in our bodies and techniques to control it.

**Mondays, January 18 & 25 from 5:30-7:00pm**

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## 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, Nov 30-Dec 21 from 5:30-7:00pm**

## 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.

**Tuesdays, September 1-22 from 6:00-7:30pm**

## UNLOCK THE SECRETS TO DISCIPLINE

Learn how to manage tantrums, avoid power struggles and calm the chaos in a respectful and nurturing way that will build your relationship with your child while setting clear and consistent limits. *The class is based on current brain research and the book No Drama Discipline by Daniel Siegel and Tina Payne. **This class is appropriate for parents of children of all ages.***

**Tuesdays, October 6-20 5:30-7:00pm**

## SOCIAL SKILLS/SELF ESTEEM

*(Parent and child class)*

Many children struggle with social skills. Teaching coping skills, anti-bullying tools and positive decision making will help children to develop a positive self-esteem. Parents will discuss the important role they have in encouraging these traits in their children.

*(Choose **one** session below)*

**Wednesdays, October 7 & 14 from 5:30-7:00pm**

**Wednesdays, January 13 & 20 from 5:30-7:00pm**

## CREATING A CULTURE OF RESPECT

Kids who are oppositional are often severely anxious. This series for parents and kids will cover issues ranging from sibling rivalry, setting limits, dealing with anger, and anxiety. Learn valuable skills to help you and your children reach their full potential.

**Thursdays, November 12 & 19 and December 3 & 10 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 children 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, October 5-26 from 5:30-7:00pm**

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## **NEW PARENTING THE EARLY YEARS SERIES**

As a parent you have a very important job. Your job is to protect, teach and guide. In this series learn practical strategies to promote early learning, bonding, understand emotional and physical development, explore temperament and managing tantrums. Explore fun ways to interact and learn.

**Wednesdays, Sept 2-Oct 28 from 5:30-7:00**

## **COMMUNITY PARTNER PROGRAMS:**

### **IT'S ALL ABOUT TEENS**

*(Parent and teen class)*

This 7-week multifaceted series is what every parent and teen needs to build a strong foundation in their relationships, their schools and their community. Topics will include:

- ◆ **Sept 14 & 21:** Introduction to Anger
- ◆ **Sept 28:** A Program "We're Not Buying It",  
focused on making Healthy Choices
- ◆ **Oct 5 & 12:** Social Skills & Self-Esteem
- ◆ **Oct 19 & 26:** Anger Management the Final Steps to anger reduction

*NOTE: Attend one or all of the classes. Pick and choose the topics you wish to attend.*

**Mondays, Sept 14-Oct 26 from 5:30-7:00pm**

### **HAVING FUN WITH YOUR KIDS IN THE KITCHEN**

*(Parent and child class)*

Parents, grandparents, and youngsters cooking together in the kitchen can be fun! Join us for a weekly hands-on cooking demonstration and learn about easy, low-cost, fun recipes along with time-saving tips about healthy family meals. *Receive a **FREE** gift weekly that you will be able to use in your kitchen!*

**Thursdays, Sept 24-Nov 5 from 5:30-7:00pm**

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## ON-GOING SUPPORT GROUPS:

### **PARENTING WELL THROUGH DEPRESSION**

A free, on-going program for parents and children offered **every 2nd & 4th Thursday of the month from 5:30-7:00pm**. Explore successful parenting techniques and resources for parents coping with depression. Youth classes and free childcare available.

### **PARENTING CHILDREN FACING MULTIPLE CHALLENGES**

Most children present some challenges some with labels some without, anxiety, anger, oppositional defiant, autism, ADHD, obsessive compulsive, highly sensitive, inattentive, defiant and more. For each of these are parenting patterns to avoid and those that help the most.

Parents and children will learn in separate groups the skills to build strengths, master weakness and embrace life with confidence and skills as both a parent and a child or teen.

**This class is on-going and meets every 1st & 3rd Wednesday of the month from 6:00-7:30pm**

### **FOSTER PARENTS SUPPORT GROUP**

A free, on-going program for foster parents.

**Meets every 1st Wednesday of the month from 6:00-7:30pm.**

### **RELATIVE CAREGIVERS SUPPORT GROUP**

A free, on-going program offered for relative caregivers to come together to share their experiences with on another while providing support and encouragement as they face rewards and challenges of raising relatives.

**Meets every 3rd Tuesday of the month from 6:00-7:00pm**

### **DAD'S SUPPORT GROUP**

Join us **every 4th Tuesday of every month from 6-7:30pm** for topics that include: What are your goals as a father, What is your role now and would you like to change it, How has having a child affected other relationships in your life, How can you be a positive role model, Building stronger relationships, and Coping with stress.

### **SPANISH PARENTING GROUP**

Join our support group for Spanish speaking parents! Come to make new friends, find support in a relaxed setting and have an opportunity to share and learn from each other. *Primary focus on parents with children birth to 7 years old.* Free snacks will be provided.

**Tuesdays, Sept 8-29 from 5:30-7:00pm**

### **PLAYGROUP**

A free on-going group for parents, grandparents, primary caregivers and children. Meet new parents and have fun while supporting each other.

**Meets every Tuesday AND/OR Wednesday from 9:30-11:00am**