



Improving lives to help families succeed

Parent Education and Support Fall 2015 Classes and Programs

***Call Ozaukee Family Services with questions or to register for classes
262.376.7774***

Parents as Teachers (PAT) Program

For children birth to 5 years old. Ongoing, personalized home visits help parents become their child's first and most influential teacher. PAT educators share information on the latest research and provide ideas and activities for stimulating a child's development to coincide with opportunities for learning. **FREE.**

Rainbows

Meets two Tuesdays a month, October 20 - March 22, 6:30-7:30pm

A 12-week small group program for children (K-12) and their parents going through major changes such as divorce or death to help participants understand and express feelings, build self-esteem. This program fills up quickly, please sign up early. To learn more or register, contact our Rainbows Coordinator. **FREE.**

REFRESH Support Group

Meeting times and locations vary

An ongoing support group for parents/caregivers of children, adolescent or young adults with mental illness, behavioral issues, or ADHD. REFRESH connects parents and caregivers and gives them a safe and confidential place to share experiences, learn strategies, and gain support, information, and resources. Meets at OFS as well as Rogers Memorial Hospital in Brown Deer. Facilitated by Nanci Schiman, MS. **FREE.**

Play Group

Meets twice per month, alternates Mondays and Tuesdays

Designed for parents and their children ages 0-4 to engage and interact using themed activity stations. Facilitated by PAT Parent Educators. **FREE.**

Spirited Child

Wednesdays, October 21 – November 4, 6:30-8:00pm

For parents of children who are more intense, persistent, resistant to change, or generally more spirited than most. Learn positive ways to work with your child's spirit and temperament.

Facilitated by Kathy Bergmann, Parent Educator. *\$10 workbook fee.*

Parenting With Love and Logic

Mondays, October 19 - November 23, 6:00-7:30pm

A six week overview of the accredited Love and Logic parenting method. Learn ways to have fun parenting while setting limits and providing children with logical consequences. Facilitated by

Sara McManus, Parent Educator. *\$10 workbook fee.*

Let's Play to Learn

- **Round and Round We Go** **Tuesday, October 27, 10:00-11:00am**
- **Welcome to Winter** **Wednesday, December 2, 10:00-11:00am**

Learn ways to stimulate your 2, 3, or 4 year olds' creativity and learning through these parent/child hands-on workshops. Facilitated by PAT Parent Educators. *FREE.*

Behavior Modification: Strategies for Managing Difficult Behavior

Thursday, Nov 5, 6:30-8:30pm

For parents of children any age, a course to learn effective parenting approaches to reduce negative behaviors and strengthen the child's social, emotional, and academic behaviors through positive reinforcement. Facilitated by Katie Baud, MS., Family Steps. *FREE.*

Fostering Resiliency in Our Children

Monday, November 30, 6:30-8:00pm

For parents of children 8-18, an interactive class to help identify behaviors, build communication skills, and enhance your child's flexibility and empathy with a focus on reducing conflict in parenting. Facilitated by Susie Miller, M.S. LPC-IT, SAC-IT at Bluestone Counseling LLC and Joanne Kemnitz, LCSW, SAC-IT. *FREE.*

Volunteer childcare may be available for above workshops upon request at least two weeks prior to the start of class. Please request childcare when registering for class(es). We will confirm with you prior to the start of class.

Ozaukee Family Services
885 Badger Cr. – Grafton, WI
262.376.7774