



Improving lives to help individuals and families succeed

Parent Education and Support Spring 2016

Thanks to the generous support of OFS Donors and United Way of Northern Ozaukee,
we are able to offer all of our classes **FREE OF CHARGE!**

Parents of Middle School Girls Unite!

Sugar and spice, but not always nice! Parenting a middle school girl can be scary, frustrating, maddening, and wonderful all at the same time. Girls today are growing up with more social pressures than ever before- quite literally a generation to which parents today cannot always relate. In this open, 8-week group come and talk in a safe setting about your experiences, ask questions, compare limits and expectations, and find the support you may need to help alleviate stress and find creative approaches to parenting your daughter. Facilitated by OFS Counseling Staff.

- **Wednesdays, March 2nd-April 27th** **6:00-7:00pm (No Meeting March 30th)**

Let's Play to Learn

Learn ways to stimulate your 2 -4 year olds' creativity through these parent/child hands on workshops. Facilitated by PAT Parent Educators.

- **Thursday, March 3rd: Ooey Goopy Icky Sticky** **10:00-11:00 am**
- **Tuesday, April 19th: Funky Junk** **10:00-11:00 am**

Love and Logic Mini Sessions

Each Love and Logic Mini Session will focus on how to apply this nationally credited parenting program to a specific age group: young children, adolescents, and teens. A basic overview of Love and Logic Parenting Skills will precede exercises and interactive discussion questions led by participants. No prior Love and Logic knowledge required. Facilitator: Sara McManus, Parent Educator.

- **Monday, March 7th: Young Children (0-5)** **6:00-7:00pm**
- **Monday, April 4th: Adolescents (6-12)** **6:00-7:00pm**
- **Monday, May 2nd: Teens (13-18)** **6:00-7:00pm**

Fostering Resiliency In Our Children

For parents of children 8-18, an interactive class to help parents identify behaviors in their child, build communication skills, enhance your child's ability to be flexible and show empathy to others, and learn how to reduce conflict in parenting. Facilitated by Susie Miller, MS, LPC-IT, SAC-IT.

- **Tuesday, March 8th** **6:30-8:00pm**

Pajama Playtime

A fun weekend version of our playgroup for parents who work full-time and are looking for play groups that meet on Saturday! Come in your pajamas and enjoy books, toys, and activity stations. All/both parents welcome! Space is limited! *Please call to register by Friday, March 11th.* Facilitated by PAT Parent Educators.

- **Saturday, March 19th** **9:30-10:30am**

***Volunteer childcare may be available for workshops.
Child must be registered for childcare 2 weeks prior to the start of class.
Please include child's name and DOB at time of registration.***

Please see next page for more offerings! →→

Brain Games for Babies

Early Childhood experiences play a dramatic role in determining how a child's brain is wired. Learn fun games to optimize your child's social-emotional, physical, and cognitive development in this hands-on parent and child together workshop. Facilitated by PAT Parent Educators.

- *Tuesday, April 5th: 0-18 months* *10:00-11:00am*
- *Tuesday, May 17th: 18-36 months* *10:00-11:00am*

Raising Your Spirited Child

For parents of children who are more intense, persistent, resistant to change or generally spirited than most. In this 3-week course learn positive ways to work with your child's spirit and temperament. Facilitator: Kathy Bergmann, Parent Educator.

- *Wednesdays, April 13-27th* *6:30-8:00pm*

Developing Pre-Writing Skills in Young Children

Learn about the development of grasping patterns in young children aged 2-5 and activities to foster the all-important tripod grasp. Discover what the best types of writing tools are for young children. Learn about the developmental sequence of pre-writing lines and shapes that precede letter production and how to teach them to young children. Learn about fun activities to do with your child on a daily basis to promote pre-writing skills without even using a pencil! Facilitated by Kelly Jones, OT.

- *Monday, April 25th* *6:00-7:30pm*

Lost in Cyberspace: Effective Parenting in a Digital World

Today's youth are the first generation to be born and raised in a fully technological world. As parents, keeping up with the latest social media trends and culture can be mystifying and overwhelming. What are the risks and benefits of today's cyber world? What's fact and what's myth and how do we tell the difference? Learn how to set reasonable and effective boundaries while teaching your child the tools they need to use the internet wisely. Explore the pros and cons of digital and face to face communication. Join us as we explore these issues and discuss your questions and concerns. Facilitator: Nanci Schiman, MSW, CAPSW, Counseling and Parent Education.

- *Thursday, May 26th* *6:30-8:00pm*

Play Group

An open and interactive group for parents and their children aged 0-4. Using books and activity stations centered around themes, come and play with your child while interacting with other parents in our safe and fun playroom! Enjoy different toys, ideas to try at home, and parents and children can make new friends or bring friends you've already made! Space is limited. Please call ahead to reserve a spot! Facilitated by PAT Parent Educators.

- *Begins January 11th through May 24th* *9:30-10:30am*
- *Meets 2nd Monday and 4th Tuesday of every month.*

Please call or email Ozaukee Family Services to register 2 weeks prior to the start of classes as space is limited.

All classes held at Family Enrichment Center in Grafton.

Ozaukee Family Services
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