



4C Family Center of Washington County

Program Offerings

2376 W Washington St, West Bend, WI 53095

Office: 262-338-9461

<https://www.4cfc.org/familycenter/>

Strengthening families by providing parent education & family activities.



4C For Children

4C For Children serves Kenosha, Milwaukee, Ozaukee, Racine, Washington, & Waukesha Counties
Main Office: 1736 N 2nd Street, Milwaukee, WI 53212 • Office: 414-562-2650

www.4cfc.org



The Family Center website will be merging with the 4C For Children website. Be sure and bookmark our page at: <https://www.4cfc.org/familycenter/>

PROGRAMS for January - April 2023

All Workshops are held at the 4C Family Center, 2376 W Washington St, West Bend (unless otherwise noted*) Times vary so check schedule. MUST REGISTER. Please call: 262-338-9461

NURTURING

Wednesdays: February 1 – May 17

The philosophy of this FREE 16-week Nurturing Program emphasizes the importance of raising children in a warm, trusting, caring household. Discover how children develop the capacity to trust, care, and respect themselves and others. Explore the 7 principles of the program: Attachment, Empathy, Nurturing Ourselves, Discipline, Expressing Feelings, Expectations, and Self Worth.

Presenter: Kathy Bruni – Parent Educator

No Child Care Available

JANUARY

Triple P – Positive Parenting Program: **Developing Good Bedtime Routines**

It can be exhausting for the whole family when there are problems at bedtime. Some kids fall into a deep and long sleep the moment their head hits the pillow, but for others, bedtime is a nightly struggle. Come learn how to help your children develop good sleep habits. With a few small changes you can make a big difference, making it easier for everyone to get a good night's sleep!

Presenter: Sarah Mitchell, Triple P Educator

Thursday January 26 • 6:00-8:00PM



FEBRUARY

Triple P – Positive Parenting Program: **Hassle-Free Shopping with Children**

One of the most difficult times for parents is when their children misbehave in public – those times when children won't do what they are told, or really lose their cool. Parents often have to deal with difficulties like these when they are out shopping. You'll be happy to hear you can make shopping fun and you can teach your child to behave well on shopping trips. We will look at common shopping hassles and why children misbehave on shopping trips and give some practical suggestions to help you avoid those hassles and manage any problems that happen while you are shopping.

Presenter: Sarah Mitchell, Triple P Educator

Thursday February 16 • 6:00-8:00PM

MARCH

Triple P Teen - Teen Seminar: Raising Responsible Teenagers

Learn how to approach and manage conflicts to strengthen your relationship with your teen. Gain guidance on helping your teen establish routines and achieve greater independence.

Presenter: Carol Bralich, Triple P Educator, Human Development & Relationships Educator, Associate Professor Extension Washington County

Wednesday March 8 • 6:00-7:30PM

Teen Discussion Group: Reducing Family Conflict

This group discussion session will provide insight into handling arguments with teens and along with practical suggestions on how to teach your teenager problem solving skills.

Presenter: Carol Bralich, Triple P Educator, Human Development & Relationships Educator, Associate Professor Extension Washington County

Wednesday March 15 • 6:00-8:00PM

Triple P Seminar: Ages 0-12 - The Power of Positive Parenting: Raising Confident Children

Learn six core building blocks and strategies to help children become both competent and confident in their experiences at home, school & beyond!

Presenter: Carol Bralich, Triple P Educator, Human Development & Relationships Educator Associate Professor Extension Washington County

Wednesday March 29 • 6:00-7:30PM



APRIL

Triple P – Positive Parenting Program: Hassle-free Meal Times with Children

It can be frustrating for parents when their children misbehave at mealtimes, or refuse to eat. Many parents struggle to get their child to eat at the table, do as they are told at mealtimes, or refuse to try new foods. Fortunately, there are solutions to these difficulties that teach your child to behave well as the dinner table and make mealtimes pleasant for the whole family.

Presenter: Sarah Mitchell, Triple P Educator

Thursday April 6 • 6:00-8:00PM

Spanish Triple P – Programa de crianza positiva: buenas rutinas para ir a dormir

Puede ser agotador para toda la familia cuando hay problemas a la hora de dormir. Algunos niños caen en un largo y profundo sueño en el momento en que su cabeza se apoya sobre la almohada, pero para otros la hora de dormir es una lucha que ocurre cada noche. Los padres pueden ayudar a sus hijos a desarrollar buenos hábitos de sueño. Unos pocos cambios pueden hacer una gran diferencia, y así todos los miembros de la familia pueden dormir todo lo que necesitan.

Presentadora: Laura Salcido, Triple P Educator

Location/lugar: 4C Family Center

Thursday April 27 • 6:00-8:00pm