



4C Family Center of Washington County Program offerings

2376 W Washington St, West Bend, WI 53095
Office: 262-338-9461
www.4cfc.org/familycenter/



4C For Children

Strengthening families by providing parent education & family activities

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

January - April 2024

All programs are held at the 4C Family Center, 2376 W Washington St, West Bend.

Play & Learn Playgroups

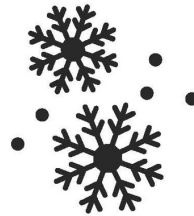
Tuesdays only January 9 through March 5

Tuesday and Thursdays March 14-April 2

Tuesday Jan 2 - NO Play and Learn

Thursday Jan 4 - Play and Learn

Tuesday Jan 9 - NO Play and Learn



Play & Learn Tuesdays only 9:30-11am

Jan 16

Jan 23

Jan 30

Feb 6

Feb 13 - NO Play & Learn

Feb 20

Feb 27

March 5

March 12 - NO Play & Learn

March 19



Little Nature Explorers Thursdays Only 10-11am

Jan 11

Jan 18

Jan 25

Feb 1

Feb 8

Feb 15

Feb 22

Feb 29

March 7



Scan Here to
register for Little Nature
Explorers



You Must Sign Up to come to the Little Nature Explorers Playgroup..
Please Call us at 262-338-9461 to register or go to our Sign Up Genius page to register.

Parenting Workshops

February

Parenting Tips: Ages and Stages

Have you ever wondered what's "normal" for your growing baby? Have you ever had a moment when you weren't sure what to do? While every child develops at different rates, there are some guidelines that can help you know when you should seek help for your child. This session is designed to increase parents' understanding of the importance of having age-appropriate developmental expectations for their children. We will address the stages of Infants, Toddler and Preschool and School Age children.

PRESENTER: Stacy Boden, RN, MSN, APNP
Pediatric Nurse Practitioner, Pediatrics
Location: 4C Family Center

THURSDAY, FEBRUARY 8, 6:00-7:00PM

Emotion Coaching: Helping Children Manage Strong Feelings

Emotion coaching gives parents a way to help children learn about emotions. Research shows that when parents value and guide emotions, children have greater academic achievement, more positive social interactions, and greater satisfaction in life. Learn strategies to help children self-regulate, how to support children experiencing strong feelings and techniques to help children develop problem solving skills. Emotion Coaching helps prepare children for the challenges they face throughout their lifetime. A child's ability to celebrate the happy times and recover from the bad ones is a key part of emotional health.

PRESENTER: Carol Bralich, Triple P Educator, Human Development and Relationships Educator, Associate Professor, Extension Washington County
Location: 4C Family Center

TUESDAY, FEBRUARY 13, 6:00-7:30PM

March

123 Magic (America's #1 Discipline Program)

Need a more effective discipline approach? Learn practical and effective behavior management techniques without yelling, arguing, or spanking. Learn solutions that work even for challenging behaviors. Learn how to stop the whining, teasing, arguing, fighting, tantrums and many other difficult behaviors.

PRESENTER: Ann Fuerbringer, Parent Educator
Location: 4C Family Center

THURSDAY, MARCH 14, 6:00-8:00PM