

NAPS NEWS



A Bi-Annual Calendar of Programs for Parents - Winter/Spring 2012

Mission Statement:

To strengthen families by facilitating access to community resources and providing educational and support services.

Strengthening Families

Is your family looking for a fun way to spend time together and learn how to build their relationships at the same time?

Parents of tweens and teens today are constantly searching to find ways to spend quality time together with their children. Adolescent children are forming their own beliefs, spending more time with friends and involved in a wide variety of activities, therefore being exposed to more risky behaviors.

The **Strengthening Families Program** is an evidence-based program that has shown to increase positive parenting skills and decrease risk factors that lead to alcohol, tobacco, drug use and acting out behaviors by teens. Ozaukee County UW-Extension Family Living Programs and Starting Point of Ozaukee County, in partnership with NAPS are offering a parent, youth, and family opportunity for families with youth who are 10-14 years old. The family-focused program teaches parenting skills and builds competency skills in youth. The goal of the program is to reduce substance use and behavior problems in youth during their teen years.

In seven two-hour sessions, parents and youth attend separate skill-building groups for the first hour and spend the second hour together in family activities. A meal will be offered prior to each session for the whole family including children in childcare, providing conversation opportunities for the families.

With the fast paced lives of families with teenagers, it is important for parents to take the time now to develop each family member's relationship skills and to fill their parenting toolbox with a variety of tools. If you are interested in helping your family grow together, please turn the page to get more information about the upcoming class **Strengthening Families**.

All classes are FREE unless otherwise noted.

The information provided in the NAPS Newsletter is not sponsored or endorsed by any Ozaukee County school district or personnel.

Please Sign Up Early!

- Classes fill up quickly! Minimum class registration is required. Classes may be cancelled 3 business days prior if minimum registration isn't met.
- To register for programs and childcare, call Ozaukee Family Services at (262) 376-7774 or register online at: www.OzaukeeFamilyServices.org.
- Unless noted, most programs are held at the Family Enrichment Center 885 Badger Circle, Grafton
- Please ask for directions when calling.

Notice to Professionals

There is a \$10.00 per class charge if proof of attendance is needed for certification purposes.

Childcare Policy

Children must be registered for childcare. Childcare is limited to a maximum of 12 children who are 12 years and younger.

Children are not allowed to be unsupervised in the building or allowed to sit in during parenting classes or workshops.



Check out our programs listed inside and then...

SIGN UP TO ATTEND!!!

ON-GOING GROUPS, CLASSES AND WORKSHOPS

Baby Sign Language

- **Tuesday, March 27th**
7:00 p.m. – 8:00 p.m.

Discover the benefits and rewards of signing with your hearing baby. Learn specific signs and games to help you get started with your baby. *Leader: Robin Meyer, former Sign Language Interpreter*

Brain Games for Babies and Toddlers

- For parents and their children ages 0-12 months:
Wednesday, February 29th, 9:30 a.m. – 10:30 a.m.
- For parents and their children ages 12-24 months:
Wednesday, March 28th, 9:30 a.m. – 10:30 a.m.

Early childhood experiences play a dramatic role in determining how a child's brain is wired. Learn fun interactive games to optimize your child's social, emotional, physical and cognitive development. **Limited childcare is provided for children who are not within this age group – please register for childcare when you sign up for this class.**

Leaders: Kathy Bergmann and Melissa Wellenstein, Parents as Teachers Educators, Ozaukee Family Services

Building Optimism

- **Thursday, May 10th**
6:30 p.m. – 8:00 p.m.

Dr. Michael Weber, Ph.D., Superintendent of Port Washington-Saukville School District, will teach you a ten-step process for helping children become more optimistic and self-assured. You will also learn how to help them and yourself reduce stress and become more positive and peaceful.

Empowering Children and Adolescents Who Have Depression and Anxiety

- **Tuesday, May 8th**
6:30 p.m. – 8:00 p.m.

Understanding childhood and adolescent mental health, recognizing symptoms of anxiety and depression, and knowing how to empower a child who is struggling with these issues are skills both parents and teachers need to have to best serve children and families facing these issues. Come for an evening of information and sharing. *Leader: Holly Hughes Stoner, Licensed Marriage and Family Therapist and former teacher*

Friends and Fun

- For GRANDPARENTS:
First and Third Tuesday of each month:
February 21st – May 15th, 10:00 a.m. – 11:30 a.m.
- For PARENTS:
Second and Fourth Tuesday of each month:
February 28th – May 22nd, 10:00 a.m. – 11:30 a.m.

Grandparents and parents will gain information and support while their grandchildren/children play. *Leader: Heather Will, Program Coordinator, The Youth and Family Project*

Happiest Baby on the Block

- **Wednesday, March 7th**
10:00 a.m. – 11:00 a.m.

Learn the five S's to calm your newborns' crying and help them sleep longer. This class is for expectant parents and new parents of infants up to 12 weeks. **Limited childcare is available for children older than 12 weeks – please register for childcare when you sign up for this class.** *Leader: Renie Rathke, Family Educator at the Columbia Center*

It's What You Say and How You Say It: The Link Between Language and Behavior

- **Thursday, March 15th**
6:30 p.m. – 8:00 p.m.

This workshop will focus on children's language development in the preschool years as it relates to their behavior. Parents will be given ways to modify their language to maximize positive behaviors. *Leader: Ginny Jagla, M.S. CCC-SLP, Speech and Language Pathologist*

Love and Logic

- **Wednesdays, April 4th – May 16th**
6:30 p.m. – 8:00 p.m.

A nationally recognized parent program that teaches how Love allows children to grow through their mistakes and Logic allows them to live with the consequences of their



Programs will be cancelled when GRAFTON schools are cancelled due to bad weather.

- Winter/Spring 2012

choices. Parents will have more control while teaching their kids to be responsible. It is never too begin this program with your children, whether they are a toddler or teenager. \$25 Fee for workbook and class materials. **Limited childcare is available – please register for childcare when you sign up for this class.** Leader: Heather Will, Program Coordinator, The Youth and Family Project and an Independent Facilitator of *Becoming a Love and Logic Parent*

Making Marriage Work

- Tuesday, April 24th
6:30 p.m. – 8:30 p.m.

Married? Thinking about marriage? Discover the secrets the experts use to enhance, build and de-stress your relationship. Leader: Barbara Bartlein, RN, CICSW, author of *Why Did I Marry You Anyway? Overcoming the Myths That Hinder a Happy Marriage*

Nutrition and the Brain

- Monday, March 19th
6:30 p.m. – 8:00 p.m.

Dr. Jeremy Fritz, Executive Director of Brain Balance, will discuss the topic of nutrition and the effects on brain and behavior in children with ADHD and learning disorders. Parents will also gain insight into the importance of nutrition for proper brain development in childhood.

Snack Attack

- Tuesday, May 1st
4:00 p.m. – 5:00 p.m.

Come join us for a fun-filled, healthy, hands on snack experience. Learn some great recipes that you can make with your grade school aged child and sample your creations.

****Please note this class will be held at the Feith Family YMCA (465 Northwoods Rd., Port Washington). Limited childcare available for children not yet school aged – please register for childcare when you sign up for this class.**
*****Families are also invited to stay and swim at the Feith Family YMCA following this class.**

Strengthening Families

- Wednesdays, February 15th – March 28th
5:30 p.m. – 8:00 p.m. (5:30 p.m. – 6:00 p.m. Meal;
6:00 p.m. – 8:00 p.m. Sessions)

Come join us for a fun, family-focused program for 10-14 year olds and their parents or caregivers. This program is designed to help parents build on their strengths in showing love and

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Most programs are held at the Family Enrichment Center, 885 Badger Circle, Grafton.

NAPS: The Nurturing and Parenting Support Collaboration

NAPS is a collaborative effort between three non-profit agencies located in The Family Enrichment Center in Grafton. COPE Services, Ozaukee Family Services, and The Youth and Family Project work together to provide educational and supportive services in Ozaukee.



A Continuing Partner - Feith Family YMCA

As part of a continuing effort to facilitate access to community resources and provide well-rounded education and support services to help strengthen families in Ozaukee County, the NAPS Collaboration continues its partnership with The Feith Family YMCA. NAPS will offer **Snack Attack at the Feith Family YMCA, located at 465 Northwoods Rd., Port Washington.**

www.ymcamke.org

setting limits and to help youth develop skills in handling peer pressure and building a positive future. Parents and youth attend separate skill-building groups for the first hour and spend the second hour together in family activities. A meal will be offered prior to each session. Leaders: Carol Bralich, UW-Extension Family Living Educator and Shea Halula, Starting Point of Ozaukee.

****Contact UW-Extension to register and get registration materials at 262-284-8288. \$25 fee for class materials. Limited childcare is available – please register when you sign up for this class.**

Potty Time

- Thursday, April 26th
6:30 p.m. – 8:00 p.m.

Dr. Dan Hagerman of Cedar Mills Medical Clinic will offer techniques that will make potty training more successful and less stressful for you and your child.

COPE Hotline

262-377-COPE

Teen & Home Alone Line

262-377-7786

Office: 262-377-1477

Email: hotline@opeservices.org

www.opeservices.org



Help yourself to the caring connection.

Every school year, COPE presents an educational program to all 5th grades and 9th/10th grade health classes in Ozaukee County

Schools. These programs inform students about COPE's Teen and Home Alone Hotline.

- Fifth grade presentations include rules to follow when students are home alone and how to handle emergency situations.
- Teen presentations include the warning signs of depression and suicide and what to do when someone is in crisis.

Watch for COPE information that is given to your child and take the opportunity to discuss COPE's "safety net" services with them.

**Emotional Support • Crisis Intervention
Information and Referral • Confidential**

Ozaukee Family Services

Parent Education & Support Programs

Office: 262-376-7774

Email: info@OzaukeeFamilyServices.org

www.OzaukeeFamilyServices.org



- **Parenting Workshops, Groups & Classes** - offering support and education to parents
- **Parents as Teachers** - home visiting program incorporating the latest brain research for families with children birth to five years
- **Rainbows** - peer support program for children who have experienced death or divorce
- **Counseling** - individual, child, adolescent and family counseling on a sliding fee basis
- **Beyond Divorce** - co-parent education for divorcing parents.
- **Prevention Education**

The Youth & Family Project

Office: 262-375-4683

Email: yfpozaukee@yahoo.com

www.youthandfamilyproject.org



- Parent Education Classes
- Parent Support Groups
- Short term counseling for teens and their families
- Street Outreach to provide information, referral and support with decision-making for youth.

Look inside for Fall 2011
NAPS Parenting Programs
and Workshops.



ADDRESS SERVICE REQUESTED

COPE Services
885 Badger Circle
Grafton, WI 53024

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