

Family Resource Center Fox Cities

A Place to Grow  A Place to Gather

1165 Appleton Road, Suite A, Menasha WI 54952

Phone: (920) 886-0123 Fax: (920) 886-1331

Winter 2009-10

Workshops and Activities

Registration: The following classes are held at the Family Resource Center, 1165 Appleton Rd, Menasha. Pre-registration is required by contacting the FRC at 920-886-0123 or library.ccr@tds.net. Child care is available with pre-registration unless otherwise noted. In the event of inclement weather, FRC events will be cancelled whenever the Appleton Area School District cancels classes.

1-2-3 Magic (Offered by Parent Connection for parents of children ages 2-12)
A behavior management program that helps you stop the behavior you don't want and start the behavior you do want!

Date/Time: Mondays, January 18 and 25, 6:00-8:00 PM

Conscious Discipline® ~ Assertiveness (Saying no and being heard)
Assertiveness is the main skill you use to set limits for your child. The goal of assertiveness is clear communication. In this workshop, you will learn to say no and be heard, focus on and communicate what you want to have happen, and use assertive commands to give children useable information.

Date/Time: Wednesday, January 20, 6:00-8:00 PM

Conscious Discipline® ~ Choices (Building self esteem and willpower)
Offering age appropriate, positive choices helps children build self esteem and willpower. In this workshop, you will learn to structure situations whereby children are more likely to be cooperative, prevent the blame game, and reclaim your parental power by making and modeling your own positive choices.

Date/Time: Monday, February 22, 6:00-8:00 PM

Terrific Twos (Offered by Parent Connection)

Explores the world of a two year old, including typical behavior, stages of development, creating a safe learning environment, and the importance of routines.

Date/Time: Wednesday, February 24, 6:00-8:00 PM

Thriving Threes (Offered by Parent Connection)

Explore a variety of topics as they relate to a three-year old such as stages of development, discipline strategies, fun activities, and creating a learning environment.

Date/Time: Monday, March 22, 6:00-8:00 PM

Conscious Discipline® ~ Intent (Turning resistance into cooperation)
Intent is real and a powerful communicator. Science has now verified that children do not have to be conscious of something in order for it to affect them. In this workshop you will learn how your positive intent can turn resistance into cooperation.

Date/Time: Monday, March 29, 6:00-8:00 PM

Darkness to Light (Presented by the Sexual Assault Crisis Center Fox Cities)
Protecting children from sexual abuse is our responsibility as parents, caregivers and professionals. Trained SACC staff will review seven steps to preventing, recognizing and reacting responsibly to child sexual abuse.

Date/Time: Monday, April 12, 6:00-9:00 PM

Conscious Discipline® ~ Empathy (handling the fusses and fits)
Empathy is a powerful partner to positive intent. Sometimes children become so angry that they simply cannot hear anything, including your message about a positive intent. In this workshop you will learn how to employ empathy when your child is so upset he has lost all self control.

Date/Time: Monday, April 19, 6:00-8:00 PM

Supernanny Techniques Revealed (Offered by Parent Connection)

Supernanny appears to work miracles and makes raising children look easy. Would her techniques work for you and your family? Bring your experiences, share with other families, and discover helpful strategies that will enhance your parenting and family life.

Date/Time: Monday, May 3, 6:00-8:00 PM

Potty Training 101 (Offered by Parent Connection)
If you're asking yourself, "Is my child ready to begin potty training and how do I start?", this program is for you. Learn to make the experience easier for both of you.

Date/Time: Wednesday, May 12, 6:00-8:00 PM

Special Family Activities

Registration: The following activities are designed for you and your child(ren) to enjoy together. No child care is available. Pre-registration is required by contacting the FRC at 920-886-0123 or library.ccr@tds.net.

Frosty Frolic - Join us for a morning of WINTER fun at the FRC! Go ice fishing, create COOL art with staff from the Appleton Art Center, play games, make a special snack and much more. It's going to be SNOW much fun!

Date/Time: Friday, January 22, 10:00 AM to Noon

Let's Explore Music and Movement Together - Join us as we explore music through hands-on, interactive activities designed for families and children to experience together.

Date/Time: Wednesday, March 10, 6:00-7:00 PM

Mom/Dad and Me at the FRC: Special Mother's/Father's Day Projects - Parents (or caregivers) and kids, ages 5 and younger, gather at the FRC to create something special for someone special! Craft materials and light refreshments will be provided

Date/Time: Dads - Saturday May 8, 9:30-11:00 AM;

Moms - Friday, June 18, 10:00 AM-Noon

Let's Explore Science Together - Join us as we explore science through hands-on, interactive activities designed for families and children to experience together.

Date/Time: Wednesday, June 16, 6:00-7:30 PM

Special Interest and Support Groups

Adoption Connection (A support group for adoptive families)
If you are considering adoption, are in the process of adopting, or have already adopted, you and your family are invited to join us for light conversation on the joys and challenges of adoption and parenting.

Contact: Call Rachel Keller at 920-739-4068.

Mamas Latinas (Latino Moms) (A support group for Hispanic and Latino mothers with young children)
Connect with other Spanish speaking mothers to discuss various parenting topics.

Date/Time: 2nd and 4th Friday of each month, 12:30 - 2:30 PM

Contact: Call Cristina Flores at 920-886-0123

Explore and Learn Play Groups

Enjoy the company of other families and nurture your child's sense of fun. Age appropriate activities, parenting information and snacks provided. Registration is recommended, but not required.

- Families with children 24 mos and younger: Wednesdays, 9:30 - 11:00 am
- Bilingual families (Spanish/English) with children 5 years and younger: Thursdays, 10:00 am - Noon

Drop-In Playtimes

An interactive stay and play time for parents, caregivers and children, ages 5 and younger. Stop in when your schedule allows during the following times:

- Mondays from 9:30 AM - 11:30 AM
- Mondays (4th of month) from 5:30 PM - 7:30 PM
- Tuesdays from 1:30 PM - 3:30 PM
- Friday from 10:00 AM - Noon



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