

Family Resource Center Fox Cities (FRC)

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/SPRING 2010

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. Call 886-0123 or email library.ccr@tds.net to register.

- *Families with children 24 months and under:*
Wednesdays from 9:30 AM - 11:00 AM
- Bilingual Playgroup for families with children 5 years & under:
Thursdays from 10:00 AM - Noon

Drop-In Playtimes

An interactive play-time for parents, caregivers and children, ages 4 and under. 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**

Special Interest and Support Groups

The following groups are held at the Family Resource Center Fox Cities and are designed for you and your children to enjoy together.

Dads Unlimited (for fathers and their children birth to 3) ~ Offered by Parent Connection. A special interest/support group designed with the needs and priorities of fathers and other male caregivers in mind. Meets 2nd Saturday of the month from 9:30 AM to 10:30 AM. *No registration necessary, drop in when your schedule allows*

Adoption Connection ~ A special interest/support group for families considering adoption, in the process of adopting, or who have created their forever families. Join us for light conversation on the joys and challenges of adoption and parenting. *Call Rachel Keller at 920-739-4068 for more information and current meeting schedule.*

Mama's Latina's (Latino Moms) ~ A special interest/support group for Hispanic and Latino mothers with young children. Connect with other Spanish speaking mothers to discuss various parenting topics. Meets 2nd and 4th Friday of the month from 12:30 PM to 2:30 PM. *No registration necessary, drop in when your schedule allows. Call Cristina Flores, Bilingual Coordinator at 920-886-0123 for more information.*

Workshops & Activities

The following are being held at the Family Resource Center Fox Cities @ 1165 Appleton Road, Menasha. Pre-registration is required by calling 886-0123 or email: library.ccr@tds.net

1, 2, 3, Magic ~ Offered by Parent Connection

This two part series helps you stop the behavior you don't want and start the behavior you DO want! Participants are invited to stay for a *hot chocolate social* on January 25th.

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

Child Care: Available with pre-registration

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, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

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, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Terrific Two's ~ Offered by Parent Connection

This workshop explores the world of two year olds including typical behavior, stages of development, safe learning environment and the importance of routines.

Date/Time: Wednesday February 24, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Thriving 3's ~ 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, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Conscious Discipline® ~ Intent (turning resistance into cooperation)

Intent is 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 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Darkness to Light ~ *Offered by the Sexual Assault Crisis Center Fox Cities*

Protecting children from sexual abuse is OUR RESPONSIBILITY as parents, caregivers and professionals. Trained facilitators will review 7 steps to preventing, recognizing and reacting responsibly to child sexual abuse. ***Please note this is a three hour workshop**

Date/Time: Monday April 12, 2010 6:00-9:00 PM

Child Care: Available with pre-registration

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, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Supernanny Techniques Revealed ~ *Offered by Parent Connection*

Supernanny appears to work miracles and make 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, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Potty Training 101

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, 2010, 6:00-8:00 PM

Child Care: Available with pre-registration

Special Family Activities

The following activities are designed for parents and caregivers to enjoy together. Special family activities are held at the Family Resource Center Fox Cities unless otherwise noted. **Pre-registration is required** by calling 886-0123 or email: library.ccrr@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

Child Care: Not available

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, 2010, 6:00 PM -7:00 PM

Child Care: Not available

Dad and Me at the FRC: Special Mothers Day Project ~ Offered by Parent Connection

Dads (or other special male caregiver) and kids age 5 and under gather at the FRC to create *something special* for someone special! Craft materials and light refreshments will be provided.

Date/Time: Saturday May 8, 2010, 9:30 AM -11:00 AM

Child Care: Not Available

Mom and Me at the FRC: Special Fathers Day Project

Moms (or other special female caregivers) and kids age 5 and under gather at the FRC to create *something special* for someone special! Craft materials and light refreshments will be provided.

Date/Time: Friday June 18, 2010, 10:00 AM-Noon

Child Care: Not available

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, 2010, 6:00-7:30 PM

Child Care: Not available

The **Family Resource Center Fox Cities** is possible through a partnership between Parent Connection, Family Services, Child Care Resource & Referral, Inc., and the Appleton Area School District.

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