

## LOVE AND LOGIC®

This curriculum provides immediate results with techniques like: setting limits with enforceable statements, sharing control through lots of small choices, and many more. Unlock the secret of successful parenting with these effective techniques.

### **Love and Logic Early Childhood Parenting Made Fun!**

*"For parents with children from birth to age 5"*

**Tuesdays, September 24,  
October 1, 8 & 15**

or

**Tuesdays, November 26, December 3, 10  
& 17**

**From 5:30-7:15pm**

**Parenting the Love and Logic Way  
Tuesdays, October 29, November 5, 12 &  
19**

**From 5:30-7:15pm**

### **Please Pick One of The Sessions Above**

## INSIDE OUT DAD

**"An evidence-based program for reconnecting fathers with their children"**

An evidence-based curricula proven to develop pro-fathering attitudes, knowledge and skills, which helps fathers successfully reenter the lives of their families and communities.

### **FREE DINNER**

**Tuesdays, November 19, 26  
&  
December 3, 10  
From 5:30-7:00pm**

## TRIPLE P "POSITIVE PARENTING PROGRAM"®

Triple P- Positive Parenting Program is an evidence based program, delivered individually to families who have behavioral concerns regarding their children.

### **ONE-ON-ONE**

- Focus on your family's specific needs
- Get suggestions for your situation
- Create a practical action plan

**Please call to make an appointment.**



## CO-PARENTING

A negative relationship with your co-parent can cause your child to feel emotional and psychological distress. In this group, we work to redefine the relationship with your co-parent for the sake of the children involved.

**Mondays, October 14, 21 & 28  
5:30-7:00pm**



## Triple- P Workshops

### DEALING WITH TANTRUMS

Learn new strategies and techniques in dealing with these everyday struggles. Gain an understanding of how you can influence your child's emotional development. Come join us for this informative workshop.

**Monday, November 4  
From 5:30-7:00 pm**

### COPING WITH STRESS

Being a parent is a challenging job. There seems to be so much expected of you. When parents are under stress they are likely to be calm and consistent with their children. Learn how to develop a coping plan for any stressful situation, this will include coping statements, relation strategies and positive parenting strategies.

**Monday, December 2  
5:30-7:00pm**

### SELF-REGULATION

Learn new tips and strategies to improve self-regulation when children are struggling for self-control. In addition to modeling self-regulation, we can teach our children the skills necessary to learn how to respond, not just react. This class will help parents and children develop the skills necessary to adopt healthy coping skills to use in time of stress.

**This Class Is For Children Age 5-11 and Their Parents**

**Mondays, September 23 & 30  
or  
November 11 & 18  
From 5:30-7:00pm**

**Please Pick One of The Sessions**

## PARENTING IN RECOVERY

Parenting Through Recovery is a series designed for parents who are in recovery from alcohol and/or substance abuse and wish to learn how to balance the demands of recovery while learning to be a better parent.

**Tuesdays, September 10, 17, 24,  
October 1, 8 & 15  
From 5:30-7:00pm**

## UNDERSTANDING ANXIETY

Unmanaged anxiety can severely effect or highly restrict or disrupt daily life. Fifteen percent of Americans are affected by anxiety disorders. Understanding what anxiety is and learning strategies that can lessen and improve anxiety are the first steps to a fuller life. This program is for parents and teens to work together and provide support.

**This Class Is for Teens age 12-18 With Their Parents**

**Wednesdays, November 6 & 13  
From 5:30-7:00pm**



# Community Education Programs



**Seminar Series**  
At Waukesha Library

**The Power of Positive Parenting**  
Monday, September 23

**Raising Confident, Competent Children**  
“Developing positive social skills and building children’s healthy self-esteem”  
Monday, September 30

**Coping With Stress**  
Monday, October 7

All dates are from 5:30-7:30pm  
Please Call Waukesha Library To Register

## **STRONG BODIES PROGRAM**

Come learn about this free 10-week, strength training program for adult women and men. Designed to improve muscle strength, bone density, balance and range of motion.

**Mondays,**  
**October 7, 14, 21 & 28**  
**November 4, 11, 18 & 25**  
**December 2 & 9**  
From 4:00-5:00pm

## **PLAYGROUP**

A free on-going group for parents, grandparents, primary caregivers and children.  
**Meets every Wednesday**  
From 9:30-11:00am

## **GRUPO DE NIÑOS HISPANOS**

Nos reuniremos todos los Martes 9:30am a 11am.  
El grupo es en **PARENTS PLACE**. Si tienes preguntas llamar a Nina (262)549-5575 o via email: [info@parentsplacewi.org](mailto:info@parentsplacewi.org)



## **ANGER SERIES**

### **ADULT ANGER**

Explore common causes of anger, learn how to manage your emotions, and find techniques that will help you control your actions before they hurt someone or yourself.

**Wednesdays, October 9, 16 & 23**  
From 5:30-7:00pm

### **KIDS MANAGING ANGER**

*(Parent and Child Class)*

Parents learn to deal with their children’s anger and frustrations while children learn the tools to curb their anger as well. Parents will meet with a facilitator while the children are in their sessions.

**Mondays, October 7, 14 & 21**  
From 5:30-7:00pm

### **TEEN ANGER**

*(Parent and Child Class)*

Do you feel like you have lost control because of your teen’s defiant behavior? This class focuses on improving the quality of parent-teen interactions, giving parents sufficient skills to manage disruptive, defiant and noncompliant behaviors. Parents and teens will learn how to negotiate conflicts, resolve problems and develop more effective communication skills.

**Mondays, December 2 & 9**  
From 5:30-7:00pm

Registration required for all programs.  
Class fees may apply.  
Classes may cancel if under five register.  
Call / email for prices & registration.  
262.549.5575 / [info@parentsplacewi.org](mailto:info@parentsplacewi.org)

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**Waukesha, WI 53186**  
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Please call 262.549-5575 to be removed from this mailing list

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and other generous contributors.



## **PARENTS PLACE**

### **Community Education Programs & Classes** **Fall/Winter 2019**

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Waukesha, WI 53186  
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*The mission of PARENTS PLACE is to strengthen families and protect children through prevention, intervention and education in Southeastern Wisconsin.*