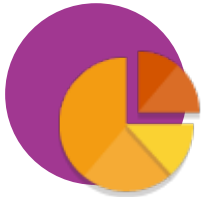




We Care.  
We Understand.  
We can help.

## PROGRAMS AND SERVICES

The Parenting Network offers a variety of programs and services to support our community in becoming a healthy place for families to work and play. Our community, school and parent coaching programs use nationally known, evidence-based curricula. We invite you to join with our parents and caregivers to gain the confidence and skills needed for those day-to-day challenges.



### COMMUNITY

Our parent education and support groups can be found at several locations throughout Greater Milwaukee and surrounding areas to meet your parenting needs and schedule. Check our website for dates, times, fees, childcare availability and locations. To register for a class, or a series of classes, contact the **Parent Helpline** at 414/671-0566. If you want to host a class, we will come to you.

**ONGOING CLASSES** – *A series of classes held in various locations that allow you to start at any time.*

- **Positive Parenting** – Attend 10 classes in 14 weeks. Discussions focus on non-violent discipline, techniques to manage stress, nurturing family routines, and child development. \$
- **Dad Matters 24/7** – Attend 10 classes in 14 weeks. Group discussion focuses on the importance of dad as a positive role model in their child's life. \$
- **Welcome, Baby! –FREE–** 10-week course that focuses on the developmental and social-emotional needs of infants and toddlers. The first years of your child's life are the most important.

**SINGLE CLASSES** – *One-time class with a specific focus.*

- ▲ **Triple P Seminars –FREE–** 1.5 hr information-filled seminars that provide loads of effective strategies. Choose from 3 topics: 1) The Power of Positive Parenting 2) Raising Confident, Competent Children 3) Raising Resilient Children
- ▲ **Triple P Discussions –FREE–** facilitated discussions give you in-depth information about four specific parenting topics: Disobedience, Bedtime Routines, Fighting and Aggression and Hassle-free shopping with children.
- ▲ **S.T.A.R.T. Program –FREE–** 1.5 to 2-hour workshop providing information to increase awareness of sexual issues and risks. Helps parents feel more comfortable communicating about sexual topics with their children.
- ▲ **Strengthening Families Framework –FREE–** for Family Support Professionals. In this 5-part series of 2.5 hour trainings, you will learn how to use the 5 Protective Factors in your work. Register with the Parent Helpline to take one or more of these informative trainings.

**COURSES** – *A series of time-limited classes with a specified start and end date.*

- ◆ **Triple P Group** - In this 8-week parenting program based on the Triple P model, parents gain confidence to manage family issues and develop skills through role-play, praise and consequences. \$
- ◆ **Effective Black Parenting –FREE–** Attend 10 of 15 classes. A culturally-sensitive parenting skill-building program that teaches how to raise African American children to become healthy, proud and capable adults.
- ◆ **Fireworks: Anger Management Program** - Individuals, couples and parents gain a better understanding of the emotion of anger and learn to constructively manage their own anger and reach clear agreements with others. \$
- ◆ **Empowerment –FREE–** 10-session series for men that promotes optimism and confidence with the goal of expanding the idea of personal empowerment. Topics include: communication skills, health, understanding relationships, managing stress and concepts of masculinity.
- ◆ **Strengthening Families 10-14 –FREE–** 7-week series for parents/caregivers and youth ages 10-14 that enhances communication through discussions and activities addressing topics such as stress, positive behavior, goal setting and more.

**SPECIAL CLASSES** – *One-time class with a specific focus*

- ★ **Cooperative Co-Parenting** - A 3-hour interactive and court-approved class for parents in Milwaukee County going through divorce, separation, or annulment. \$
- ★ **Stewards of Children** - 2.5 to 3 hour workshop providing you with the tools to help prevent the sexual abuse of children. Help us protect all of our children by moving from awareness to action. Registry/Youngstar credit is available for a fee. \$



## PARENT COACHING

We provide supportive, individualized parent coaching services for families throughout the Greater Milwaukee area. Participation in coaching is voluntary.

### TRIPLE P COACHING

A **FREE** opportunity for parents of children (ages 2-12) to have one-on-one attention from a trained parenting coach. Parents will receive support and ideas about how to handle specific parenting challenges. Up to four one-on-one sessions with a Triple P coach can be scheduled. You and your coach will work together to develop an individualized parenting plan to help you and your family succeed.

(For more information visit [www.triplep-parenting.com](http://www.triplep-parenting.com))

### WELCOME, BABY!

The Parenting Network offers **FREE**, individualized coaching as a part of the Welcome, Baby! series of classes. The Ages and Stages Questionnaire (ASQ) is a screening tool used to assess the child's development, helps parents set parenting goals and provides an opportunity to address concerns in a confidential, one-on-one setting. Welcome, Baby! uses the evidence-based programs of Dr. Stephen Bavolek and is funded by the Brighter Futures Initiative and United Way of Greater Milwaukee and Waukesha County.

(For more information visit [www.nurturingparenting.com](http://www.nurturingparenting.com))



## SCHOOL

We offer free, evidence-based prevention programs for middle or high schools tailored to meet the needs of students, parents, teachers, and the school's calendar. Through these programs, we have reached thousands of students in public, private, charter and parochial schools throughout Milwaukee County.

### MPC- MAKING PROUD CHOICES

The Making Proud Choices! Curriculum is a safe-sex approach to HIV/AIDS and teen pregnancy prevention. The goals of the program are to increase HIV/AIDS knowledge, to combat negative beliefs about condom use, and to promote condom use self-efficacy. Includes two additional sessions focusing on healthy relationships.



### LIFESKILLS TRAINING/LIFESKILLS TRANSITIONS

LifeSkills is a substance abuse and violence prevention program. LifeSkills for 6-8th grades (Training) and LifeSkills (Transitions) prepare young people to be healthy adults. Topics covered include Goal Setting, Managing Stress, Effective Communication, Decision-Making, Time and Money Management, and Building Healthy Relationships.

### PHAT – PROMOTING HEALTH AMONG TEENS

The Promoting Health Among Teens curriculum is an abstinence-based approach to HIV/AIDS and teen pregnancy prevention. The goals are to educate students about puberty, increase STD/STI and HIV/AIDS knowledge, to improve refusal and negotiation skills, and to promote abstinence. Includes two additional sessions focusing on healthy relationships.



## PARENT HELPLINE

414.671.0566

Parent Helpline is a confidential listening line for parents/caregivers providing support, problem solving, information and referrals. Parents and professionals can access information about programs, services, community resources, and receive **FREE** TPN materials.

Experienced phone counselors respond weekdays.

8:30 AM - 5:30 PM Monday - Thursday

8:30 AM - 5:00 PM Fridays

IMPACT 2-1-1 answers calls after hours.



## PARENT CAFÉS

414.671.5575 ext. 28

A safe space to build friendships, learn about community resources, and share your ideas about strengthening communities. Share what you know. Learn from others. Act together to create change. Your involvement can help make Milwaukee a strong and safe city. For more information please contact: Eyleen Lopez

