

# Winter 2022/2023 Parenting Classes & Resources

### **Parents Forever**

A co-parenting class. Topics include the role self-care plays in supporting family transition, building parent-child relationships, and co-parenting skills.

Virtual Option: (Two - 2 hr. sessions) In Person Option: (One - 4 hr. session)

Dates: January 17 & 19

Dates: February 16

*Time:* 5:30 – 7:30 pm Time: 8:30 am - 12:30 pm

Fee: \$20 for class materials, fee may be waived or reduced for financial hardship.

Register: https://forms.gle/aHxxmpqLXbathcF56 or call 608 297 3141

## Resilient Co-Parenting: Families Fighting Fair

A parenting class with a focus on the challenges that go along with co-parenting, whether it's a traditional co-parenting relationship, grandparents raising grandkids, or another situation. This session will focus on how parents can model conflict resolution skills for their children.

Date: February 2<sup>nd</sup>
Time: 7:00-8:00 pm
Where: Online

Register: Call 608 297 3139

## **Parent Cafés**

At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.

Dates: Dec. 15, Jan 12, Feb 16

*Time:* 6:30 - 7:30 pm *Where:* Online

Register https://www.surveymonkey.com/r/5FKGCNH or (800)-628-8534

### **Focus on Fathers**

A parenting program especially for dads! Involved fathers enhance their children's communication skills because they tend to ask children questions, which builds vocabulary and conversational skills. Positive father involvement includes direct interaction with children, including caregiving and shared activities.

Dates: February 9, 16 & 23

Time: 7:00-8:00 pm Where: Online

Register: Call 608 297 3139

## Raising Wisconsin's Children Virtual Parenting Conference

A free, online conference for parents, caregivers and childcare professionals providing supportive, practical parenting and child development information.

Dates: January 23-27

Times: 12:00 pm & 7:00 pm each day

Where: Online

Register: https://parenting.extension.wisc.edu/raising-wisconsins-children-2023-conference/



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## **Triple P: Positive Parenting Program**

Provide parents of children ages 0-12 years with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.

Dates: January 30th • The Power of Positive Parenting

February 27th • Raising Confident, Competent Children

*Time:* 5:30-7:30 pm

Where: TBA

Register: https://forms.gle/uSVxTgDLFicUgSpD6 or call 608 297 3141

A certificate will be provided upon completion of course(s). Classes are FREE unless otherwise stated. Fees may be waived or reduced for financial hardship.

## Other Parenting Resources:



#### **Marquette County Parent Information Exchange (PIE)**

Providing Information and connecting Marquette County Parents. When parents connect, families and communities' benefit! Also featuring a 'Family Facebook Directory' to help you find all the different groups and pages to follow!

Find us on Facebook! https://www.facebook.com/marquettecountypie



#### **Just In Time Parenting Newsletters**

A free parenting newsletter that is delivered by email and specific to a child's age and needs. They are designed so that information that's relevant to your family is automatically delivered to you just in time!

Sign up here! <a href="https://jitp.info/">https://jitp.info/</a>



Questions? Want to Learn more? Reach out!

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