



Family Matters

January - May

Ask the Experts:

Bullying in the Modern Era

Tuesday, January 8th, 6pm - 7:30pm

Presented by Stacy Stefaniak Luther, PsyD, LPC

Attend this workshop to better understand cyberbullying and its various implications on kiddos. Learn about available resources in your community as well as gaining support through a network that cares and understands.

Register by January 8th by 4PM.

Advancing with ADHD

Tuesday, January 29th, 6pm - 7:30pm

Presented by Kristine Shiverick, ADHD and Executive Functioning Coach

The session opens with education on the basics of this common childhood disorder and its implications for the children living with it. Spend the rest of the seminar interacting and getting tips for enhancing productivity by understanding and using strategies to support your child's executive functioning in everyday life. **Register by January 29th by 4PM.**

Nutrition: Smoothie Session

Wednesday, February 20th, 6pm - 7:30pm

Presented by Kristene Schulte, Certified Nutritionist

The hustle and bustle of daily life within a family can make it difficult to eat healthy. Learn helpful tips for creating easy and wholesome meals while enjoying a night of Kristene's vast nutrition knowledge. Finish the seminar with a smoothie taste test and recipe ideas to take home to your family! **Register by February 19th by 4PM.**

Social Media and Mom Shaming

Tuesday, March 5th, 6pm - 7:30pm

Presented by Stacy Stefaniak Luther, PsyD, LPC

Licensed Counselor, Stacy Stefaniak Luther, starts a conversation about the constant need for perfection in an era where moms share nothing but the best online. Learn self-care strategies and boost your confidence to combat these Facebook blues through shared discussion and activities.

Register by March 5th by 4PM.

Understanding Autism

Tuesday, April 2nd, 6pm - 7:30pm

Presented by Stacy Stefaniak Luther, PsyD, LPC

This informational workshop will further your understanding on Autism Spectrum Disorder, as well as offer tips and hints for preparing your kiddo for adulthood, advice on raising neurotypical siblings alongside their brother or sister with autism, and guidance for increasing functioning within your entire family. **Register by April 2nd by 4PM.**

All Programing is FREE! Childcare may be available at certain programs. Ask when you register.

Register: 715-848-1457 or ENowicki@CHW.org

Ongoing Programs:

LEAP – (Learning Essentials about Parenting)

Sit back and relax with us for this 9-week series of frank discussions about the joys and trials of parenthood. Topics include building self-esteem, child growth and development, communication skills, media, and positive discipline techniques. **9 weeks, 6 pm – 7:30 pm Mondays. Call to register. Childcare is available.**

Teen LEAP (Learning Essentials about Parenting) for Parents and Teens Together

This 10-week ongoing parenting class will provide parents with tools to successfully set limits for their teens and to open the lines of communication. This program is for parents and their teenage children, **no child care is available at this program.**

10 weeks, 6pm – 7:30 pm Thursdays. Call to register. Must start on week 1 or week 5.

Warmline

This is your connection to parenting information. It is a link to expert, non-emergency advice on the day-to-day trials of child rearing. **Call 715-848-1457.**

One-To-One Parenting Sessions

Trained staff will provide parenting information and support to families. If you would like an individualized parenting consultation, **call 715-848-1457.**

In-Home Parent Education

This 3-month in-home program provides visits with a parent educator to help improve parenting skills and teach positive discipline techniques. The program is tailored to meet individual needs. **Call to register 715-848-1457.**

Lena Start Marathon County

Grow your baby's brain through talk with this 13 week program designed to jump start your 0-32 month old for success in school and life. Enjoy a free meal each week as you learn about the importance of early communication and engagement. Includes FREE childcare, books and incentives. **New groups begin January 28th with multiple locations and times. Register: call 715-848-1457, text 715-660-0397, or email ntank@chw.org.**

Visit us at Chw.org/communityservices

Children's Hospital of Wisconsin

705 S. 24th Ave., Suite 400

Wausau, WI 54401

715-848-1457

Hours: Monday-Friday 8:30 am - 5pm



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Play and Learn Field Trips:

Youngin' Yoga Time

Friday, March 22nd, 9:30am – 11am
 Presented by Jean Miller and Emily Nowicki
 Children of all ages can enjoy this stretch session to work all the wiggles out before spring break! Meet us in the **Community Room on the second floor of the Wausau Library, 300 N. First St.** in place of the regular Wausau Library play and learn. Come ready to move with licensed yoga instructor, Jean Miller, as caregivers and children work side by side to master a variety of poses. Take a break for a snack and story before finding your inner peace with meditation and singing. **Comfortable work out clothes and shoes encouraged; no yoga mats necessary!**

Family Reading Event:

Wednesday, May 15th, 5:30pm - 6:30pm
 Presented by Emily Nowicki
 Bring your favorite children's book as well as anyone you consider family to join in this evening of literacy and fun! **Event held at Marathon Park, 1201 Stewart Ave on the playground nearest the Stewart Ave entrance. In the event of bad weather, activities will be held at the Wausau library in the aquarium room.**

COMING SOON!

End of School Extravaganza

Tuesday, June 11th, 10am - 11:30am
 Presented by Deborah Smith and Emily Nowicki
 Celebrate the end of the school year with an outdoor bash at **Machmueller Park, 7200 Quentin St, Weston.** Take part in free play on the playground, a scavenger hunt, squirt bottle painting, a water balloon piñata party, and more!
In the event of bad weather, activities will be re-scheduled for June 18th.

All programs are funded by Marathon County and Marathon County United Way and are provided free of charge.

Programs are not a DCE. Wausau, Spencer, Stratford or Newman Catholic School District sponsored activity and the opinions expressed are not necessarily those of the school district or their personnel.

Play and Learn Schedule and Locations:

Caregivers are a child's first and most important teachers. Take this opportunity to connect with others who have young children while participating in early learning activities that enhance your child's development and promote school readiness. All play and learns are free and open to the public, stop by at any location listed below to enjoy!

Monday

GD Jones School
 1018 S. 12th Ave.,
Wausau
 2:30 pm - 4:00pm

Tuesday

Athens Community Hall
 221 Caroline St., **Athens**
 10:30 am - 11:30 am

Wednesday

Mosinee Public Library
 123 Main St., **Mosinee**
 10:00 am - 11:30 am

Rothschild Public Library
 211 N. Grand Ave.,
Rothschild
 10:30 am - 12:00 pm

Stratford Public Library
 400 E. North St.,
Stratford
 10:15 am - 11:45 am

Village Building
 105 Park St., **Spencer**
2nd and 4th Wednesday
 10:00 - 11:30 am

Thursday

Edgar Village Hall
 224 S. 3rd Ave., **Edgar**
 10:00 am - 11:30 am

Friday

Marathon City Village Hall
 311 Walnut St., **Marathon**
1st and 3rd Fridays
 10:00 am - 11:30 am

Hatley Public Library
 435 Curtis Ave., **Hatley**
 10:00am - 11:30 am

Marathon County Public Library
 300 N. First St., **Wausau**
 9:30 am - 11:00 am

Look for us on Facebook!

