

ONGOING PROGRAMS AND SERVICES

September — December 2020

Parent Chat

Parents can schedule private, individual sessions with a staff person who can provide parenting information and support or connect you with the right community resource. Call: 715-848-1457

Warm Line

This is your non-emergency connection to speak with an expert on the day-to-day trials of child rearing and receive practical parenting information, tools, and advice. Call **715-848-1457**

Play and Learn

Tuesday

9:00 am and 10:00 am
Children's Wisconsin
705 S. 24th Ave
Wausau, WI 54401

Participants **MUST** register due to limited openings. Email Deborah-Jean @ dsmith@chw.org or call

Social Media

Look for us on Facebook!

<https://www.facebook.com/MarathonCountyFRC/>

Keep updated on our latest programming, Ask the Experts, Family Events and get great real-world parenting tips.

Pop-Up Play and Learn

Thanksgiving Fun

10:00 am - Children's Wisconsin—Skylight Room
705 S. 24th Ave
Wausau, WI 54401

Participants **MUST** register due to limited openings. Email Deborah-Jean @ dsmith@chw.org or call 715-848-1457

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

Programs are not an Athens, Abbotsford, Edgar, DCE, Marathon, Wausau, Spencer, Stratford or Newman Catholic School District



facebook

United Way
of Marathon County





Community Services

Family Matters

Ask the Experts and Family Events:

September—December 2020

Parenting Apart

September 30, 2020 6:00-7:30 - Virtual

Presented by Sandy Stetzer

It's normal for parents to be concerned about offering the right support and guidance for their child. Moms and dads living apart are encouraged to attend this presentation to learn more about effective ways to communicate parenting goal, strategies to maintain a positive working relationship with your previous partner, and ways to continually place your child as top priority after separation.

Myths of Motherhood

Wednesday October 14th 6:30-8:00pm - Virtual

Presented by Yonat Piva, MA, LMFT

In this workshop we will be debunking false motherhood myths and creating new healthy personal myths. You will increase your awareness of how to balance expectations for your journey of motherhood and when you may decide to seek support.

How To Survive Home Schooling In A Virtual World

October 22nd - 7:30-9:00pm - Virtual

Presented by Heather Bartsch

Homeschooling, whether full time or navigating virtual learning, can be frightening, frustrating and emotional. It doesn't have to be that way. Spend time with this Mom of three and learn about creating an environment where kids learn with humor, happiness and whole-hearted living.

Let's Get Baking!

November 5, 2020 12:30-1:30pm-Virtual

Presented by Heather Bartsch.

Cold weather is closing in. What better way to warm your home then spend an afternoon baking with your children. Get your aprons and gather round for a simple yet tasty baking event that will help you learn how you and your children can enjoy time in the kitchen together. We will provide the recipe (and a gluten free option!) with the zoom link at registration so you can bake right along with Heather.

Self Care During COVID-19

November 24th 6:00 pm—7:30 pm - Virtual

Presented by Stacy M. Stefaniak Luther, Psy.D., LPC The presentation includes activities that can be done at home and at work to assist with self-care and are also appropriate for children and adolescents. There is a strong empha-

All Programing is FREE but registration is required to receive the Zoom link.

Call: 715-848-1457, Email: DSmith@CHW.org or Text: 715-315-1943

Ongoing Services:

LENA Start Marathon County

Jump start your 0 - 33 month old for success in school and in life with this FREE 10 - week program that emphasizes the importance of early communication. Learn more about how early talk builds babies brains while engaging with other parents. Includes **FREE** books, incentives and all required materials. Join us for this virtual program. Several times and days available. **Spring Groups begin in February. Must start on class one. Register at LenaStartMC.org or by texting 715-660-0397.**

LEAP (Learning Essentials about Parenting)

Who can't use another tool in their parenting tool belt? Parenting is a joy but it can be challenging as well. Let's work together solving problems, strengthening relationships and creating a better flow in your home. This is a 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. **6 pm – 7:30 pm Mondays. Virtual classes may be an option as well. Call to register. 715-242-7457**

Parent Aide Triple P In-Home Services

Triple P in-home services are available for Marathon County families. This program promotes positive parenting practices to prevent a range of social, emotional, and behavioral problems in children and adolescents. Complete an intake survey with a Children's Wisconsin Family Support worker to determine if Triple P is the right fit to help you and your family. Parents of children ages 0-17 can apply. **Call 715-848-1457**

Visit us at Chw.org/communityservices
(click on Locations - Community Services - Wausau)

Children's Wisconsin
705 S. 24th Ave., Suite 400
Wausau, WI 54401
715-848-1457
Hours: Monday-Friday 8:30 am - 5pm