



Family Matters

Ask the Experts:

Sept - Dec 2019

Ongoing Programs:

Parenting Apart

Tuesday, September 17th, 6pm - 7:30pm

Presented by Stephanie Hamann, MA, LPC

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

Seeing the Unseen Child

Wednesday, October 23rd, 6pm - 7:30pm

Presented by Deborah Smith, Parent Educator

Many children throughout Marathon County face challenges that are easily overlooked by those who care for them. Parents, teachers, caregivers, or anyone with a special connection to a child will learn more about the hardships a child experiencing trauma, sensory processing disorder, and autism face on a daily basis.

ADHD 101

Tuesday, November 19th, 6pm - 7:30pm

Presented by Kristine Shiverick, ADHD and Executive Function Coach

Back by popular demand! Kristine opens the session with the basics of this common childhood disorder before moving on to discuss successful ways to develop your child's executive functions and increase school efficiency. Learn strategies to help enhance your child's productivity in everyday life.

Teen Yoga Session and Parent Pause Group

Wednesday, December 4th, 6pm - 7pm

Presented by Jessica Halvorsen, Registered Yoga Teacher and Deborah Smith, Parent Educator

Teens of all ages are welcome to join Jessica Halvorsen, registered yoga teacher, for an evening of stretching and centering while enhancing mindfulness before the holiday season. Meanwhile parents will join parent educator, Deborah Smith, in a separate room, to chat and laugh about the joys of parenting teens. **No yoga mats necessary. Space limited, must register.**

Oppositional Defiant Disorder

Wednesday, December 11th, 6pm - 7:30pm

Presented by Deborah Smith, Parent Educator

Defiance is a natural part of childhood, but children who frequently exhibit anger, spiteful behavior, and a refusal to comply with authority figures may be struggling with ODD. Join us for an evening of discussion and activities focused around further understanding this disorder and its influence for the children and families affected by it.

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 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**

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

Jump start your 0 - 32 month old for success in school and in life with this free 10 - week program that emphasizes the importance of early communication. Enjoy a free meal each week while learning more about the importance of early talk. Includes FREE childcare, books, and incentives. **Fall groups begin September 16th. Day and evening options available. Must start on Class 1. Sign up at LenaStartMC.org or by texting 715-660-0397.**

Visit us at Chw.org/communityservices

Unless otherwise noted, programs held at:
Children's Hospital of Wisconsin

705 S. 24th Ave., Suite 400

Wausau, WI 54401

715-848-1457

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

All Programing is FREE but registration is appreciated
Childcare may be available, ask when you register.

Register: Call: 715-848-1457, Email:
ENowicki@CHW.org, or Text: 715-937-8910



Family Matters

Play and Learn Family Events:

Story-Telling Yoga

Wednesday, September 18th, 10am - 10:30am at the **Mosinee Public Library, 123 Main St, Mosinee**

Tuesday, October 8th, 10:30am - 11am at the **Athens Community Hall, 221 Caroline St, Athens**

Thursday, October 10th, 10am - 11:30am at the **Edgar Village Hall, 224 S 3rd Ave, Edgar**

Friday, November 15th, 10am - 10:30am at the **Marathon City Village Hall, 311 Walnut St, Marathon**

Wednesday, November 20th, 10am - 10:30am at the **Mosinee Public Library, 123 Main St, Mosinee**

Friday, December 13th, 9:30am - 10am at the **Marathon County Public Library, 300 N 1st St, Wausau**

Presented by Jessica Halvorsen, Registered Yoga Teacher

Start play and learn with a half hour stretchable story time led by registered yoga teacher, Jessica Halvorsen. Caregivers and children of all ages are welcome to join us at any (or all!) locations above to enjoy posing and centering while Jessica leads the group through a pose by pose yoga story. Enjoy this special time with your child regardless of yoga ability — join us for your first ever yoga session or your fiftieth!

Comfortable work out clothes and shoes encouraged; no yoga mats necessary.

Digging up Roots from the Family Tree

Tuesday, September 24th, 6pm - 7:30pm

Presented by Karla Leppen at **Children's Hospital of Wisconsin, 705 S 24th Ave, Suite 400**

Children ages 5 and up come ready to pick up a magnifying glass and examine your family history! Work alongside your parent, grandparent, aunt, uncle, or the special caregiver in your life to enjoy this evening of hands-on learning activities that look at what family all means. All types of families can enjoy learning about who they are and how they're connected.

Look for us on Facebook!

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 sponsored activity and the opinions expressed are not necessarily those of the school district or their personnel.



United Way of Marathon County



September - December 2019

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**
9am - 10:30am

Tuesday

Athens Community Hall
221 Caroline St., **Athens**
10:30am - 12pm

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

Thursday

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

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

Wednesday

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

Village Building
105 Park St., **Spencer**
10am - 11am

Stratford Public Library
213201 Scholar St
Stratford
10:15am - 11:45am

Friday

Marathon City Village Hall
311 Walnut St., **Marathon**
10am - 11am

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

Pop up Play and Learns:

Yo-ho, yo-ho, A Pirate's Game Night for Me

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

Ahoy Matey! Jump in your pirate ship and travel over to the **Hatley Elementary School, 417 Emmons Rd** with pirates and crewmates ages 5 and up to craft your one-of-a-kind board game - pirate style. Fuel up on tasty treats supplied by the Hatley Elementary School while crafting. **Supplies are limited - register by calling 715-848-1457, texting 715-937-8910, or emailing ENowicki@CHW.org**

Munchkin Monster Mash

Thursday, November 7th, 2:30pm - 4pm

Don't put those Halloween costumes away just yet! Come join us for an after-Halloween costume party at **GD Jones Elementary School, 1018 S 12th, Wausau**. Wear your non-scary costume and come play, sing, read some stories, make a craft, have a snack, and have lots of fun!