

Programs & 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 home visiting 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. We are here to help find the best opportunities for you.

CONTINUOUS - *An ongoing series of classes held in various locations that allow you to start at any time.*

- **Positive Parenting** - Complete 10 of our 14 week series at your convenience. Discussions focus on non-violent discipline, techniques to manage stress, nurturing family routines, and child development. \$
- **Dad Matters 24/7** - A weekly parenting education and support group for dads. Group discussion focuses on the importance of dad as a positive role model in a child's life. \$
- **Welcome, Baby!** - An ongoing, **FREE** support and education group, for parents (moms, dads, caregivers) of newborns and expectant parents, which includes a blend of discussion, information, and play.

SINGLE CLASSES - *One-time class with a specific focus. We also lead community conversations and provide workshops and presentations throughout Milwaukee. To request a speaker for an event, contact Patrick Fendt, 414/671-5575.*

- **Stewards of Children** - **FREE**, 2.5 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.
- **S.T.A.R.T. Program** - **FREE**, 2-hour workshop providing parents with the information and resources to help increase their awareness of sexual issues and risks and offer tips and tools to help parents feel more comfortable communicating about sexual topics with their children.

SET CLASSES - *A series of time-limited classes with a specified start and end date as listed on the calendar.*

- **Triple P** - In this parenting program, parents gain confidence to manage family issues and develop skills through role-play, praise and consequences. \$
- **Cooperative Co-Parenting** - A 3-hour interactive, court-approved class for parents, in Milwaukee County, going through divorce, separation, or annulment. \$
- **Parenting and the Angry Child** - A 6-week program that helps parents teach their children to manage their feelings. Parents will discover ways to help reduce their child's temper tantrums and restore calm. \$
- **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.
- **LifeSkills for Parents** - **FREE** program to help parents strengthen their communication with their preteens and teens to prepare them for the transition from adolescence into adulthood.
- **Celebrating Families** - A **FREE** 14-week series for families impacted by alcohol or drug addiction designed to enhance family communication, establish healthy and safe routines and break the cycle of addiction.



HOME VISITING

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

> HIPPY - HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS

This **FREE**, 30-week, home-based program for parents of 3, 4, and 5 year olds helps to prepare preschoolers for success in kindergarten and beyond. It follows the school year calendar. A Parent Partner visits families weekly and provides learning activities for parents to do with their children throughout the week. Through books, learning games and monthly family gathering nights, HIPPY empowers parents to be their child's first teacher, while striving to make learning fun for the entire family.

> HFM - HEALTHY FAMILIES MILWAUKEE

Healthy Families Milwaukee adheres to the Healthy Families America model in order to provide evidence-based services to new and expectant parents. All referrals come from the Women's Care Clinic at the Aurora Sinai Medical Center. Healthy Families Milwaukee is funded by the MIECHV (Maternal, Infant, and Early Childhood Home Visiting) grant, distributed by the State of Wisconsin's Department of Children and Families. Home visitors provide support, education, and parent/child activities to celebrate the joy of welcoming a new baby.



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.

> 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.

> LIFESKILLS & LIFESKILLS TRAINING

LifeSkills is a substance abuse and violence prevention program preparing teens for life beyond high school. Topics covered include Goal Setting, Effective Communication, Managing Stress, Decision-Making, Time and Money Management, and Building 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.



COMMUNITY CONVERSATIONS

PARENT CAFÉS

A place to build friendships, learn about community resources, and share your ideas about strengthening families. Share what you know. Learn from others. Act together to create change. Your involvement can help make Milwaukee a strong and safe city.

