

**Northwoods Family Resource Centers** are located within three Children's Wisconsin offices in our area. They are a place where you can learn how to be the best possible parent. Centers provide a nurturing environment where parents can connect with resources, access programs, talk one-on-one with staff and enjoy family activities with their children at no cost.

**Northwoods Family Resource Centers are at these Children's Wisconsin locations:**

**Antigo office**

N4013 Hwy 45  
Antigo, WI 54409  
(715) 627-1414  
Hours by appointment

**Merrill office**

712 East Second St.  
Merrill, WI 54452  
(715) 539-9228  
Office hours: 12 p.m. – 4 p.m.  
Monday through Friday  
Additional hours by appointment

**Rhineland office**

3716 Country Dr.  
Rhineland, WI 54501  
(715) 361-6300  
Hours by appointment

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PO Box 1997  
Milwaukee, WI 53201-1997

[childrenswi.org](http://childrenswi.org)

## Northwoods Family Resource Centers



Kids deserve the best.

**Antigo Merrill Rhineland**  
[childrenswi.org/northwoods](http://childrenswi.org/northwoods)

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Parents can strengthen family relationships and learn:

- How a young child's brain develops
- What to expect as children grow
- How to deal with stress
- How to communicate better with children
- How to connect and share ideas with other parents
- About community resources
- About opportunities for family fun
- How to rediscover the pleasures of nurturing all children

### **We offer these programs:**

#### **Play and Learn**

This weekly program allows parents to meet others with young children and participate in activities that help their child learn and get ready to start school.

#### **Developmental screening**

We screen children ages 4 months to 5 years for physical and emotional development. Results can help parents identify potential developmental delays or better understand upcoming milestones.

#### **Ask the expert**

This question-and-answer series is designed to provide parents with information from community experts about a range of parenting issues.

#### **Parenting classes**

Classes cover a wide range of topics related to raising children. For a complete list of parenting classes, visit our website or Facebook page, or call the Children's Wisconsin office nearest you to request a program calendar.

#### **Wiggle, Giggle, Shake**

Combining music and movement helps young children learn to control their bodies. This program encourages caregivers and kids to have fun clapping, marching and moving to music.

#### **Warm line**

Call your local center for non-emergency parenting advice on the day-to-day challenges of raising kids. The warm line is for parents who may be under stress, have questions or just need someone to talk to.

#### **Call for information about other ongoing programs and services, including:**

- Parent coaching
- Early Head Start



#### **Healthy Families Northwoods™**

**Home Visiting Program** focuses on early childhood health, child development, literacy and school readiness. Healthy Families is a signature program of Prevent Child Abuse America. Services are offered free-of-charge to pregnant women and newborns. Services can continue up to age 5.