## Parenting programs and support (available in English and Spanish)



**KinderReady** is a free and voluntary home visiting program. It helps parents with their child's development from birth to age 5. We can help you learn:

- How to support your child's physical, emotional and social development
- Ways to keep yourself and your kids healthy
- How to find resources We do child development screenings when necessary.

**Education and Employment Specialist Program** helps parents with their education and employment goals. We can help you:

- Talk through and set goals.
- Look for jobs.
- Apply for jobs.
- Get to job interviews.
- Practice for job interviews.
- Write a resumé.
- Get your driver's license.
- Sign up for benefits.
- Get your general education development test (GED).
- Get your high school equivalency diploma (HSED).
- Sign up for classes and trainings.
- Connect to colleges and technical schools.

## **Vitality Cafés:**

## Nurturing the spirit of family and well-being.

Cafés are safe spaces where parents can talk about topics that matter to them like:

- The joys and challenges of parenting
- Lessening stress
- Improving personal well-being
- How to strengthen your family.

There are new topics and themes each week. Childcare and meals are provided. All are welcome. For more information, call (414) 739-0357.



## **Madison office**

(608) 221-35111716 Fordem Avenue, Madison

childrenswi.org/madison



Open your phone's camera, and scan this QR code to learn more.



Kids deserve the best.