



Children's
Hospital of Wisconsin

Family Matters

Northwoods Family Resource Center Network January – May 2020

Some of Our Program & Class Descriptions

Play and Learn

Children learn through play. Play and Learn is for kids up to age 5 and their caregivers. Come and have fun together, learning through activities, story time and music.

Wiggle Giggle and Shake

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

Home Alone

Is your child ready to stay home alone? Come to this workshop as a family, to explore how your child will independently handle different situations he or she may encounter while home alone.

Langlade County

Programs and Classes

Play and Learn

Antigo Family Resource Center
N4013 Hwy 45 Antigo, WI 54409
Mondays: 9:30 a.m. – 11 a.m.

ACT Raising Safe Kids

Antigo Family Resource Center
N4013 Hwy 45 Antigo, WI 54409

Round 1

Mondays: Feb. 24 – Apr. 20, 5:30 p.m. – 7:30 p.m.

Round 2

Mondays: May 11 – Jul. 13, 5:30 p.m. – 7:30 p.m.

Call to register: (715) 627-1414

Ask the Expert

Children and Electronic Media

Children have been called Generation M for their media consumption. Learn the facts about children's exposure to media, its impact, and what you can do. In this session we'll discuss the most common myths and facts about children and electronic media use and help you come up with a media plan that fits your family.

Location: Antigo Public Library

Monday: February 10, 6 p.m. – 7 p.m.

Babysitting Class

Students in grades 5 – 8 will learn what to expect when caring for younger children, how to focus on keeping them safe and things you should and shouldn't do when you are responsible for others.

ACT Raising Safe Kids

Join our staff and other parents to learn positive ways to provide a safe, stable and nurturing environment full of love and respect and to understand and handle children's feelings and behaviors.

Self-Regulation for Teens

Young people who have trouble self-regulating throughout the day are missing out on typical teenage experiences in school, at home, and with their peers. Teens with good self-regulation skills have the ability to monitor their emotions at any given time. Learn more about these skills and how they improve impulsive behaviors and emotional responses for teens and young adults.

Location: Antigo Public Library

Thursday: Feb. 27, 6 p.m. – 7:30 p.m.

Sing, Talk, Play

As your child's first teacher, you have the power to boost your child's early brain and vocabulary development through simple, everyday actions. Learn fun and easy ways to improve your child's learning through singing, talking, and playing.

Location: TBA

Tuesday: Mar. 17, 6 p.m. - 7 p.m.

Teens & Social Media

Social media plays a big role in teen culture. While there are positive aspects to some social media use, it's important to understand its potential risks as well. Learn more about the risks social media poses to teen mental health, bullying, and academic success.

North Central Technical College – Antigo

312 Forrest Ave. Antigo, WI 54409

Tuesday: Apr. 21, 6 p.m. - 7 p.m.

Call to Register: (715) 627-1414

Lincoln County Programs

Programs and Classes

Play and Learn

Lincoln County Family Resource Center
712 E. 2nd St. Merrill, WI 54452
Tuesdays: 9 a.m. – 10:30 a.m.

Wiggle Giggle Shake

Riverside Athletic Club
500 South Center Ave. Merrill, WI 54452
Thursdays: 9 a.m. – 10 a.m.

Wiggle Giggle Shake *New*

Come join us for a program uniting generations through music and movement. Families will be joined by residents of *Bell Tower Residence Assisted Living* to participate in music, movement, and activity. Registration is not required.
1500 O Day St. Merrill, WI 54452
2nd Monday of each month, starting Feb. 10, 10 a.m. – 11 a.m.

ACT Raising Safe Kids

Lincoln County Family Resource Center
712 E 2nd St. Merrill, WI 54452
Tuesdays: Jan. 7 – Mar. 3, 4 p.m. – 6 p.m.

Kinship of Tomahawk

15 E Wisconsin Ave. Tomahawk, WI 54487
Mondays: Mar. 30 – May 18, 5:30 p.m. – 7 p.m.
Call to register: (715) 539-9228

Babysitting Training

Tomahawk Public Library
300 W Lincoln Ave. Tomahawk, WI 54487
Tuesday: Mar. 24, 9:30 a.m. – 3:30 p.m.
Call to register: (715) 539-9228

Wiggle Giggle Shake Egg Hunt

Bell Tower Residence Assisted Living
1500 O Day St. Merrill, WI 54452
Wednesday: Apr. 8, 10 a.m. – 11 a.m.

Home Alone

Lincoln County Family Resource Center
712 E. 2nd St. Merrill, WI 54452
Saturday: May 16, 9 a.m. – 12 p.m.
Call to register: (715) 539-9228

Ask the Expert

Location: Lincoln County Family Resource Center
712 E. 2nd St. Merrill, WI 54452
Call to register: (715) 539-9228

Mental Health and Children

Mental health in childhood affects how children learn, behave, or handle their emotions. Learn about ways to help support children with a mental health diagnosis like ADHD, ODD, and others
Thursday: Jan. 23, 6 p.m. – 7 p.m.

Childhood Stress

Even very young worry and feel stress to some degree. Understand what childhood stress looks like, sources or triggers that may cause stress, and techniques for helping children cope with stress.
Monday: Feb. 17, 6 p.m. – 7 p.m.

Parenting Apart

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 goals, strategies to maintain a positive working relationship with your previous partner, and ways to continually place your child as top priority after separation.

Thursday: Mar. 12, 6 p.m. – 7:30 p.m.

Children and Electronic Media

Children have been called Generation M for their media consumption. Learn the facts about children's exposure to media, its impact, and what you can do. In this session we'll discuss the most common myths and facts about children and electronic media use and help you come up with a media plan that fits your family.

Tuesday: Apr. 21, 6 p.m. - 7:30 p.m.

Mother's Day Craft

Caregivers and children are invited to come and make a craft together to gift for Mother's Day.
Registration not required.

Thursday: May 7, 4 p.m. – 6 p.m.

Tri County Programs (Oneida, Vilas & Forest)

Programs and Classes

Play and Learn

Rhinelanders
3716 Country Dr. Rhinelanders, WI 54501
Tuesdays and Fridays: 9:30 a.m. – 11 a.m.

Wiggle Giggle Shake

Crandon Public Library
110 Polk St. Crandon, WI 54520
Wednesdays: 10 a.m. – 11 a.m.

Minocqua Public Library

415 Menominee St. Minocqua, WI 54548
Thursdays: 10 a.m. – 11 a.m.

Pelican School

3350 V. Hickey Rd. Rhinelanders, WI 54501
Thursdays: 5:30 p.m. – 6:15 p.m.

Session 1: Jan. 16 – Feb. 20

Tuesdays: 5:30 p.m. – 6:15 p.m.

Session 2: Mar. 24 – Apr. 28

Registration is required: \$10 fee per family

Call Mike Cheslock to Register: (715) 365-9745

Or email chesmik@rhinelanders.k12.wi.us

Babysitting Training

Olson Memorial Library
203 N Main St. Eagle River, WI 54521
Friday: Feb. 7, 9:30 a.m. – 3:30 a.m.

Minocqua Public Library

415 Menominee St, Minocqua, WI 54548
Tuesday: Mar.10, 9:30 a.m.- 3:30 a.m.

Call to register: (715) 361-6300

Home Alone

Northland Pines School
1800 Pleasure Island Rd. Eagle River, WI 54521
Saturday: May 9, 9 a.m. – 12 p.m.
Call to register: (715) 361-6300

Ask the Expert

Location: YMCA of the Northwoods
2003 E Winnebago St. Rhinelanders, WI 54501

Call to register: (715) 361-6300

Mental Health and Children

Mental health in childhood affects how children learn, behave, or handle their emotions. Learn about ways to help support children with a mental health diagnosis like ADHD, ODD, and others.

Thursday: Jan. 16, 6:15 p.m. – 7:30 p.m.

Punishment vs. Discipline

Learn the difference between punishing and disciplining your child. We'll discuss age appropriate discipline techniques that will help children respond to rules and expectation without yelling, or arguing - leaving both caregivers and children feeling better.

Thursday: Feb. 13, 6:15 p.m. – 7:30 p.m.

Children and Electronic Media

Children have been called Generation M for their media consumption. Learn the facts about children's exposure to media, its impact, and what you can do. In this session we'll discuss the most common myths and facts about children and electronic media use and help you come up with a media plan that fits your family.

Saturday: Mar. 7, 2 p.m. – 3:30 p.m.

Childhood Stress

Even very young worry and feel stress to some degree. Understand what childhood stress looks like, sources or triggers that may cause stress, and techniques for helping children cope with stress.

Saturday: May 2, 2 p.m. – 3:30 p.m.

Focus Group

Come and offer your input! What makes our programs great? How can we make them better? What kinds of programs would you like to see offered in the future? Join us for a meal and share your input and feedback. Free childcare available.

Rhinelanders Community Services

3716 Country Dr. Rhinelanders, WI 54501

Monday: Mar. 16, 5:30 p.m. – 7 p.m.

Family Matters

Northwoods Family Resource Centers

Hours: Vary by location

Antigo Family Resource Center

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

Lincoln County Family Resource Center

712 E 2nd St.
Merrill, WI 54452
(715) 539 - 9228
Office hours: Monday through Friday
12 p.m. – 4 p.m.

Rhineland Community Services

3716 County Dr. Ste. 2
Rhineland, WI 54501
(715) 361 - 6300
Hours by appointment

Visit us at <http://chw.org>



<http://www.facebook.com/NorthwoodsFRCN>

Check our Northwoods Family Resource Center Network Facebook page for activities.

Parent/child programming follow the school closings for winter weather.

