

FAMILY EDUCATION CENTERS OF WRIGHT COUNTY

2016 WINTER SCHEDULE OF CLASSES

General Questions Contact: Mikaela Robertson ▪ (763) 682-7513 ▪ Mikaela.Robertson@co.wright.mn.us

BUFFALO

<http://www.bhmschools.org/community-ed>

CIRCLE OF PARENTS

Looking for a friendly, supportive place to discuss the joys and concerns of raising children? Have preschool, elementary, or teen aged children? Join Circle of Parents for a mutual support group led by ECFE teacher and Crisis Nursery social worker. We'll start with a light meal and have child care available while parents meet. *Provided by ECFE, Crisis Nursery, United for Youth, and Family Education Centers.* **Registration required** -- call 763-682-8780.

W4401

Tuesdays, 5:30 - 7:30 pm
January 5 - May 17 (No class Mar. 29)
Discovery Center Room EC1, EC4
Fee: FREE

DELANO

www.delanocommunityed.com

MORNING COFFEE (TEA & COCOA, TOO!) GROUP

It's time to relax, talk, and enjoy a cup of coffee with other parents. These discussion groups are cosponsored by Family Education Centers of Wright County. The goal of these classes is to improve parent-child relationships by working toward acceptance and encouragement. A licensed educator leads the parent discussion while a trained childcare provider leads the children in learning activities. You may attend one or all of the sessions.

Fridays, 9:00 - 10:30 am
January 15 – May 20 (No meeting on January 22, February 19, March 11, 25, April 8)
CEC Room 221
Facilitated by Beth Palmer
Fee: FREE

Room for childcare is limited -- call the ECFE Office at **763-972-6210**, press 4 to reserve space for your child no later than 24 hours before the class meeting.

ROCKFORD

www.community-education.rockfordschools.schoolfusion.us/

THURSDAY EVENING PARENT GROUP

Positive Discipline

Take time out to learn more about parenting using a Positive Discipline approach. Based on the best-selling books by Dr. Jane Nelson, Positive Discipline "is a program designed to teach young people to become responsible, respectful and resourceful members of their communities... it teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults." A trained facilitator leads this group and other topics of discussion will be determined with input from the group. You may attend one or all of the sessions. This is co-sponsored by Family Education Centers of Wright County. Free child care will be provided.

Pre-registration for child care is required and is limited. Please call the Early Childhood Office at **763-477-7500** to reserve space no later than the Friday before class.

Thursday Evenings – Rockford – All classes FREE

Winter Sessions: 6
Date: Jan 28 - Mar 3
Time: 6:30 - 7:30 PM
Place: REAMS Rm 200/213

Spring Sessions: 5
Date: Apr 14 - May 19
Time: 6:30 - 7:30 PM
Place: REAMS Rm 200/213



PARENTS FOREVER™

Hands-on classes for parents experiencing divorce or separation

Parents Forever™ is an educational program for parents experiencing family transition, such as divorce or separation. It is based on the research about divorce and its effects on children, and reflects the belief that if parents engage in healthy self-care, parent-child relationships, and co-parenting relationships, their children will experience more positive outcomes after a divorce or separation.

Parents Forever™ is offered in-person or online; both the in-person and online courses have been approved by the Minnesota Supreme Court.

The Parents Forever™ program in Wright County is administered by Delano Community Education. All classes are offered at the Delano Elementary Upper Multi-Purpose Room, located at 678 Tiger Drive, Delano, MN 55328. The registration fee is \$89; participants may qualify for a fee reduction or waiver.

The in-person course will be offered Saturday, March 5th, 8:30 AM – 5:00 PM.

For additional dates, registration and costs, call Delano Community Education at 763-972-6210, option 1.

WRIGHT COUNTY PUBLIC HEALTH FOLLOW ALONG PROGRAM

Babies and young children grow and learn at their own rate. Some children though need special help to grow up healthy and learn skills such as sitting, walking, or talking. Let the **Follow Along Program** help you know if your child is playing, talking, growing, moving and acting like other children the same age. This program is free to all parents in Wright County with children birth to age 3.



For more information, a brochure or an enrollment form, call 763-682-7468.

“HOME IMPROVEMENT” PARENTING CLASS

In the Wright County Jail

Family Education Center educators offer a “Home Improvement” parenting class in the Wright County Jail on most Tuesday afternoons at 1 PM. Inmates can attend the parenting discussion group by signing ahead of time through the program staff.

MOST ECFE PROGRAMS HAVE HOME VISITING PROGRAMS— SEE YOUR LOCAL BULLETIN FOR INFORMATION

BUFFALO: HOME VISITING PROGRAM

An ECFE Parent Educator can visit with you and your birth to 5 year old children at your home or at ECFE. Visits can include:

- Playtime with your child
- Time to talk and problem solve ways to meet your family’s needs such as children’s challenging behavior, meal or bedtime struggles, sibling rivalry, toileting, newborn care or preparing for family changes, such as, divorce or moving.
- Resources and ideas on parenting, child development and community services.

Free! Call ECFE at 763-682-8780.

BUFFALO: INFANT HOME VISITS

Want to learn infant massage or baby signs? Need a supportive ear or ideas on how to care for your “bundle of joy?” **Call ECFE at 763-682-8780** to schedule a home visit (or a visit at ECFE) with Peggy Koegler, ECFE Parent Educator.

DELANO: PARENT COACHES

There are moments and events in every family when having a “listening ear” would be helpful. You can call the ECFE office and a licensed teacher will be happy to visit with you and give professional and objective advice about your parenting joys and concerns. Questions typically include:

- Activities for children
- Support and information on parenting
- Child development and family relationships

Call Beth Palmer at 763-972-6210 ext. *221, leave a voicemail message and Beth will return your call.

ROCKFORD “ECFE ON WHEELS”

A program that comes to you and is designed just for you. The program features visits to your home or one-on-one visits at the ECFE center. Visits provide ideas for creative, fun, age-appropriate activities, as well as time to discuss questions about child development. Information and ideas on parenting and community resources are also available. **Call the ECFE office at 763-477-7500** to set up a home visit. There is no fee for home visits.