

COPE Hotline

262-377-COPE

Teen & Home Alone Line
262-377-7786

Office: 262-377-1477

Email: hotline@opeservices.org
www.opeservices.org



Help yourself to the caring connection.

Every school year, COPE presents an educational program to all 5th grades and 9th/10th grade health classes in Ozaukee County

Schools. These programs inform students about COPE's Teen and Home Alone Hotline.

- Fifth grade presentations include rules to follow when students are home alone and how to handle emergency situations.
- Teen presentations include the warning signs of depression and suicide and what to do when someone is in crisis.

Watch for COPE information that is given to your child and take the opportunity to discuss COPE's "safety net" services with them.

**Emotional Support • Crisis Intervention
Information and Referral • Confidential**

Ozaukee Family Services

Parent Education & Support Programs

Office: 262-376-7774

Email: info@OzaukeeFamilyServices.org
www.OzaukeeFamilyServices.org



Improving lives to help families succeed

- **Parenting Workshops, Groups & Classes** - offering support and education to parents
- **Parents as Teachers** - home visiting program incorporating the latest brain research for families with children birth to five years
- **Rainbows** - peer support program for children who have experienced death or divorce
- **Counseling** - individual, child, adolescent and family counseling on a sliding fee basis
- **Beyond Divorce** - co-parent education for divorcing parents.
- **Prevention Education**

The Youth & Family Project

Office: 262-375-4683

Email: yfpozaukee@yahoo.com
www.youthandfamilyproject.org



- Parent Education Classes
- Parent Support Groups
- Short term counseling for teens and their families
- Street Outreach to provide information, referral and support with decision-making for youth.

Look inside for Fall 2011
NAPS Parenting Programs
and Workshops.
United Way
of Greater Milwaukee

NAPS NEWS



A Bi-Annual Calendar of Programs for Parents - FALL 2011

Mission Statement:

To strengthen families by facilitating access to community resources and providing educational and support services.

Kids and Their Technological World

In today's world technology is leading the way. It is the norm for kids to communicate through texting, tweeting, and online social networks such as Facebook. The popularity of new technology and social networking raises the importance of parents understanding the types of technology and social networks their kids are using, and to also make sure their kids are safe when using them. These technologies, if understood and used appropriately, can be a positive experience for both kids and their parents.

In Kids and Their Technological World, parents will gain knowledge about the different technologies their children may be using. Parents will get a chance to talk about and explore the social network site, Facebook, along with the positive and negative consequences of using it. Privacy issues will also be addressed along with parents' right to know exactly what their kids are doing online.

With the world of technology constantly changing, it is important for parents to evolve with it in order for them to keep their kids safe. Please turn the page to get more information about the upcoming class **Kids and Their Technological World**.

All classes are FREE unless otherwise noted.

The information provided in the NAPS Newsletter is not sponsored or endorsed by any Ozaukee County school district or personnel.

Please Sign Up Early!

- Classes fill up quickly! Minimum class registration is required. Classes may be cancelled 3 business days prior if minimum registration isn't met.
- To register for programs and childcare, call Ozaukee Family Services at (262) 376-7774 or register online at: www.OzaukeeFamilyServices.org.
- Unless noted, most programs are held at the Family Enrichment Center 885 Badger Circle, Grafton
- Please ask for directions when calling.

Notice to Professionals

There is a \$10.00 per class charge if proof of attendance is needed for certification purposes.

Childcare Policy

Children must be registered for childcare. Childcare is limited to a maximum of 12 children who are 12 years and younger.

Children are not allowed to be unsupervised in the building or allowed to sit in during parenting classes or workshops.



Check out our programs listed inside and then...

SIGN UP TO ATTEND!!!

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT #41
GRAFTON, WI

ADDRESS SERVICE REQUESTED

COPE Services
885 Badger Circle
Grafton, WI 53024

ON-GOING GROUPS, CLASSES AND WORKSHOPS - fall 2011

Adventures with Dad

- **Monday, November 7th**
6:30 p.m. – 8:00 p.m.

Come join a fun filled night for kids ages 5 -10 and their dads. Dads will discuss topics on being a dad, while their kids participate in an activity on their own. Then play the night away in the YMCA's pool, gym, art studio or outside spaces. Participants will be invited back to a special family event at the Feith Family YMCA on Friday, November 11th from 5-8 p.m.

****Please note this class will be held at the Feith Family YMCA (465 Northwoods Rd., Port Washington)**

A Unique Approach to Balance Your Time

- **Tuesday, October 4th**
7:00 p.m. – 8:00 p.m.

Learn a new and unique approach on how to effectively manage your time as a parent. Parents will also learn to teach their kids how to apply it to their own lives.

Leader: Linda Stolz, Prevention Education and Rainbows Coordinator, Ozaukee Family Services

Friends and Fun

(Please note change in groups)

- **FOR GRANDPARENTS:**
First and Third Tuesday of each month:
September 20th – December 6th
10:00 a.m. – 11:30 a.m.
- **FOR PARENTS:**
Second and Fourth Tuesday of each month:
September 27th – December 13th
10:00 a.m. – 11:30 a.m.

Grandparents and parents will gain information and support while their grandchildren/children play.
Leader: Heather Will, Program Coordinator, The Youth and Family Project

Kids and Their Technological World

- **Wednesday, October 19th**
6:30 p.m. – 8:00 p.m.

Learn about the different technologies and social networking sites kids are using today. Parents will get a

chance to discuss and explore the positive and negative consequences of using the social network, Facebook. Privacy issues will be addressed along with parents' rights to know what their kids are doing online. Leader: Ricky Spenner, Prevention Specialist, Ozaukee Family Services

Let's Play to Learn

- **Wednesdays, 9:30 a.m. – 10:30 a.m.**

Choose one or both sessions:

- **November 30th – Creepy, Crawly, Critters**
- **December 14th – Winter Wonderland**

Learn ways to stimulate your 3+ year old's creativity through these hands-on workshops. **Limited childcare available for children who are not within this age group – please register for childcare when signing up for this class.** Leaders: Melissa Wellenstein and Laura Smith, Parents as Teachers Educators, Ozaukee Family Services

Meeting the Challenge of ADD/ADHD

- **Monday, October 10th**
6:30 p.m. – 8:00 p.m.

Gain a deeper understanding of the underlying mechanisms behind ADD/ADHD, and learn strategies you can implement to help children who have ADD/ADHD in school and at home. Leader: Dr. Jeremy Fritz, Executive Director of Brain Balance

Rainbows

- **Tuesdays, October 25th – January 31st**
6:30 p.m. – 7:30 p.m.
(No class 11/22, 12/20 or 12/27)

Peer support for children (kindergarten through 12th grade) who have experienced divorce or death of a parent. A support group is offered at the same time for the parents of children in Rainbows. Coordinator: Linda Stolz, Prevention Education and Rainbows Coordinator, Ozaukee Family Services



Programs will be cancelled when GRAFTON schools are cancelled due to bad weather.

Off to a Great Start

- **Wednesdays, October 12th – November 16th**
9:30 a.m. – 11:00 a.m.

Learn why a nurturing approach to parenting works best and how to change old habits when dealing with your kids. For parents birth to five years of age. **\$15 fee** for book and class materials. **Limited childcare is available – please register when you sign up for this class.**

Leader: Kathy Bergmann, Parents as Teachers Educator, Ozaukee Family Services

Spirited Child

- **Thursdays, October 6th – 27th**
6:30 p.m. – 8:00 p.m.

For parents of children who are more intense, persistent, resistant to change, or just more spirited than most. Learn positive ways to work with your child's spirit and personality. **\$25 fee** for book and class materials. **Limited childcare available – please register for childcare when you sign up for this class.** Leader: Kathy Bergmann, Parents as Teacher Educator, Ozaukee Family Services

Winning the Homework Battle

- **Monday, October 17th**
6:30 p.m. – 8:00 p.m.

Successful homework strategies need to be taught and modeled to children. With a focus on establishing after-school routines, consistency, organization, environment, and a positive home-school relationship, you will collect ideas to support your child at home and begin winning the homework battle. Leader: Allison Zalewski, Third grade teacher for the Port Washington-Saukville School District

1-2-3 Magic

- **Wednesdays, November 2nd & 9th**
6:30 p.m. – 8:00 p.m.

Learn an effective behavior management technique for children ages 2-12 years. Topics to include: how to stop tantrums, whining, sibling rivalry and arguing. Parents will also learn how to encourage good behavior in their kids. **Limited childcare is available – please register when you sign up for this class.** Leader: Heather Will, Program Coordinator, The Youth and Family Project

TO REGISTER

for NAPS programs and childcare, call Ozaukee Family Services (262-376-7774) or register online at www.OzaukeeFamilyServices.org

Most programs are held at the Family Enrichment Center, 885 Badger Circle, Grafton.

NAPS:

The Nurturing and Parenting Support Collaboration

NAPS is a collaborative effort between three non-profit agencies located in The Family Enrichment Center in Grafton. COPE Services, Ozaukee Family Services, and The Youth and Family Project work together to provide educational and supportive services in Ozaukee County.



A Continuing Partner - Feith Family YMCA

As part of a continuing effort to facilitate access to community resources and provide well-rounded education and support services to help strengthen families in Ozaukee County, the NAPS Collaboration continues its partnership with The Feith Family YMCA.

The NAPS Collaboration will offer *Adventures with Dad* at the Feith Family YMCA located at 465 Northwoods Rd., Port Washington. www.ymcamke.org