

# Sept. – Dec. 2018

## FREE

### Parenting Classes



Childcare is available on site for our parenting classes, but you must register for child care five days in advance.

#### One on One Positive Parenting Sessions

Schedule your free individual session(s) to focus on your family's specific needs. Small changes can result in big improvements!

Fran Swift, 608-784-8125, ext. 216  
 Heather Pfaff, 608-784-8125, ext. 215  
 Katrina Sletten (Sparta) 608-269-3151  
 Bryanna Miller (Tomah) 608-374-4190

- Tuesday, September 4th** 5:00pm-7:00 pm  
*ACT: Raising Safe Kids: understanding your children's behaviors*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190
- Tuesday, September 25th** 5:00pm-7:00 pm  
*ACT: Raising Safe Kids: young children's exposure to violence*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190
- Tuesday, October 2nd** 5:00pm-7:00 pm  
*ACT: Raising Safe Kids: Understanding & controlling parents' anger*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190
- Thursday, October 4th** 6:00pm-7:30 pm  
*The Power of Positive Parenting*  
 The Parenting Place, La Crosse  
 Registration: Heather Pfaff, 608-784-8125, ext. 215
- Monday, October 8th** 5:00pm-7:00 pm  
*Raising Resilient Children*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190
- Thursday, October 11th** 5:00pm-6:30 pm  
*The Power of Positive Parenting*  
 The Parenting Place, Sparta  
 Registration: Katrina Sletten, 608-269-3151
- Tuesday, October 16th** 5:00pm-7:00 pm  
*ACT: Raising Safe Kids: understanding and helping angry children*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190
- Thursday, October 18th** 6:00pm-7:30 pm  
*Raising Confident, Competent Children*  
 The Parenting Place, La Crosse  
 Registration: Heather Pfaff, 608-784-8125, ext. 215
- Thursday, October 18th** 5:00pm-6:30 pm  
*Raising Confident, Competent Children*  
 The Parenting Place, Sparta  
 Registration: Katrina Sletten, 608-269-3151
- Wednesday, October 24th** 5:00pm-7:00 pm  
*Raising Confident, Competent Children*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190
- Thursday, October 25th** 5:00pm-6:30 pm  
*Raising Resilient Children*  
 The Parenting Place, Sparta  
 Registration: Katrina Sletten, 608-269-3151
- Tuesday, October 30th** 5:00pm-7:00 pm  
*ACT: Raising Safe Kids: children and electronic media*  
 The Parenting Place, Tomah  
 Registration: Bryanna Miller, 608-374-4190

**Sept. – Dec. 2018**  
**Parenting classes (continued)**

**Nurturing Parenting Class Series**

**Mondays, November 5-December 3**

6:00pm-7:30pm

The Parenting Place, La Crosse

Registration: Heather Pfaff, 608-784-8125, ext. 215

**Which Parenting Class is Right for Me?**

We get it – there are lots of dates, locations, and class options here! Here's a breakdown of our offerings:

**Triple P One on Ones**

- Schedule when it is right for you; 1-6 sessions
- Focus on a specific behavioral problem
- Learn what is behind that behavior
- Choose some solid, quick fixes that fit you and yours!

**Triple P Group Sessions (The Power of Positive Parenting, Raising Confident & Competent Children, or Raising Resilient Children)**

- Choose one or all three sessions
- The Parenting 101 class that all of us wish that we'd had
- Learn about how you can make simple adjustments to how you think and what you do
- Set the stage to make those normal parenting bumps a little easier to get through

**Nurturing Parenting**

- Five-week class
- Reflect on your own parenting style
- Make deeper connections with your family
- Share your parenting journey with others in the class

**ACT: Raising Safe Kids:** Build a strong and healthy family by attending just one session on the topic that interests you, or attend them all!

**Thursday, November 1** 6:00pm-7:30 pm

*Raising Resilient Children*

The Parenting Place, La Crosse

Registration: Heather Pfaff, 608-784-8125, ext. 215

**Tuesday, November 6th** 5:00pm-7:00 pm

*ACT: Raising Safe Kids: discipline & parenting styles*

The Parenting Place, Tomah

Registration: Bryanna Miller, 608-374-4190

**Thursday, November 8th** 5:00pm-6:30 pm

*The Power of Positive Parenting*

Sparta Free Library

Registration: Katrina Sletten, 608-269-3151

**Monday, November 12th** 5:00pm-7:00 pm

*Raising Resilient Children*

The Parenting Place, Tomah

Registration: Bryanna Miller, 608-374-4190

**Thursday, November 15th** 5:00pm-6:30 pm

*Raising Confident, Competent Children*

Sparta Free Library

Registration: Katrina Sletten, 608-269-3151

**Tuesday, November 20th** 5:00pm-7:00 pm

*ACT: Raising Safe Kids: discipline for positive behaviors*

The Parenting Place, Tomah

Registration: Bryanna Miller, 608-374-4190

**Tuesday, November 27th** 5:00pm-7:00 pm

*ACT: Raising Safe Kids: taking it with you*

The Parenting Place, Tomah

Registration: Bryanna Miller, 608-374-4190

**Thursday, November 29th** 5:00pm-6:30 pm

*Raising Resilient Children*

Sparta Free Library

Registration: Katrina Sletten, 608-269-3151

**Want our Triple P accredited Parent Educators to do a class at your location?  
Call Marilyn at 608-784-8125, ext. 231**