

For More Information on Manitowoc County Parent Cafés

ALL ARE WELCOME:

Community Wide Parent Café

Tracy

920-686-8715

tracyk@lakeshorecap.org



SPECIFICALLY FOR:

Parents of Children with Different Abilities and Special Needs Parent Café

Lisa

920-683-2792

lisastephan@co.manitowoc.wi.us

Healthiest Manitowoc County
Investing Early Coalition
www.healthiestmc.org



Advocate Aurora
www.aurorahealthcare.org

CESA 7/Head Start
www.cesa7.org/head-start

Family Connections Inc.
www.familyconnectionscc.org

Holy Family Memorial
www.hfmhealth.org

InCourage
www.incouragewi.org/

Lakeshore Cap
www.lakeshorecap.org

Manitowoc-Calumet Library System
www.mclsweb.org/mclsweb/

Manitowoc County Health Department
www.co.manitowoc.wi.us

Manitowoc County Human Services
www.co.manitowoc.wi.us

Manitowoc/Two Rivers YMCA
www.mtrymca.org

The Crossing
www.crossingmanitowoc.org

United Way Manitowoc County
www.unitedwaymanitowoccounty.org

UW Extension
manitowoc.extension.wisc.edu/



Manitowoc County
Parent Café

MANITOWOC COUNTY PARENT CAFÉS



Brewing Strong Families & Friendships

**PARENT CAFÉS
GIVE PARENTS A
CHANCE TO COME
TOGETHER TO**

- *listen*
- *talk*
- *build friendships*
- *support each other*

**AROUND THE TOPIC
OF PARENTING**



Parenting as Children Grow

Learning to support your child's growth at every age and stage

"Parenting as Children Grow" can look like...

- Trying different strategies for managing behavior
- Looking for parenting information, tools and ideas
- Knowing how to nurture kids as they grow

Building Inner Strength

Keeping it together—and even growing stronger—during times of stress

"Inner Strength" can look like...

- Taking a breath or counting to 10 before you react
- Taking time to recharge
- Staying flexible when things don't go as planned

Knowing How to Find Help

Seeking support in times of need and knowing how to accept help when it's offered

"Knowing How to Find Help" can mean...

- Taking help when it's offered
- Searching for the resources you need
- Advocating for your family

Helping Kids Understand Feelings

Showing your kids how to express themselves, handle emotions and get along with others

"Helping Kids Understand Feelings" can look like...

- Teaching kids to share
- Encouraging kids to solve problems
- Listening when kids express their emotions

Connecting with Others

Building a network of people who care about you and your family

"Connecting with Others" can look like...

- Trying something new to make new friends
- Surrounding kids with supportive, caring adults
- Turning off your devices when it's time to connect

For more information about keeping your family strong visit:

www.fiveforfamilies.org/
www.bestrongfamilies.org/
www.fatherhood.org/
www.cssp.org/