Ask the Experts:

Bullying in the Modern Era  
Tuesday, January 8th, 6pm - 7:30pm  
Presented by Stacy Stefaniak Luther, PsyD, LPC  
Attend this workshop to better understand cyberbullying and its various implications on kiddos. Learn about available resources in your community as well as gaining support through a network that cares and understands. Register by January 8th by 4PM.

Advancing with ADHD  
Tuesday, January 29th, 6pm - 7:30pm  
Presented by Kristine Shiverick, ADHD and Executive Functioning Coach  
The session opens with education on the basics of this common childhood disorder and its implications for the children living with it. Spend the rest of the seminar interacting and getting tips for enhancing productivity by understanding and using strategies to support your child's executive functioning in everyday life. Register by January 29th by 4PM.

Nutrition: Smoothie Session  
Wednesday, February 20th, 6pm - 7:30pm  
Presented by Kristene Schulte, Certified Nutritionist  
The hustle and bustle of daily life within a family can make it difficult to eat healthy. Learn helpful tips for creating easy and wholesome meals while enjoying a night of Kristene's vast nutrition knowledge. Finish the seminar with a smoothie taste test and recipe ideas to take home to your family! Register by February 19th by 4PM.

Social Media and Mom Shaming  
Tuesday, March 5th, 6pm - 7:30pm  
Presented by Stacy Stefaniak Luther, PsyD, LPC  
Licensed Counselor, Stacy Stefaniak Luther, starts a conversation about the constant need for perfection in an era where moms share nothing but the best online. Learn self-care strategies and boost your confidence to combat these Facebook blues through shared discussion and activities. Register by March 5th by 4PM.

Understanding Autism  
Tuesday, April 2nd, 6pm - 7:30pm  
Presented by Stacy Stefaniak Luther, PsyD, LPC  
This informational workshop will further your understanding on Autism Spectrum Disorder, as well as offer tips and hints for preparing your kiddo for adulthood, advice on raising neurotypical siblings alongside their brother or sister with autism, and guidance for increasing functioning within your entire family. Register by April 2nd by 4PM.

All Programming is FREE! Childcare may be available at certain programs. Ask when you register.

Register: 715-848-1457 or ENowicki@CHW.org

Ongoing Programs:

LEAP – (Learning Essentials about Parenting)  
Sit back and relax with us for this 9-week series of frank discussions about the joys and trials of parenthood. Topics include building self-esteem, child growth and development, communication skills, media, and positive discipline techniques. 9 weeks, 6pm – 7:30pm Mondays. Call to register. Childcare is available.

Teen LEAP (Learning Essentials about Parenting) for Parents and Teens Together  
This 10-week ongoing parenting class will provide parents with tools to successfully set limits for their teens and to open the lines of communication. This program is for parents and their teenage children, no child care is available at this program. 10 weeks, 6pm – 7:30pm Thursdays. Call to register. Must start on week 1 or week 5.

Warmline  
This is your connection to parenting information. It is a link to expert, non-emergency advice on the day-to-day trials of child rearing. Call 715-848-1457.

One-To-One Parenting Sessions  
Trained staff will provide parenting information and support to families. If you would like an individualized parenting consultation, call 715-848-1457.

In-Home Parent Education  
This 3-month in-home program provides visits with a parent educator to help improve parenting skills and teach positive discipline techniques. The program is tailored to meet individual needs. Call to register 715-848-1457.

Lena Start Marathon County  
Grow your baby's brain through talk with this 13 week program designed to jump start your 0-32 month old for success in school and life. Enjoy a free meal each week as you learn about the importance of early communication and engagement. Includes FREE childcare, books and incentives. New groups begin January 28th with multiple locations and times. Register: call 715-848-1457, text 715-660-0397, or email ntank@chw.org.

Visit us at Chw.org/communityservices

Children's Hospital of Wisconsin  
705 S. 24th Ave., Suite 400  
Wausau, WI 54401  
715-848-1457  
Hours: Monday-Friday 8:30 am - 5pm
Play and Learn Field Trips:
Youngin’ Yoga Time
Friday, March 22nd, 9:30am – 11am
Presented by Jean Miller and Emily Nowicki
Children of all ages can enjoy this stretch session to work all the wiggles out before spring break!
Meet us in the Community Room on the second floor of the Wausau Library, 300 N. First St. in place of the regular Wausau Library play and learn. Come ready to move with licensed yoga instructor, Jean Miller, as caregivers and children work side by side to master a variety of poses. Take a break for a snack and story before finding your inner peace with meditation and singing. Comfortable work out clothes and shoes encouraged; no yoga mats necessary!

Family Reading Event:
Wednesday, May 15th, 5:30pm - 6:30pm
Presented by Emily Nowicki
Bring your favorite children’s book as well as anyone you consider family to join in this evening of literacy and fun! Event held at Marathon Park, 1201 Stewart Ave on the playground nearest the Stewart Ave entrance. In the event of bad weather, activities will be held at the Wausau library in the aquarium room.

COMING SOON!
End of School Extravaganza
Tuesday, June 11th, 10am - 11:30am
Presented by Deborah Smith and Emily Nowicki
Celebrate the end of the school year with an outdoor bash at Machmueller Park, 7200 Quentin St, Weston.
Take part in free play on the playground, a scavenger hunt, squirt bottle painting, a water balloon piñata party, and more!
In the event of bad weather, activities will be re-scheduled for June 18th.

Play and Learn Schedule and Locations:
Caregivers are a child’s first and most important teachers. Take this opportunity to connect with others who have young children while participating in early learning activities that enhance your child’s development and promote school readiness. All play and learns are free and open to the public, stop by at any location listed below to enjoy!

Monday
GD Jones School
1018 S. 12th Ave.,
Wausau
2:30 pm - 4:00 pm

Tuesday
Athens Community Hall
221 Caroline St., Athens
10:30 am - 11:30 am
Rothschil Public Library
211 N. Grand Ave., Rothschild
10:30 am - 12:00 pm

Wednesday
Mosinee Public Library
123 Main St., Mosinee
10:00 am - 11:30 am
Stratford Public Library
400 E. North St., Stratford
10:15 am - 11:45 am
Village Building
105 Park St., Spencer
2nd and 4th Wednesday
10:00 - 11:30 am

Thursday
Edgar Village Hall
224 S. 3rd Ave., Edgar
10:00 am - 11:30 am
Hatley Public Library
435 Curtis Ave., Hatley
10:00 am - 11:30 am

Friday
Marathon City Village Hall
311 Walnut St., Marathon
1st and 3rd Fridays
10:00 am - 11:30 am
Marathon County Public Library
300 N. First St., Wausau
9:30 am - 11:00 am

All programs are funded by Marathon County and Marathon County United Way and are provided free of charge.

Programs are not a DCE, Wausau, Spencer, Stratford or Newman Catholic School District sponsored activity and the opinions expressed are not necessarily those of the school district or their personnel.

Look for us on Facebook!