

# Family Support Groups & Associations

Last updated October 2023

*The following list is provided as informational purposes only. Inclusion on this list is not to be construed as endorsement by the Wisconsin Family Connections Center, the Coalition for Children, Youth & Families, or their funders.*

*If you have information you would like added, updated, or removed, please contact the Wisconsin Family Connections Center staff at [info@wifamilyconnectionscenter.org](mailto:info@wifamilyconnectionscenter.org) or 800-762-8063.*

## Statewide & Online/Alternative Support Groups

### **CHADD's ADHD Parents Together**

Website: <https://healthunlocked.com/adhd-parents>

The ADHD Parents Together community is a place to discuss the impact of ADHD on both you and your child. Talking about the challenges you face as a parent of a child with ADHD can be hard, but sometimes, there's nothing more helpful than talking with others who are in the same boat. Our community is one where we can all have the conversations we need to, sharing our experiences and supporting each other.

### **Families of Russian and Ukrainian Adoptions**

Email: [fruauppermidwest@gmail.com](mailto:fruauppermidwest@gmail.com)

Web: <http://www.frua.org/>

The mission of FRUA is to provide hope, help and community for adoptive families, in a very personal, localized way. This is done by forming a community willing to share experiences, knowledge, and resources dealing with medical, educational, parenting and adoption issues. FRUA also offers the opportunity to celebrate multiple heritages of our families and to forge lifelong friendships. Send an email or visit the website to connect with your region, to find a FRUA regional chapter contact or inquire about setting up a FRUA Parent Organized District (POD) near you.

### **Families with Children from China**

Contact Person: Pat Thrans

E-mail: [chinas3roses@aol.com](mailto:chinas3roses@aol.com)

The purpose of this group is to provide pre and post-adoption support and information and socialization to families who have or are planning to adopt from China. The group no longer hosts group activities but they host a listserv to pass information on to each other and stay in contact.

**KINnect: Online**

Website: <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-tickets-114153498186>

Please continue to join us for this opportunity to connect with other relative caregivers who are the primary caregivers of their grandchildren, nieces, and nephews as a way to share the joys and challenges of being a relative caregiver. Our meetings will continue to be held virtually on the 4th Thursday of every month from 11am-12pm.

**National Association of Adoptees & Parents' (NAAP) Adoptee Paths to Recovery**

Contact Person: David B. Bohl

Email: [David@NAAPUnited.org](mailto:David@NAAPUnited.org)

Website: <https://naapunited.org/adoptee-paths-to-recovery#:~:text=Adoptee%20Paths%20to%20Recovery%20Support,can%20benefit%20from%20sharing%20together.>

Adoptee Paths to Recovery Support Meetings are non-denominational and based on the philosophy that adoptees experiencing any type of addiction (substance-related and/or behavioral) have much in common and can benefit from sharing together. These meetings offer a safe place where people can share their addiction recovery challenges, experiences, and solutions, as well as how recovery has changed their lives. Groups are facilitated by a professional with expertise in recovery and adoption, both professional and lived. They hold meetings that are open to everyone, regardless of the uniqueness of their pattern or patterns of addiction. It is a way for adoptees seeking and practicing all types of recovery to come together and learn from one another. Meetings are virtual and the meeting schedule can be found on [their Eventbrite page](#).

**Latin America Adoptive Families of Wisconsin, Inc. (LAAF-WI, Inc.)**

Contact Person: Tami Stubbe

Phone Number: 414-801-5703 or 262-560-0593

This group is open to Wisconsin families who have adopted from Latin America, or who are considering adopting from Latin America. Some of the goals of this group include: providing support, guidance, and information for families wishing to adopt from Latin America; social activities for adoptive families; plan cultural events to celebrate Latin American heritage; publish a tri-annual newsletter; and sponsor projects in developing Latin American countries which will improve the quality of life for children living in those countries.

**Wisconsin Adoption Support Network (Online Group)**

Facebook: <https://www.facebook.com/groups/216060345210952/>

This online group allows Wisconsin adoptive parents to connect with one another and share resources, information, ideas, and support.

### **Wisconsin Adult Adoptee Support Network (Online Group)**

Facebook: [www.facebook.com/groups/190264501147117](http://www.facebook.com/groups/190264501147117)

This online group allows Wisconsin adult adoptees to connect with one another and share resources and support.

### **Wisconsin Family Ties**

Phone Number: 800-422-7145

E-mail: [info@wifamilyties.org](mailto:info@wifamilyties.org)

Web: [www.wifamilyties.org](http://www.wifamilyties.org)

Facebook: <https://www.facebook.com/wisconsinfamilyties>

Wisconsin Families Ties has advocates throughout the state that provides support for families with children who have serious emotional and behavioral disorders. Please call to find out about resources in your area.

### **Wisconsin Foster and Adoptive Parents Association, Inc. (WFAPA)**

Contact Person: Tina Christopherson, President

Phone Number: (715) 938-6667

E-mail: [twfapa@new.rr.com](mailto:twfapa@new.rr.com)

Website: [www.wfapa.org](http://www.wfapa.org)

WFAPA is a non-profit, peer and volunteer-based organization that supports and advocates for foster and adoptive parents by offering training and support programs. Members are adoptive and foster parents and those interested in child welfare. WFAPA holds two conferences a year which bring in highly qualified speakers who help educate on how to handle and better understand tough issues. A newsletter is sent to members four times a year. Membership fee is \$7.00 per family per year. WFAPA board members meet quarterly with DCFS on foster and adoptive care issues.

SAAN-Surviving Allegations of Abuse and Neglect is a peer driven support network, the purpose of which is to minimize the trauma of foster and adoptive families while undergoing an allegation without compromising the integrity of that investigation. Foster parents welcome children into their homes who bring their histories and issues along with them. For this reason, foster and adoptive parents are at higher risk of someday having an allegation against them. Undergoing an investigation is a stressful and scary situation for anyone, whether or not the allegation is substantiated. SAAN is here to provide information to support you throughout the investigation process and give you the caller an accurate timeline of events during the investigation. A connection to someone who will listen, and a chance to vent your emotions in a safe and healthy way.

FASSP-Foster & Adoptive Support & Preservation Program is to meet the needs of foster and adoptive parents statewide through a network of peer driven support and information which will help to preserve foster and adoptive families. It is a branch off of the SAAN program and they both are connected to WFAPA. FASPP volunteers are highly trained to provide you with information and/or resources to guide you through

various issues. We are here to guide you with information to preserve your foster or adopted child. Or to help you through an investigation, or the possibility of an alleged allocation. We will listen to your questions and concerns and give you information for you to make an informed decision. FASSP is not a legal entity and no legal advice will be given by the volunteers. FASSP can also offer avenues to explore in regards to training, conferences and tip sheets.

**Wisconsin Foster/Adopt Group**

Contact Person: Marianne Makes Anderson

Website: <https://www.facebook.com/groups/481153358605514/>

A closed Facebook-based group for Wisconsin foster and adoptive families that encourages members to post trainings and events in their area, share thoughts and comments, or just vent.

## **Northeastern Region**

### **Aspiring Anti-Racist White Parents/Caregivers**

Contact: Rachel Westenberg

Email: [rachel@weallriseaarc.org](mailto:rachel@weallriseaarc.org)

Website: <https://www.weallriseaarc.org/post/2022-aspiring-anti-racist-white-allies-groups>

This is a space for specifically white parents or adults who have Black children or youth within their care. This can include white lead households who have Black children, are fostering Black youth, who have adopted Black youth, or have Black youth within their care.

### **Calvary Bible Church Adoptive/Foster Parent Group**

Contact Person: Lora Cook or Amy Michaletz

Email: [michaletz@centurytel.net](mailto:michaletz@centurytel.net)

Winnebago County

This group meeting the 3rd Saturday, every other month from 9:30 - 11:30 am at Calvary Bible Church in Neenah, WI. There is no cost and child care is available if you reserve a spot. This material is from a Christian perspective but all are welcome to attend. Currently the group is watching and discussing Dr. Karyn Purvis' Healing Families DVDs. You can also contact Amy to be invited to join their yahoo group.

### **First English Lutheran Adoption Support Group**

Contact: Sarah Miles

Phone: 920-733-2303 or 920-993-0525

Email: [felc@felc.com](mailto:felc@felc.com)

County: Outagamie

Families from all adoptive backgrounds are welcome, as well as families in the adoptive process. Our mission is to provide parent-to-parent support and encouragement before, during and after the adoption process. This group meets at First English Lutheran Church, 6331 N. Ballard Rd, Appleton. Anyone is welcome, you do not need to be a member of the church. Childcare is provided. Please call or email to confirm group meeting times/days.

### **Foster Parent Support Group**

Contact: Meghan Phillips

Email: [mjacquet94@gmail.com](mailto:mjacquet94@gmail.com)

Contact: Claudia Martin

Email: [mrssrm6@yahoo.com](mailto:mrssrm6@yahoo.com)

Facebook: <https://www.facebook.com/groups/1601516306593883>

This group is Facebook only at this time.

This group was made for licensed foster parents who reside in Brown County. This group offers support and helpful resources to foster parents during their fostering journey. Join We Care Foster Parent Support Group on Facebook for more information.

### **It's All Relative**

Contact: Beth Reimer

Email: [beth.reimer@outagamie.org](mailto:beth.reimer@outagamie.org)

Contact: Kathryn Krauter

Email: [Kathryn.krauter@outagamie.com](mailto:Kathryn.krauter@outagamie.com)

Meetings are for grandparents or relatives who are raising children. Meetings alternate between programs on relevant topics and a support meeting. Group meets the third Tuesday of the month. Social time begins at 5:00 pm, followed by a family style meal at 5:30 pm. Support group meeting time is from 6:00-7:30 pm.

### **Lovin the Skin I'm In**

Contact: Rhonda Chandler

Email: [lovintheskinimin@gmail.com](mailto:lovintheskinimin@gmail.com)

Facebook: <https://www.facebook.com/groups/135607977734196>

A faith based non profit organization that empowers and uplifts girls of color (ages 7-18+) in N.E. Wisconsin while developing their gifts, talents and leadership skills.

### **Oshkosh Area Adoption Connection**

Contact Person: Melissa Troedel

Email: [mtroedel@gmail.com](mailto:mtroedel@gmail.com)

Website: <https://www.facebook.com/groups/102051509881869/>

Winnebago County

This group meets the 2nd Sunday of each month, Sept-May. 3:00 -4:30 pm at Community Church on Ryf Road in Oshkosh. Every other month a topic is up for discussion or a speaker is provided. The other months focus on family updates and family spotlights. Childcare is provided for a suggested donation of \$5 for the first child and \$1 for each additional child. Please get in touch with Melissa via email if you are a new family to the group.

### **Ours Through Adoption of NE Wisconsin**

Phone: (920) 435-2626

Email: [OursThroughAdoption@gmail.com](mailto:OursThroughAdoption@gmail.com)

Website: <http://www.oursthroughadoption.org/>

County: Brown

This group offers a newsletter, library, group activities, directory, support and adoption educational opportunities. The group provides social and cultural activities as well as an annual Adoption Option conference is held in March. There is a \$25 membership fee, which includes the organizational newsletter.

### **Parent and Caregiver Support Group**

Contact: Vivian Flanagan

Phone: (920) 954-1550

Website: <https://www.namifoxvalley.org/support-groups/parent-caregiver-support/>

Is your child or adolescent experiencing emotional or behavioral obstacles? We can help. Led by trained facilitators who have children living with mental health challenges, this monthly support group helps parents and caregivers discover community resources, learn coping skills and experience mutual compassion and support from others who understand their journey. Group meets the First Thursday of the month from 6:00-7:00 pm at Lou's Brew Café and Lounge in Appleton.

### **Winnebago County**

Contact: Jelaine Bauman

Phone: (920) 460-2663

Email: [betabink@hotmail.com](mailto:betabink@hotmail.com)

### **Winnebago County Foster & Adoptive Parent Association**

Contact: St. Mark's Lutheran Church

Phone: (920) 725-2828

Speakers present on different topics at each meeting. Anyone is welcome, there is no registration required. A newsletter is also available once a month. Meetings are held the fourth Thursday of each month from September through April. Social hour starts at 5:30 pm; meeting starts are 6:30 pm.

## **Northern Region**

### **Connecting Families—Vilas County**

Contact: Kelly Pyne

Email: [kegrad@vilascountywi.gov](mailto:kegrad@vilascountywi.gov)

Relative caregivers, Kinship parents, and foster parents meet once a month at the Northwoods Children's Museum for a meal, a short training, and then networking. Museum is open and child care is provided.



## **Western Region**

### **EVOLVE Adoption & Family Services' Proactive Parenting Support Group**

Phone Number: (651) 439-2446

Email: [evolve@evolveservices.org](mailto:evolve@evolveservices.org)

Website: [www.evolveservices.org](http://www.evolveservices.org)

County: Out-of-state (Minnesota)

The Proactive Parenting Support Group is a place for current or prospective adoptive parents and those who provide foster care to encourage one another through community, education, and common understanding. The group is moderated by psychologists Holly Van Gulden and Claude Riedel of the Adoptive Family Counseling Center. This group meets very third Tuesday of the month from 7:00 pm to 9:00 pm and rotates between EVOLVE's three offices.

### **Families with Children from Asia of the Chippewa Valley**

Facebook: [www.facebook.com/groups/fcc.chippewavalley/](http://www.facebook.com/groups/fcc.chippewavalley/)

For any family with children who were born in Asia wanting to stay connected with others in the Chippewa Valley.

### **Relative Raising Children**

Contact: ADRC of Dunn County

Phone: (715) 232-4006

Email: [adrc@co.dunn.wi.us](mailto:adrc@co.dunn.wi.us)

This is a support group for relatives that are raising children. It is primarily for grandparents that have custody/guardianship of their grandchildren but other relatives are welcome also. Group meets the third Thursday of each month from 10:30 am-12:30 pm at Community Services Building of Dunn County.

### **Western Wisconsin Advocates for Adoption**

Contact: Christy Reppe with Catholic Charities Post Adoption Resource Center

Phone: 715-832-6644 ext. 1517

Email: [creppe@cclse.org](mailto:creppe@cclse.org)

Website: [www.facebook.com/westernwisconsinadvocatesforadoption](http://www.facebook.com/westernwisconsinadvocatesforadoption)

County: Eau Claire

Members of WWAA are adoptive parents, individuals, and organizations interested in or concerned about adoption in Wisconsin. Meetings are held quarterly at various locations in the Eau Claire area.

## Southern Region

### **Adoption/Foster Support Group**

Facebook: <https://www.facebook.com/groups/499401416914489>

Meets monthly September-June on the east side of Madison. We offer Family Fun Nights as well as Parent Only Events. Our goal is to support current and future adoptive/foster families by creating a network of families that gather, share information and provide support to one another. All members of the family are welcome and encouraged to attend. (Grandparents and extended family members are always welcome!) See our Facebook page for a complete listing of all events.

### **Door Creek Church Adoption and Foster Family Support Group**

Contact Person: Lisa Schuster

Email: <mailto:schubies@ameritech.net>

Phone: (608) 235-7677

Facebook: <https://www.facebook.com/groups/499401416914489/>

Our Adoption and Foster Family Support Group in Madison, Wisconsin is for parents who are adopting or fostering children. It is also for those in the process or those considering it as an option for your family. We exist to help one another through the tough times and to celebrate with each other when matches are made and things are going well. We provide friendship, support, resources and connections. We usually meet the first Friday of each month, September thru June at Door Creek Church from 6pm-8pm, room 108. Our meetings are for families. Pizza dinner is provided, we ask for families to RSVP to our Facebook page each month they plan to attend. You don't have to be a member or attend the church in order to be a part of this group.

### **Families Like Ours**

Contact: Mandi Stevens

Email: [FamiliesLikeOurs@gmail.com](mailto:FamiliesLikeOurs@gmail.com)

Facebook: <https://www.facebook.com/groups/familieslikeoursmadison/>

Families Like Ours provides support, friendship, encouragement and resources to Madison, WI foster and adoptive families. Our monthly meetings are social/dinner gatherings (kids included) to help you connect with families like yours. We gladly welcome all foster or adoptive families at any stage of the process. We meet one Saturday a month, the exact week varies based on space availability.

### **Families Through Korean Adoption**

Contact Person: Membership Coordinator

Email: [FTKAmadison@gmail.com](mailto:FTKAmadison@gmail.com)

Facebook: <http://www.facebook.com/groups/147428315309464>

County: Dane

The mission of FTKA is to serve as a network of parents and children for social, cultural and educational issues related to Korean adoption. Group meets at various locations to

provide support in a social setting to families in the process of or who have already adopted children from Korea.

**It's Not About You (INAY)**

Contact: Shannon Reagan-Shaw

Phone: (608) 213-6223

Contact: Dawn Douglas

Phone: (608) 242-6303

Email: [douglas@countyofdane.com](mailto:douglas@countyofdane.com)

**Madison Families with Children from China**

Email: [madisonfamilieschinesechildren@gmail.com](mailto:madisonfamilieschinesechildren@gmail.com)

Website: <https://www.facebook.com/groups/128010280576776/>

This group is for parents, family members and adoptees from China.

**Milagros de Guatemala**

Contact Person: Lori DuRussel

Phone: (608) 833-4211

Email: [lduruss@yahoo.com](mailto:lduruss@yahoo.com)

A support network for families who have adopted from Guatemala. Becoming a part of this network in which children adopted from Guatemala can get to know other Guatemala-born children, and where families can see examples of other families formed in similar ways. A resource for adoptive parents where issues related to parenting, adoption, and multi-cultural families are discussed.

**Waushara Regional Support Group**

Contact: Whitney Golding

Email: [whitney.golding@co.waushara.wi.us](mailto:whitney.golding@co.waushara.wi.us)

Contact: Desiree Bellamia

Email: [desiree.bellamia@co.waushara.wi.us](mailto:desiree.bellamia@co.waushara.wi.us)

Waushara Regional Support Group is open to any foster parent, respite provider, adoptive parent and/or kinship care provider. Group starts at 5:30 pm with free dinner. At 6:00 pm, adults and children separate and group goes until approximately 7:30 pm.

## **Southeast Region**

### **Adoptive Family Support Group through Catholic Charities**

Contact Person: Sarah Chidester

Phone Number: 414-771-2881

Email: [schidester@ccmke.org](mailto:schidester@ccmke.org)

Website: <https://www.ccmke.org/Catholic-Charities/Get-Help/Adoption-Services.htm>

County: Milwaukee

A group for pre-adoptive families, waiting families, and post adoptive families working with any adoption agency. A place for parents and children at any stage in the adoption process to connect, support, and share with other families touched by adoption. Usually meets the 2<sup>nd</sup> Tuesday of every other month from 6pm-7:30pm at Catholic Charities at 2021 N 60<sup>th</sup> Street in Milwaukee. If you are interested in attending a meeting, please call or e-mail to RSVP. Childcare is available.

### **Connecting Bridges**

Contact Person: Jean Northway, President

Email: [connectingbridgesmilwaukee@gmail.com](mailto:connectingbridgesmilwaukee@gmail.com)

Website: <https://www.facebook.com/groups/208378199276317/>

County: Milwaukee

Connecting Bridges was formed in October 2009 by foster parents who volunteer their time to help make the difficult parts of foster care a little easier. Their primary and immediate goal is to help foster and adoptive children by helping their foster and adoptive parents. Another important goal is to help those trying to “mend” the Milwaukee County foster care system by helping those in it work together to more efficiently serve the children in the system. This group has an active Facebook page where members are encouraged to post questions as well as seek and provide support to other members. Connecting Bridges also has occasional in-person meetings, which are posted on the Facebook page.

### **Connected Through Adoption: Tween/Teen Edition**

Contact Person: Jaclyn Skalnik

Email: [Jaclyn@adoptionwellness.com](mailto:Jaclyn@adoptionwellness.com)

Website: <http://www.adoptionwellness.com/>

County: Milwaukee

A one hour workshop for four weeks presented by Adoption Wellness developed by and for adopted teens and tweens. Encourages adoption exploration in a safe space and supported by an adoption competent clinician and transracial adult adoptee. Meets at the Coalition for Children, Youth and Family offices at 6682 W. Greenfield Ave. Suite 310, West Allis, WI. Contact for upcoming dates, cost, and additional details.

### **Fond du Lac County**

Contact: Michelle Ward

Phone: (920) 922-3824

### **Foster Parent Support Group**

Phone Number: (262) 549-5575

County: Waukesha

Meetings are held from 6pm-7pm the first Thursday of each month (starting in August 2015) at Parents Place, 1570 E. Moreland Blvd. Waukesha, WI. On-sight daycare is available, but you must register in advance to secure a slot as there may be a cutoff depending on the number of children.

### **Foster the Family US**

Contact Person: Sarah Lenz

Email: [fosterthefamilymke@gmail.com](mailto:fosterthefamilymke@gmail.com)

Website: <https://www.fosterthefamily.org/supportgroups>

This is a support group and includes a short topical training and guided discussion for foster & adoptive moms. This group is for any and all foster moms, foster-adoptive moms, and prospective foster moms. Meetings occur the third Thursday of the month at 7pm. The support group will meet at the First Congregational Church located at 1511 Church Street in Wauwatosa, WI.

### **Jefferson County**

Contact: Katie Schickowski

Email: [katies@jeffersoncountywi.gov](mailto:katies@jeffersoncountywi.gov)

### **Kenosha County**

Contact: Kristie Fowler

Phone: (262) 455-1154

Email: [Snkfowler@yahoo.com](mailto:Snkfowler@yahoo.com)

### **Kids Matter Inc.**

Phone: (414) 344-1220

### **Lakeshore Foster Families and Friends**

Contact: Karie Kobel

Phone: (920) 242-5411

Email: [karie@lakeshorefosterfamiliesandfriends.org](mailto:karie@lakeshorefosterfamiliesandfriends.org)

### **Ozaukee County Foster/Adoption Support Group**

Contact: Kristine Kuehlmann

Phone Number: 262-284-8205

Email: [kkuehlmann@ozaukeecounty.gov](mailto:kkuehlmann@ozaukeecounty.gov)

County: Ozaukee

Those interested can contact Kristine Kuehlmann with the information listed above.

## **Parent Café**

Phone Number: (262) 521-0317

County: Waukesha

Email: [Peggyh@excellencecenters.com](mailto:Peggyh@excellencecenters.com)

Parent Cafes are an educational opportunity for parents to come together and deal with the stressors, worries, and challenges of parenting in a supportive environment. Meets at the Center for Excellence, N4W22000 Bluemound Road, Waukesha. Childcare is available but you must register ahead of time.

## **The Parenting Network**

Phone Number: 414-671-0566

Email: [helplineg@theparentingnetwork.org](mailto:helplineg@theparentingnetwork.org)

Website: [www.theparentingnetwork.org](http://www.theparentingnetwork.org)

County: Milwaukee

The Parenting Network offers a variety of parenting classes and groups at locations throughout Milwaukee County. Registration is required for all classes, some of which are free and some of which are offered for a fee. Please call the Parent Helpline at (414) 671-0566 to register for a class or to learn more about our services. You may also email Parent Helpline staff at [helplineg@theparentingnetwork.org](mailto:helplineg@theparentingnetwork.org). The class schedule is updated quarterly and some of the class offerings are listed below.

- **Dad Matters 24/7:** An ongoing parenting series specifically for dads. It looks at parenting from the male point of view and focuses on the importance of dad as a positive role model in his child's life. A full series is 10 sessions. There is a \$30 materials fee for Dad Matters participants. Replacement certificates are available for \$10.
- **Fireworks (Anger Management):** Helps parents gain a better understanding of the emotion of anger. Participants learn to manage anger constructively and how to effectively handle their children's anger as well as their own.
- **Positive Parenting:** An ongoing parenting class offered at two different locations (north side and south side of Milwaukee). Topics include family, communication, self-esteem, routines, stress and anger, discipline, and child development; a full series is 10 sessions. There is a \$30 materials fee for Positive Parenting participants. Limited childcare is available for participants. Replacement certificates are available for \$10.
- **START Program:** A FREE, 2 hour workshop providing parents with the information and resources to help increase their awareness of sexual issues and risks. Tips and tools are offered to help parents feel more comfortable communicating about sexual topics with their children.

- **Stewards of Children:** A FREE, 2.5 hour workshop providing you with the tools to help prevent the sexual abuse of children. Help us protect all of our children by moving from awareness to action.
- **Strengthening Families 10-14 Program:** A FREE 7-week series for parents/caregivers with children ages 10-14. Parent/caregiver is required to attend the program with their child age 10-14. The program starts with a family meal. Adults and children break into separate groups and then join together at the end for a family session. Topics of discussion include peer pressure, family communication, problem solving, establishing family meetings, developing empathy, and stress management.
- **Triple P Program:** A 6-week parenting program that focuses on strategies to encourage positive behaviors and attitudes in children. Participants gain confidence to manage family issues and develop skills through role play, reward and consequences. Includes strategies to encourage children to do their best and realize their potential. Requirements: Program completion requires five weeks of attendance and three weeks of phone consultation. Parents must have children living in their home to participate. Fee: \$30 for materials. Scholarships and child care are available.
- **Triple P Seminars:** Learn how to guide a child's behavior so you see more of the behavior you want. Discover ways to help your children be successful, happy, and independent. Help your child deal with his or her emotions in a healthy way. The seminars are appropriate for parents with children ages 2-12 and are offered for FREE.
- **Triple P Discussions:** Topics include dealing with disobedience, developing good bedtime routines, managing fighting and aggression, and also hassle-free shopping with children. The discussions are appropriate for parents with children ages 2-12 and are offered for FREE.
- **Triple P Coaching:** You can schedule a one-on-one meeting (up to four sessions) with a Triple P coach for 30-60 minutes and receive tips, techniques, and ideas about strategies that work. The coaching sessions are appropriate for parents with children ages 2-12 and are offered for FREE.
- **Welcome, Baby!:** An ongoing, FREE support and education group for parents/caregivers of newborns or children up to 2 years of age and for expectant parents. The classes include a blend of discussion, information, and play. Limited childcare is available for participants.

## **Parents Place**

Contact: Kathy Duffek

Phone Number: 262-549-5575

Email: [kduffek@parentsplacewi.org](mailto:kduffek@parentsplacewi.org)

Web: [www.parentsplacewi.org](http://www.parentsplacewi.org)

County: Waukesha

Parents Place offers a variety of rotating community education programs including Love and Logic®, Kids Managing Anger, The Traumatized Child, Big Emotions-Meltdowns and Tantrums, Parents of Children with Special Challenges, Mindful Parent/Happy Child, and special speakers. Check their website for a current list of program offerings and more information on the ongoing support groups listed below.

- **Playgroup**: A free on-going group for parents, grandparents, primary caregivers and children. Meet new parents and have fun while supporting each other. Meets every Wednesday from 9:30-11:00am.
- **Parenting through Depression & Anxiety**: Members help each other as symptoms of depression and/or anxiety make parenting difficult. Get tips for managing and preventing symptoms as well as the support of parents who are faced with the same challenges. This group meets every 2nd and 4th Thursday from 5:30pm-7pm.
- **Foster Parent Support**: This Parent facilitated support group looks at the struggles associated with being a foster parent. Connect with other foster parents in the area to share experiences and hardships and support one another. This group meets every 1<sup>st</sup> Thursday of the month from 6pm-7pm.

## **Relative Caregivers Support/Education Group**

Contact: Janis Ramos or Libby Sinclair

Phone Number: (262) 548-7267 or (262) 548-7677

County: Waukesha

Meets at All About Learning Daycare Center, 1705 Paramount Drive Waukesha. Call for updated group information.

## **The Women's Center**

Phone Number: 262-547-4600

E-mail: [mail@twcwaukesha.org](mailto:mail@twcwaukesha.org)

Website: <http://twcwaukesha.org/get-help/support-groups/>

County: Waukesha

Please call 262-547-4600 or send an email to [mail@twcwaukesha.org](mailto:mail@twcwaukesha.org) to find out when these groups are offered and to speak to the group facilitator before participating.

- **P.O.W.E.R. – Promoting Opportunities Where Everyone Rises**: A workshop for youths ages 14-17 to learn about and express themselves on the issues they face every day.



- **Voices:** This is a four week support group for girls ages 11-14 to learn and discuss all things relationship! This group will create an opportunity for group members to not only learn about relationships but to “find their voice” on issues of dating violence, cyberbullying, healthy friendships, and the power of self-esteem.
- **From the Inside Out:** Parents and their Children, aged 8-12 years old, will practice identifying, labeling, and expressing emotions. At the end of the group, each family will be equipped with a Coping Skills Toolkit, plus a free copy of the movie Inside Out.

**United Foster Parent Association of Greater Milwaukee**

Contact: Theresa Cason-Pate

Phone: (414) 443-0030

Email: [tjpate80059@americanonline.com](mailto:tjpate80059@americanonline.com)

**United Methodist Church of Whitefish Bay Foster Parent Support Group**

Contact: Denise Potter

Phone Number: (414) 964-2424

Website: <http://www.umcwf.org/>

County: Milwaukee

Facilitators: David and Ginny Mike, [gingingin1956@gmail.com](mailto:gingingin1956@gmail.com).

Meets Wednesdays from 6:30pm – 7:30pm in the Fellowship Hall.

This support group welcomes all current and prospective foster parents to join them in supportive fellowship.

**Voices United**

Email: [voicesunitedmilw@aol.com](mailto:voicesunitedmilw@aol.com)