

ramily Resource Centers (FRC) are community-based organizations that serve as a welcoming hub of services and opportunities designed to strengthen families. Our activities and programs are typically provided at no or low cost to participants. They reflect and are responsive to the specific needs, cultures, and interests of the communities and populations served.

# For more information contact Family Connections Inc.

- 2508 S 8th Street Sheboygan, WI 53081
- 920-457-1999
- www.familyconnectionscc.org
- Family Connections Inc













# Family Connections

Family Resource Center

# **FRC Programs**

## **Welcome Baby**

Parents and their newborn in the Sheboygan County hospitals receive a visit from a Resource Specialist. They are connected to existing resources and given a welcome bag to congratulate them on the birth of their new baby. The Resource Specialist can continue to be a contact person for parents it they have questions about community resources in the future.

# **Playgroups**

Playgroups offer a high quality, fun, structured and unstructured play experience for children and parents/caregivers to provide opportunities for play-based learning to support positive child development.

### Open Playroom

Open play on designated days of the week.

# **Parenting Workshops**



### Parent Café

Cafés are physically and emotionally safe spaces where people talk and listen to each other on topics that matter to them. Through individual deep self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experiences to strengthen their families.

The Triple P (Positive Parenting Program) is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior, and prevent problems developing.

**Triple P** 

### **Positive Solutions for Families**

An evidence-based, family-friendly workshop of seven sessions that helps parents and caregivers improve interactions with their children and promote positive and effective parenting behaviors, which will, in turn, promote children's social and emotional development and address the challenging behavior of children ages 2-5 years.

# Five for Families/The Five **Strengths**

While every family has challenges, they also have strengths that they can draw upon during difficult times. Understanding how to build upon your family's strengths in five essential areas can help you feel more confident, less stressed, and better connected to your children.