

July 2010 Programming and Descriptions

- **Wellness Recovery Class (Wednesdays 12—2pm)** - parents will gain insight into their own mental health challenges while focusing on the road to recovery. This is an 8 week closed on-going group. A parent must begin during classes 1,2 or 3.
- **Parenting Skills (Thursdays 12—2pm)** - Parents will better understand the effects mental illness has on parenting. They will be given the skills to improve their nurturing and bonding qualities of parenting. This is a 12 week open on-going group. Now Enrolling!
- **Drop-in (Wednesdays and Thursdays 10am-2pm)** - Center is open for resources and referral, meet 1-1 with a peer support specialist, drop-in play times, lending library, free internet connection and more!
- **Support Group (Wednesdays 10:30—11:45am)** - An open support group for people who are parents and who also find themselves on a recovery journey to mental health and wellness.
- **Nutrition (Thursdays 10am—11:30am)** - Parents and older kids will have the opportunity to learn new skills, try new recipes, and gain information on healthy meals and snacks within a tight budget. Facilitated by Kathryn Cieszki, nutrition educator, from UW-Extension.
- **Family Nights**— Families will have an opportunity to increase their social supports, interact with their own family and increase their knowledge of mental wellness as a family unit. Family Nights are held the 3rd Tuesday evening of every month and are open ONLY to those families that are part of the Invisible Children's Program.

FREE Childcare is provided on Wednesdays and Thursdays from 10am—2pm while you visit the center.

Bus tickets, parking validation or other transportation may be available upon request!

Call Beth (336-7962) to register, get more information, or to be put on the mailing list.

**Mental Health America of Wisconsin
734 North 4th Street, Suite 200
Milwaukee, WI 53203
Ph 414-276-3122
Fax 414-276-3124**

July 2010

Strong Families Healthy Homes

Invisible Children's Program (ICP) and Specialized Family Resource Center (SFRC)

Tuesday	Wednesday	Thursday
		<p style="text-align: right;">1</p> <p style="text-align: center;"><u>10am-2pm Drop-in</u> 10am-12pm Nutrition 12-2pm Parenting (5)</p>
6	7	8
	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10:30 –11:45am Support Group 12-2pm Wellness Recovery (2) Recovery/Personal Wellness</p>	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10am-12pm Nutrition Make-up day 12-2pm Parenting (6) Discipline</p>
13	14	15
	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10:30 –11:45am Support Group 12-2pm Wellness Recovery (3) Personal Wellness Cont.</p>	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10am-12pm Nutrition 12-2pm Parenting (7) Reward and Punishment</p>
20	21	22
<p style="text-align: center;">ICP FAMILY NIGHT 5-7:15 pm MHA 2nd floor</p>	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10:30 –11:45am Support Group 12-2pm Wellness Recovery (4) Triggers</p>	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10am-12pm Arts Expression 12-2pm Parenting (8) Alternatives to Spanking</p>
27	28	29
	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10:30 –11:45am Support Group 12-2pm Wellness Recovery (5) Early Warning Signs</p>	<p style="text-align: center;"><u>10am-2pm Drop-in</u> 10am-12pm Arts Expression 12-2pm Parenting (9) Reward and Punishment</p>