Parent Education Resource Team

"Helping families become healthy and resilient by giving them skills and resources necessary to support and care for each other"

Parenting Tidbits...

"Parenting is the hardest job you will ever love"

Educational Opportunities Dunn County Offers...

Budget Coach: Work through household issues, identify financial hardships and set realistic goals with a budget coach.

College Transition: Technical college, community college, four-year University - the decision has been made. Now learn what you need to know to succeed!

Love & Logic: For family leader's and children ages birth-18 to establish a rewarding relationship built upon live and trust.

Strengthening Families: Help family leaders build upon their strengths, while youth develop skills to handle peer pressure. For youth ages 10-14 and their family leaders.

Wellness ROCKS! Wellness campaign that will motivate families to live healthier and more active lives.

'Too often we give children answers to remember rather than problems to solve" ~Roger Lewin

Parent Education Resource Team

Helping families become healthy and resilient by giving them skills and resources necessary to support and care for each other"

Parenting Tidbits...

"Parenting is the hardest job you will ever love"

Educational Opportunities Dunn County Offers...

Budget Coach: Work through household issues, identify financial hardships and set realistic goals with a budget coach.

College Transition: Technical college, community college, four-year University - the decision has been made. Now learn what you need to know to succeed!

Love & Logic: For family leader's and children ages birth-18 to establish a rewarding relationship built upon live and trust.

Strengthening Families: Help family leaders build upon their strengths, while youth develop skills to handle peer pressure. For youth ages 10-14 and their family leaders.

Wellness ROCKS! Wellness campaign that will motivate families to live healthier and more active lives.

"Too often we give children answers to remember rather than problems to solve" ~Roger Lewin

Dunn County Parenting Resources

Red Cedar Medical Center: Wellness ROCKS! Family wellness

program with free events open to youth and families

715-235-5531 www.rcmc.mhs.org

Positive Alternatives: TeenCare is a prevention service including a 24-hour hotline and short term shelter/crisis intervention designed to serve youth.

1-800-481-TEEN (8336) www.positive-alternatives.org

*Strengthening Families

UW-Extension: We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities 715-232-1636 www.dunn.uwex.edu

*Love and Logic

* College Transition

Stepping Stones: Seeks to foster a community that prevents hunger, homelessness and isolation throughout Dunn County.

715-235-2920 www.steppingstonesdc.org

*Budget Coach

Greater Menomonie Area Chamber of Commerce: Serves its members and the surrounding communities of Dunn County and offers a Community

Calendar for family, fun events.

715-235-9087 <u>www.menomoniechamber.org</u>

For more information regarding the educational opportunities highlighted on the front page visit us at:

www.dcpfy.org



Dunn County Parenting Resources

Red Cedar Medical Center: Wellness ROCKS! Family wellness

program with free events open to youth and families

715-235-5531 www.rcmc.mhs.org

Positive Alternatives: TeenCare is a prevention service including a 24-hour hotline and short term shelter/crisis intervention designed to serve youth.

1-800-481-TEEN (8336) www.positive-alternatives.org

*Strengthening Families

UW-Extension: We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities 715-232-1636 www.dunn.uwex.edu

*Love and Logic

*College Transition

Stepping Stones: Seeks to foster a community that prevents hunger, homelessness and isolation throughout Dunn County.

715-235-2920 www.steppingstonesdc.org

*Budget Coach

Greater Menomonie Area Chamber of Commerce: Serves its members and the surrounding communities of Dunn County and offers a Community

Calendar for family, fun events.

715-235-9087 <u>www.menomoniechamber.org</u>

For more information regarding the educational opportunities highlighted on the front page visit us at:
www.dcpfy.org

