Children's Hospital of Wisconsin

Family Matters

Exchange Family Resource Center
March-June 2013

Ask the Expert Workshops

Ten Things Every Child Needs
6:30 p.m. – 8 p.m. Thursday, March 14
Theodore Robinson Intermediate School Library
320 Fair St., Evansville
Presented by Jenny Dalsen, FRC coordinator
Want to get your child off to the best start in life? Learn about ten simple things that you can do to help your child's brain develop to its fullest potential.

Building Protective Factors
6:30 p.m. – 8 p.m. Thursday, May 9
Evansville High School
640 S Fifth St., Evansville
Presented by Jenny Dalsen, FRC coordinator
Learn about five protective factors that keep kids safe and how you can build these protective factors in your home, school or child care center.

Shaken Baby
6:30 p.m. – 8 p.m. Thursday, May 16
Exchange Family Resource Center
2020 E Milwaukee St., Janesville
Presented by Nancy Brooks, Prevention manager
Babies cry. Have a plan. Learn why babies cry and how to safely deal with the crying. This training meets the requirements of the Prevent Violence Against Children Act.

Stewards of Children
6:00 p.m. – 8 p.m. Thursday, June 7
Evansville High School
640 S Fifth St., Evansville
Presented by Jenny Dalsen, FRC coordinator
Stewards of Children are designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. This program equips and empowers adults to keep kids safe. To ensure adequate workbooks for this workshop, you must register by Friday, May 31.

Family Events

Block Party
9 a.m. – 10:30 a.m. Monday, April 8
Creekside Place
102 Maple St., Evansville
Presented by Cristina Parente, UW Extension
Research shows that block play can improve math, science, pre-reading, social, creativity and physical skills in children. Participants in this workshop will have the opportunity to discover the benefits of block play.

Week of the Young Child Family Event
5:30 p.m. – 7:30 p.m. Friday, April 26
Levi Leonard Elementary School Gym
320 Fair St., Evansville
Join us for a family fun night! Open to all families with young children. Learn about area businesses and organizations. Stop by our table!

Additionally, Evansville will host a Week of the Young Child parade 9:30 AM Tuesday, April 23rd at. The parade will start at St. John's Lutheran Church and continue north on Third Street, east to Church Street and south to Second Street. Watch area children march in the parade!

The Exchange Family Resource Center invites you to learn more about the free educational programs and fun activities available to families and other caregivers living in Rock County.

Call (608) 314-9006 to register for programs.
Continuing education certificates are available for some workshops.

Ongoing programs

Play and Learn

Participate in early learning activities that help your child develop and get ready for school. We have ideas for playing and learning that will work at home, too.

Evansville
9 a.m. – 10:30 a.m. Mondays
Creekside Place
102 Maple St.

Janesville
9 a.m. – 10:30 a.m. Wednesdays
Exchange Family Resource Center

Beloit
9 a.m. – 10:30 a.m. Thursdays
Beloit Exchange Family Resource Center

Nurturing Parenting

Attend one class or join us for the full 10-week session. To register for the class, call (608) 314-9006.

Janesville
6:30 p.m. – 8 p.m. Tuesdays
Exchange Family Resource Center

Beloit
1p.m. – 2:30 p.m. Thursdays
Beloit Exchange Family Resource Center

Parents as Teachers

Parents as Teachers is a free early-learning program for expectant parents or families with infants and toddlers. Participants will get personalized home visits that include information about child development, developmental screenings, group meetings to connect with other parents and a network of resources to help connect parents with support outside of PAT. To sign up, call (608)314-9006.

Rock County Comprehensive Home Visit Project

The Rock County Comprehensive Home Visit Project helps pregnant African American mothers and families with young children get off to a healthy start. Families are paired with a home visitor to provide education, parent/child activities, support, social activities and community connections until the baby reaches age 3. To find out more information about this program, call (608) 365-8553.

Exchange Family Resource Center is a place for parents to learn to be the best possible parents they can be. The center provides a nurturing environment in which parents can strengthen family relationships, connect with resources, access programs and enjoy family activities with their children at no cost. Other services include:

- Developmental screenings.
- Warmline.
- Lending library.
- Information and referral.
- Volunteer opportunities.

Call (608) 314-9006 to register for programs. Continuing education certificates are available for some workshops.

Exchange Family Resource Center
2020 E. Milwaukee St., Suite 5
Janesville, WI 53545
Phone: (608) 314-9006
Fax: (608) 314-9009

Center hours
8:30 a.m. – 5 p.m. Monday, Wednesday – Friday
8:30 a.m. – 8 p.m. Tuesday

Beloit Exchange Family Resource Center
1221 Henry Ave.
Beloit, WI 53511
Phone: (608) 365-8553

Center hours
8:30 a.m. – 5 p.m. Monday-Friday

chw.org/familyresourcecenters

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Visit facebook.com/exchangefrc

Exchange Family Resource Center is supported by:

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