

Foster & Adoption Related Support Groups

Last updated April 2018

Wisconsin is fortunate to have many support groups related to the issues of foster care, adoption and families. The information provided is not endorsed by the Coalition for Children, Youth & Families or any of its funding sources. If you are in need of more specific resources, please contact the Post Adoption Resource Center, funded by the Wisconsin Department of Health and Family Services, Division of Children and Family Services, in your area.

Northern Region: 1-888-212-4357
Western Region: 1-888-212-4357
Northeast Region: 1-800-998-9609
Southern Region: 1-800-236-4673
Southeast Region: 1-800-762-8063

Also, if any of the information listed below is inaccurate or if there are any additions that need to be made to the list, please contact the Coalition.

[Statewide & Online/Alternative Support Groups](#)

Canopy Center: Parent Stressline

Phone Number: (608) 241-2221

The Parent Stressline is a listening line open to callers from 8:00am to 10:00pm daily, 365 days a year. It is available to parents and caretakers who are experiencing stress or who just need someone to listen. Parent advocates strive to assist callers with finding solutions to their problems, and make referrals, as needed, to appropriate community services that are equipped to meet the needs of the caller. An essential service offered by the Parent Stressline is the promise of anonymity and confidentiality. Callers are asked no questions that will provide the Canopy Center with identifying information about the caller. With few places to go “just to talk” this practice offers a unique service to parents and caregivers in our community. Spanish Speaking services are available.

CHADD – Virtual Support Groups for ADHD

Website: <http://www.chadd.org/Support/Virtual-Chapter.aspx>

The Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) Virtual Support groups provide a forum that facilitates and promotes the sharing of common interests, information, and experiences within the ADHD community. These online groups allow you to participate in support activities when you are unable to attend a local ADHD support meeting in person; and are managed by qualified volunteers knowledgeable on ADHD-related topics. During these sessions, you have the opportunity to speak with other participants, seek advice, make friends, discover new ideas, share your experiences – good and bad, and help support others managing ADHD.

Families of Russian and Ukrainian Adoptions

Email: 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

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.

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.

WI Foster and Adoptive Parents Association, Inc. (WFAPA)

Contact Person: Tina Christopherson, President

Phone Number: (715) 938-6667

E-mail: twfapa@new.rr.com

Website: 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.

WI Family Ties

Phone Number: 800-422-7145

E-mail: info@wifamilyties.org

Web: 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/Adopt Group

Contact Person: Marianne Mades 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

Family Service of Northeast Wisconsin's Post Adoption Resource Center (PARC)

Contact Person: Heather Hansen

Phone Number: 920-436-4360 ext. 1264

Email: postadoption@familyservicesnew.org

Website: <https://www.familyservicesnew.org/parc/>

County: Varies depending on meeting location

- **Mom's Night Out:** For pre-adoptive and adoptive mothers to relax and enjoy a night out with other moms they can relate to and share stories. Call or email to register for meetings.
- **Teen Support Group:** This support group is for adopted teens, ages 13-17. The focus is on providing peer support and self-exploration to teens who have been adopted. There will be a mix of socializing, group discussion, group activities, and outings. There will also be young adult adoptees present to share their stories and offer their support and guidance. This group meets the 4th Tuesday of every month from 6:00 pm - 7:00 pm at Family Services, 300 Crooks St, Green Bay (Lower Level– Room L17). Call or email to register your teen for meetings.

Calvary Bible Church Adoptive/Foster Parent Group

Contact Person: Lora Cook or Amy Michaletz

Email: 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.

Oshkosh Area Adoption Connection

Contact Person: Melissa Troedel

Email: 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.

First English Lutheran Adoption Support Group

Contact: Sarah Miles

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

Email: fele@fele.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.

Ours Through Adoption of NE Wisconsin

Phone: (920) 435-2626

Email: 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.

Northern Region

Wausau Area Adoption Community

Contact: Karen V.

Website: <https://www.facebook.com/groups/434676916588960/>

County: Marathon

This group meets at Highland Church in Wausau. Visit Facebook page for more information.

Central Wisconsin Foster & Adoptive Parent Association

Website:

<https://www.facebook.com/CentralWisconsinFosterAdoptiveParentAssociation>

County: Wood

The Central Wisconsin Foster & Adoptive Parent Association is a group open to all adoptive and foster families, and those in-process or thinking about adoption/fostering. This group is coordinated by a couple who have not only adopted from Ethiopia, but also have many contacts with others who have been through that experience or who have adopted bi-racially through a domestic program. The Central WI Foster & Adoptive Parent Association hopes to plan events quarterly in the Wisconsin Rapids area and has a Facebook page by that name as well. Please check them out to keep updated on their events.

Central Wisconsin Area Group: Adoptive Mom's Night Out

Website: <http://cclse.org/post-adoption/>

Contact: Torrie Kolbeck with Catholic Charities Post Adoption Resource Center

Email: tkolbeck@cclse.org

Counties: Central WI

Foster, adoptive, or pre-adoptive moms looking to connect with others in a relaxed setting When/Where: Dates and restaurant locations vary – check our website for upcoming dates. Meets approximately every other month.

Western Region

Adoption Connection

Contact: Dave

Email: promise1418@gmail.com

Phone: 218-591-3892

Website: www.promise1418.org and <https://www.facebook.com/Promise1418>

County: Douglas

A support group of the faith-based organization Promise 14:18 for families who have been touched by foster care or adoption. Meets the 3rd Monday of every month, 6:30-8:00PM at Bayside Baptist Church, Superior, WI - Free childcare is provided.

Catholic Charities Post Adoption Resource Center (PARC)

Contact: Christy Reppe & Karla Meyer (Eau Claire) or

Magen Duffy & Anne Rozeboom (La Crosse)

Phone: 715-832-6644 ext. 1517 (Eau Claire) or 608-782-0710 ext. 1223 (La Crosse)

Email: creppe@cclse.org or mduffy@cclse.org

Website: cclse.org/post-adoption/

County: Cover all counties in the Western Region, including La Crosse and Eau Claire

The PARC has as a variety of programs that provide support, including The Connections Program which is designed to connect members of the adoption triad (birth parents, Adoptive parents, adult adoptees) to others in Western or Northern Wisconsin who have shared similar experiences and are willing to be contacted as a way of sharing and support. You can submit a request online [here](#) to be connected.

- Adoptive Mom's Night Out: A group for foster, adoptive, or pre-adoptive moms looking to connect with others in a relaxed setting. Dates and locations vary but meetings are typically held in Eau Claire, St. Croix, and La Crosse Counties – check the website for upcoming dates. Meets approximately every other month.
- Western Wisconsin Adult Adoptee Support Network: A Facebook group for any adult adoptees in the area who would like to connect. You can search for and request to join this group right on Facebook.
- Western Wisconsin Adoption Support Network: A Facebook group for adoptive parents. You can search for and request to join right on Facebook.
- Western Wisconsin Birth Parent Support Network: A Facebook group for anyone who has ever had a child placed for adoption. To join, you need to email Christy (creppe@cclse.org) and she can add you to the group, as it is not searchable on Facebook to respect the privacy of members.

EVOLVE Adoption & Family Services' Proactive Parenting Support Group

Phone Number: (651) 439-2446

Email: evolve@evolveservices.org

Website: 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.

Touched By Adoption

Contact: Jeri Weiser or Matt Franson

Website: www.facebook.com/groups/150583321694007

County: Eau Claire

A group for anyone touched by adoption, including adult adoptees and birth parents. Meets the 3rd Tuesday of every other month, 6:00-8:00 PM in the Eau Claire area.

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

Website: 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.

Zamad- Chippewa Valley Ethiopian Adoptive Families

Contact: Brooke Lukowitz

Email: brookelukowitz@gmail.com

Website: www.facebook.com/groups/488538501156847

Events and get-togethers vary – join the online group to stay up-to-date.

Southern Region

Catholic Charities Post Adoption Resource Center

Contact Person: Judi Hoang or Jessica Wright

Phone: (608) 826-8009

Email: postadoption@ccmadison.org

County: Dane

- **Moms' Night Out:** A group for pre-adoptive, post-adoptive, and foster Moms who meet quarterly at a coffee shop to support one another. Contact Catholic Charities Post Adoption Resource Center to register.
- **Dads' Night Out:** A group for pre-adoptive, post-adoptive, and foster Dads who meet quarterly at a restaurant to support one another. Contact Catholic Charities Post Adoption Resource Center to register.
- **Trust-Based Parenting Support Group:** A group for parents with children with challenging behaviors who meet quarterly to learn trust-based parenting techniques and to support each other. Visit Catholic Charities Post Adoption Resource Center Eventbrite page for more information and to register: <http://parcsouthernwi.eventbrite.com/>

Families Through Korean Adoption

Contact Person: Membership Coordinator

Email: FTKAmadison@gmail.com

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

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.

Grandparents and Other Relatives as Parents

Phone: (608) 255-7356 ext. 316

Email: sbreining@therainbowproject.net

Website: <http://therainbowproject.net/programs/>

County: Dane

This group provides: opportunity to meet others who are raising relative's children; support and guidance from others in similar situations; guest speakers addressing a wide variety of topics to suit your needs; transportation, childcare and special programming for children raised by grandparents and other relatives; warm line if you

are in need of a listening ear; Caring and Kinship Connection newsletter and other resources. Meets the 2nd Saturday of each month from 10am – noon at the Rainbow Project Inc. Child & Family Counseling & Resource Clinic at 831 E. Washington Ave Madison WI 53703.

Madison Families with Children from China

Email: 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

A support network for families who have adopted from Guatemala. Becoming a part of this network in 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.

Southeast Region

Home to Stay Facebook Group

Contact Person: Diane Behm or Nikki Talakowski

Phone Number: (414) 475-1246

Email: dbehm@coalitionforcyf.org or ntalakowski@coalitionforcyf.org

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

Counties: Jefferson, Kenosha, Milwaukee, Ozaukee, Racine, Walworth, Washington, & Waukesha

A secure, closed Facebook group exclusively for families in SE Wisconsin who have adopted from foster care. This is a place to: hear about upcoming events and activities at the Coalition for Children, Youth and Families; stay connected or create new connections with other adoptive families; get information on the latest adoption news/resources; and engage in discussions on adoption and parenting topics. Please visit the website to request to join this group.

Connecting Bridges

Contact Person: Jean Northway, President

Email: 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

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.

Parent Café

Phone Number: (262) 521-0317

County: Waukesha

Email: 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.

Love's Journey

Contact Person: Dan & Jill Hait

Phone Number: (262) 441-8971

Website: www.facebook.com/groups/lovesjourney

County: Waukesha

Love's Journey is a care group for current or prospective parents of adoptive and foster children within RiverGlen Christian Church and the community (you do not need to attend RiverGlen church to participate). Love's Journey offers support and encouragement, as well as the chance to connect, befriend, and come alongside one another, both in a comforting and fun manner, including planned family activities. Meets the 2nd and 4th Thursday of every month (excluding June, July and August) in room 103 at RiverGlen Christian Church, S31 W30601 Sunset Drive Waukesha WI. Childcare is available for just \$2 per child.

Adoptive Family Support Group through Catholic Charities

Contact Person: Sarah Chidester

Phone Number: 414-771-2881

Email: 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 2nd Tuesday of every other month from 6pm-7:30pm at Catholic Charities at 2021 N 60th Street in Milwaukee. If you are interested in attending a meeting, please call or e-mail to RSVP. Childcare is available.

Milwaukee Area Adoptive Mamas

Contact Person: Amanda Clough

Website: <https://www.facebook.com/groups/598388733540684/>

County: Milwaukee

A great place for adoptive moms to meet, chat and brag about their miracles. This group is active on Facebook and also meets in person on a regular basis.

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.

Ozaukee County Foster/Adoption Support Group

Contact: Bev Melius

Phone Number: 262-623-0984

County: Ozaukee

Meetings are held from 6:30-8:30pm the 3rd Tuesday of each month in Room 117 at the Ozaukee County Administrative Center, 121 W. Main Street, Port Washington, WI. Meetings run September through May. Topic discussions at meetings alternate between open discussion and guest speaker on a monthly basis. Meetings are subject to cancellation due to poor road conditions.

Eastbrook Church Foster/Adoption Support Team (FAST)

Contact: [Colleen Weitzer](mailto:colleenweitzer@yahoo.com).

Phone Number: (414) 371-1090

Email: colleenweitzer@yahoo.com

Website: <http://eastbrook.org/ministries/kids/fast/>

County: Milwaukee

The FAST (foster/adoption support team) ministry at Eastbrook Church provides prayer, encouragement, fellowship, education, and resources to foster and adoptive families with the goal of equipping families to love traumatized children with grace and truth. We meet the second and fourth Sunday of each month in Room B222b 5385 N. Green Bay Ave. Milwaukee, WI 53209 from 9:30-10:45 am. Our activities range from a book study to guest speakers to special family events.

The Parenting Network

Phone Number: 414-671-0566

Email: helplineg@theparentingnetwork.org

Website: 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. 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

Web: 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 1st 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

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

County: Waukesha

Please call 262-547-4600 or send an email to 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 Methodist Church of Whitefish Bay Foster Parent Support Group

Contact: Denise Potter

Phone Number: (414) 964-2424

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

County: Milwaukee

Facilitators: David and Ginny Mike, 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.