

YOU ARE INVITED



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www.facebook.com/muscatiney

www.facebook.com/familyprogramservices



FAMILY PROGRAM SERVICES SUPPORT GROUPS

Tuesday, 6:00-7:30pm (Dinner provided 6:00-6:30)

Raising Highly Capable Kids This 13-week, bilingual evidence-based program helps parents raise healthy, caring and responsible children. With some helpful information, encouragement from others and your commitment, raising highly capable kids really is possible.

Thursday, 6:30pm-8:00pm (Dinner provided 6:30-7:00)

Teens as Parents: This group is for parents who are 19 years of age and younger. Moms and dads are welcome to attend. This is an opportunity for teen parents to meet and gain support from others in similar situations.

First Steps: This group is for moms and dads parenting children, birth-elementary school. Parenting education topics are offered as well as support for individual needs. "Active Parenting" is one of the curriculums used, along with other resources and knowledgeable speakers from the community.

Moments for Moms: This group is for moms parenting children, middle-high school. Talk with others about child rearing, working, and childcare, along with topics specific to raising pre-teens and adolescents.

Viernes, 10:00-11:30 (almuerzo 10:30-11:00)

Mujeres Latinas: Un programa para mujeres que hablan español. Educación para madres en la lengua familiar. Cuidado para los niños es gratis.

Varying Dates

Grandparents Raising Grandchildren: This is a bi-monthly support group for people raising or caring for their grandchildren or other relative's children. This group provides support/information on community resources pertaining to the specific needs of Grandparents in these situations. See schedule inside.

Parenting Skills Study Group: 6-week class using "Active Parenting" Curriculum. Class is offered on an individual basis. Call Lindsey at the YMCA for an appointment, 563-263-9996

Dad's Group: Especially for fathers, this group covers the "24/7 Dad" curriculum, focusing on dad's role in parenting and caregiving. A child support forgiveness option is available for fathers who graduate from this 12-week course. Contact Lindsey Phillips, lphillips@muscatiney.org, to enroll.

BREAKFAST WITH SANTA at the YMCA

Saturday, December 2nd

MARK YOUR CALENDARS!



NEW PARENTING CLASS! RAISING HIGHLY CAPABLE KIDS

This 13-week, bilingual evidence-based program helps parents raise healthy, caring and responsible children. With some helpful information, encouragement from others and your commitment, raising highly capable kids really is possible.

Contact Lindsey Phillips:
lphillips@muscatiney.org
or 563-263-9996

**CHILD CARE AND A
LIGHT MEAL PROVIDED**



Relative Caregivers

“Grandparents Raising Grandchildren”

When we work together, we form bonds with others and strengthen our relationships with younger generations. This twice monthly support group is for people who are raising or assisting in raising their grandchildren, and for other relatives who provide support. Raising grandchildren presents unique “parenting” issues and we can provide support and direct grandparents to community resources. Topics discussed are legal issues, health care issues, family conflict, and much more.

October 10, 2023
9:00am-10:30am
All-American Diner

November 14, 2023
9:00am-10:30am
Waffle & Pancake House

December 12, 2023
9:00am-10:30am
Family Restaurant

October 24, 2023
1:00pm-2:30pm
Pizza Ranch

November 28, 2023
1:00-2:30 PM
Hy-Vee

December Holiday
Celebration– More to
come!



Family Program Services
Muscatine Community YMCA

1823 Logan P.O. Box 978

Muscatine, IA 52761

563-263-9996 www.muscatiney.org

Can't make it? Individual and small group sessions are available.

Call 563-263-9996 to get in touch with a facilitator.



CELEBRATE 2023 NATIONAL FAMILY WEEK!



**LET US TAKE CARE OF YOUR DINNER PLANS.
TUESDAY, NOVEMBER 21ST**

PICK UP A CHILI DINNER
BETWEEN 4:30 & 6:30 TO
ENJOY AT HOME.

INCLUDES:
CHILI
TOPPINGS
CRACKERS
CORNBREAD
FAMILY ACTIVITY

\$10 FOR A FAMILY OF FOUR
ADD \$2 FOR EACH
ADDITIONAL SERVING



**BEGINNING NOVEMBER 1, YOU CAN RESERVE YOUR MEAL ONLINE,
WWW.MUSCATINEY.ORG, OR BY CALLING THE YMCA AT 563-263-9996.
RESERVE YOUR MEAL BY FRIDAY, NOVEMBER 17TH.**

WWW.MUSCATINEY.ORG

October


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	4	5 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	6 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	7
8	9	10 Grandparents Raising Grandchildren AM Raising Highly Capable Kids 6:00-7:30	11	12 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	13 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	14
15	16	17 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	18	19 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	20 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	21
22	23	24 Grandparents Raising Grandchildren PM Raising Highly Capable Kids 6:00-7:30	25	26 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	27 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	28
29	30	31 No Group No YPlay				



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	3 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	4
5	6	7 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	8	9 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	10 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	11
12	13	14 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	15	16 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	17 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	18
19	20	21 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	22	23	24	25
26	27	28 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	29	<div>NO GROUP Happy Thanksgiving!</div>		

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	2
3	4	5 Raising Highly Capable Kids 6:00-7:30 Dad's Group PM		7 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	8 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	9
10	11	12 Grandparents Group AM Raising Highly Capable Kids 6:00-7:30 Dad's Group PM	13	14 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	15 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	16
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24	25	26	27	28	29	30

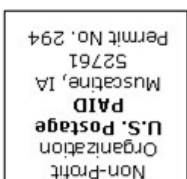
NO GROUP
Happy Holidays!

NO GROUP
Happy New Year!

Family Program Services—Special Events

- ♦ October 3rd—Kick Off Raising Highly Capable Kids– English
- ♦ October 6th– Kick off Raising Highly Capable Kids– Spanish
- ♦ October 31st– Happy Halloween
- ♦ November 21st– Family Meal Night *Flyer Inside
- ♦ November 22nd, 23rd, 24th– No In-Person Groups
- ♦ December 20, 21, 22– No In-Person Groups
- ♦ December 25– Merry Christmas!
- ♦ December 25, 26, 27, 29 30– No In-Person Groups

OR CURRENT RESIDENT



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Muscatine Community YMCA
1823 Logan St.
Muscatine, IA, 52761
563-263-9996

