

FROM OUR FAMILY TO YOURS

MUSCATINE COMMUNITY YMCA
Family Program Services Newsletter

January, February, March
2024



IN-PERSON PROGRAMMING FOR THE FAMILY
LOOK INSIDE FOR DETAILS
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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.

LET US CARE FOR THE KIDS WHILE YOU CARE FOR YOU

The YMCA’s participant care is a FREE and convenient option for children 6 weeks old to 8 years old. Y Play is a service Members may utilize while they work out, take a class, or attend a group in our facility.

Y PLAY

Monday–Thursday

8:30am– 11:30am

5:00pm– 8:00pm

Friday

8:30am–11:30am

Things to Note

Open to children 6 weeks to 8 years old.

Parent/Guardian must remain in the YMCA facility.

Please no toys, snacks, or drinks
Parents will be paged to Y Play for diapering and if any concerns arise.



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.

January 9, 2024

1:00pm– 2:30pm

Maxwell's at the Merrill

January 23, 2024

9:00am–10:30am

Hy-Vee

February 13, 2024

1:00pm–2:30pm

Headquarters

February 27, 2024

9:00am–10:30am

Family Restaurant

March 12, 2024

1:00pm–2:30pm

Happy Joe's

March 26, 2024

9:00am–10:30am

Waffle & Pancake House

April 9, 2024

1:00pm– 2:30pm

Guy & A Grill

April 23, 2024

9:00am–10:30am

All American Diner

May 14, 2024

9:00am–10:30am

Culver's

May 28, 2024

1:00pm–2:30pm

Hy-Vee

June 11, 2024

1:00pm– 2:30pm

Pizza Ranch

June 25, 2024

9:00am–10:30am

YMCA

Family Program Services

Muscatine Community YMCA

1823 Logan P.O. Box 978

Muscatine, IA 52761

563-263-9996

www.muscatiney.org





RAISING HIGHLY CAPABLE KIDS

COMMUNITIES EMPOWERING
FAMILIES FOR SUCCESS

**JOIN US!
COME BE ENCOURAGED**

Raising Highly Capable Kids is a prove, 13 week course created to help build stronger families by giving you the confidence, tools, and skills you need to raise healthy, caring, and responsible children.

A LIGHT MEAL WILL BE SERVED

Free Child Care available for children 8 and under! We have groups for dad, too! Keep the whole family busy & growing.

NEW SESSION!

**TUESDAY EVENINGS
BEGINNING JANUARY 16TH
6:00pm-7:30pm**

Please RSVP



563-263-9996



lphillips@muscatiney.org



www.muscatiney.org



Muscatine YMCA, 1823 Logan St.

JANUARY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Muscatine County Jail: Dad's Group PM No School	2 <div>NO GROUP</div> No School	3 No School	4 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	5 Mujeres Latinas Raising Highly Capable Kids 10:00-11:30am	6
7	8 Muscatine County Jail: Dad's Group PM	9 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren PM Dad's Group	10 No School	11 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm WORKSHOP: SUBSTANCE ABUSE	12 Mujeres Latinas 10:00-11:30am	13
14	15 Muscatine County Jail: Dad's Group PM No School	16 NEW SESSION Raising Highly Capable Kids 6:00-7:30 Dad's Group 6:00-7:30PM	17	18 Stewards of Children 1:30-2:00 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	19 Mujeres Latinas 10:00-11:30am	20
21	22 Muscatine County Jail: Dad's Group PM	23 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren AM Dad's Group 6:00-7:30PM	24	25 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm Early Out	26 Mujeres Latinas 10:00-11:30am No School	27
28	29 Muscatine County Jail: Dad's Group PM	30 Raising Highly Capable Kids 6:00-7:30 Dad's Group 6:00-7:30PM	31			

FEBRUARY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	2 Mujeres Latinas 10:00-11:30am	3
4	5 Muscatine County Jail: Dad's Group PM	6 Raising Highly Capable Kids 6:00-7:30 Dad's Group 6:00-7:30PM	7	8 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	9 Mujeres Latinas 10:00-11:30am	10
11	12 Muscatine County Jail: Dad's Group PM	13 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren PM Dad's Group 6:00-7:30PM	14 Happy Valentine's Day!	15 Stewards of Children 1:30-2:00 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm Early Out	16 Mujeres Latinas 10:00-11:30am No School	17
18	19 Muscatine County Jail: Dad's Group PM No School	20 Raising Highly Capable Kids 6:00-7:30 Dad's Group 6:00-7:30PM	21	22 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	23 Mujeres Latinas 10:00-11:30am	24
25	26 Muscatine County Jail: Dad's Group PM	27 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren AM Dad's Group 6:00-7:30PM	28	29 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm		

MARCH

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Mujeres Latinas 10:00-11:30am	2
3	4 Muscatine County Jail: Dad's Group PM	5 Raising Highly Capable Kids 6:00-7:30 Dad's Group 6:00-7:30PM	6	7 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	8 Mujeres Latinas 10:00-11:30am	9
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24 31	25 Muscatine County Jail: Dad's Group PM EASTER	26 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren AM Dad's Group 6:00-7:30PM	27	28 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	29 Mujeres Latinas 10:00-11:30am No School	30

Family Program Services— Important Dates

January 11– WORKSHOP: New Horizons– Substance Abuse

January 18– Stewards of Children Training

February 14– Happy Valentine’s Day

March 10– Daylight Savings Time, Spring Ahead!

March 11–15– MCSD Spring Break

March 31– Happy Easter

Or Current Resident

FAMILY PROGRAM SERVICES
Muscatine Community YMCA
1823 Logan St.
Muscatine, IA, 52761



Non-Profit
Organization
U.S. Postage
PAID
Muscatine, IA
52761
Permit No. 294