

FROM OUR FAMILY TO YOURS

MUSCATINE COMMUNITY YMCA
Family Program Services Newsletter

April, May, June
2024



IN-PERSON PROGRAMMING FOR THE FAMILY
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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.

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.

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. Educacion para madres en la lengua familiar. Cuidado para los ninos 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

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
1:00pm–2:30pm
Culver’s

May 28, 2024
9:00am–10:30am
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 proven, 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.

APRIL

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

*Please RSVP to attend Dad's Group
lphillips@muscatiney.org
563-263-9996

MAY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	3 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group	4
	*Please RSVP to attend Dad's Group lphillips@muscatiney.org 563-263-9996					
5	6 Muscatine County Jail: Dad's Group PM	7 Raising Highly Capable Kids 6:00-7:30 Dad's Group * 6:00-7:30PM	8	9 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	10 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	11
12	13 Muscatine County Jail: Dad's Group PM	14 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren PM Dad's Group* 6:00-7:30PM	15	16 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	17 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	18
19	20 Muscatine County Jail: Dad's Group PM	21 Raising Highly Capable Kids 6:00-7:30 Dad's Group * 6:00-7:30PM	22	23 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	24 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	25
26	27 <i>Happy Memorial Day.</i> No School	28 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren AM Dad's Group * 6:00-7:30PM	29 LAST DAY OF SCHOOL!	30 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	31 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	

Mother's Day

MHS Graduation

JUNE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div style="border: 1px solid black; background-color: #00a0e3; color: white; padding: 5px; text-align: center;"> *Please RSVP to attend Dad's Group lphillips@muscatiney.org 563-263-9996 </div>					1
2	3 Muscatine County Jail: Dad's Group PM	4 Raising Highly Capable Kids 6:00-7:30 Dad's Group * 6:00-7:30PM	5	6 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	7 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	8
9	10 Muscatine County Jail: Dad's Group PM	11 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren PM Dad's Group * 6:00-7:30PM	12	13 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	14 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	15
16	17 Muscatine County Jail: Dad's Group PM	18 Raising Highly Capable Kids 6:00-7:30 Dad's Group * 6:00-7:30PM	19	20 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	21 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	22
23	24 Muscatine County Jail: Dad's Group PM	25 Raising Highly Capable Kids 6:00-7:30 Grandparents Raising Grandchildren AM Dad's Group * 6:00-7:30PM	26	27 Teen Parents, Moments for Moms & First Steps 6:30-8:00pm	28 Mujeres Latinas 10:00-11:30am Muscatine County Jail: Dad's Group PM	29
30						

Father's Day

Family Program Services— Important Dates

April 4th– Stewards of Children Training

April 4th– Workshop– Project Rise

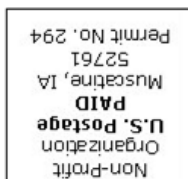
April 18th & 19th– Aligned Impact Muscatine Summer Spark Program

May 12th– Happy Mother’s Day

May 19th– Muscatine High School Graduation

May 29th– Last day of school for Muscatine

June 16th– Happy Father’s Day



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Muscatine Community YMCA
1823 Logan St.
Muscatine, IA, 52761

