



www.TheParentingPlace.net



OUR MISSION

Supporting and empowering a community of adults who nurture thriving children

LA CROSSE OFFICE

1500 Green Bay Street
La Crosse, Wisconsin 54601
608.784.8125
800.873.1768
fax 608.796.0098

SPARTA

900E Montgomery Street
Sparta, Wisconsin 54656
608-716-4081

TOMAH

310 West Elizabeth Street
Tomah, Wisconsin 54660
608-716-4081

Offices are temporarily closed to the public, but we'll be happy to receive your phone calls

Monday - Friday
10:00AM-4:00PM

Building BLOCKS

The Parenting Place newsletter for the counties of La Crosse and Monroe.

July | August | September 2022



MAGICAL MONDAYS

9:30 AM - 11:30 AM
JULY 11,18, 25, AUGUST 1ST
MEMORIAL PARK, SPARTA

Join us for fun activities and free play this summer at Memorial Park. Each week will feature a different theme for activities and crafts! For FREE!



FOREST PLAY GROUPS

Forest Play Groups are weekly outdoor adventure play groups built around the same core concepts you find behind all of our free Parent Education programs. Gather with other grownups who welcome you by name while your child delights in jumping, climbing, finding, tugging, digging, balancing, sharing, tossing, gathering, planning.

In Forest Play Groups, adults and children embrace rain, snow, sunshine, wind, and mud (definitely mud!). We'll gather each week with weather appropriate clothing (some clothing to protect you and your child from moisture and cold may be provided).

Forest Play Groups are
generously sponsored by

GUNDERSEN
HEALTH SYSTEM



LaCrosse

THURSDAYS
LOCATION

10:00 -11:00am
Chad Erickson Memorial Park

NO PLAY GROUP ON
JULY 7TH

PLAY GROUPS

Indoors!

Play Group is a shared time for parents and their children, ages birth to five years of age. Join us for one of our Play groups to enjoy open-ended playtime, a simple art activity, circle and story time and a snack.

La Crosse	Sparta	Tomah
TUESDAYS 9:00-10:00am North Branch Library	MONDAYS 9:00- 10:30am SPARTA OFFICE	TUESDAYS 9:00- 10:30am TOMAH OFFICE
FRIDAYS 9:30- 11:00am GREENBAY OFFICE	NO GROUP ON JULY 4TH	NO GROUP ON JULY 5TH
NO GROUP ON JULY 5TH		

MUSCLES IN MOTION

The Muscles in Motion play group offers the same Parent-child play as our indoor groups, but in a gym! Join the fun and be ready to move.

Muscles in Motion are
generously sponsored by  MAYO CLINIC

La Crosse

Holmen

WEDNESDAYS
10:00am - 11:00am

TUESDAYS
10:00am - 11:00am

POWELL PARK-JACKSON &
WEST

DEER WOOD PARK IN
HOLMEN

CANCELLED
July 6th

CANCELLED
July 5th

Moves to Boys and Girls Club next to
Logan High School on Sep. 14th

Moves to Holmen Boys and Girls
Club on September 13th

We Understand!

You can drop-in to our programs and you don't need to be on time! Also, we love it when you register as it gives us a way to get ahold of you regarding last minute changes and important information each week. You only need to register once per program.

PARENT CONNECTION

Parent Connection will be back in person! We'll open our in-person parent connections when we are able to find enough Playroom Childcare staff to support in-person conversations among the adults. During Parent Connection, we welcome moms, dads, grandparents, and caregivers who are looking to make connections with others in their community. In this time of uncertainty, The Parenting Place wants to remain your constant. We know the importance of staying connected and Parent Connection is one way to achieve that. Please register for communication about any changes to the program.

La Crosse	Sparta	Tomah
TUESDAYS 9:30–11:00am	FRIDAYS 9:00–10:30am	THURSDAYS 9:00–10:30am
LOCATION Online(Zoom)	LOCATION Sparta Office	LOCATION Tomah Office

NO GROUP ON
July 8th

NO GROUP ON
July 7th

REGISTRATION

To register for these Parent programs:

1. Scan this QR code with your phone camera or go to:



www.theparentingplace.net/fun-for-families

2. Click on the desired program(s) and fill in the registration form.
3. Wait for confirmation and more information from our Parent Educators.

NOTE: Parents only need to register once per location/day of week (not an ongoing registration for each week). Also note that upon registration, parents will receive an email with instructions on how to find each cohort's location and how to prepare your child for Play Groups.



POSITIVE PARENTING PROGRAMS (TRIPLE P)

BY THE PARENTING PLACE

Parenting is rewarding, but sometimes you can come to a sticky situation. Triple P provides you with positive ways to help your family work and play better together. We've got lots of Triple P options – choose the one that is right for your family. Triple P is a parenting program used worldwide and you can enroll for free with The Parenting Place. All programs will be held on Zoom this quarter. Registration is required.



Raising Confident and Competent Children with Brian

Monday, July 11 **10 am to 11 am**

One of three Triple P seminars will be presented: Raising Resilient Children. This seminar will allow you to gain tools to help you deal with problem behavior, encourage desirable behavior, grow more confident as a parent, and take care of yourself. Targeted at parents with children ages 0-12 years of age.

The Power of Positive Parenting with Megan

Tuesday, July 12 **9 am to 10:30 am**

During this seminar learn how our child's environment and our expectations can play a role in their success. Also, learn about assertive discipline and the importance of parental self-care.

Triple P Teen Getting Teens to Cooperate with Cara

Wednesday, July 13 **4 pm to 6 pm**

Being a parent is so rewarding, but it can also be challenging, especially during teenage years. Getting children to cooperate can be a struggle, this can be even harder when a child has reached teenage years. Teenagers are wanting to have more independence while parents are wanting their child to cooperate. This session will help parents with strategies on how to get your teenager to cooperate with family members to provide a peaceful and stable environment.

Stepping Stones- Positive Parenting for Children with a Disability with Mike

Thursday, July 14 **5:30 pm to 7:30 pm**

For parents of pre-adolescent children who have a disability. Stepping Stones has been shown to work with children with intellectual and physical disabilities who have disruptive behavior. It can be delivered in any of four ways – Selected Seminars, Primary Care, Group and Standard Triple P.

Raising Resilient Children with Brian

Monday, July 18 **10 am to 11 am**

The Power of Positive Parenting With Megan

Tuesday, July 19 **12:30 pm to 2:00 pm**

Stepping Stones-Helping Your Child Reach Their Potential with Mike

Thursday, July 21 **5:30 pm to 7:30 pm**

Stepping Stones-Changing Problem Behavior to Positive Behavior with Mike

Thursday, July 28 **5:30 pm to 7:30 pm**

Raising Confident and Competent Children with Brian

Monday, July 25 **10 am to 11 am**

Triple P Teen, Reducing Family Conflict with Cara

Wednesday, July 27 **6:30 pm to 8:30 pm**

It can be challenging to know when to intervene in an argument or how to remain calm when you become involved. Teenagers need to learn good problem-solving skills to help them deal with disagreements and conflicts. Join Cara to help you design a personalized parenting plan for your family.

Raising Resilient Children with Brian

Monday, August 1 **10 am to 11 am**

Developing Good Bedtime Routines with Mike

Thursday, August 4 **11am to 1 pm**

If a crying, procrastinating child, or a child who won't go to bed and stay there is the norm for your family then you are almost certainly dealing with the effects of exhaustion too! Put a stop to the tears, excuses and attention seeking tactics so the whole family can get a good night's sleep—and be happier and healthier for it! You will leave with a parenting plan that is tailored to your family.

Raising Confident and Competent Children with Brian

Monday, August 8 **10 am to 11 am**

Raising Resilient Children with Megan

Tuesday, August 9 **9am to 10:30 am**

Triple P Teen, Building Teenagers' Survival Skills with Cara

Wednesday, August 10 **6:30 pm to 8:30 pm**

As teenagers become more independent parents must help their child learn to navigate through risky situations and decision making. This can be a scary time for parents and children. This session will help parents plan how they will assist their teenager to prepare for and manage high-risk situations.

Raising Resilient Children with Brian**Monday, August 15** 10am to 11 am**Raising Resilient Children with Megan****Tuesday, August 16** 12:30 pm to 2 pm**Triple P Teen, Coping with Teenagers' Emotions with Cara****Wednesday, August 24** 5 pm to 7 pm

When teenagers become emotional it can be difficult for parents to know what to do. The important thing is for teenagers to learn how to calm themselves down when they are upset. Learning to manage emotions is an important life skill that parents can teach their teenagers by following some simple tips. Join Cara to look at some reasons why teenagers can become emotional, and get some practical suggestions to help you teach your teenager how to manage their emotions.

Positive Parenting for Dads with Mike**Thursday, August 25** 6 pm to 8 pm**Raising Resilient Children with Brian****Monday, August 29** 10 am to 11 am**Managing Fighting and Aggression with Mike****Thursday, September 1** 11am to 1 pm

It's been said that siblings are your first friends and your first enemies. Fighting and aggression is very common children and dealing with it can be very frustrating for parents. Learn how to manage it as well as having an honest and open conversation with other parents.

Raising Confident and Competent Children with Brian**Monday, September 5** 10 am to 11 am**Raising Resilient Children with Brian****Monday, September 12** 10 am to 11 am**Raising Confident and Competent Children with Megan****Tuesday, September 13** 9 am to 10:30 am**The Power of Positive Parenting with Mike****Thursday, September 15** 12 pm to 2 pm**Dealing with Disobedience with Cara****Wednesday, September 14** 10 am to 2 pm

This Triple P workshop will provide you with healthy and effective strategies to help with one of the most difficult parenting challenges, dealing with disobedience.

Raising Confident and Competent Children with Brian**Monday, September 19** 10 am to 11 am**Raising Confident and Competent Children with Cara****Tuesday, September 20** 12:30 pm to 2 pm**Raising Resilient Children with Brian****Monday, September 26** 10 am to 11 am**Hassle-Free Mealtimes with Cara****Wednesday, September 28** 9 am to 11 am

Do you struggle to get your child to eat at mealtime? We all want the best for our children, including healthy meals. Sometimes this is quite the struggle to convince our children to eat the healthy meal we provide. Learn tips to help your child create good mealtime habits.

Raising Confident, Competent Children with Mike**Thursday, September 29** 12 pm to 2 pm**Nurturing Parenting with Megan and Cara****Wednesdays Sep 28-Nov 9** 6 pm to 7 pm**REGISTRATION**

To register for these Parent programs:

1. Scan this QR code with your phone camera or go to: www.theparentingplace.net/parenting-classes
2. Click on the desired program(s) and fill in the registration form.
3. Wait for confirmation and more information from our Parent Educators.



CHILD CARE TRAININGS

The Parenting Place offers high quality trainings for child care professionals. Spots are limited and registration is required in advance. If a fee is required, this information is noted in the training description. Payment must be received in advance to confirm your registration and fees are non-refundable. Participants will receive a Registry Certificate for all trainings unless otherwise noted. Child care is NOT offered for these trainings. *For more information call 608.784.8125 or 800.873.1768.*

AHA: CPR

JULY 14 5:30pm-8:30pm	Cost: \$60	LOCATION : GREEN BAY OFFICES
AUGUST 11 5:30pm-8:30pm	Cost: \$60	LOCATION : TOMAH OFFICES

Statistics have shown that people who receive high quality CPR have a higher chance of surviving a sudden cardiac event. During this three hour in-person video-based training led by members of The Parenting Place's experienced instruction team, participants will learn infant, child and adult CPR along with how to use an AED for all ages. The training also covers techniques to help with a choking individual. Registration for this training starts April 11th and is open to the first 8 people who call, once those spots are full a waitlist will be started. To register call 608-784-8125 ext. 251 between the hours of 9:00am-4:00pm, please leave a detailed voicemail if there is no answer and wait for the call back with confirmation.

Book Study: Lisa Murphy on Being Child Centered

AUGUST 1ST-31ST with virtual 1 hour meetings on August 10th, 17th, and, 24th	6:00pm-7:00pm Cost: \$25	LOCATION : ONLINE (ZOOM)
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Our book selection, *Lisa Murphy on Being Child Centered by Lisa Murphy* (the Ooey Gooey Lady) focuses on the importance of DAP in the classroom, the role of play based learning and the role of the teacher and environment in a child's experiences each day. Together we'll continue the conversation about developmentally appropriate practice and how relationships, the physical space and even the daily schedule impact our everyday learning. It's a fun book to read and even better when you can talk about it with other early childhood educators!

Outdoor Activities

JULY 12 6:00pm-9:00pm	Cost: \$25	LOCATION : KIDS AT PLAY CHILD CARE CENTER	W1083 MALLARD LANE, STODDARD WI 54658
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Summer is here and it's time to play!! Join Trainer Sara Horstman at Kids at Play Childcare Center and explore ways to bring Art, Science, Math, and Literacy outside. This 3 hour training will cover the importance of outdoor play in children's lives and how simple it is to incorporate into every day play such as gardening and physical activities.

Abusive Head Trauma Prevention and Sudden Infant Death Syndrome Prevention Training

JULY 11 5:30pm-8:30pm	Cost: \$10	LOCATION : GREEN BAY OFFICES
SEPTEMBER 19 5:30pm-8:30pm	Cost: \$10	LOCATION : ONLINE (ZOOM)

Caring for our youngest and most vulnerable children is a rewarding, yet challenging job. Crying is an infant or toddler's main way of communicating their needs, but do you have a plan for when it becomes overwhelming? Do you know the most effective ways to ensure that infants are sleeping in a safe environment? Shaken Baby Syndrome (a form of Abusive Head Trauma) and Sudden Infant Death Syndrome are two risks to very young children in your care, but there are things we can do to reduce that risk. In this combined training, instructor Jan Burns-Fuchs will share strategies to prevent Abusive Head Trauma and Sudden Infant Death Syndrome.

Developmentally Appropriate Practices: Why We Do What We Do?

JULY 20
6:00pm-9:00pm

Cost: \$15

**LOCATION :
GREEN BAY
OFFICES**

Best practice in Early Care and Education is based on how children develop and learn into those formative early years. Developmentally Appropriate Practice is about what you do with that knowledge of the children in your care and how you set up the environment for learning. DAP is about joyful play and intentional teaching, it is also about predictable routines and flexibility in your schedule. It is about children being part of a community of caring and each child being recognized as an individual. This training will bring this concept back to the basics of Early Care and Education and help further your knowledge and how to implement it into your programs.

Strengthening Families through ECE with Mandated Reporter-Presented Online

SEPTEMBER
15TH - 21ST
At your own pace

Cost: \$20

**LOCATION :
ONLINE-EC
EXPLORER**

In this self-paced online option, you will learn about the 5 protective factors which are demonstrated to strengthen family function. You will also be able to identify at least three next steps that they could take following the training to build protective factors within your early care and education setting and available resources to implement ideas. Participants will also be able to identify Strengthening Families resources. Mandated Reporter information is included. Please register before September 12th



Healthy Bites: Child Nutrition

SEPTEMBER 3
8:30am-3:00pm

Cost: \$25

**LOCATION :
GREENBAY
OFFICES**

Join Quality Coaches Michelle Sampson and Claire Anderson for a Saturday morning training that will empower early care and education programs to improve the quality of the meals and snacks provided to the children in your care. You will come away with new knowledge about meal plans, tips and tricks to get children to try new food experiences, and how to bring nutrition into your curriculum. Participants will be served a light lunch, with an opportunity to connect with other Child Care Providers about Child Nutrition.



REGISTRATION

To register for any of our provider trainings:

1. Scan this QR code with your phone camera or go to: www.theparentingplace.net/child-care-providers-training



2. Click on the desired training(s) then fill in the registration form.
3. Wait for confirmation and more information from our staff.

OTHER PROGRAMS

Child-Care Certification

Being a child care professional can be both exciting and rewarding. You can be your own boss and choose the schedule that fits your life and family and make a positive impact on the lives of children. You will also have great income potential, while providing built-in interaction opportunities for your own children and sharing in every one of their milestones. If you live in La Crosse, Trempealeau, Monroe, Buffalo, Crawford, or Juneau County and are interested in providing child care in your home, The Parenting Place can help.

For more information on becoming certified, call 608.784.8125 and ask for Bridget Skolos or Jan Burns-Fuchs. You may also e-mail any questions to: bridgetskolos@theparentingplace.net janburnsfuchs@theparentingplace.net

La Crosse Birth-to-3 Program

A great deal of learning takes place in a child's first three years. Families who have children with developmental delays or disabilities may need extra support to help their children reach their potential. The Birth to Three Program offers free evaluations for children ages 0–3 years old.

To speak with someone about the program, please call 608.784.8125. Outside of La Crosse County call 800.642.7837.

Family Navigation Specialist

The Family Navigation Specialist works with families in La Crosse and Monroe counties when a Functional Screen needs to be completed for a child. Many programs in Wisconsin that provide supports and services for children with special needs require that a functional screen be completed to determine eligibility. Examples include: the CLTS Waiver Program, the Children's Community Options Program (CCOP), Comprehensive Community Services (CCS), among others. The Functional Screen is a screening tool that collects information on your child's health, need for supports and how they play and interact with others. The Family Navigation Specialist meets with families, either virtually or in your own home, and asks questions about your child. The staff will then complete a screening tool that will determine your child's program eligibility.

For more information please call Rachel at (608) 397-1897 or by email at screens@theparentingplace.net

P.A.T.—Parents as Teachers

Fact: You are your child's first teacher.

Fact: Teachers receive training and professional development.

Fact: Now, you can too!

The Parenting Place is now offering FREE parent mentoring and training visits in your home. These Parents as Teachers sessions teach you how to connect with your child based on his/her developmental stage. Our expert trainers will emphasize hands on learning and reflective practice to increase your child's readiness and success in school. Visits can be anywhere from weekly to once a month depending on each unique situation. Appointments are being made now for children 3 years of age and under in La Crosse and Monroe Counties.

Call 608-784-8125

or email info@theparentingplace.net

Parenting Classes On the Go Via Zoom

Did you know that The Parenting Place can bring parenting classes to your work site or group? We can! Choose from the following topics that are common challenges for all families: **Help! My Child Doesn't Listen to Me** (Dealing with Discipline), **Good Night, Sleep Tight!** (Developing Good Bedtime Routines), **Stop the Snicker and the Bicker** (Managing Fighting and Aggression), **To Market We Shall Go** (Hassle-Free Shopping with Children). Each class is an hour long and perfect for a lunch-time presentation.

Please call at least four weeks ahead of time to schedule a presentation. There is limited availability, so call Marilyn at 608.784.8125 ext 231.

Looking for Child Care? We Can Help!

We provide parents with custom referrals to child care centers, family child care providers, and preschools based on ages of the children, work schedule, preferred location, etc.

This service is free. Referrals can be obtained by contacting us by phone during normal business hours at 608.784.4519 or online on our website: www.theparentingplace.net

Sick-Child Policy

Sick Policy, The Parenting Place requires all staff to stay home if they are ill, something we also ask of you. Please be mindful and stay home if you or your children are ill or have any of these symptoms; persistent cough, shortness of breath, fever, rashes, vomiting, diarrhea, yellow/green runny nose, or body aches. Staying at home will support the health of all our participants and staff.

FREE DIAPERS AT OUR DIAPER BANK!

DO YOU NEED DIAPERS?

1. Submit your request by 11am on the day of diaper distribution (see location info below). We need
 - Your first and last name
 - Number of children needing diapers
 - Sizes needed
2. Wait for a confirmation before picking up diapers.
3. Pick up your diapers!



LA CROSSE

- Requests to diapers@theparentingplace.net or text 608-467-4702
- Pick up diapers Thurs from 11a - 2p, at West entrance of 1500 Green Bay Street, next to the ramp.
**WAFER Mobile Food Pantry will be on site the first Thursday of each month from 11am - 12pm

TOMAH

- Requests to canderson@spartan.org or text 608-716-4081
- Pick up on Thursdays from 11a - 2p at Gloria Dei Church, 310 W Elizabeth St

SPARTA

- Requests to canderson@spartan.org or text 608-716-4081
- Pick up on Fridays from 11a - 2p at The Parenting Place Tomah office at 900 E Montgomery St.



YOU CAN SUPPORT THE DIAPER BANK!

- Drop off diapers during diaper distribution, Thurs, 11 - 2, in La Crosse, or by appointment in Sparta and Tomah
 - Drop off diapers at Once Upon a Child in Onalaska
- Send diapers to The Parenting Place from our Wish List: <https://tinyurl.com/fkmxec5x>
- Make a monetary donation online: <https://www.theparentingplace.net/diaper-bank/>
Scan the QR code here for more info:

Channeling our Inner Fran

By Parent Educator Michael Scott

As many of you know, the staff here at The Parenting Place have been grieving over the sudden loss of Parent Educator Fran Swift. As our Executive Director, Jodi Widuch, accurately put it, “Fran was the heart and soul of The Parenting Place.” Now we are all doing our best to get back to serving the families of our community. A tall order, without question.

The loss of Fran was a gut punch that came on the heels of another huge blow, suddenly losing Parent Educator Heather Pfaff in April of 2021. Strange to have such a dark cloud of sorrow over a place that is usually associated with play and laughter. So, how do we move on from here?

The answer to that question was found in a Facebook comment from Parenting Place board member, Daria Oshman Lapp. After the news broke, Daria wrote to me, “You and I were so lucky to have her in our lives the way that we did. There is no other, but I challenge us to ‘channel our inner Fran’ when we work with children and parents. She was one in a million and positively impacted so many lives.”

Right on. That is what will get us out of bed each morning to do this work; knowing that we are carrying the legacy of these two amazing women far into the future. The

principles by which both Heather and Fran operated will be our guide; Gentleness, compassion and playfulness.

We must channel the gentleness. We need to remember to greet everyone with a warm smile for that is where love, trust and engagement begins. Just like Heather did. Just like Fran did.

We must channel the compassion. Parenting can be hard, frustrating and heartbreaking, yes, but there is always joy to be found. We need to be empathetic towards parents as they work through challenges until they can find that joy. Just like Heather did. Just like Fran did.

Lastly, we must channel the playfulness. We must never lose sight of the incredible power and creativity that comes from play. We need to foster it in our children and, most importantly, practice it ourselves. Just like Heather did. Just like Fran did.

I know I will forever carry the wounds of love and loss for both Heather and Fran, yet the spirit of them both will live on inside me. For that I am most grateful. I now challenge us all, like Daria said, to channel that spirit and offer this weary world gentleness, compassion and playfulness. Just like Heather did. Just like Fran did.



IN TOUCH

A way to get your questions answered, your concerns considered - and taken seriously , suggestions offered, perspectives shared – a personal response received.

**Email our Parent Educators at
info@theparentingplace.net and let's stay
"in touch"!**

As a parent, sometimes it's not until everything has quieted down in the evening - the last call for "another hug" or "I'm thirsty has been heard - and it's then your mind begins to wonder. " How can I change this - what can I do about my daughter's constant whining? Why is my child acting so aggressively toward his sister? I'm feeling like nothing works."

IN TOUCH is a way to get your questions heard, taken seriously, a personal response received. Just drop a line, share your thoughts, concerns, and a Parent Educator will respond to you by email. As one participant shared "Your emails are just like big hugs just when I need them. Thank you! " Maria Hertel



SAVE THE DATE!

October 18 | Weber center

La Crosse Family Feud is a fun event bringing community together to support local families through The Parenting Place. Tickets will be available on our website soon!

**For Sponsorship contact Kassie Miller at
kassiemiller@theparentingplace.net**

Support the programs you love!

Join The Neighborhood!

With as little as \$5 per month, you can make sure families like yours can find support, connection, and resources at The Parenting Place when they need it. Set up automatic monthly donations - it's an easy and incredibly impactful way to give!



The Neighborhood



**Use your smartphone camera
to scan the QR code and join
The Neighborhood today!**



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La Crosse, Wisconsin 54601

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OUR FUNDERS



Great Rivers United Way



LA CROSSE COUNTY



Office on Violence Against Women



An EEO/Affirmation Action employer, **The Parenting Place** provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible when contacting The Parenting Place at 608.784.8125 or 800.873.1768 so proper arrangements can be made.