

The More You Know

Family/Parenting Events/Groups/Classes/Resources in Johnson County

January - March 2012

The More You Know is a compilation of some of the child/family/parenting/adult education classes happening in Johnson County. This project is a collaboration between Johnson County Empowerment and Prevent Child Abuse - Johnson County. This document will be distributed in electronic version only. The list can also be found at www.jcempowerment.com then clicking on Empowerment Programs and The More You Know or at www.pcajc.org then clicking on Programs/Activities and The More You Know. Anyone is welcome to print this list and to post on a bulletin board or distribute throughout the community. The list is updated quarterly. There may be additional educational opportunities offered in the community, this is not meant to be an exhaustive list. If you have a class you would like included in our next class list, please contact Laurie Nash at (319) 339-6179 or Empower@JCEmpowerment.com.

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Excel Version: To view all of the programs, you may have to use the arrows in the bottom left corner of your screen to move through all of the tabs along the bottom of the page. By using your mouse to click on the right arrow, you can move along the tabs to view additional course descriptions.

Class Name	Breastfeeding Class
Description	The class is designed to address commonly held misconceptions and fears regarding breastfeeding, advantages to breastfeeding, prenatal concerns, the early postpartum period (practice, positioning), latch techniques, discomforts, frequency and duration, maternal self-care and support and resources.
Dates & Times	Thursdays, 7:00 PM to 9:30 PM. 2 classes each month.
Class Location	University of Iowa Hospitals and Clinics CWS Conference Room, 8769 & 8770 JPP. Elevator I to 8th Floor
Sponsor Organization	Children's & Women's Services
Contact	Susan Hazelett, Clerk
Target Audience	Expectant Mothers
Cost	\$20
Child care available?	No
Transportation offered?	No
series or single class(es)?	Single

Class/Event/Resource Name	Breastfeeding Basics
Description	For pregnant women who want to find out more about how to and why breastfeeding is the healthiest choice for both babies and mothers. Introduction to breast pumps and common concern about breastfeeding will be covered. A short DVD will be shown. Fathers are encouraged to attend as well. All attendees will receive a book on breastfeeding.
Dates & Times	April 8th - 2:00pm- 3:00pm
Location	WIC, Health & Human Services Building, 855 S. Dubuque St, Iowa City
Sponsor Organization	Johnson County Public Health
Contact	asmith@co.johnson.ia.us or kklein@co.johnson.ia.us; 356-6042
Target Audience	breastfeeding mothers, fathers, and their infants
Cost	Free
Child care available?	NO
Transportation offered?	NO
series or single class(es)?	Single Class
Target audience requirements?:	
age of child	
age of parent	
geographic location	any
income	any
agency participation required	If class is full, WIC participants get priority to attend
custodial/noncustodial parents	either
other	Register with name, # attending to asmith@co.johnson.ia.us

Class Name	Childbirth Preparation/Lamaze Techniques Classes
Description	General topics include: Lamaze skills and relaxation techniques, physical and emotional changes in pregnancy, choices in health practices, what labor and birth is all about, Cesarean birth as a family-centered experience, the role of the coach, family changes in the postpartum period, the capabilities of newborns, basic baby care and choosing baby's health care provider.
Dates & Times	Mondays or Wednesdays (6-week series) 7:00-9:30 pm; or Saturdays 9:00 am - 5:30 pm
Class Location	University of Iowa Hospitals and Clinics, Della Ruppert Conference Room
Sponsor Organization	Children's & Women's Services
Contact	Susan Hazelett, Clerk,
Target Audience	Expectant parents
Cost	\$60 per series or per Saturdays
Child care available?	No
Transportation offered?	No
series or single class(es)?	6-week series Mon. or Wed., single Saturday

Class Name	Childbirth Refresher/Sibling Class
Description	Refresher Class is designed to help families prepare for a new member, while building confidence in previous labor and birth skills. The Refresher Class will review the following: stages of labor; comfort measures; Lamaze skills and relaxation techniques; Cesarean birth; and care postpartum. Sibling Class is designed to help older children learn what big kids and babies can do and how a family prepares for a new sibling. Parents will discover ways to help older children adjust. A tour of the nursery and postpartum area also.
Dates & Times	Refresher - Tuesdays, 6:30 to 9:00 PM. Sibling - Wednesdays, 6 PM to 7 PM
Class Location	University of Iowa Hospitals and Clinics: CWS Conf Room (Refresher); OB/Gyn Conf Room, 6th Fl. (Sibling)
Sponsor Organization	Children's & Women's Services
Contact	Susan Hazelett, Clerk
Target Audience	Parents who have already had a child and siblings
Cost	\$30 for both classes; \$10 for Sibling class taken alone
Child care available?	No
Transportation offered?	No
series or single class(es)?	Single - Classes every other month

Class Name	Heartsaver/Infant CPR Class
Description	This class is designed to teach infant CPR.
Dates & Times	Tuesdays, 1 class per month, 6:30 PM to 9:30 PM
Class Location	University of Iowa Hospitals and Clinics CWS Conference Room, 8769 & 8770 JPP, Elevator I to 8th Floor
Sponsor Organization	Children's & Women's Services
Contact	Susan Hazelett, Clerk
Target Audience	Expectant Parents or Parents who have had infants.
Cost	\$20 per person or \$25 per couple
Child care available?	No
Transportation offered?	No
series or single class(es)?	Single

Class Name	HACAP Life Skills
Description	Topics include child development, behavior, safety, communication, nutrition, tenant//landlord relationships, buying a home, budgeting, self esteem, self advocacy, and becoming your child's advocate
Dates	Second Wednesday of the month; 5:30 pm
Location	2007 Waterfront, Iowa City
Sponsor Organization	Hacap
Contact Person	Nancy Chown 337-5765; nchown@hacap.org
Target Audience	Housing and Head Start families
Cost	None
Child care available?	yes
Transportation offered?	no
series or single class(es)?	single
Target audience requirements?:	
age of child	0-5 and any school age siblings
age of parent	any
geographic location	johnson county
income	below 130%
agency participation required	yes
custodial/noncustodial parents	
other	parents/guardians must call and register 337-5765

Class Name	MOPS
Description	A program for mothers of children from birth through kindergarten. A moment of rest, learning, support and affirmatoin for mothers of preschoolers. A place to learn Bible based principles about parenting, marriage and womanhood. A place for women to make new friends, share experiences, laugh together, and express creativity through crafts.
Dates & Times	2nd & 4th Tuesdays 9:15 - 11:30 am, OR 2nd & 4th Wednesdays 9:15-11:30 am, OR 2nd and 4th Tuesday evenings
Class Location	Grace Community Church, 2707 Dubuque Street NE, North Liberty
Sponsor Organization	Grace Community Church
Contact	Melanie Safly at (319) 665-6669 or saflym@yahoo.com or Terry Lindemann at (319) 594-0821
Target Audience	Moms with children ages birth through kindergarten
Cost	\$70.00. Scholarships are available.
Child care available?	While moms are at MOPS, their children are cared for in age appropriate classes by loving volunteers and workers.
Transportation offered?	No

Class/Event/Resource Name	Nest Project
Description	The Neighborhood Centers of Johnson County Nest Project is a community partnership to increase the number of healthy births in Johnson County. The Nest Project promotes prenatal care, healthy pregnancies, and well-child care through three components – incentives, education and support. Nest participants "earn" points toward items such as maternity or baby care items, through a variety of positive, health-promoting activities. The weekly Nest parent development and education sessions provide guest speakers, information, educational materials, and a variety of other resources and referrals that help clients take good care of themselves and their babies. Finally, Nest clients have the opportunity to attend support groups designed to promote nurturing and maternal bonding; these support groups use the Parents as Teachers Curriculum.
Dates & Times	Starting January 18th, Wednesdays at 4pm
Location	855 S. Dubuque St, Room 214
Sponsor Organization	Neighborhood Centers of Johnson County
Contact	319-354-7989
Target Audience	Pregnant and New Moms
Cost	Free
Child care available?	
Transportation offered?	
series or single class(es)?	Series
Target audience requirements?:	
age of child	unborn-1 year
age of parent	N/A
geographic location	Johnson County
income	
agency participation required	N/A
custodial/noncustodial parents	
other	

Group Name

Parent Support Group

Description

Parent Support Group is a once a month meeting offered for parents and guardians of children with behavioral disorders. It is a time to discuss ways to deal with the unique stress of having a child with special needs as well as network with other parents who understand what each other are going through. Information is provided on different disorders, discipline, stress and anger management, and more, by a Four Oaks staff trained in dealing with children with behavioral disorders. Parent Support Group also provides child care with staff trained to handle special needs children so that parents can relax and know their kids are in good hands. Staff provide a pizza dinner for both parents and children. Van rides to and from the meeting are available for families without reliable transportation.

Dates & Times

4th Tuesday of every month from 5:45 - 7:00 pm

Location

1916 Waterfront Drive, Iowa City, Four Oaks PAL Program

Sponsor Organization

Iowa City Pal Program

Contact

Karen Werner or Nikki Kracht (319) 338-9186

Target Audience

Parents of children with behavioral disorders

Cost

Free

Child care available?

Yes; includes a pizza dinner

Transportation offered?

Yes

series or single class(es)?

Series

Target audience requirements?:

age of child any

age of parent any

geographic location Iowa City/Coralville/North Liberty area if in need of transportation; otherwise any

income any

agency participation required no

custodial/noncustodial parent either

other

Class Name	Parenting the Newborn
Description	These classes are designed to provide expectant parents with information and techniques to confidently parent the newborn. Topics include: normal newborn appearances; physical, mental and social abilities; basic baby care; safety; choosing baby's health care provider; and general information regarding infant feeding methods.
Dates & Times	1 Sunday per month, 1:00 PM to 5:00 PM
Class Location	University of Iowa Hospitals and Clinics CWS Conference Room, 8769 & 8770 JPP, Elevator I to 8th Floor
Sponsor Organization	Children's & Women's Services
Contact	Susan Hazelett, Clerk
Target Audience	Expectant Parents
Cost	\$30
Child care available?	No
Transportation offered?	No
series or single class(es)?	Series of 3 classes

Class Name	Stress Management Classes
Description	
Dates & Times	Mondays at 10 am
Location	UIHC 6th Level, Roy Carver Pavilion
Sponsor Organization	Iowa Cardiovascular Health Assessment, Management and Prevention Services (CHAMPS)
Contact	Call 356-4652 to register
Target Audience	
Cost	\$10 per class; Free to CHAMPS participants

Class Name	Baby Playtime
Description	Playtime for babies and toddlers ages 0-3. Toys and mats provided.
Dates & Times	Wednesday mornings, 9:30 - 11:30 am
Class Location	Robert A Lee Recreation Center, Gilbert and Burlington Sts, Iowa City
Sponsor Organization	Iowa City Parks and Recreation Dept.
Contact	356-5100
Target Audience	Parents and their 0-3 year old children
Cost	\$0.50 per child each time to attend.
Child care available?	No. Parents must remain with their children at all times.
Transportation offered? series or single class(es)?	No.
Target audience requirements?:	Yes
age of child	0-3 years
other	The playtime is meant to give babies and toddlers an indoor playspace where they do not have to be protected from older, bigger children running and jumping around. Please do not bring older children along if they cannot sit and play quietly.

Class/Event/Resource Name	NLFRC Playgroups
Description	Designed for families to play together with age appropriate toys and network with other parents. Each playgroup includes a light supper, parent/child theme and activities, incentives to take home, and resources/information relevant to the topic.
Dates & Times	2nd Thursday of every Sep., Oct., Nov., Jan., Feb., March, April, and May
Location	Penn Elementary, 230 N. Dubuque St. North Liberty
Sponsor Organization	NLFRC with Johnson Co. Empowerment
Contact	Jill Winders 688-1154
Target Audience	North Liberty families with children birth through age 5
Cost	Free
Child care available?	
Transportation offered?	
series or single class(es)?	

Target audience requirements?:

age of child	0-5 year olds
age of parent	
geographic location	North Liberty residents
income	any
agency participation required	
custodial/noncustodial parents	
other	

Class/Event/Resource Name **Preschool Activities**
Description A group of children aged 3 - 5 meet on Tuesday mornings, with their parent/caregiver, at the Toy Library and participate in preschool activities. Provides an opportunity for children to participate in a group, learn social skills and have some fun!
Dates & Times **9:30-10:30 am Tuesdays beginning September 12**
Location 4Cs Classroom, 2nd floor, Eastdale Plaza, 1700 1st Avenue, Iowa City
Sponsor Organization 4Cs
Contact **4Cs 338-7684**
Target Audience Preschool children and their parents/caregivers
Cost Free

Resource Name	4Cs Take and Play Resource Center
Description	A lending library of educational materials, literature, learning aids, videos, activity theme boxes, and child-centered resources that are available for check out to all families, child care providers, and educators within Johnson County.
Dates & Times	Monday, Wednesday, Friday 9 a.m.-11:00 a.m.; Tuesday, Thursday 1:00 p.m.-4:00 p.m., first Saturday of each month 10:00 a.m. - 2:00 p.m.
Location	1500 Sycamore Street, Iowa City, IA 52240
Sponsor Organization	4Cs Child Care Resource & Referral
Contact	D. Eckhoff, Education & Training Coordinator, 338-7684
Target Audience	Families and Child Care Providers of Johnson County
Cost	\$10 lifetime membership fee
Child care available?	No
Transportation offered?	No
series or single class(es)?	
Target audience requirements?:	
age of child	birth to six
age of parent	
geographic location	
income	
agency participation required	
custodial/noncustodial parents	
other	

Class Name	Tot Time
Description	Indoor Playground for 1-6 year olds
Dates & Times	Monday - Friday, 9:00 - 11:30 AM
Class Location	Scanlon Gymnasium
Sponsor Organization	Iowa City Parks and Recreation Dept.
Contact	356-5100
Target Audience	Parents and their 1-6 year old children
Cost	\$0.75 per child each time to attend.
Child care available?	No. Parents must remain with their children at all times.
Transportation offered? series or single class(es)?	No.
Target audience requirements?:	Yes
age of child	1-6 years
other	

Resource Name	Center for Disabilities and Development
Description	Provides comprehensive health care and services to people w/disabilities of all ages and their families through a combination of outpatient, inpatient, and community based programs.
Dates & Times	Healy Clinic/M-F/8 am - 5 pm, Inpatient Service 7 days/24 hrs
Location	100 Hawkins Drive, Iowa City, Iowa
Sponsor Organization	University of Iowa Hospitals and Clinics
Contact	877-686-0031 (voice, toll-free) 877-686-0032 (TTY, toll-free) 319-353-6900 (local) www.healthcare.uiowa.edu/cdd disability-resources@uiowa.edu
Target Audience	people with disabilities and their families
Cost	Fees determined by fee schedule of UI Hospitals and Clinics

Resource Name	Disability Resource Library
Description	Resource library and videos. Lending library you can visit in person on on the web. Check out materials by phone, e-mail or in person.
Dates & Times	Monday - Friday, 9 am - 5 pm, 24 hr voice messaging
Location	100 Hawkins Drive, Room 311 Iowa City
Sponsor Organization	Center for Disabilities and Development
Contact	353-6523 - disability-library@uiowa.edu 800-272-7713
Target Audience	Families and service providers for people of all ages w/disabilities
Cost	None

Resource Name	Iowa COMPASS
Description	Iowa's free state-wide information and referral service for people w/ disabilities, their families, service providers, and community members. Provides information about services and programs, assistive technology devices and funding options, Used Equipment Referral Service, and listing of loan closets
Dates & Times	Monday-Friday, 8 am - 5 pm
Location	100 Hawkins Dr., Room S295, Iowa City, Iowa
Sponsor Organization	Center for Disabilities and Development
Contact	800-779-2001 iowa-compass@uiowa.edu www.healthcare.uiowa.edu/cdd
Target Audience	People w/disabilities, families, service providers, community mbrs
Cost	Free

<p>Class/Event/Resource Name</p> <p>Description</p> <p>Dates & Times</p> <p>Location</p> <p>Sponsor Organization</p> <p>Contact</p> <p>Target Audience</p> <p>Cost</p> <p>Child care available?</p> <p>Transportation offered?</p> <p>series or single class(es)?</p> <p>Target audience requirements?:</p> <ul style="list-style-type: none"> age of child age of parent geographic location income agency participation required custodial/noncustodial parents other 	<p>North Liberty Family Resource Center (NLFRC)</p> <p>A non-profit organization that provides programs and services that have been designed with input from our community, developed according to local needs, and built upon local resources. The mission is to strengthen, affirm, and support families in the community.</p> <p>Call for an appointment</p> <p>Penn Elementary and Van Allen Elementary in North Liberty</p> <p>Jill Winders at 688-1154 and Amy Graber at 688-1189</p> <p>North Liberty residents</p> <p>Free</p>
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Program Name	Parent Education Partnership (PEP)
Description	Resource library; one on one assistance for parents and professionals; workshops and conferences
Dates & Times	8 - 4:30 Mon-Fri office hours
Location	4401 6th St. SW, Cedar Rapids
Sponsor Organization	Grant Wood Area Education Agency 1 (800) 332-8488 x6702 Geri Pettitt; x 6719 Liz Hooley; x6807
Contact	Susan Curtland families and professionals who live and work with children with special needs
Target Audience	special needs
Cost	None