



1021 Lakeland Hills Blvd.
Lakeland, Florida 33805
(863) 686-1221 ext. 221* Fax (863) 686-0981
www.uwcf.org

**March 2010
Classes & Activities**

Monday	
My Play & Learn Time (Ages 3 – 5) – <i>Family Fundamentals</i>	9:30 – 11:00 am
Tuesday	
Tuesday Trunk Tales (Ages 3- 5) – <i>Family Fundamentals</i>	9:30 – 11:00 am
Wednesday	
Wonderful Wednesday (Ages 3 - 5) – <i>Explorations V Children's Museum</i>	9:30 – 11:00 am
Mommy & Me Two (Ages 1 - 2) – <i>Family Fundamentals</i>	10:00 – 11:30 am
Thursday	
Growing Beyond Books (Ages 3-5) – <i>Family Fundamentals</i>	9:30 – 11:00 am
Mommy & Me (Ages 0 to 1yr) – <i>Heartland for Children</i>	10:00 – 11:30 am
Friday	
Creative Movement (Ages 3-5) – <i>Florida Dance Theatre</i> Creative Movement (Age 2) – <i>Florida Dance Theatre</i>	9:30 – 11:00 am 11:15 – 12:00

Support Groups

PEACE – Parental Encouragement for Autistic Children Everywhere	(1 st Tuesday) March 2nd	6:00 – 8:00 pm
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The Following Classes Have a Minimal Charge

Adult CPR <i>Citizen CPR</i>	Tuesday March 9, & 23 rd	6:00 – 8:00 pm
Adult CPR <i>Citizen CPR</i>	Wednesday March 17 th	5:30 – 8:30 pm
Adult, Child & Infant First Aid <i>Citizen CPR</i>	Saturday, March 6 th , 13 th and 20 th	8:30 am – 1:00 pm

Children's Day 2010

"Under The Big Top"

Saturday, March 27th

10:00 AM - 1:00 PM

A FUN FREE FAMILY EVENT

BIG TOP CIRCUS

11:15 AM Show Time

- 🌀 Meet "Cocoa Puff" the Worlds Smallest Horse
- 🌀 Petting Zoo with Menagerie of Miniature Marvels
- 🌀 Picture Perfect Pony Rides
- 🌀 Butterfly Encounter
- 🌀 Bicycle Fittings & Helmet Giveaways *(while supplies last)*
- 🌀 Face Painting, Balloon Artist, Games & More...



Mommy & Me (Infants to 1 year) – Family Fundamentals

A weekly social group for mommies and babies to discuss new parent topics, such as fussy babies, baby blues, and sibling adjustments to name a few. **Thursday, 10 - 11:30 am.**

No registration required.

Mommy & Me Two (1-2 years) – Heartland for Children

A continuation of the weekly social group for mommies and babies who are now crawlers and walkers.

Wednesday, 10:00 – 11:30 am. No Registration Required.

My Play & Learn Time (School Readiness Activity) – Family Fundamentals

Weekly program offered to children ages 3 – 5 and an adult member of the family or caregiver. Children participate in school readiness activities and learn how to interact in a model classroom setting.

Monday, 9:30 – 11:00 am

Tuesday Trunk Tales (School Readiness Activity) – Family Fundamentals

Story and school readiness activity time offered to preschoolers (ages 3 – 5) and an adult family member or caregiver using the model classroom.

Classes are held each Tuesday, 9:30 – 11:00 am

Wonderful Wednesdays (School Readiness Activity) - Explorations V Children's Museum

Pre-school story and school readiness activity time for children ages 3 – 5 and an adult family member or caregiver. **Wednesday, 9:30 – 11:00 am**

Growing Beyond Books (School Readiness Activity) – Family Fundamentals

Story and school readiness activity time offered to preschoolers (ages 3 – 5) and an adult family member or caregiver using the model classroom.

Thursday mornings 9:30 – 11:00 am.

Creative Movement (School Readiness Activity) - Florida Dance Theater.

Ages 3 – 5. Class consists of 45 minutes of creative movement and 45 minutes of adult/child interactive school readiness activities in our model classroom.

Classes are held **Friday, 9:30 – 11:00 am.**

Creative Movement - Florida Dance Theater

2 Year olds. Class consists of 30 minutes of creative movement and 15 minutes of adult/child interactive school activities in our model classroom.

Classes are held **Friday, 11:15 am – noon..**

You & Me Play Group (2-3 years) – Achievement Academy

Weekly program offered to children and adult member of the family. Children learn how to interact in a group setting and are introduced to a more structured environment.

Tuesday, 11:30 am – 1:00 pm. [Registration Required](#) (863) 683-6504.

Childbirth Preparation - Polk County Health Department

Classes 7 weeks - [Registration Required](#). Register by calling Lou Jordan **(863) 686-1221 ext. 247.**

Cost \$20.00

Quit Smoking Now – InnerAct Alliance

Classes – 6 weeks. [Registration Required](#) - To Register Call **(863) 802-0777.**

Car Seats – Family Fundamentals & InnerAct Alliance

Free car seat inspection. If seat is needed, Car seat Class \$10.00; car seat is \$20.00 and instructor demonstrates car seat installation in client's car.

By Appointment Only – Family Fundamentals 686-1221 ext 257.

Parenting Classes - Family Assistance Support Teams

Offered by Winter Haven Behavioral Health **(863-291-3611)** and Healthy Families Polk

(863-603-6461) [Must Call to Register.](#)

CPR & First Aid - Citizen CPR

Training programs for community members to learn life saving skills before professional help arrives.

Scholarships are available for those who qualify.

For more information or to register call **(863) 680-1277.**

PEACE (Parental Encouragement for Autistic Children Everywhere) - Infants & Young Children of West

Central Florida, Inc. Provide support, information, and hope to parents and families with ASD. Create and share ideas. **Encourage** one another. Share stories. Make a difference.

For more information call Nicole **(863) 686-1221 ext. 228.**

Tutoring - Americorps (Polk Education Foundation) & Learning Resource Center

Help your child to succeed in school. K-3rd **Reading tutoring** through Americorps. * FREE * Call Americorps to schedule 519-8638. K-3rd **Math or Science tutoring** through Learning Resource Center. *FREE or on sliding scale* Call Learning Resource Center to schedule **(863) 688-9477.**

Grandparents Raising Grandkids – Catholic Charities

Provide support, information and resources to Grandparents raising grandkids. For more information Call Nancy Egbert, Catholic Charities (863) 686-7153 ext. 22.

Infant - Toddler Sign Language – Family Fundamentals

Infant-Toddler Sign Language at Family Fundamentals is designed to enhance communication skills between parents and children using American Sign Language. [Registration Required](#) Call 686-1221 ext 257

For children 7mo. – 2 and 2yrs - 5. Monday s 9:30 – 10:30 am and 10:45 – 11:45