



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

[www.uwcf.org](http://www.uwcf.org)



## May 2010 Classes & Activities

<b>Monday</b>	
My Play & Learn Time (Ages 3 – 5) – <i>Family Fundamentals</i>	9:30 – 11:00 am
<b>Tuesday</b>	
Tuesday Trunk Tales (Ages 3- 5) – <i>Family Fundamentals</i>	9:30 – 11:00 am
You & Me Playgroup (Age 2) – <i>Achievement Academy</i>	11:30 – 1:00 pm
<b>Wednesday</b>	
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
<b>Thursday</b>	
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
<b>Friday</b>	
Creative Movement ( Ages 3-5) – <i>Florida Dance Theatre</i>	9:30 – 11:00 am
Creative Movement ( Age 2) – <i>Florida Dance Theatre</i>	11:15 – 12:00 pm

### FREE Classes That Require Advanced Registration

Child Birth Preparation <i>Healthy Start</i>	Thursdays May 13 <sup>th</sup> and 20 <sup>th</sup>	1:00 – 5:00 pm
Infant Massage <i>Healthy Start</i>	Tuesdays May 11 <sup>th</sup> , 18 <sup>th</sup> and 25 <sup>th</sup>	10:00 – 11:30 am
Parenting <i>Healthy Families Polk</i> <i>Winter Haven Behavioral Health</i>	<b>Day &amp; Evening Classes</b> Must Call for Dates & Times See Details on Reverse	<b>Day &amp; Evening Classes</b> Must Call for Dates and Times See Details on Reverse

### Support Groups

PEACE – Parental Encouragement for Autistic Children Everywhere	(1 <sup>st</sup> Tuesday) May 4 <sup>th</sup>	6:00 – 8:00 pm
Grandparent Raising Grandkids <i>Catholic Charities</i>	(2 <sup>nd</sup> ) Thursday May 13 <sup>th</sup>	12:00 – 1:00 pm

### The Following Classes Have a Minimal Charge

Adult CPR <i>Citizen CPR</i>	Tuesday May 1 <sup>st</sup> & 18 <sup>th</sup>	6:00 – 8:00 pm
Adult CPR <i>Citizen CPR</i>	Saturday May 4 <sup>th</sup> , 15 <sup>th</sup> and 22 <sup>nd</sup> .	8:00 – 3:00 pm
Car Seat Safety	Thursday May 13 <sup>th</sup>	10:00 – 12:00 pm

# Family Fundamentals Appreciates Teachers

Teacher Appreciation Week  
May 3<sup>rd</sup> – 7<sup>th</sup>



Teachers Change the World  
One Child at a Time



**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 – Healthy Start**

Classes 7 weeks - [Registration Required](#). Register by calling Linda Griffin **(863) 413-2620 ext 1136.**

**Infant Massage – Healthy Start**

Providing early nurturing contact to your infant as you begin a lifelong relationship  
Open to mothers, fathers, grandparents and child care providers of infants (ages birth to 12 months).  
[Registration Required](#) – To Register Call (863) 413-2620 ext. 1136.

**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., Car seat education Class \$10.00; Car Seat is \$20.00 an instructor demonstrates car seat installation in client's car.  
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 **(863-603-6690)** [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-3<sup>rd</sup> **Reading tutoring** through Americorps. \* FREE \* Call Americorps to schedule 519-8638. K-3<sup>rd</sup> **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.



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