

## **The More You Know**

### **Family/Parenting Classes in Johnson County**

**April - June 2008**

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 the Johnson County Empowerment Community Resource Council and Prevent Child Abuse - Johnson County. This document will be distributed in electronic version only. The list can also be found at [www.jcempowerment.org](http://www.jcempowerment.org) then clicking on Empowerment Programs and The More You Know or at [www.pcajc.org](http://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.org](mailto:Empower@JCEmpowerment.org).

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**Adobe PDF Version:** By using the Bookmarks tab on the left side of the screen, you can see a complete list of all of the pages. By clicking on a specific page, you can go directly to that page.

**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	<b>Baby Playtime</b>
Description	Playtime for babies and toddlers ages 0-3. Toys and mats provided.
Dates & Times	<b>Wednesday mornings, 9:30 - 11:30 am</b>
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 Name	<b>Breastfeeding Class</b>
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	<b>Thursdays, 7:00 PM to 9:30 PM. 2 classes each month.</b>
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

Resource Name	<b>Center for Disabilities and Development</b>
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	<b>Healy Clinic/M-F/8 am - 5 pm, Inpatient Service 7 days/24 hrs</b>
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 <a href="mailto:disability-resources@uiowa.edu">disability-resources@uiowa.edu</a>
Target Audience	people with disabilities and their families
Cost	Fees determined by fee schedule of UI Hospitals and Clinics

Class Name	<b>Childbirth Preparation/Lamaze Techniques Classes</b>
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	<b>Mondays or Wednesdays (6-week series) 7:00-9:30 pm; or Saturdays 9:00 am - 5:30 pm</b>
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	<b>Childbirth Refresher/Sibling Class</b>
Description	<b>Refresher Class</b> 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. <b>Sibling Class</b> 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	<b>Refresher - Tuesdays, 6:30 to 9:00 PM. Sibling - Wednesdays, 6 PM to 7 PM</b>
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)?	<b>Single - Classes every other month</b>

Resource Name	<b>Disability Resource Library</b>
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	<b>Monday - Friday, 9 am - 5 pm, 24 hr voice messaging</b>
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

Class Name	<b>HACAP Life Skills</b>
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	<b>Second Wednesday of the month; 5:30 pm</b>
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	<b>HACAP Parent education</b>
Description	Parent education classes with topics such as: reading to your children, nutrition, accessing quality childcare, discipline, ages and stages, Dad's make a difference, brain development, Health and safety. Parents are provided an incentive for coming and a meal. Childcare is also provided.
Dates	<b>First Wednesday of the month; 6:00 pm</b>
Location	2007 Waterfront, Iowa City
Sponsor Organization	Empowerment and Hacap
Contact Person	Nancy Chown 337-5765; nchown@hacap.org
Target Audience	Families with children 0-5
Cost	None
Child care available?	yes
Transportation offered?	no
series or single class(es)?	single classes
Target audience requirements?:	
age of child	0-5
age of parent	any
geographic location	johnson county
income	below 185%
agency participation required	no
custodial/noncustodial parents	
other	parents/guardians must call and register 337-5765

Class Name	<b>Heartsaver/Infant CPR Class</b>
Description	This class is designed to teach infant CPR.
Dates & Times	<b>Tuesdays, 1 class per month, 6:30 PM to 9:30 PM</b>
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

Resource Name	<b>Iowa COMPASS</b>
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	<b>Monday-Friday, 8 am - 5 pm</b>
Location	100 Hawkins Dr., Room S295, Iowa City, Iowa
Sponsor Organization	Center for Disabilities and Development
Contact	800-779-2001 <a href="mailto:iowa-compass@uiowa.edu">iowa-compass@uiowa.edu</a> <a href="http://www.healthcare.uiowa.edu/cdd">www.healthcare.uiowa.edu/cdd</a>
Target Audience	People w/disabilities, families, service providers, community mbrs
Cost	Free

Class/Event/Resource Name	<b>"Manantial" Hispanic Support Group (Hosted by The Arc of Southeast Iowa)</b>
Description	Spanish Speaking Support group aimed at providing parent education and family support to the Hispanic families in the community who have a child with a disability or developmental delay. Group meets over lunch hour to discuss issues, share information and offer social support. Group frequently hosts guests and occasionally takes field trips.
Dates & Times	<b>Every other Friday (9/21/07, 10/5/07, 10/19/07 etc) 11am to 1pm</b>
Location	1565 S. Gilbert St. Iowa City, IA 52240
Sponsor Organization	Johnson County Empowerment
Contact	Chelsey Holmes (319) 351-5017
Target Audience	Hispanic population that have a child with a developmental disability
Cost	None
Child care available?	Yes
Transportation offered?	Yes
series or single class(es)?	Single Classes
Target audience requirements?:	
age of child	Under 5 years
age of parent	Not Applicable
geographic location	Johnson County
income	Not Applicable
agency participation required	Yes
custodial/noncustodial parent	Both
other	

Class Name	<b>MOPS</b>
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	<b>2nd &amp; 4th Tuesdays 9:15 - 11:30 am, OR 2nd &amp; 4th Wednesdays 9:15-11:30 am, OR 2nd and 4th Tuesday evenings</b>
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 Name	<b>Nest of Johnson County Classes</b>
Description	Prenatal and parenting classes to prepare for the birth of baby Classes continue until child's first birthday
Dates	<b>Wednesdays at 4:00 pm</b>
Location	Nest, 1500 Sycamore Street - Lower Level, Iowa City
Sponsor Organization	Nest of Johnson County
Contact Person	Bonnie French-Watters phone 319-887-1209
Target Audience	Nest participants only (expectant parents enrolled in program)
Cost	None
Child care available?	yes
Transportation offered?	none
series or single class(es)?	single

Target audience requirements?:

age of child	
age of parent	expectant parents no age restrictions
geographic location	Johnson County
income	same as WIC qualifications
agency participation required	yes
custodial/noncustodial parents	participants must be pregnant when entering Nest program

<p>Class/Event/Resource Name</p> <p>Description</p> <p>Dates &amp; 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"> <li>age of child</li> <li>age of parent</li> <li>geographic location</li> <li>income</li> <li>agency participation required</li> <li>custodial/noncustodial parents</li> <li>other</li> </ul>	<p><b>North Liberty Family Resource Center (NLFRC)</b></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><b>Call for an appointment</b></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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Class/Event/Resource Name	<b>NLFRC Playgroups</b>
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	<b>2nd Thursday of every Sep.,Oct.,Nov.,Jan.,Feb.,March,April, and May</b>
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	

Program Name

**Four Oaks Youth Homes P.A.L. Program**

Description

Parent Support Group offered to parents of children with behavioral concerns, difficulties, or diagnosis. The facilitator opens up the group to the parents to share issues they are having at home with themselves or their children. The facilitator also brings in some information on parenting, interventions with kids, information on ADHD, ODD, etc. The parents are asked to keep what they share in group confidential. Pizza and drinks provided.

Dates & Times

**Every other Tuesday, 6:00-7:30 pm**

Class Location

1516 Sheridan Avenue, Iowa City

Sponsor Organization

Four Oaks Youth Homes

Contact

Courtney Richardson or Karen Werner : 338-9186

Target Audience

parents with children who have ADHD, behavioral difficulties

Cost

nothing

Child care available?

yes- 18months-older

Transportation offered?

yes- most of the time

series or single class(es)?

n/a

Program Name	<b>Parent Education Partnership (PEP)</b>
Description	Resource library; one on one assistance for parents and professionals; workshops and conferences
Dates & Times	<b>8 - 4:30 Mon-Fri office hours</b>
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

Class Name	<b>Parenting the Newborn</b>
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	<b>1 Sunday per month, 1:00 PM to 5:00 PM</b>
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/Event/Resource Name	<b>Partners in Parenting</b>
Description	Six week parenting course taught from the research based "Partners in Parenting" curriculum. Topics include child development, communication, sensible discipline, self care and problem solving.
Dates & Times	<b>Mondays, April 14, 21, 28, May 5, 12, and 19 from 6-8 PM</b>
Location	438 Southgate Ave. in Conference Room
Sponsor Organization	MECCA
Contact	Rebecca McMurray 351-4357 ext. 152 or rmcmurray@meccaia.com
Target Audience	Parents with a history of substance abuse
Cost	FREE
Child care available?	Yes
Transportation offered?	Yes
series or single class(es)?	Series

Target audience requirements?:

age of child	at least one child age 0-5
age of parent	na
geographic location	na
income	na
agency participation require	No
custodial/noncustodial parer	Either
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

Class Name	<b>Stress Management Classes</b>
Description	
Dates & Times	<b>Mondays at 10 am</b>
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	<b>Tot Time</b>
Description	Indoor Playground for 1-6 year olds
Dates & Times	<b>Monday - Friday, 9:00 - 11:30 AM</b>
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?	No.
series or single class(es)?	
Target audience requirements?:	Yes
age of child	1-6 years
other	

Class/Event/Resource Name	<b>"Working with Children and Families Impacted by Substance Abuse"</b>
Description	A training for childcare providers and family service providers that covers addiction, stages of change model, characteristics of children in homes with substance abuse, fetal alcohol syndrome, signs of abuse, strategies to improve outcomes for children. A DHS approved sponsored training for childcare providers.
Dates & Times	<b>Scheduled by each agency requesting training.</b>
Location	At the agency requesting training.
Sponsor Organization	MECCA
Contact	Rebecca McMurray 351-4357 ext. 152 or rmcmurray@meccaia.com
Target Audience	Childcare providers and family service providers
Cost	FREE
Child care available?	N/A
Transportation offered?	N/A
series or single class(es)?	Single
Target audience requirements?:	
age of child	
age of parent	
geographic location	Johnson County
income	
agency participation required	
custodial/noncustodial parents	
other	