



# FAMILY MATTERS

THE QUARTERLY NEWSLETTER OF FAMILY RESOURCE CENTER ST. CROIX VALLEY

FALL 2019



## LASTING FRIENDSHIP BETWEEN MOTHERS CREATED THROUGH BABY & ME: THE STORY OF CARLEE & ALICIA

Carlee and Alicia signed up for Baby & Me in 2014, having no idea the opportunity would result in a lasting friendship. Both women were new mothers and wanted to find parenting support in their local area. Struggle and uncertainty transformed into a fresh season of friendship, support, and helpful parenting resources.

Both mothers faced challenges that led them to search for support. Carlee navigated the rigors of motherhood—only later realizing she suffered from postpartum depression. Meanwhile, Alicia was struggling with the changes of leaving her job outside of the home to become a stay-at-home mom.

Alicia first learned about Family Resource Center St. Croix Valley at Westfields Hospital. A Family Resource Center parent educator visited her shortly after the birth of her daughter. She shared information about Baby & Me—a group facilitated by a parent educator for parents or caregivers and babies up to one-year old.

When her daughter was a few months old Alicia knew it was time to try the Baby & Me group in New Richmond. “I signed up when my daughter was about five months old,” Alicia said. “I found myself getting dressed up just to go to the doctor!”

Carlee learned about the Family Resource Center St. Croix Valley’s Baby & Me group by searching online for local parent groups. She signed up for the New Richmond group to enjoy the company of other moms and create opportunities for her daughter to interact with other babies.

Baby & Me group gave Carlee and Alicia a starting point to cultivate their friendship. Through weekly Baby & Me attendance, Carlee and Alicia inspired, supported and strengthened each other. In a recent interview, Carlee and Alicia laughed that they have talked, listened, and encouraged each other every single day since they first attended Baby & Me.

Carlee shared, “I lived with postpartum for a good year before I got help. Alicia was a huge encouragement during that time for me!”

Both Carlee and Alicia now have two children and attend Family Resource Center’s Play & Learn group for parents and caregivers of toddlers and preschoolers. “This group is a favorite of ours,” said Carlee. “It’s a great chance for parents to socialize. Parents get support from each other and from parent educators.” Both Carlee and Alicia also belong to the New Richmond area Mom’s Group—widening their circle of support and friendship.

**(CONTINUED ON PAGE 4)**



### PLAY & LEARN

Sign up for fall Play & Learn beginning Monday, August 26 by calling 715-684-4440. View schedule and locations on page 3.

Registration for Baby & Me and the Young Parent program is ongoing.



### BABY & ME

Baby & Me is a weekly play and discussion hour for infants and their parents. Babies can observe, interact and explore with other babies while parents connect with other moms, dads, and caregivers. Parents also have the chance to ask questions or discuss concerns with a Family Resource Center parent educator and participate in a parenting discussion with other parents.



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**The mission of Family Resource Center St. Croix Valley is to strengthen children, families, and communities by offering education, resources, and support.**

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## NEWSLETTER

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## FROM THE DIRECTOR'S DESK

### PARTNERING FOR STRONG FAMILIES

A recurring topic of the Director's Desk is the importance of forging public-private partnerships committed to strengthening children, families, and communities in our region. The need is great. Over the past five years, the rate of children entering out-of-home care has increased by 200% in St. Croix County, 94% in Pierce County and 70% in Polk County. There is no one agency, individual, or program that can reverse this trend. It takes a village...

Over the last year Family Resource Center St. Croix Valley has been at the table in a multi-agency collaborative to propose a comprehensive and integrated strategy to prevent child maltreatment and reduce entries into the child welfare system. The work of the partnership resulted in a proposal submitted to the US Department of Health and Human Services to implement a *Family Strengthening and Child Maltreatment Prevention Continuum* in our three-county service area.

Led by Wisconsin's Child Abuse and Neglect Prevention Board staff, the partnership also includes Pierce, Polk, and St. Croix County child welfare and public health agencies; United Way; ANU Family Services, University of Wisconsin- Milwaukee researchers, and Family Resource Center St. Croix Valley. If funded, the proposed Prevention Continuum would complement existing programs and resources with new evidence-based primary prevention approaches. Whatever the grant outcome, the collaborative process strengthened relationships among the participants and focused attention on research-informed strategies to enhance the overall well-being of children and families in our region.

One of Family Resource Center St. Croix Valley's roles in the collaborative is to provide professional development related to *Strengthening Families Protective Factors Framework™*. See more about that training for human services professionals in this issue of Family Matters.

### TRANSITIONS

On behalf of the staff and board of Family Resource Center St. Croix Valley, I'd like to extend heartfelt appreciation to two Wisconsin leaders who served as champions for families and whose reach for programming and support extended to Family Resource Center St. Croix Valley. Michelle Jensen, Executive Director of the Wisconsin Child Abuse and Neglect Prevention Board, left her post this month to assume a new role in Minnesota. Jill Hoiting, Co-Director of Programs & External Relations at Supporting Families Together Association, leaves her position this month to pursue a PhD in social welfare. We wish them all the best in their new pursuits.

On the home front, we welcome Development and Communications Coordinator Hailey Nelson to our staff. A graduate of UW-Stout, Hailey lives in Woodville with her husband and three children. She brings a background in marketing and sales. Hailey will lead donor relations and fundraising campaigns—and serve as editor of *Family Matters* newsletter. Welcome aboard Hailey!

**Agnes Ring, Executive Director**



# CALENDAR FOR FALL 2019 GROUPS

PLAY & LEARN WILL BE HELD THE WEEK OF SEPT. 9 THROUGH THE WEEK OF NOV. 11. BABY & ME WILL BE HELD THE WEEK OF SEPT. 9 THROUGH THE WEEK OF DEC. 20 WITH NO CLASSES THE WEEK OF NOV. 25.

## BABY & ME

Register at any time by calling 715-684-4440.

Baby & Me is a play and discussion hour for parents and their infants. Babies can observe, interact and explore with other babies while parents connect with other moms and dads.

Parents also have the chance to discuss their questions and concerns with a Family Resource Center parent educator and participate in a parenting discussion with other parents. Baby & Me classes are provided by Family Resource Center St. Croix Valley as a component of United Way St. Croix Valley's Success By 6 partnership.



### AMERY

Wednesdays, 10:00 – 11:00 a.m.  
Amery Hospital & Clinic  
Birthday Suites Waiting Room

### BALDWIN

Wednesdays, 1:00 – 2:00 p.m.  
Western Wisconsin Health  
Fitness Center

### NEW RICHMOND

Mondays, 5:00 – 6:00 p.m.  
St. Luke's Lutheran Church  
365 W. River Dr.  
(Sponsored by Westfields Hospital & Clinic)

### OSCEOLA

Thursdays, 5:00 – 6:00 p.m.  
Osceola Medical Center  
Cascade Room

### RIVER FALLS

Fridays, 10:30 – 11:30 a.m.  
Allina Health River Falls Clinic  
Community Room

### ST. CROIX FALLS

Fridays, 10:00 – 11:00 a.m.  
St. Croix Regional Medical Center  
Glacier Room

## PLAY & LEARN

Register beginning Monday,  
August 26 at 9:00 a.m. by  
calling 715-684-4440.

Play & Learn provides an opportunity for toddlers and preschoolers to interact with their parents and other children (ages 1-5).

Parents can also discuss parenting strategies, dilemmas, and everyday happenings with a parent educator and other parents going through similar situations. 90-minute sessions include parent-child play, story, circle time, children's activity and parent education. discussion.

### AMERY

Mondays, 10:00 – 11:30 a.m.  
Amery Public Library  
225 Scholl Ct.

### BALDWIN

Thursdays, 9:30 – 11:00 a.m.  
Family Resource Center  
857 Main St.

### HUDSON

Tuesdays, 5:30 – 7:00 p.m.  
YMCA  
2211 Vine St.

### LUCK

Tuesdays, 9:30 – 11:00 a.m.  
Luck Library  
301 S. Main St.

### NEW RICHMOND

Wednesdays, 10:00 – 11:30 a.m.  
St. Luke's Lutheran Church  
365 W. River Dr.

### OSCEOLA

Mondays, 9:30 – 11:00 a.m.  
Discovery Center  
310 Chieftain St.

### PRESCOTT

Thursdays, 9:30 – 11:00 a.m.  
Prescott Public Library  
800 Borner St. N.

### RIVER FALLS

Mondays, 10:00 – 11:30 a.m.  
River Falls United Methodist Church  
127 S. 2nd St.

### ROBERTS

Tuesdays, 10:00 – 11:30 a.m.  
Hazel Mackin Community Library  
311 W. Warren St.



## YOUNG PARENT

The Young Parent Program is for teens who are pregnant or parenting and includes twice monthly group meetings and home visits. Participants receive support from parent educators and their peers and are eligible for elective credit toward graduation.

Young parents can be referred to the program by their high school guidance counselors or county agencies, or can sign up by contacting the Family Resource Center directly at 715-684-4440.

### BALDWIN

1st & 3rd Thursdays,  
4:30 – 6:00 p.m.  
Family Resource Center  
857 Main St.

### BALSAM LAKE

1st & 3rd Tuesdays,  
4:30 – 6:00 p.m.  
Polk County  
Government Center



WINTER PLAY & LEARN REGISTRATION  
BEGINS MONDAY, DECEMBER 16  
BY CALLING 715-684-4440.

Carlee & Alicia love giving back to Family Resource Center. Recently they brought a carload of donations to Family Resource Center. "We know that our donations are going right back to people in need. We know it's making a difference." Both encourage parents of young children to participate in Family Resource programs. "The Family Resource Center is an invaluable organization," said Carlee. "We encourage any new mom to try it. Even if they just try it once. Don't be afraid to attend and to reach out to other moms!"

Baby & Me groups are sponsored through a partnership with six area hospitals, United Way Success By 6 and Family Resource Center. See page 3 for hospital sponsors and locations. Groups provide a structured atmosphere where parents and caregivers share concerns and ask questions of experienced Family Resource Center parent educators



*Devin Chladek, Hailey Nelson, and Jalena Ziemba at First National Community Bank's 100-year celebration.*

## CENTENNIAL CELEBRATION

First National Community Bank Centennial Celebration was held on August 1st in New Richmond. The Family Resources Center was invited to participate with a booth at the event filled with games, food and fun!

Congrats First National Community Bank on a spectacular 100 Year Celebration! Thank you for continued support and inviting Family Resource Center to share our services with the surrounding area.

## PARENT EDUCATORS HELP BRING THE PROTECTIVE FACTORS TO LIFE



Family Resource Center St. Croix Valley parent educators Kristine Brede and Lori Ollig led a 2-day, 12-hour workshop series at its Baldwin office in May, called Bringing the Protective Factors to Life in Your Work. The 25 workshop participants included Family Resource Center staff and family service professionals from a variety of public and private service organizations and agencies in the region. Workshop participants included representatives from family support, healthcare, social services, public health, child welfare, education, and public safety.

The Protective Factors Framework is an approach which helps family service providers work together with families to support the healthy development and wellbeing of children. The curriculum includes an overview of the Protective Factors Framework concepts, and modules describing each of the five Protective Factors, including – 1) social and emotional competence of children, 2) knowledge of parenting and child development, 3) social connections, 4) parental resilience, and 5) concrete support in times of need.

According to the Center for the Study of Social Policy, which created the Protective Factors Framework, "Research studies support the common-sense notion that when these Protective Factors are well established in a family, the likelihood of child abuse and neglect diminishes. Research shows that

these protective factors are also 'promotive' factors that build family strengths and a family environment that promotes optimal child and youth development."

Brede, who also led a Protective Factors Workshop Series in Polk County last year, said "By embedding the Protective Factors in our work with families, we, as community service providers across a broad spectrum of fields, can reinforce the components of strong families in every interaction. Families who learn about the protective factors in one setting, a doctor's office, for example, may have an opportunity to have the concepts reinforced in another setting—such as public health or social services."

Brede and Ollig are two of 53 Certified Protective Factors Trainers in Wisconsin. Their training and certification were made possible by a grant from the Wisconsin Child Abuse and Neglect Prevention Board (CANPB) as part of its initiative to strengthen families by increasing parent, professional, and community knowledge of protective factors. Learn more about CANPB's Five for Families statewide public awareness campaign at [fiveforfamilies.org](http://fiveforfamilies.org).

Among the highlights of the training was the facilitation role played by Parent Co-Presenter Rochelle. A key component of the Protective Factors training is to include the voice of lived experience. A mother of two, who participates in Family Resource Center's home visiting program, Rochelle shared her personal parenting journey. Workshop participants were inspired by her perseverance in navigating through many years of drug addiction to achieve her goal of raising her family in a loving drug-free household with her significant other.

Contact Kristine Brede at [Kristine@frcscv.org](mailto:Kristine@frcscv.org) to learn more about upcoming workshops.



*Protective Factors Participants: Anu Family Services - Shari Larson, Jennifer Piltzner, Family Resource Center St. Croix Valley - Robbyn Bowman, Keri Fitts, Erin Knegetendorf, Devin Chladek, Marla Butler, Ashley Bruggeman, Susan Hodenfield, Jazmine Hanson, Agnes Ring, and Jalena Ziemba, JWRC - Jane Straub, Pierce County Human Services - William Stewart, Pierce County Public Health - Rebecca Tomasek, Polk County - Jamie Johnson, St. Croix County DHHS - Victoria Cain, Katie Hessefort, Julie Krings, Mary Jo Larkowski, Jamie Wilson, Rachel Johnson, and Sara Sabelko, St. Croix County Public Health - Kathy Fredrickson, Sue Lindberg, St. Croix Valley SART - Ashley Bredeson, UW Extension - Kari Weiss, Western Wisconsin Health - Natasha Ward*



## SUMMER PLAY & LEARN IN THE PARKS

Parents, caregivers and children enjoyed time outdoors connecting at our all-outdoor programming this year. We had 80 children register for our summer Play & Learn programming. Thank you to all participating families for a wonderful season of Play & Learn in the Parks!

# HONOR AND MEMORIAL GIVING: SUPPORTING FAMILY MATTERS!

Honor and memorial gifts are a thoughtful way to pay tribute to someone special while supporting local families! Family Resource Center St. Croix Valley is pleased to recognize the following individuals:

**In honor of Adelaide and Coralaine Berg**  
Robert and Marlys Berg

**In honor of Jackson and Lucy Taylor**  
Susan Hessler

**In memory of Sandra Broker**  
Ervin Broker

**In honor of grandchildren Evelyn  
and Jacob Young**  
Loretta Young

**In honor of Sharon Reyzer's retirement**  
Deb Lindemann

*(Gifts received May 1, 2019 – July 31, 2019)*

*Honor and memorial gifts received from August 1 – October 31, 2019 will be recognized in the winter edition of our Family Matters newsletter. Memorial gifts will be directed to the Bright Futures Long-Term Fund unless otherwise requested by the donor.*



**Yes! I want to help Family Resource Center St. Croix Valley give children the best start possible!**

Name(s) \_\_\_\_\_

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If you wish to give using a credit card, please visit our website at [www.frscsv.org](http://www.frscsv.org) to make a secure online gift.

I want my gift to fund:  Home Visits  Parent-Child Groups  Greatest Need  Bright Futures Long-Term Fund

My employer will match my gift; please contact me.

I would like to give in honor / memory (please circle) of a loved one: \_\_\_\_\_

*(Please provide contact information if you wish for us to notify someone of this gift).*

I would like to make a gift through my will or estate plan. Please contact me about becoming a member of the Legacy Circle.

**Thank you for investing in families! Please detach this form and mail to:  
Family Resource Center St. Croix Valley, PO Box 2087, 857 Main St., Baldwin, WI 54002**

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