



# Burnett County Family Resource Center, Inc.

24467 State Road 35/70, PO Box 139

Siren, WI 54872 (715) 349-2922

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



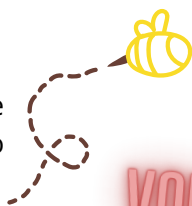
## Spring 2023 Newsletter

Welcome to the FRC Spring Newsletter. A place where you'll find out what we are up to and learn how you can join in on the fun!

**Mission Statement:** To serve all families by providing opportunities and activities that promote healthy families and safe communities.

**Vision Statement:** We imagine a community in which child abuse and neglect is eliminated, our families are strong, and our community is safe for future generations.

Use your camera phone to scan the QR Code to link to our website.



*Celebrating 15 Years!*

**VOLUNTEER**

Are you looking for a volunteer opportunity? We invite you to help with our weekly kits. With 150 given each week, any help you can give is appreciated! Call Wendy at (715) 349-2922



### April is Family Strengthening Month!

This month and throughout the year, the FRC encourages all individuals and organizations to support family strengthening efforts in Wisconsin. Children do well when their parents do well. Research shows that positive childhood experiences in nurturing environments provide fertile ground for children's physical and mental health, learning, and social skills. We can build healthier, safer, and thriving communities for our children if we work together to collaboratively support children and families. Community members can support one another by:

- \*Taking time to talk to parents in your neighborhood - get to know them
- \*Sharing local resources with families.
- \*Advocating for legislation and funding which support family programs within your community.
- \*Donating new or gently used clothing and toys to programs that support families with children.
- \*Bringing a meal or groceries to a family with young children.
- \*Organizing a family fun event such as a family story night, game or movie night.



### Ongoing Programs

Check Facebook often for details

- **New** Monthly game night 4th Friday eve of each month
- Play and Learn on Thursdays from 10:00am to 11:30am. FRC playroom
- Weekly take home activity kits
- Monthly family activities.
- Individual parent education to fit your schedule.



## Parents Corner

What are the 5 Strengths that keep families strong?

**\*Connecting with others**

**\*Building inner strength**

**\*Parenting as children grow**

**\*Helping kids understand feelings**

**\*Knowing how to find help**



Give us a call, we can help you find the resources that you are looking for. We also encourage you to check out the Five for Families website for more tips.

# Parent Advisory Committee

The Parent Advisory Committee (PAC) is a group of parents, and other caregivers in a child's life within our community. It's purpose is to provide input to the FRC on community issues, equity, inclusion, programming, support and services that meet the needs of all families in our community. PAC members commit to serving alongside others while gaining experience serving as an advocate for families and building partnerships and collaborations within the FRC and our community. Meetings will begin in 2023. Applications are being accepted now. To find out more or to request an application, call Heidi at (715) 349-2922 or email: [director@bcfrc.com](mailto:director@bcfrc.com)



## Calling ALL Pregnant Moms



Our Healthy Families of Burnett County Home Visiting Program is here to support you and your family throughout your pregnancy and beyond. We offer weekly or bi-weekly visits with our amazing and well trained Family Support Specialists.

Give us a call! 715-349-2922



# COMING SOON

Follow us on Facebook as we post dates and times for the following events:

- \*Make Rice-a-Roni with 4H
- \*Cookie decorating with Emma
- \*Morely Maple Syrup tour
- \*New parent discussion group
- \*Pizza Making
- \*Community Vegetable Garden

## Using Positive Parenting:

- Spend quality time with your children, talk to them and show affection.
- Encourage the behavior you like by giving attention and using descriptive praise.
- Teach new skills and behaviors by setting a good example.
- Set clear ground rules to guide your child's behavior.
- Respond to challenging behavior with logical consequences.



## Skills kids need to do well:

- Good communication and social skills
- Ability to manage feelings
- Independence skills
- Problem-solving skills

# On-going Programs

## Playgroup

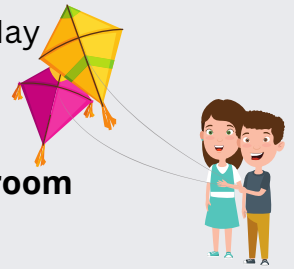
Mondays 10:00am - 11:30am Crooked Lake Park begins in May

## Game Night

Monthly game night, 4th Friday of each month 5:30pm-7pm

## Play and Learn

Every Thursday from 10:00am - 11:30am \* **Winter: FRC Playroom**  
**\*Spring - Fall at rotating locations throughout the county**



## Baby Go Round

Enjoy your pick of gently used clothing. Donate your gently used clothes back to the program or pay it forward to someone else (newborn to 4T).

## Baby Massage

Our certified educator in infant massage can meet with you to talk about the many benefits baby massage has to offer, while showing specific strokes to help with common issues such as colic and gas.

## Diaper Pantry

Our diaper pantry is available to anyone who is need of diapers. The program is run on donations only and sizes and quantities are limited. Please call ahead to schedule a time to pick up.

## Parent Support and education

One on one assistance with parenting, budgeting, discipline or just conversation. Call to have a staff member schedule an appointment to discuss options that will work for you. Completely confidential. FRC staff are trained in various evidence-based curriculum including Growing Great Kids, Nurturing Parenting Program and Triple P Positive Parenting Solutions.

## Healthy Families Home Visiting Program

Specific parent education and support to families who are pregnant or have newborn babies (0-3 months) and continuing until children are enrolled in school.



## Parent Cafe's

Group discussion on the joys and challenges of family life. Explore your strengths and learn about the Protective Factors.

## Parent Discussion Group

Coming in April, a monthly group for parents and caregivers to talk about the joys and challenges of raising and caring for kids.

## Supervised Visits

The FRC is a safe environment for parents to meet with their children when visits need to be supervised by an outside party. Visits are ordered through the court system. There may be fees associated with this service.



Burnett County Family  
Resource Center, Inc.



# Thank you to our 2023 Activity Kit Sponsors

Avion Accounting (715) 349-8700  
Benson Ace Hardware (715) 866-8666  
Burnett Medical Center (715) 463-5353  
Chell Well Drilling (715) 566-0604  
Earth Energy Systems (715) 349-2314  
Hopkins Sand & Gravel (715) 866-4157  
Indianhead Credit Union (715) 463-5515  
Kid Central (715) 349-8262  
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Larsen Auto Center (715) 327-4217  
Log Cabin Store & Eatery (715) 656-3116  
Madsen Pest Management (715) 791-4777

Maurer Power Inc (715) 349-2832  
McNally Industries (715) 463-8300  
Monarch Paving Co (715) 268-2687  
North States Ind. (715) 349-5591  
Oak Ridge Inn (612) 801-1185  
Siren Family Eyecare (715) 349-2733  
State Farm C Arnold (715) 327-8076  
Vasatka Systems (715) 349-2774  
Walter Jensen Foundation (715) 491-4813  
Wild River Outfitters (715) 463-2254  
Yellow River Pharmacy (715) 866-8644



Are you interested in financially supporting the FRC? When you sponsor FRC programs, you help us keep FRC programming free to all. In return, your business website is linked from our website, your business name is posted on our Sponsor Wall of Fame and our sponsor list is sent out in 150 activity kits every week. For more information, contact an FRC staff member today.

## Office Hours

Monday through Thursday  
8am - 4pm

Friday by appointment  
Saturday and Sunday  
closed

We recommend calling  
ahead to make sure we are  
available to assist you.  
(715) 349-2922

## FRC Staff

Heidi Jones Executive Director  
Dawn Taylor Healthy Families Program Manager  
Wendy Larson Program Coordinator  
Becca Dyson Family Support Specialist  
Dawn Lindberg Family Support Specialist



Contact (715) 349-2922

Northwest Connections Burnett  
County  
24 Hour Mental Health Crisis Line  
**1-888-552-6642**



## 2023 Funders



OTTO  
BREMER  
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## HELPFUL LINKS

<https://fiveforfamilies.org/>  
<https://preventionboard.wi.gov>  
<https://www.beststrongfamilies.org/>  
<https://supportingfamilies.together.org/>  
<https://www.211unitedway.org/>  
<https://access.wisconsin.gov/access/>  
<https://the-power-of-connection.org/>

## FRC Board of Directors

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Katie Tewalt Vice President  
Tessa Anderson Treasurer  
Mary Doll Secretary  
Tanya Galloway Director  
Vickie Bauer Director

