



Burnett County Family Resource Center, Inc.

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Siren, WI 54872 (715) 349-2922

 www.bcfrc.org 



Summer 2023 Newsletter

Welcome to the FRC Summer 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.

VOLUNTEER

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

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



Celebrating 15 Years!

Summer Fun!

Check Facebook often for updates

- **New** Monthly game night 4th Friday eve of each month 5:30pm - 7:00pm Crooked Lake Park
- June 15th 1-3pm Stepping Stones Crooked Lake Park
- July 13th 1-3pm Wind Chimes Crooked Lake Park
- July 27th time TBD Crex Meadows activity Grantsburg
- August 10th 1-3pm Rock Painting Crooked Lake Park
- September 22-24th Family Camping Lake 26 Danbury

We will post on Facebook details on a canoe paddle, fishing and swimming throughout the summer



MORE INFO

Let's talk about the differences between discipline and punishment. The purpose of "Discipline" is to teach your child how to make a better choice next time. It focuses on future behavior and teaches what "to do". It uses the thinking part of the brain to learn a new behavior and often results in lasting change. On the other hand, "Punishment" is used to make someone suffer for breaking the rules. It focuses on past behavior and teaches what "not" to do. It uses the emotional part of the brain to create fear of the consequence and will often result in just short term change. Punishment doesn't work as well as discipline. In fact, discipline builds longer lasting change over time. What style do you use?

Information taken from the Child Abuse & Neglect Prevention Board



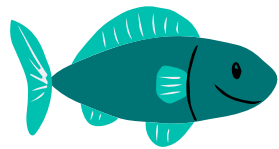
Community Garden!

The raised beds are built and we are starting to grow. Come and help us weed the garden beds and enjoy the fruits of your labor by taking vegetables home with you. This garden is for anyone in the County to enjoy. Thank you to Operation Round Up for funding this new program!





- Playgroup** Mondays 10:00am - 11:30am Crooked Lake Park
- Game Night** Monthly game night, 4th Friday of each month 5:30pm-7pm
- Play and Learn** Every Thursday from 10:00am - 11:30am *Rotating locations* Check our Facebook page or website for locations.
- 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. *Will resume in the Fall
- Parent Discussion Group** A monthly group for parents and caregivers to talk about the joys and challenges of raising and caring for kids. 4th Tuesday from 5:30pm - 6:30pm
- 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.



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. 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



Do you know someone who is expecting, or recently delivered?

Receive a \$25 Gas Card for referring someone to our Healthy Families of Burnett County Home Visiting Program. Let them know we offer weekly or bi-weekly visits with our amazing and well trained Family Support Specialists.



Have them Give us a call!

715-349-2922

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.

How to give your child quality time:

- Stop what you are doing
- Make eye contact with your child
- Listen
- Repeat what they are saying
- Extend the conversation or play

What quality time is NOT:

- Watching TV, on the phone etc.
- Too stressed, tired or upset to really pay attention to your child.
- Socializing with your own friends while your child is present.
- Doing housework, office work or schoolwork when your child is in the room.

Information taken from the Child Abuse & Neglect Prevention Board



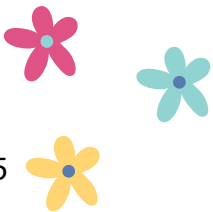
Skills kids need to do well:

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

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
K-Wood Truss Rafters (715) 689-2503
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 hundreds of kits each month. For more information, contact an FRC staff member today.

2023 Funders



Operation Round Up - Polk Burnett Co-op

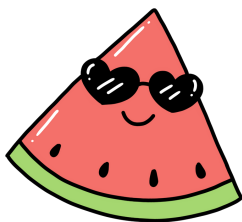
Office Hours

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

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



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/>
<https://bcfrc.org/>

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

FRC Board of Directors

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