

Burnett County Family Resource Center, Inc.

hello
FALL

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Siren, WI 54872 (715) 349-2922



www.bcfrc.org 



Fall 2023 Newsletter

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

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.

Celebrating
16 Years!

WE DID IT!



Congratulations!

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



See back page for details

The FRC is excited to announce that we have been accredited as a Family Resource Center of Quality (FRC-Q) by Supporting Families Together Association. Over the past 16 years, our focus has been to bring families closer together and eliminate child abuse. By keeping our programs free, we remove a barrier for families so they can enjoy each other, get to know their peers and connect with the greater community. Research shows that when families have fun together and are connected to others in meaningful ways, child maltreatment is reduced and our communities are safer. The FRC achieved the FRC-Q accreditation by demonstrating the application of FRC Best Practices throughout the organization. Our staff engaged in robust professional development that included parent leadership, protective factors, and the Wisconsin Core Competencies for Family Support Professionals and we embedded those into all core areas of service. The foundational infrastructure components include integrated action planning, evaluation, continuous quality improvement, and a

Fall Fun!
Check Facebook often for updates

- We'll be at Grantoberfest in downtown Grantsburg Sept 30th 10am-3pm, free family activities.
- Birch Barn outing in October. Watch FB for details.
- We'll be at HOWL-O-WEEN @ Crex Visitor Center on Oct 27th 5pm-7pm. Come in costume!
- Staff will be at various Trunk or Treat events throughout the County on Halloween. Boo!
- 'Lil Chefs is coming back Oct 19th! Cookies
- Follow our Facebook page for more events happening this Fall.



comprehensive application process reviewed and approved by Supporting Families Together Association. The FRC is the 1 of 10 organizations in Wisconsin to be accredited as a Family Resource Center of Quality by Supporting Families Together Association, an accreditation that may be renewed every three years. Here is what partner Wisconsin FRC agencies have said about what this accreditation means to their agency. "We are a much stronger FRC agency because of all of the items we learned doing this process. This gave us a roadmap and expectations to put all of it together." "It has been amazing to be a part of this process. We have had so much support to shape our programming to help us continue to attain our goals. We really found and have a new appreciation to value parent leadership and parent's input in our work!" "This has helped us determine the strategies to become a high quality FRC agency."

"I'm so proud of our staff for attaining the FRC-Q accreditation. Their dedication and hard work paid off and the FRC can serve the community better because of it." Heidi Jones Director Burnett County FRC

On-going Programs

Activity Kits

Kits are available in 4 locations; Grantsburg & Webster Libraries, Log Cabin Store Danbury, FRC lobby, St Croix Tribal Head Start & Mina Copeland Head Start.

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.

Car Seat Safety



Learn about car seat safety and proper installation from our certified Passenger Safety Technician. If you are in need of a car seat, funds may be available to help. Must meet income guidelines.

Diaper Pantry

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

Game Night

Monthly game night, 4th Friday of each month 5:30pm-7pm. Check Facebook for locations.

Playgroup

Mondays 10:00am - 11:30am Crooked Lake Park through Fall.

Play and Learn

Every Thursday from 10:00am - 11:30am *Rotating locations* Check our Facebook page or website for locations.

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 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.

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 courts. There may be fees associated with this service if outside Burnett County.





Parent Advisory Committee

The Parent Advisory Committee (PAC) is a group of parents, and other caregivers in a child's life that has participated in the past or is currently using FRC services. Its 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. If your interested in applying, contact Heidi at (715) 349-2922 or email: director@bcfrc.com.



What is Triple P?

The Triple P Positive Parenting Program is one of the curriculum choices that FRC staff can use when supporting parents and caregivers through our parent education programs. This evidenced based model can be used in a variety of ways including one on one, in groups, workshops and seminars. The 5 strategies of Triple P are #1 *Developing Good Relationships with Children*. How can you do that? Start by spending quality time with your child and spending time talking with them. Show affection, look in their eyes. #2 *Encouraging Behavior You Like*. That's not as hard as you think. All you need to do is to use descriptive praise and give positive attention. Provide your child with interesting activities. #3 *Teaching your child New Skills and Behaviors*. You are your child's first teacher so set a good example. Don't be afraid to try a behavior chart. #4 *Guiding Children's Behavior* It isn't is hard as it sounds. Have some clear ground rules at home and use some planned ignoring if you have to. Perhaps the biggest strategy of all but really the one we want to spend the least time on is #5 *Responding to Challenging Behavior*. Remember to use logical consequences as soon as an infraction occurs including quiet time and time outs.

information taken from the Triple P Positive Parenting Program

DID YOU KNOW?

Did you know that in addition to offering Triple P in our regular one on one parent education programs, we also host weekly Triple P groups for women in the Burnett County Jail?



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



BE THANKFUL
BE GRATEFUL
BE BLESSED

Parents Corner

One of the 5 strengths that keeps families strong is Helping kids understand feelings. Why is this so important? Kids need to hear positive messages from you everyday. Encouraging words and gestures promote good behaviors and teach kids how to treat others with kindness. When it comes to positive messages, how you say it is as important as what you are saying. Think about how you can share your own feelings. Focus on the things you love about your child rather about their accomplishments. Write a note that says, "I love you", offer a spontaneous hug or say that you enjoy being with them. Another way is to simply "show up". Give your attention. Focus on the effort rather than the result. You also want to remember to limit praise. Telling your child that they did a great job too often can actually take away their sense of personal accomplishment. Finally, catch your child being good and be specific. Instead of just saying "thank you", instead say, "thank you for setting the table".

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.

information taken from fiveforfamilies Wisconsin Child Abuse and Neglect Prevention Board



THANK YOU

We want to say a special thank you to the folks at DSI who are helping put our activity kits together each week. We couldn't do it without you!

Thank you to the St Croix Valley Food Bank that delivers produce to our food shelf every Tuesday.

Thank you to Vickie, Phil & Hunter who redesigned our free library. Come in and check it out!

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

IN ALL
things
GIVE
thanks



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.

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 Board of Directors

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

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

2023 Funders



OTTO
BREMER
TRUST™

Operation Round Up - Polk Burnett Co-op
United Way St Croix Valley
Squirrel's Unlimited

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/>

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



**Part Time
Lead Parent Educator**

The FRC is looking for a part time Lead Parent Educator. This position is responsible for leading classes, groups and weekly Play and Learn. Go to www.bcfrc.org "Contact Us" page for a link to the job description and download the application today.