

Burnett County Family Resource Center, Inc.

24467 State Road 35/70, PO Box 139

Siren, WI 54872 (715) 349-2922



www.bcfrc.org



Fall 2024 Newsletter



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.

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

Directors Corner

Do you remember what you were doing on September 5th, 2007? It was a Wednesday if that helps jog your memory. On a National level the only excitement in my mind was Apple released a new selection of iPods. It's possible I purchased one. However, locally, something exciting actually did happen. The Family Resource Center was born! So here we are 17 years later, having served thousands of families, thousands of times. I believe we can say we have made a difference in the lives of a lot of local families. Our mission to eliminate child abuse and make our community stronger has not changed over the years. Through our parent support programs, free family fun events, community outreach, car seat education, diaper pantry, baby go round and so much more, we are here to support local families so they can do what they do best, and that is to love and support their kids. We know that we couldn't do the work we do without your love and support and we thank you - the folks that share this community with us - for supporting the FRC and for believing in the greater good. Together we can make a difference in the lives of others. Thank you and here's to the next 17 years!

Happenings

- Monday Play Groups 10 am - 11:30am and will run through September: Closed Labor Day, 2nd week Danbury Blueberry Park, 3rd week Siren Crooked Lake Park, 4th week Grantsburg Memory Lake Park, 5th week Siren Crooked Lake Park
- Thursday Play & Learn Group Crooked Lake Park Siren 10am - 11:30am, inclement weather at the FRC playroom, moving indoors late Fall.
- Grantoberfest in Grantsburg October 5th 10am - 3pm stop by our table for a fun game.
- Parent Cafes September, October, November stay tuned to our Facebook page for dates/times.
- 'Lil Chefs starting back up soon, check our website and Facebook page for details.
- Parent education & support; completely confidential. Meet one on one with a member of our staff to get support and strengthen your parenting skills. You're not alone, we can help.
- FUNDRAISER: Bingo Extravaganza sponsored by Squirrels Unlimited Sunday Sept 8th, 11am, sign up and pay at Hummers Rendezvous Grantsburg until all tables are full. Checks payable to Squirrels Unlimited. See our flyer on Facebook for all the details. Thank you for supporting the FRC to help keep all of our programming free!
- FUNDRAISER: Taste of Siren: September 28th 5-8pm - raffles and silent auction for more info: <https://www.visitsiren.com/events.html#/>

Burnett
County
Family
Resource
Center



Celebrating
17 Years!



Contact (715) 349-2922 www.bcfrc.org



What is Healthy Families of Burnett County Home Visiting?

This program supports pregnant moms and new parents to promote infant/child health and development, and so much more!

Home visits always start like a visit with a friend who checks in on what's happened since the last time you were together.

Likely, Family Support Specialists will develop other activities based on topics parents have asked to learn more about, such as child development (When will my baby start to crawl?) or health and safety topics. Parents are able to make toys or other fun projects to use with their infant.

Family Support Specialists are always prepared to give families additional resources-if families feel it would be helpful-such as referrals to local service providers.



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



What people are saying from first 1/2 of 2024 Program Surveys: "Thank you. Everyone is so wonderful here!!" "FRC is a wonderful resource and we are so grateful for it!" "Staff was above helpful, respectful, generous and patient."

When asked if staff were welcoming and respectful to themselves and their families, 100% of respondent's said yes! 90% stated they learned something about child development or a new parenting practice and 91% said they have made or will make a change that have made their family stronger as a result of the program that they were a part of. Thank you FRC staff for your hard work!



Postpartum Mom Support Group

EVERY 1ST AND 3RD WEDNESDAY 7:00-8:00PM
BURNETT COUNTY FAMILY RESOURCE CENTER
24467 STATE RD 35 SIREN (715) 349-2922 OR 715-947-7116

A peer led support group to share experiences, to be heard, and know you are NOT alone.



IF YOU'VE EXPERIENCED:

- *MOOD CHANGES
- *DEPRESSION
- *CRYING AND FEELING SAD
- *DIFFICULTY SLEEPING
- *WORRY AND ANXIETY
- *FEELING OVERWHELMED

If you are pregnant or had a baby in the last 2 years we welcome you to join us



Connect to our Facebook Page for location (Crooked Lake Park by the band shell weather permitting)

Programs

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).



Diaper Pantry

Our diaper pantry is available to anyone who is in 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.

Resource & Referral

Are you looking for information on area resources? We might be able to help. Call the FRC or the United Way 211 for the information that you're looking for.



Play & Learn

Thursdays 10:00 - 11:30am
Winter location in the FRC Playroom.
As the name suggests, learning, friends and fun!

Community Food Corner

Available in the main lobby of the FRC building. Funded through a partnership with the St Croix Valley Food Bank and available to anyone in Burnett County.



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. Income guidelines apply.



Programs

Parent Cafe's



Group discussion on the joys and challenges of family life. Explore the 5 Strengths that makes all families strong. Fun group! A meal and child care provided.

ASQ's/Child Development

The FRC has received a grant to increase awareness of child development screenings. Watch for the FRC to hold screening events across the county over the next year. If you have any concerns about your child's development, give us or your medical provider a call.

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.



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, The Protective Factors and Triple P Positive Parenting Solutions.



Have you heard of VROOM? If you have a child age 5 and under, download the free app today. The app is full of fantastic tips to nurture your child's growing mind.

The 5 Strengths that keep families strong:

- Helping kids understand feelings
- Parenting as children grow
- Connecting with others
- Building inner strength
- Knowing how to find help

For more information go to



Family Fun Events

Game nights, camping, fishing, kayaking, swimming, farm tours, nature walks, ice skating and much more. Something different every month. All activities are free!



Activity Kits

Kits are available at various locations across our county; Grantsburg & Webster Libraries, Log Cabin Store Danbury, FRC lobby, St Croix Tribal Head Start & Mina Copeland Head Start.



Contact (715) 349-2922 www.bcfrc.org

THANK YOU TO OUR 2024 ACTIVITY SPONSORS

ADVENTURES RESTAURANT (715) 349-8500
ANDERSON & NORENBERG (715) 463-5365
AVION ACCOUNTING (715) 349-8700
BENSON ACE HARDWARE (715) 866-8666
BURNETT DAIRY CO-OP (715) 689-2468
BURNETT MEDICAL CENTER (715) 463-5353
CHUCKS GARAGE (715) 349-5557
DIVERSIFIED SERVICES INC. (715) 349-5724
EARTH ENERGY SYSTEMS (715) 349-2314

EDWARD JONES (D EDABURN) (715) 349-5140
LARSEN AUTO CENTER (715) 327-4217
LOG CABIN STORE (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
STATE FARM C ARNOLD (715) 327-8076
WAYNE'S FOODS PLUS (715) 866-8366
YELLOW RIVER PHARMACY (715) 866-8644

THANK YOU 2024 FUNDERS

BURNETT COUNTY HEALTH & HUMAN SERVICES
UNITED WAY ST. CROIX & RED CEDAR VALLEYS
WI FAMILY FOUNDATIONS HOME VISITING
SUPPORTING FAMILIES TOGETHER ASSOCIATION
WI DEPARTMENT OF HEALTH SERVICES
ST CROIX VALLEY FOUNDATION
NEXEN CORPORATION
100 WOMEN WHO CARE

United Way
St. Croix & Red Cedar Valleys



100 Women Who Care



Contact (715) 349-2922 www.bcfrc.org

HELPFUL LINKS

211 - Wisconsin call center for resources
<https://fiveforfamilies.org/>
<https://preventionboard.wi.gov>
<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**



THANK YOU

To our volunteers this quarter:
Roger Buchmann, Theresa Buchmann, Caylin Muehlberg, DSI, and Northwest Passage

**Volunteer Board Members wanted!
Contact us today!**

FRC Board of Directors : Todd Snyder President, Katie Tewalt Vice President, Tessa Anderson Treasurer, Tanya Galloway, Director, Vickie Bauer Director

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**



Parent Advisory Committee (PAC)



**Teresa Buchmann, Roger Buchmann,
Caylin Muehlberg, Theresa Fish
Andrea Nightengale**

Interested in joining the PAC? Give us a call to learn more!



National Night Out Siren



FRC Staff:

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

Contact (715) 349-2922 www.bcfrc.org