

Burnett County Family Resource Center, Inc.



24467 State Road 35/70, PO Box 139
Siren, WI 54872 (715) 349-2922



www.bcfrc.org



Winter 2025 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

Reflecting on the year that is quickly ending, thinking about the heartache that we felt together, and also triumphs that we enjoyed, I look toward 2025 with thoughts of growing peace and anticipation. We think of the babies that will be born, children that will be starting to walk and talk, kids learning new things in school, and families that will change in a multitude of ways. We will plan new activities and are thinking of new ways that we can expand our reach. In this regard, coming in January, we'll be expanding our hours on Fridays to be more accessible to you. In other really exciting news, our website and logo are currently undergoing a major renovation (we can't wait to show you!!!). Our website will be more user friendly with parenting resources and useful links as well as new ways to register for programs. This Winter, make sure to check out our Parent Cafés as they continue to grow. We will partner with other agencies and you will continue to see us out at community events. This is all with the goal of strengthening families as well as the community that we share. So join with us in 2025. Maybe its serving on our Board of Directors, or on our Parent Advisory Committee, or joining in on our Parent Cafés, our Play & Learn Groups, taking in a parenting class, or grabbing some diapers. We are looking for you to join us to not only help move our agency forward with your voice but also with your presence. We can't wait to see what the next year brings. It's going to be a good one. Here's to a Happy New Year to you all ~ Heidi.



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

Happenings

Watch Facebook for dates and times

Parent Cafés 5pm - 7pm
Child care and supper provided

January

Sledding TBD

Painting on glass TBD

Parent Café 14th



February

Jack Links Aquatic center TBD

Pinball Arcade (Danbury) TBD

Parent Café 4th



March

Ice skating TBD

Spa Day TBD

Parent Café 11th



*Celebrating
17 Years!*





What is Healthy Families of Burnett County Home Visiting Program?

This program supports expecting (prenatal) parents and parents of newborns 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, the home visitor, known as 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 WIC, Energy Assistance, Postpartum groups, Birth to Three, and other 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



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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



WANTED

FRC Board Members and Parent Advisory Committee Members Wanted!

Have you ever thought of how you can support and help guide the FRC into the future? Here's your chance! We have 2 opportunities for you to choose from. First, if you are interested in how the FRC operates, oversee the budget, help with fundraising efforts, as well as general operations, then our Board of Directors is for you. If you are a caregiver that has been a part of FRC programs either currently or in the past and you want to be a part of learning more about our FRC and what makes it great, gain leadership skills, lead and help creating new programs and/or making our current programs even better, than the PAC is for you. For more information on how to apply, email or call Heidi at director@bcfr.com (715) 349-2922.

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. Food deliveries usually come weekly on Tuesday mornings.



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.

vroom **VROOM APP**
Brain building moments

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.



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.



Parent Support and Education



Five for Families.org



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, Five for Families, The Protective Factors and Triple P Positive Parenting Solutions.



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.

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!

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 talk to an FRC staff member or go to:



THANK YOU TO OUR 2024 ACTIVITY SPONSORS

ADVENTURES RESTAURANT (715) 349-8500
ANDERSON & NORENBURG (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

**YOU'RE
THE
BEST!**

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
NORTHWEST ALLIANCE COMMUNITY FOUNDATION
(AN AFFILIATE OF THE ST. CROIX VALLEY FOUNDATION)

grateFUL

**THANK YOU
SO MUCH**

Other 2024 Generous Donors:

Bethany Lutheran Church, Danbury United Methodist Church
Clam Lake Lutheran Church/Women of Life
Maureen Wilson, Brickfield Brewing
Lakeside Lutheran, Moms for Kids, Burnett Dairy Co-op
Other anonymous, generous donations.

Burnett
County
Family
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HELPFUL RESOURCES

211 - Wisconsin call center for resources

Northwest Connections
Burnett County

24 Hour Mental Health Crisis Line
1-888-552-6642

Thank
you!

To our **AMAZING** volunteers
this quarter:

Jack Zmuda, Madison Hanson,
DSI, Nancy Dixon, Debbie
Reed, Lucy Kriha, Deb Pechan,
Hunter Teidt, Toby Pardun



**Volunteer Board
Members wanted!**
Contact us today! Only 6
meetings a year, be a part
of our success!

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 9am-3pm (beginning Jan 10)
Saturday and Sunday closed

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



Parent Advisory Committee (PAC)



Roger Buchmann, Caylin Muehlberg, Not
pictured: Teresa Buchmann, Theresa Fish
Andrea Nightengale

Interested in joining the PAC? Give us a
call to find out how!



Jennifer Turrentine with Northwest Alliance
Community Foundation awarding the FRC
\$2,500 to use toward family programming.
Thank you NACF!



FRC Staff:

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

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