



"Building Strong Families and Strong Communities"

Family Resource Catalog

A Guide to Parenting Programs, Parenting/Support Groups, Activities and Community Connections for Sheboygan County Families

www.frc-sc.org

PLYMOUTH • 1209A Eastern Ave. • 920/892-6706 SHEBOYGAN • 926 Broughton Dr. • 920/457-1888

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Registration

Most programs and activities require preregistration. Please register as soon as possible. Many programs offer on-site child care. Please ask!

Family Resource Center Hours

PLYMOUTH

Monday & Friday: 9am-1pm
 Tuesday & Thursday: 1-7pm
 Wednesday: 9am-5pm

SHEBOYGAN

Monday, Thursday, Friday
 9am-1pm
 Tuesday: 1-7pm
 Wednesday: 9am-5pm

FRC Catalog

Distribution funded by St. Nicholas Hospital
 Co-Editors: MaryEllen Johnson & Peggy Wiedmeyer
 Designer: Karen Voskuil
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Karen Degner, Military Families Connect Coordinator, Recognized

Karen Degner and the Military Families Connect project recently received the **Public Spirit Award** from the National American Legion Auxiliary. This award, established in 1983, recognizes outstanding individuals and/or organizations for contributions that positively impact our communities, particularly those that benefit the military and their families. Some past recipients of this award include Ronald Reagan, Jeanne Kirkpatrick, Ann Landers and Colin Powell. Karen received the award during the Awareness Assembly luncheon in Washington, D.C. on Monday, March 31.



Karen Degner (second from left), MFC Coordinator, receives Public Spirit Award

Karen was also recognized by The Plymouth Professional Business Women Organization as their **2008 Woman of the Year** on April 15. This award is given to a woman who demonstrates outstanding community service and employment accomplishments in the Plymouth community. Congratulations Karen! We are delighted that you are part of the Family Resource Center!

FRC Completes Quality Standards Program

The Family Resource Center has successfully completed a program of self-study using the Parents as Teachers quality standards, based on best practices in the field of early childhood home visitation. Based on bench-mark results, the program achieved an Excellence Level in quality. This accomplishment demonstrates the Family Resource Center of Sheboygan County's commitment to high quality services for the children and families who are enrolled in the Parents As Teachers home visiting program. Congratulations to all the Parent Educators and the Family Resource Center!

2008 Friends of the Family Campaign

Watch your mailbox for your Friends of the Family letter – this is your opportunity to help the Family Resource Center do what we do: build strong families and strong communities. Your contribution helps us keep our doors open to you and other families in Sheboygan County. We appreciate your support!

Where, oh Where is The Family Resource Center?

Are you looking for the new location of the Family Resource Center's satellite site in Sheboygan? We are, too! Members of the FRC Board of Directors and Staff are diligently looking for a suitable location in the City of Sheboygan. Playgroups and certain programs will continue at our Broughton Drive address until further notice; feel free to call 457-1888 or 892-6706 to confirm activities at that location. And remember that our Plymouth site at 1209A Eastern Avenue is always available for play and resources!

Both FRC sites will be closed June 30 - July 4, to allow our staff time to enjoy the July 4th holiday with their families.

The FRC Catalog is also available online.

You can help us save money by viewing your copy of the catalog online. To receive notification when future catalogs are posted online, send an email to parented@excel.net

Please include your name and the mailing address where you have been receiving your paper copy. You will receive an email from the FRC, confirming each edition is online, instead of receiving a paper copy of the catalog. The trees of the world, the printing department at Aurora Sheboygan Memorial Medical Center, and the shipping department at St. Nicholas Hospital will thank you!

Teen Parent Activity Group^{FRC}

Attention all Teen Parents! The Family Resource Center needs your ideas for upcoming activities. Please call us at either 457-1888 or 892-6706 with suggestions and look for these ideas to "fall" into place in our next catalog.

Looking for some ideas of summer activities with your little one? Try some of these:

- FRC Playgroups (see page 4 for days and times)
- Playing at parks – remember the sunscreen and sun hats!
- Watching area softball games
- Swimming or wading
- Sprinkler Park, rummage sales, city concerts, picnics with friends
- Chalking or painting sidewalks with non-toxic colors
- Nature hikes, bird watching, watching skate boarders at the parks
- Jumping in puddles and walking in the rain

Do You Receive More Than One?

Due to a limited number of copies of the FRC Catalog, please let us know if you receive more than one copy from different sources. Many day cares, schools, clinics and businesses provide you with copies, making a mailed copy unnecessary. Call us at 892-6706 or 457-1888, and tell us to remove your name from our catalog mailing database. We want to make sure everyone has the opportunity to receive a copy of the catalog!

The Literacy Council Project of the Family Resource Centers^{FRC}

Volunteer Opportunity!

The Literacy Council Project provides literacy services for adults and children in Sheboygan County through its **One-on-One Adult Literacy** tutoring program, and through its **Partners in Reading** program, a reading enrichment program available to all elementary schools in Sheboygan County. Both programs rely on volunteer tutors to provide no-cost literacy services to county residents. Training is provided for all volunteers. Volunteer tutors are needed, so call today, to make a difference today!

Call: Jo Ann at the Family Resource Center, 457-1888 or frc literacy@excel.net for more information.

Check out our Speaker's Bureau!

Looking for a speaker for an upcoming meeting or gathering? Look no further! Go to our website at www.frc-sc.org and click Speakers Bureau. Scan the many topics and professionals that are available from Sheboygan County and choose who is right for you.

Great People to Know!

Each one of our major projects has an advisory committee made up of volunteers who support the success of each project. We are constantly being energized by their enthusiasm and ideas to assist with our programs.

Cassie Schwartz is a Sergeant (SGT) in the WI National Guard. Her husband, Randy, is a Staff Sergeant (SSGT) in the Army Reserves and they are the parents of two young boys. Cassie joined Military Families Connect (MFC) in the fall of 2005 while her husband was deployed to Iraq. She is continuing her education with plans to become a military chaplain and military family counselor. Cassie joined the MFC Advisory Committee in 2007 and brings her knowledge and experiences as a soldier, wife and mother, as well as genuine caring about others and their well-being to the group.

Danie Wilson first joined MFC in 2004 when her nephew was deployed. Currently, Danie's son serves in the Air Force and her son-in-law serves in the Navy and both have served in support of Operation Iraqi Freedom. Danie's professional and volunteer experiences, as well being a mother, mother-in-law and aunt to those serving in our Armed Forces, makes her a welcome addition to the 2008 MFC Advisory Committee.

2008 CONTRIBUTION

The Family Resource Centers of Sheboygan County • 1209A Eastern Avenue • Plymouth, WI 53073

Yes, we wish to contribute to the Family Resource Centers of Sheboygan County. Enclosed is our donation of:

\$1,000 \$500 \$250 \$100 \$50 \$25 Other \$ _____

My check to the Family Resource Centers is enclosed. OR Charge my: AMEX VISA MC DISCOVER

Acct. # _____ Exp. Date _____ Signature _____

Name: _____

Address: _____

Telephone: _____ Email: _____

You will receive a receipt for tax purposes. Thank you for helping build strong families and strong communities!



PARENTS AS TEACHERS ^{FRC}

Learn the most recent brain research information for young children and how to encourage your baby's development. Home visits with a trained Parent Educator, parent & child activities, developmental screenings to detect learning delays, and connections to resources for families in the county are all part of this exciting program. Parents As Teachers is for you and your baby!!! Call now to start your home visits and join over 1600 Sheboygan County families who have enjoyed this program since 1994. Available in English and Spanish.

Are you a first time Mom or Dad? Your baby was born to learn and the Parents As Teachers program is available to ALL first-time parents living in Sheboygan County who:

- Are expecting their first baby
- Have a first-time baby under the age of 12 months
- Are adopting their first baby

Cost: This program is available to you at no cost because funding is provided by various grants and donations. The cost of providing the program is approximately \$750 per family per year – that's \$2250 from birth to graduation! Donations to the annual Friends of the Family Campaign help to provide this and other programs for families like yours throughout Sheboygan County.

Call: Family Resource Center, 892-6706 or 457-1888

**PARENTING PROGRAMS - Birth to 5****A Great Relationship Within Your Reach**

(offered in Spanish) ^{FRC}

Don't settle for OK – Reach for a great relationship! This exciting series for unmarried parents and/or parents-to-be will offer tools to build healthy relationships. Classes feature an interactive format that focuses on communication, parenting, money management and self-discovery – things that impact all our relationships. Facilitated by Naxhielly Escobar, bi-lingual FRC staff. Free childcare will be available with pre-registration.

When: Mondays, May 5, 12 and 19, 6:00-7:30pm

Where: Zion Covenant Church, 1125 N. 6th Street, Sheboygan

Cost: FREE

Call: 892-6706 for registration/childcare

Una Gran Relacion a su alcance (ofredica en Español) ^{FRC}

No se conforme – Alcance una Gran Relacion! Esta exitante serie para madres y padres (que no han consumado el matrimonio) le ofrecera herramientas para construir una relacion saludable. Las clases seran en un formato interactivo que se enfocara en la crianza de sus hijos, en la Comunicacion, Administracion de dinero y auto descubrimiento-en cosas qua impactan nuestras relaciones. Facilitadas por Naxhielly Escobar, Educadora Bilingue del FRC. Cuidado de niños disponible y gratuito. (Se requiere registracion previa.)

Cuando: Los Lunes 5, 12y 19 de Mayo, 6-7:30pm

Donde: Zion Covenant Church, 1125 N. 6th Street, Sheboygan

Costo: GRATUITO

Llamar al 892-6706 para registrarse y para el cuidado de niños

The Best Me I Can Be: Nutrition for Healthy Parents ^{FRC}

Need energy, clarity, and focus to be the parent you want to be? Find out which foods can fuel your goals. Dr. Dan Francis of Francis Chiropractic explores the truth behind “we are what we eat.”

When: Tuesday, May 13, 6:30-8pm

Where: FRC-Plymouth

Cost: Free (to make good choices like donating to the FRC)

Call: 892-6706 to register

Common Sense Parenting

Parents will learn how to encourage positive behavior in children by practicing strategies such as effective praise, preventive and corrective teaching, staying calm and helping children to calm down and other social skills. Participants will set up a Common Sense Parenting Plan to identify problems and teach alternative behavior. Facilitated by Jann Blanchard, Parent Educator; sponsored by Children's Service Society of Wisconsin.

When: Summer session dates to be arranged – call for information

Monday evenings for 6-7 weeks, possibly in early June, 6:15-8:00pm

Where: St. Mark Lutheran Church, 1019 N. 7th Street, Sheboygan

Cost: Free

Call: Children's Service Society at 458-5062 for registration/information

A New Baby's Coming to My House:

A Sibling Preparation Class ^{FRC}

No doubt about it—a baby brings changes to every family. Family Resource Center staff will walk parents and children (3 and older) through some of those changes with individual as well as parent-child activities that build the confidence and anticipation for the big event. Children will make a gift for baby and are welcome to bring a t-shirt to decorate for themselves as part of the welcome home package. Co-sponsored by St. Nicholas Hospital and the FRC.

When: Tuesday, July 8, 6:00-7:30 pm

Where: St. Nicholas Hospital, Christopher and Francis Rooms—
across from the lower level cafeteria

Cost: \$10 per family (for supplies)

Call: St. Nicholas, 459-4636, for registration or www.stnicholashospital.org

1-2-3 Magic Parenting ^{FRC}

John Green, Children's Service Society, can't give you a magic wand to wave when discipline issues arise, but he can give you tips and information to help you discipline consistently and positively. Based on the parenting system developed by Thomas Phelan, Ph.D., we know you'll find this popular class worth your time.

When: Thursdays, Sept. 18 & 25, 6-7:30pm

Where: FRC-Plymouth

Cost: Free; donations work magic on our budget!

Call: 892-6706 for registration/childcare

Lullaby and Good Night^{FRC}

Sleep can be the stuff dreams are made of or it can be the nightmare of parents of young children. If you're the parent of a child age 12 months to 3 years, are short on zzzz's and want to find some tips and information on how to return to the land of the well rested, check out this class presented by Parent Educators Peggy Wiedmeyer and Renee Wachuta. Children registered for childcare are invited to come in their jammies and bring a toothbrush and a favorite snugly. Childcare providers will provide calming activities and read bedtime stories.

When: Tuesday, August 5, 6:00-7:30 pm

Where: FRC-Plymouth

Cost: Free but donations give our grant writers a rest

Call: 892-6706 for registration/childcare

Parenting with Love and Support

Learn about ages and stages of your child's development, positive discipline strategies, clear communication skills, stress and self-esteem, anger management and conflict resolution in families. Parents who attend this class will develop new skills as well as refine the skills they already have. The class includes discussion, video segments, handouts and hands-on practice of skills. Facilitated by Jann Blanchard, Parent Educator; sponsored by Children's Service Society of Wisconsin.

When: Tentative start date Mon., Sept. 8, 2008; 6:15-8pm, for 8 weeks.

Where: St. Mark Lutheran Church, 1019 N. 7th Street, Sheboygan

Cost: Free

Call: 458-5062 for registration/information

Once Upon a Potty^{FRC}

If you're wondering how to approach the delicate subject of toileting tactfully...or your toddler isn't exactly cooperating with your well-thought-out bathroom blitz...May we offer a few suggestions, tips, and tried-and-true wisdom on helping your child learn skills for this developmental milestone. Parent Educator Renee Wachuta leads this very informative class.

When: Tuesday, September 16, 6-7:30pm

Where: FRC-Plymouth

Cost: \$4/child to cover costs

Call: 892-6706 to register/childcare

Parenting Classes**Aurora Sheboygan Memorial Medical Center Parenting Classes**

The following classes are offered on a regular basis:

Caring for Your New Baby	Infant/Child CPR
Big Kids and New Babies	Breastfeeding Your Baby
Childbirth Classes	

Call 451-5571 for specific information on class dates/times

St. Nicholas Hospital Parenting Classes

The following classes are offered on a regular basis:

Breastfeeding	Childbirth Readiness
Childbirth Refresher	Grandparenting Today
Pets and Your Newborn	Postpartum/Baby Care
Natural Family Planning	

Call 459-4636 for registration/information or www.stnicholashospital.org

Healthy Relationships^{FRC}

Healthy relationships don't just happen—they are built from within by good communication and positive practices. Give your relationship a boost by attending a summer series sure to produce healthy habits. For unmarried parents and parents-to-be.

When: Thursdays, June 5, 12, 19, 26, 6-8 pm

Where: Sheboygan location to be announced

Cost: Free

Call: 892-6706 for registration and childcare

Car Seat Safety Checks & Multi Sport Helmets

Prevent injuries to your child by having your car seat checked, and by providing a properly fitted sport helmet.

Call: Aurora Medical Center at 451-5581 for car seat check;
451-5571 for sport helmet

St. Nicholas Hospital at 459-4628 for car seat check;
459-4760 for sport helmet

Sheboygan County Sheriff Department at 459-3112 for car seat check
Sheboygan County Division of Public Health at 459-3030
for car seat check

Important Childcare Notice for Family Resource Center Classes!

If you request childcare and find that you are not able to attend, it is important that you notify us at least 24 hours in advance as a courtesy to our childcare providers and to allow us to offer the opening to another family on the waiting list.

If you're looking for an opportunity to give back to the FRC, consider volunteering as a childcare provider for our daytime or evening classes, or in any other capacity that lets you share your skills with others. We also have occasional paid childcare positions available, on an as-needed basis. Contact Karen, Volunteer Coordinator, at the FRC-Plymouth at 892-6706.

FRC Activities**FRC Play Groups - Birth to 5**^{FRC}

Drop in, meet new friends, and enjoy playing with your child. Play together, clean up together. Warm summer mornings are more fun when you spend them with friends! Registration is not required, but please call ahead if you're planning to play at the Sheboygan site. As we go to print, the search for a new Sheboygan site continues.

When: Thursdays 9:30-11:30 at FRC-Sheboygan only

Fridays 9:30-11:30 at FRC-Sheboygan and FRC-Plymouth

Cost: FREE

Call: Plymouth, 892-6706 or Sheboygan, 457-1888 for more information

Spanish Play Group - Birth to 5 ^{FRC}

Drop in to play, sing and make new friends. For Spanish-speaking families and those who want to expose their children to a new language. Facilitated by bi-lingual Parent Educator Naxhielly Escobar.

When: May 7, 21 August 13, 27
June 4, 18 September 10, 24
July 16, 30
4:30-6:30pm; arrive by 5pm

Where: FRC-Sheboygan

Cost: FREE

Call: 457-1888 or 892-6706 for more information

Grupo de Juego en Español –**Recién nacidos hasta 5 años** ^{FRC}

Ven y comparte con tus hijos a jugar, cantar y hacer nuevos amigos. Facilitado por Naxhielly Escobar, Educadora Bilingue.

Cuando: Mayo 7 y 21
Junio 4 y 18
Julio 16 y 30
Agosto 13 y 27
Septiembre 10 y 24
de 4:30 a 6:30 por favor llegue antes de las 5pm.

Donde: FRC-Sheboygan

Costo: Gratuito

llama al: 457-1888 o 892-6706 para obtener mas informacion.
(puedes dejartu mensaje en espanol)

Babies in Motion ^{FRC}

Babies need movement to discover their world, connect their bodies and brains, and move toward the fluid activities of walking, writing and running. This class will demonstrate ways to positively impact your child's development. Join Occupational Therapist Carolyn Franz and Speech Therapist Lori Jens, both of Rehab Resources, for an hour of parent-child togetherness that will get baby moving and grooving. For babies 3-12 months and a parent or other caregiver.

When: Wednesday, May 7, 6-7pm

Where: Rehab Resources, 3821 Kohler Memorial Drive, Suite 102, Sheboygan

Cost: Free-donations to the FRC keep us pumped up!

Call: 892-6706 to register

She's a Grand Old Flag ^{FRC}

We'll gather at Sheboygan County Veteran's Memorial Park for a fun, fact-filled flag etiquette forum. Shannon Wynveen, President of the Women's Auxiliary of the Sheboygan County American Legion, and Debbie Knoener of So-Big PreSchool and Children's House, will present a short educational program about the U.S. flag and the men and women who protect and defend our liberty. This patriotic evening will prepare you and your child to celebrate America in fine style. Ages 5 and up with an adult companion.

When: Tuesday, June 24, 6:30-7:30 pm

Where: Sheboygan County Veteran's Memorial, Wilgus Ave., Sheboygan

Cost: Free – but donations to the FRC are always welcome support

Call: 892-6706 to register/get directions

Mom's Night Out: JSM Bead Coop ^{FRC}

Make something to crow about at JSM Bead Coop! Manager Cheri Newman will teach us to make a beginner's bracelet and tell us about other available classes. Browse the store inventory and see beads worn by some of the fancier fowl in the barnyard. Enjoy this night out with other Moms and have a pretty bangle to show for it!

When: Thursday, July 24, 6:00-7:00 pm

Where: JSM Bead Coop, 931 N. 8th St., Sheboygan

Cost: \$10 per adult

Call: 892-6706 to register, space is limited

Meet Us At . . . Athorp's Eastwind Dairy, LLC ^{FRC}

They say life on the farm is "kinda laid back". . . you may change your opinion when you tour this 300 cow dairy farm and see the work that goes into providing the milk, cheese, and butter that grace our tables. What an eye-opener it will be for you and your children to experience a real Wisconsin Dairy at work! Join us for a tour and a farm story with our hosts, Chrissy and Thad Athorp.

Ages 3 and up recommended. This is a working dairy farm complete with manure and machines, so sturdy shoes and long pants are recommended!

When: Tuesday, July 29, 9:30-10:30 am OR 6:30-7:30 pm

Where: N8341 Dairyland Dr. Sheboygan

Cost: Donations to the FRC always COWnt

Call: 892-6706 to register beginning June 11

Spanish for Preschoolers ^{FRC}

Introducing a foreign language at an early age is a great way to enhance learning and have some fun with your little señoritas and señores. Join bi-lingual Parent Educator Naxhielly Escobar for this parent and child interactive class series. Ages 3-6 with any adult companion.

When: Wednesdays, August 6, 13, 20, 10-11 am

Where: FRC-Sheboygan

Cost: Donations make us say, *Muchas Gracias!*

Call: 892-6706 for registration, beginning June 11; no childcare available during this class-preschoolers only, *por favor*

PAT Picnic ^{FRC}

All *Parents As Teachers* families - current and graduates – are invited to our annual summer potluck picnic and birthday party. Enjoy an evening of parent-child activities, meeting new friends and catching up with old buddies. Because you requested it, we're gathering on a Thursday evening this year to make sure everyone can attend without interfering with busy weekend plans.

When: Thursday, August 21, 5:30-7:30 pm – new day of the week!

Where: Sheboygan Falls River Park, Large Shelter

Cost: Free; please bring a picnic food to share. Last name:

A-N: main dish—casserole, etc.

O-R: vegetable or fruit platter

S-Z: salads or kid friendly finger foods

The FRC will provide tableware, beverages, and birthday cake.

Call: 892-6706 to register and/or to volunteer to help with this event

Kids Nutrition Corner Classes ^{FRC}

Join Laura Graney, Registered Dietitian, for an enjoyable hour making yummy snacks that are both delicious and nutritious. Children ages 2 to 5 years accompanied by an adult will enjoy these sessions. Please choose a maximum of **two** sessions to allow others the opportunity to participate as well. Waiting lists will be created as needed. Due to space constraints, we cannot welcome unregistered adults or children.

Take Me Out to the Ballgame ^{FRC}

Are you game for snacks sure to please the tiniest tailgaters? Coach Laura Graney leads the team in RBI's (that's Really Bright Ideas).

When: Thursday, May 22, 6:30-7:30 pm

Where: Zion Covenant Church, 1125 N. 6th St. Sheboygan

Cost: \$4/child to cover costs

Call: 892-6706 to register.

Dairy Doodle Dandy ^{FRC}

June is dairy month. Mooove in on these cool and creamy, nutritious and dreamy dairy delights.

When: Thursday, June 19, 6:30-7:30 pm

Where: FRC-Plymouth

Cost: \$4/child to cover costs

Call: 892-6706 to register

Firecracker, Firecracker, BOOM BOOM BOOM! ^{FRC}

Young and not-so-young will get a bang out of these nutritious, make-together, treats.

When: Thursday, July 10, 6:30-7:30 pm

Where: Zion Covenant Church, 1125 N. 6th St, Sheboygan

Cost: \$4/child to cover costs

Call: 892-6706 to register, beginning June 11

It's a Jungle Out There! ^{FRC}

If the heat and humidity bring out the beast in you—let these savagely good snacks return you to your usually friendly self.

When: Tuesday, August 26, 6:30-7:30 pm

Where: FRC-Plymouth

Cost: \$4/child to cover costs

Call: 892-6706 to register, beginning June 11

Are You Ready for Some Football? ^{FRC}

Armchair Quarterbacks all agree: making healthy snacks together scores big at this family fun evening. Huddle up and enjoy this football themed fare.

When: Tuesday, September 23, 6:30-7:30 pm

Where: Zion Covenant Church, 1125 N. 6th St, Sheboygan

Cost: \$4/child to cover costs

Call: 892-6706 to register, beginning August 13

COMMUNITY ACTIVITIES - Preschool/Elementary**9th Annual Road America Family Tailgate Party**

- Kid's Big Wheel Contest for ages 3 to 6 years – register by May 14 at your local Community Bank & Trust
- Classic Car Show
- Johnsonville Big Taste Grill
- Special Guests, 11am-1pm: Miss Wisconsin, Alice in Dairyland, Scooby Doo

When: Saturday, May 17, 10am – 3pm

Where: Road America Race Track, enter Main Gate

Cost: FREE

Call: 892-4576 or www.roadamerica.com for Tailgate Party questions; Tim Morrison at 893-9709 for Big Wheel Contest questions

Safety Town

Is your child entering 5 year-old Kindergarten in the fall of 2008? Do you want help teaching your child safety information? Safety Town may be just what you're looking for! Sponsored by the GFWC Plymouth Junior Woman's Club, Safety Town teaches safety awareness and accident prevention through this nationally accredited program. Register by June 1; registration forms available at Plymouth Public Library, Family Resource Center, or Plymouth Community Education Office.

When: June 16 – 27, 9am – 11am

Where: St. John's Lutheran School, 222 N. Stafford Street, Plymouth

Cost: \$30/student; scholarships available

Call: Denise at 892-6952

Tiny Tot Tales

Fun and heart warming stories are presented by St. Dominic School teachers for preschool children, followed by a group activity and refreshments.

When: May 14 & May 28, 9:30-10:15am (will start up again in September)

Where: St. Dominic Catholic School Learning Center
2108 N. 21st Street, Sheboygan

Cost: FREE

Call: 452-8747 for additional information

Community Activities - Middle/High School**FACT: Fighting Against Corporate Tobacco** ^{FRC}**Teen Volunteer Opportunity!**

Are you 13 -17 years old? Are you tired of being "Big Tobacco's" target? Join other Sheboygan County youth as they empower each other to make a difference, expose Big Tobacco, and have their voices heard in our community. Local youth, under adult supervision, participate in anti Big Tobacco activism throughout Sheboygan County. Training provided (it looks great on a transcript too!).

When & Where: Call for dates and locations

Cost: None

Call: Jessica at the FRC at 892-6706 for more information or visit www.fightwithfact.com

WINs Tobacco Compliance Checks ^{FRC}**Teen Volunteer Opportunity!**

Are you 15-17 years old? Does it seem that many of your classmates are smoking and you're not sure how they get the cigarettes? Join a tobacco compliance check team and help us keep tobacco out of the hands of youth. Training, transportation and compensation provided (it looks great on a transcript too!).

When: Varies

Where: Throughout Sheboygan County

Cost: None

Call: Jessica at the FRC at 892-6706 for more information or visit www.frcyouthproject.org

COMMUNITY CONNECTIONS**Above & Beyond Childrens Museum****902 N. 8th Street, Sheboygan**

Programs offered include:

- Jr. Scientists
- Seeds of Love
- Home School Field Trips
- Stay at Home Parents group
- Bike Rodeo
- Dairy Expo
- Cookin'With Dad Competition
- Sundae Wednesday
- Family Big Wheel Race
- Science Day Camp Program
- Shoe Box Boat Regatta
- Carnival Weekend
- Snakes, Turtles & Slithery Life Forms

Call 458-4263 or visit www.abkids.org for more information about any of these programs.

Anxiety Screening Day

Mental Health America creates awareness about Anxiety Disorders through this educational program, which includes free, confidential screening for Anxiety Disorders and discussion of your screening results with a mental health professional.

When: Wednesday, May 7, 2008

Cost: Free

Call: 458-3951 for more information or to schedule a screening appointment

BadgerCare Plus

Effective February 1, 2008, BadgerCare Plus allows every Wisconsin family, regardless of income, to have affordable, comprehensive health care coverage for their kids. Coverage is also available for more pregnant women, self-employed parents and farmers, and youth aging out of foster care. Monthly premiums and co-payments are based on income. Apply at www.badgercare-plus.org or call 1-800-362-3002.

Local contact: Job Center-Economic Support Unit at 208-5856 or 1-800-596-1919 ext. 5856

Birth to Three Early Intervention

The Birth to Three Program is for eligible infants and toddlers with significant developmental delays, and could include those diagnosed with cognitive delays, physical impairments, sensory problems, speech and language delays, or emotional disturbances. Early intervention is important! Referrals can be made by calling the Sheboygan County Division of Public Health at 920-459-3030 or

1-800-596-1919, Ext. 3030.

Breastfeeding Resources in Sheboygan County

- Accredited La Leche League Leaders:

Sara 565-3874 Peggy 526-3691 Roni 451-7110
Megan 287-7256 Tiana 451-0264

- Family Birth Center Aurora Sheboygan Memorial Medical Center: 451-5561
- Genesis Center St. Nicholas Hospital: 459-4700 or www.stnicholashospital.org
- Sheboygan County Public Health: Vicky Schneider, R.N. CBE, 459-3208 or Marcia Bouchaine, R.D. CLE, 459-6411 or 1-800-596-1919
(*Marcia also offers information to child care providers and area businesses to assist them in helping mothers continue breastfeeding as they return to work or school.*)

Canvas

Mental Health America (MHA) celebrates its 45th anniversary with a viewing of the film *Canvas*, an emotionally charged film about a family's struggles with mental illness.

When: Thursday, May 15; 6pm reception, 7pm movie

Where: John Michael Kohler Arts Center
608 New York Avenue, Sheboygan

Cost: Tickets are \$20 each or 2 for \$30 and are available through the MHA or at the door; scholarships are available

Call: 458-3951 for more information

CPR and First Aid Community Classes

A variety of classes held monthly to aid in responding to emergencies at home or away from home. Call for information:

America Red Cross 457-7739

Aurora Sheboygan Memorial 451-5537 (CPR only)

St. Nicholas Hospital 459-4636 or www.stnicholashospital.org

Drug Free Community Project ^{FRC}***Be Part of the Solution!***

Healthy Community/Healthy Youth Initiative - In response to the United Way's 2007 Needs Assessment, the YMCA and the Family Resource Center of Sheboygan County are leading a countywide initiative that highlights positive youth development. This effort will utilize the 40 Developmental Assets framework which identifies building blocks of healthy development that help youth grow up to be healthy, caring and responsible. For more information or to learn how you can get involved, contact Erik Wagner, Youth Program Specialist at the FRC, 920-892-6706 or erikfrc@excel.net.

Free Pregnancy Testing/Birth Parent Counseling

Offered by Bethany Christian Services, a non-profit family and child agency that offers Birthparent Counseling and Adoption Education. Call Joni Voss for a confidential appointment in either Sheboygan or Fond du Lac. Phone: toll free 1-800-238-4269

International Adoption Informational Meeting

Serving families since 1944, Bethany Christian Services is the largest private adoption agency in the US. To learn more about International Adoption call 1-800-551-0505 for specific times and locations, or visit www.bethany.org/wisconsin.

Lunch & Learn Series

Want to learn how to manage money and debt? Stress relief techniques? Sign language for everyday use? These topics and more are covered during the Lunch & Learn Series sponsored by The Wholistic Health Center, and you're invited to attend as many of these free programs as you can. Bring your lunch and leave with some new ideas!

When: Wednesdays, 12:15-12:45pm

Where: The Garden Studio, Wholistic Health Center
5934 S. Business Dr, Sheboygan

Cost: Free

Call: 459-9277 for more information

Salvation Army Assistance Center

Offers short-term emergency assistance with rent (to avoid eviction) and utility bills (to avoid disconnection). Community dinners, counseling (spiritual and financial), and other services. Located in Plymouth at 110 E. Mill Street. Call 893-4076 for more information.

Sheboygan County Public Health**1. Immunization Clinics**

Call: 459-3030 or 1-800-596-1919 ext. 3030 to schedule an appointment

2. Women, Infants, and Children Nutrition Program (WIC)

Call: 1-800-596-1919 ext. 3417 for more information or to schedule an appointment

3. Free Lead Screening and Information

Call: 459-6439 or 1-800-596-1919 ext. 6439 for more information or to schedule a screening for your child

Legal Information**Legal Assistance for Families: Lawyers Helping People** ^{FRC}

Do you have legal questions? The Young Lawyers Division of the WI State Bar Association co-sponsors the "Lawyers Helping People" program with the Family Resource Center (FRC). Families needing guidance with specific legal issues can contact the FRC and set up an appointment to speak with a designated lawyer. The appointment is arranged as a private, confidential phone conference. All services are provided at no cost by the participating members of the Young Lawyers Division. Call the FRC at 892-6706 or 457-1888 for more information.

Legal Aide Clinic

Families seeking legal assistance can attend the Legal Aide Clinic held on the 2nd and 4th Thursdays at the Salvation Army Office in Sheboygan from 1:30-4pm.; 920-458-3723

Legal Explorer

A reliable Internet resource to help you navigate Wisconsin's legal system.
www.legalexplorer.com

Self-Help Family Law Website

Website designed for use by people representing themselves in court.
<http://wicourts.gov/services/public/prose.htm>

Supervised Visitation and Healthy Exchange Program ^{FRC}

Children's Service Society of Wisconsin-Sheboygan and the Family Resource Center of Sheboygan County work together to provide a safe place for couples to exchange their children for visitation. If you are a parent who wants assistance with positive visitation exchanges, call Children's Service Society at 458-5062.

Support the Troops Project ^{FRC}

Military Families Connect maintains a database of military members currently serving overseas so they may be included in our "support the troops" projects. If you would like to add your loved one to the list for future mailings, please call the Family Resource Center (892-6706 or 457-1888) with their contact information along with your name and phone number. Service members' mailing addresses are not shared with others outside of MFC.

PARENTING/SUPPORT GROUPS**Great Kids**

A family-focused educational program, Great Kids provides a supportive environment for parents with young children. Some meetings will welcome invited speakers, while other meetings will be member-led, both promising thoughtful and entertaining group discussion on varying parental issues. Childcare is provided by experienced caregivers.

When: 1st & 3rd Thursdays (3 sessions: fall, winter, spring)
9:00-11:00am

Where: St. Luke United Methodist Church
623 Ontario Avenue, Sheboygan

Cost: \$30/session or \$85 for all 3 sessions; scholarships available
Call: 458-3461

Carin' 4 Sheboygan:**Children And Relatives of the Incarcerated**

Provides support services for children (and their care-givers) of those who are incarcerated. Peer support for children, siblings, and their caregivers offered with sessions covering topics such as, "You are not to Blame," "Dealing with Hurts," and "Forgiveness." Drop-In peer support for caregivers of children of inmates is also available. Call 920-917-9232 for more information and registration.

La Leche League Breastfeeding Support Group

Meetings to inform, educate, and support women interested in breastfeeding. Discussion led by accredited Leader. Lending library and phone help. Babies and children always welcome at meetings!

When & Where: 2nd Tuesday, 6:30-8:00pm at First Congregational Church, Plymouth
4th Monday, 9:30-11:00am; call 287-7256 for meeting location

Cost: FREE; memberships are available
Call: Roni (451-7110), Sara (565-3874), Megan (287-7256), or Tiana (451-0264)

Mental Health Support

The Open Door

A recreational and leisure center for adults with mental illness, offering activities, support and socializing in a safe and friendly environment. The Open Door also maintains a free clothing closet for those in need.

When: Monday, Wednesday and Friday, 9am – 4pm

Thursday, 9am-Noon; Saturday, 10am-2pm

Where: 817 N. 8th Street, Sheboygan

Cost: FREE

Call: 452-6875 for more information

Mental Health America Programs

Compassionate Parents

(a support group for parents who have lost a child)

National Alliance on Mental Illness

(NAMI-a Suicide Loss Support Group)

Postpartum Depression

Suicide Loss Support Group

Hope Support Group (for adults with major depression)

Confidential Screenings for Common Mental Disorders

(at www.mhasheboygan.org)

Where: 2020 Erie Avenue, Sheboygan

Call: 458-3951

Special Needs Support

ADHD Resources

A collection of books and videos on attention deficit-hyperactivity disorder are available in Mental Health America's resource library. Anyone interested in borrowing items for up to two weeks can stop at the office.

When: 8:00am – 4:00pm, Monday through Friday

Where: 2020 Erie Avenue, Sheboygan

Call: 458-3951

Children with Special Health Care Needs (CSHCN)

Provides information, resources, referrals, parent support through trainings and connections to other parents, and service coordination through linkages to local public health departments.

Local contacts: Cindy Vander Weele, R.N. or

Kari Keller, R.N. at 459-3031

Regional Center: Concord Building, 325 North Commercial Street, Suite 400, Neenah, WI 54956

Call: 920-969-5325.

Educational Events with a "Special" Focus

Look for opportunities to learn, share and meet others at educational events hosted by collaboration between Hearthstone and CESA 7. If you would like to be on a mailing list for a reminder flyer for each event, please call HearthStone of Wisconsin at 451-3179.

HearthStone Respite Care Project of Sheboygan County^{FRC}

This program is designed to provide respite cost reimbursement for families with developmentally disabled members. It is our hope to positively support your family by helping to provide a much-needed break. Contact the Family Resource Center at 892-6706 or 457-1888 for more information and to determine eligibility.

PATH (Planning Alternative Tomorrows with Hope)

Dynamic and creative ways of looking toward the future of a person with special needs. An eight-step, person-centered planning tool, PATH utilizes the person's dreams and passions to develop a practical action plan to move toward them. Contact Carol Rost at 920-451-3164.

GRANDparenting^{FRC}

Support and information group for grandparents raising grandchildren. Share ideas, tips and wisdom on the unique challenge of raising your grandchildren in this modern era, and listen to occasional speakers. Discussion led by certified facilitator Paula Marie Smigun with co-facilitator Allen Smigun. Co-sponsored by Sheboygan County DHHS and the Family Resource Center of Sheboygan County. Free childcare available with pre-registration.

When: Tuesdays, 6:30-8:00pm (group will resume meeting in September)
May 13, 27

June 10

Where: Zion Covenant Church, 1125 N. 6th Street, Sheboygan; enter through doors on the south side of the building; handicapped entrance is on the east side of the church

Cost: FREE

Call: 892-6706 for registration/childcare. Registration for childcare required by 1pm the Monday before the group meets.

Note: GRANDparenting Support will break after June 10 for the summer months. If you need grandparenting support throughout the summer months, please call the FRC warmline at 892-6706. A parent educator will be happy to answer your questions or direct you to the appropriate resource.

RAINBOWS, SPECTRUM and PRISM

Peer support groups for children, youth and adults who are grieving because of death, divorce, separation, or abandonment. Groups of similar age meet once a week for 14 weeks and several sessions are offered each school year. RAINBOWS-elementary/middle school; SPECTRUM-high school; PRISM-adults.

Cost: FREE

Call: Rainbow Kids at 920-452-2838 for registration/information

Military Families Connect (MFC)^{FRC}

Military Families Connect (MFC) welcomes family members, friends and service members from all branches of the Armed Forces, Active, Guard and Reserves. Meetings begin with a potluck meal and exchange of information, followed by an activity or speaker. Children are welcome and activities are provided. Registration is appreciated for meeting planning.

When: May 19 – Deployment, Reunion & Beyond

June 23 – Ice Cream Social

July 28 – Picnic in the park

August 25 – Veteran's benefits

September 29 – Military Kids Night

Potluck meal begins at 5:30pm, speaker/activity follows the meal

Where: American Legion Post, 40 Stafford Street, Plymouth

Cost: FREE

Call: Family Resource Centers at 892-6706 or 457-1888

Thank you to these financial donors who help make this catalog possible:

- Above & Beyond Children's Museum**
- Aurora Health Care**
- Bethany Christian Services**
- Bridgepoint Health**
- CARIN' 4 Sheboygan**
- Children's Service Society**
- Cindy Stories**
- City of Plymouth**
- Great Kids**
- HearthStone of Wisconsin**
- La Leche League of Sheboygan County**
- Mental Health America in Sheboygan County**
- Project Youth/Lutheran Social Services**
- Rainbow Kids**
- St. Dominic Catholic Parish**
- St. Nicholas Hospital**
- Salvation Army of Plymouth**
- Sheboygan County Department of Public Health**
- Wholistic Health Center**

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- Clear contac paper**
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- #600 Polaroid film**
- Posterboard or tagboard**
- Ziplock bags of all sizes**
- Colored duct tape**
- New children's books for ages 1-3 years**
- Toilet paper**
- Kleenex brand tissues**
- Paper towels**
- Carpet sweeper**

Special thanks to:

- ♥ **Aurora Health Care of Sheboygan County**, for layout and printing 6000 copies of this catalog, three times a year
- ♥ **St. Nicholas Hospital**, for mailing almost 1500 catalogs, three times a year
- ♥ **Sheboygan Chevrolet**, for donation of a leased car for 8 years
- ♥ **Otter Creek Landscaping & Garden Center**, for hosting our 2nd annual Garden Event

Thank You!

- | | |
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Every Family Coordinating Council (EFCC)

The mission of EFCC: To encourage collaboration of resources for parents and professionals alike in order to enhance the quality of life for families in Sheboygan County.

Your input is important to the future of children and families in Sheboygan County, and EFCC is open to all interested community members!

When & Where: Annual Meeting: Friday, May 16, 2008, 7:30am
the Osthoff Resort

Friday, September 12, 2008, 7:30am
Plymouth Public Library

Call: Family Resource Center at 892-6706 for more information

Pick 'n Save "We Care" Dollars

Earn money for the Family Resource Centers through the Pick 'n Save "We Care" dollars program. Just fill out a registration form at the store and designate #619500, Family Resource Centers of Sheboygan County (listed under PECCC, Inc.) Thank you!

Volunteer Help Wanted

- adult and youth childcare providers
- help with bulk mailings
- advisory committee members
- tutors with the Literacy Council project
- teens age 13-17 for anti-tobacco projects
- help with editing/review of publications
- help FRC staffing of booths at community events
- grant writers
- graphic re-design of FRC publications
- help with packing and moving the Sheboygan FRC site to new location



Celebrate the Spirit of Life

Life is a gift. Live it well!

Whether you're visiting, just passing through, or live here, we at St. Nicholas Hospital hope you not only enjoy the wonderful things Sheboygan County has to offer but that you stay healthy in your life, work, and play.

St. Nicholas Hospital is more than a hospital. We're a medical campus comprised of a team of healthcare professionals dedicated to one purpose – to help you improve the quality of your life. We offer state-of-the-art technology, a full continuum of programs and services, and highly trained healthcare professionals.

While our preference is to help you stay healthy, our mission is to ensure that when you need healthcare you'll choose St. Nicholas Hospital, the area's innovative leader in healthcare excellence. We hope you enjoy Sheboygan County and that you will *celebrate the spirit of living well*™

St. Nicholas Hospital

St. Nicholas Hospital 3100 Superior Avenue Sheboygan, WI 920-459-8300
Plymouth Medical Plaza 515 E. Mill Street Plymouth, WI 920-892-4322
www.stnicholashospital.org
An Affiliate of Hospital Sisters Health System

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Aurora QuickCare is a fast – **15 minutes!** – and convenient way to get common family medical conditions diagnosed and treated with a prescription if needed.

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www.AuroraHealthCare.org

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and Strong Communities"*

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1209A Eastern Avenue • 920/892-6706
Monday & Friday: 9am-1pm
Tuesday & Thursday: 1-7pm
Wednesday: 9am-5pm

SHEBOYGAN

926 Broughton Drive • 920/457-1888
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- Parents As Teachers Program
- Parent/child activities
- Parenting classes
- Parenting books, videos, articles
- Staff to answer questions
- Children's Room
- Developmental screenings
- Information and referrals
- Military Families Connect Project
- Drug Free Community Project
- Literacy Council Project

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