



What's happening for families ...

Family Resource Catalog

September, October, November, December 2012



Mark your calendars for the 3rd annual Sheboygan Children's Book Festival, October 12-14!

Bring the whole family to this free, fun celebration of books, reading, writing, and art.

- Meet famous authors, make art with illustrators, take part in hands-on activities, and hear outstanding children's book creators talk about their books and what they do.
- Favorite book characters **Maisy**, **Spot**, **Wild Thing**, **Froggy**, and **Bad Kitty** will be visiting all the book festival venues to greet festival goers and pose for photos!
- Learn more about the **Sheboygan Children's Book Festival** authors, illustrators, and events by calling Mead Public Library at 920/459-3400 extension 134 or visiting www.sheboyganchildrensbookfestival.org.



The festival takes place at Mead Public Library, the John Michael Kohler Arts Center, and Bookworm Gardens. The Sheboygan Children's Book Festival is proud to be a part of the **SHEBOYGAN SHINDIG**.

Fall brings changes at FRC

Along with the turning of the leaves, the FRC is undergoing changes as well. We are continually looking for ways to streamline and be even more efficient with our resources. We've made a decision to move our Literacy Council project to the FRC location in Plymouth and to close our Sheboygan site. Our service to Sheboygan families will continue and our Playgroup and playroom will be open in Plymouth for all to enjoy. We appreciate you taking a few minutes on highway 23 (exit south on E for .5 miles) to visit us in the Generations building. Classes will continue from Plymouth and a few "off-site" classes will pop up in Sheboygan from time to time. Thank you for your understanding and continued support!



Winter Wonderland ... FRC style!



Winter Wonderland draws a large group each year as the Family Resource Center celebrates families who participate with us in promoting positive parenting, fun activities for families, and join together to build a strong community that cares. We invite all families to bring grandparents or other senior friends to join our festive evening. Holiday photos with or without our awesome Santa are available for \$10 per family. Children's activities, entertainment and a light snack round out our celebration. Special thanks to Ken Pannier (Ken Pannier Photography), Greg Theisenhusen (Blue Moon Studio), Sargento Cheese, Paul "Santa"

Londo, and the many volunteers that make this fun family event possible. Winter Wonderland will be held Wednesday, November 28, 5:30-7:30pm, 1500 Douglas Drive, Plymouth. **Register: 920/892-6706 or <http://tinyurl.com/FRCReg>**



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| <p>Family Resource Center 1500 Douglas Drive, Suite B Plymouth, WI 53073 920/892-6706</p> | <p>Family Resource Center Hours Monday: 9 a.m. to 5 p.m. Tuesday & Wednesday: 9 a.m. to 1 p.m. Thursday: 1 p.m. to 5 p.m. Friday: Closed</p> | <p>FRC Catalog <i>Distribution funded by St. Nicholas Hospital</i> Editor: MaryEllen Johnson Designer: Karen Voskuil Printer: Aurora Health Care of Sheboygan County</p> |
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The Family Resource Center of Sheboygan County

“Building strong families and strong communities”

The FRC is your link to resources throughout Sheboygan County. We offer a parenting “warmline”—call in with parenting questions and we’ll do our best to help you find the information you are seeking. Our lending library, drop-in playroom, events and projects are here to serve Sheboygan County.

Our Projects:

- **Parents As Teachers**
Parent Educators visit first time parents bringing research based information to assist you and your baby in making the most of the early years of development, brain growth, and social emotional bonding.
- **The Literacy Council**
The Literacy Council Project trains volunteers to tutor adult learners in reading and English language skills, and works with others in Sheboygan County to promote literacy in our community.
- **Military Families Connect**
A place for military families to find each other and find resources during deployment and beyond. Members send troop care packages and meet monthly to share information and support.
- **Drug Free Communities (DFC)**
DFC strategizes with community groups and individuals to help our community create an environment supportive of an alcohol and drug-free lifestyle.

Healthy Communities, Healthy Youth (HCHY)
HCHY works across the county to spread the 40 Developmental Assets for Youth and to implement strategies that make Sheboygan County a great place for youth to grow to adulthood.

For more information about our projects, please contact us at 920/892-6706.

**Register online for
all FRC programs
<http://tinyurl.com/FRCReg>**

FRC Class Registration & Childcare Policies

- Class registrations are confirmed upon receipt of class non-refundable fees, due at least 5 days before the class/check via PayPal at www.frc-sc.org, by check mailed to the FRC, or by cash drop off.
- Some scholarships are available upon request
- If unable to attend an event for which you have registered and paid, please cancel within 24 hours by calling 920/892-6706; cancellations received by the FRC **more** than 24 hours before the event will be credited to your account, to be used for a future class.
- Fees from cancellations received by the FRC 24 hours or **less** before an event will be considered a donation to the FRC.
- Registered childcare requests must be cancelled within 24 hours of event by calling 920/892-6706. Failure to cancel will result in a \$7 service fee.
- If a class is cancelled by the FRC, class fees will be credited and can be used at a later date.

Volunteers!

Has the Family Resource Center (FRC) made a difference in your life? Would you like to make a difference in the lives of others? Consider becoming an FRC volunteer!

Some of the volunteer opportunities include:

- **Childcare**
- **Mailings and other office work**
- **Helping at FRC events and fundraisers**
- **Literacy Council tutors**
- **Advisory board members**

For more information, contact Karen at 920/892-6706 or kdegner@frc-sc.org.

Reminder: The Family Resource Center will be closed from December 21, 2012 through January 1, 2013. We will re-open on Wednesday, January 2nd, 2013. Please enjoy a joyous and safe holiday!

What's happening at the FRC?

United Healthcare "Dinner's On Us!" at the FRC

Feeding America might be a little ambitious but we are thrilled to offer some assistance to folks in our area who are sometimes food scarce. As host to UNITED HEALTHCARE, we will provide a place for their truck to pull in and give away 600 bags of food! Each bag contains enough food for 4 meals for a family of 4, plus recipes. When United Healthcare contacted us with this opportunity we knew it was a much needed resource for families, seniors, and singles who are struggling in this tough economy. Many thanks to United Healthcare for this act of support. Together, we can make a difference in Sheboygan County.

When: Tuesday, September 18th

Where: 11:00am-1:00pm @ FRC Plymouth
1500 Douglas Drive

3:30-5:30pm @ FRC Sheboygan
2508 S. 8th Street

**Or until supplies are gone*

Call: 920/892-6706 for more information

Make a Difference Day

It's never too early to show your children the importance of becoming involved as a volunteer. Bring your family to Generations and MAKE A DIFFERENCE in your community. Teens, tween, parents, grandparents, singles, seniors and more are invited to make a difference. The FRC will host a Salvation Army Food Pantry Drop Off in our parking area. Needed items include breakfast cereals, canned meat, peanut butter, pasta and other non-perishables. Plymouth Adult Community Center will provide materials for making fleece tied blankets to be given to children in need. New Life Community Church is forming teams for light yard maintenance for community residents in need of a hand. Projects are varied and your help is appreciated. Get involved, lend a hand, make a difference.

When: Saturday, October 6, 10:00am-12:00pm

Where: 1500 Douglas Drive, Plymouth

Cost: Free

ParentTalk: The Balancing Act

How do you make it all work? Join Peggy Wiedmeyer, Parent Educator, and other parents, to talk about making time for household chores, your spouse/partner, your job or school responsibilities, friends and a social life . . . while meeting the needs of your child. For parents with children from prenatal to age 3. Limited childcare will be available and registration is required.

When: Third Tuesday, October 16, 6:30-7:30pm

Where: FRC, 1500 Douglas Drive, Plymouth

Cost: \$5 per family, payable by October 9th

Register: 920/892-6706 or <http://tinyurl.com/FRCReg>

Love and Logic for Parents of Preschool-early Elementary age children

Loving your kids comes easy-being. Being a loving teacher and disciplinarian is often the hard part. Guiding children in ways that help them to become responsible, thinking, capable people is the goal of Love and Logic. You'll find strategies to help you in parenting for many years to come. Make a plan to attend. You'll be glad you did!

When: Mondays, November 12, 19, 26, 6:30-8:00pm

Where: FRC 1500 Douglas Drive, Plymouth

Cost: \$20 for book and class fee per couple

Register: 920/892-6706 or <http://tinyurl.com/FRCReg>

Come & Play! FRC Play Group – Birth to 5

The FRC is available for Drop-In Play! Meet new friends or bring a friend and enjoy playing with your child. Play together and clean up together. Registration is not required

When: Wednesdays, 9:30-11:30am at FRC-Plymouth

Cost: Donations appreciated

Call: 920/892-6706 for more information

Hello Brother, Hello Sister: Preparing Your Child for a Sibling

No doubt about it-a child brings changes to every family. Family Resource Center staff will walk parents and children (2 and older) through some of the changes that can be anticipated. Age-appropriate activities will be used to build confidence and anticipation for the big event while helping to prepare the family for upcoming changes. Both positive and negative behaviors of all children in the family will be discussed. Each registered child is asked to bring a light colored t-shirt to decorate.

Co-sponsored by St. Nicholas Hospital.

When: Tuesday, November 13, 6:00-7:30pm

Where: FRC 1500 Douglas Drive, Plymouth

Cost: free

Register: www.stnicholashospital.org or
920/459-4636

Winter Wonderland – See cover for information!

ArtSmart: Magical Moments

Engaging art activities with a theme & purpose: 1) Fun 2) Relationship building 3) Exploration and creativity enhancement. Join FRC staff and art therapy practitioner, Christina Wynveen, for interactive art play. *For ages 2-5 with an adult companion. Dress for mess!* Forget the hustle and bustle of the holidays and join us for an hour of creative adventures. Christina will bring her bag of art inspiring materials. Come ready to make art inspired magical moments.

When: Third Tuesday, December 18, 6:30-7:30 pm

Where: FRC 1500 Douglas Drive, Plymouth

Cost: \$5 per family, payable by December 11

Register: 920/892-6706 or <http://tinyurl.com/FRCReg>

What's happening at the FRC? continued ...

ParentTalk: Playing to Learn: Basic Brain Development Concepts

A child learns more during the first three years than at any other time of life. Renee Wachuta, Parent Educator, will lead a discussion about brain development and how you can facilitate your young child's brain development through ordinary play. This session is geared to parents with children age prenatal to age 3. Limited childcare will be available and registration is required.

When: 3rd Tuesday, January 15, 6:30-7:30pm

Where: FRC -1500 Douglas Drive, Plymouth

Cost: \$5 per family

Register: 920/892-6706, payable by January 8th
<http://tinyurl.com/FRCReg>



PARENTS AS TEACHERS

Babies between birth and three years old learn best from the people with whom they are most bonded---their parents. Parents As Teachers (PAT) is a program for first time parents which uses research based information to help you and your baby make the most of the early years. Monthly play based visits are fun for baby and informative for parents. Increased school readiness skills and better problem solving ability are the outcomes of PAT involvement. Developmental screenings help you to know that your child is achieving important milestones. Home visits, group classes with parents of similar aged children, support in your parenting and so much more.

Please call 920/892-6706 for more information if you are:

- Sheboygan County resident
- First time parent(s) by: birth, adoption, step-parenting, grandparents with custody of grandchildren
- Expecting a baby or have a child less than 12 months old at enrollment

sponsored by



Military Families Connect (MFC)

Military Families Connect welcomes all military members, their families and friends serving in the Reserves, Guard and Active Duty of all branches of the Armed Forces, in any duty status. MFC provides the opportunity to meet other military families living in the area. Monthly meetings begin with a potluck meal, followed by an activity, speaker or troop support project. Children's activities are provided.

When: Monday, September 24, October 22, November 21, December 19.

*September meeting (only) at
Above and Beyond Children's Museum.*

Where: FRC - 1500 Douglas Dr., Plymouth

Cost: Free

Register : 920/892-6706 or kdegner@frc-sc.org for registration/more information.

MFC "Brownie Bricks" Holiday Troops Care Packages

Military Families Connect (MFC) will be sending "Brownie Bricks" Holiday Troop Care Packages to make a difference in the lives of area military personnel who find themselves away from home for the holidays. MFC's goal is to send 100 packages. You can help by sponsoring a package for \$25, write holiday cards, or provide other items by November 8, 2012. Cards may be homemade or purchased and include a personal note of thanks or encouragement. (No envelopes or stamps are needed and we ask that you do not include your mailing address or contact information, as we do not want to have the recipients feel obligated to respond). The cards will be included in the Troop Holiday Care packages to those serving in Afghanistan, Kuwait and other overseas locations. Other items for donation include: small cans of nuts, Chex mix, beef jerky, Gum, travel size foot powder/body powder, quart size zip type bags, pocket size etch-a-sketch, pocket size hand held games, cards (Uno, Skip Bo, etc.)

To make a donation, submit a name to receive a care package or for additional information, contact Karen Degner, MFC Coordinator at 920/892-6706 ext. 205 or kdegner@frc-sc.org. Military Families Connect does not share APO/FPO addresses. All information submitted is confidential.

Transition to Home - After Deployment

After Deployment group invites all those who have served post 9/11/2001 and their family members to this monthly meeting. An opportunity to meet and share with others who have experienced extended time away from loved ones and are now back in civilian life.

When: September 19, October 17, November 21, December 19, 6:00-7:30pm

Where: FRC-1500 Douglas Drive, Plymouth

Cost: Free

Register: 920/892-6706 or kdegner@frc-sc.org

What's happening at the FRC? continued ...

Drug Free Community Project

Be Part of the Solution!

This Family Resource Center program focuses on substance abuse prevention for youth and adults in Sheboygan County. Join us in our collaborative efforts with school districts, local agencies, families and the community as we promote an environment that is supportive of a safe and balanced alcohol environment and a drug free lifestyle. Join us in our current efforts in helping young people remain Above The Influence and promote guidelines for adults on how to drink responsibly with the *Domino Strategy*.

Please visit www.familyresourcesheboygan.org/drug-free.php or call Phil or Erik at 920/892-6706 for more information.

Healthy Communities/ Healthy Youth Initiative (HCHY)

The HCHY Initiative vision is to develop an environment community-wide where children feel appreciated by adults and believe they can succeed. To reach our goal, we use a unified and proactive approach designed by the Search Institute called the 40 Developmental Asset framework. With this framework in place, every child will have the means to form supportive relationships and receive the guidance needed to become a healthy and responsible adult. If you'd like to know how individuals, groups, organizations, and companies can implement this framework or for more information, contact Erik Wagner today!

Call Erik Wagner at the Family Resource Center, 920/892-6706, x208 or ewagner@frc-sc.org

Asset of the Month at

www.familyresourcesheboygan.org/AOM

Training for Volunteer Tutors

Reading is a skill that many of us take for granted, but a skill that not all Sheboygan County adults have mastered. The Literacy Council's One-on-One Adult Tutoring program matches trained volunteers with motivated adult learners. Tutoring times are flexible and all training and instructional materials are provided.

When: **Monday, October 2 and 9, 5:30pm-9pm**

Where: LTC, 3620 Wilgus Ave., Sheboygan

Cost: Free but advance registration is REQUIRED

Call: Jo Ann Dent, Literacy Council Coordinator, 920/892-6706 or email jdent@frc-sc.org

What's happening in Sheboygan County?

Parent Education Group

Many of us have envisioned a perfect family; whether that entails elaborate family vacations or simply enjoying a family dinner together. What you may not expect are the extreme levels of frustration and feeling a lack of control in your parenting. We believe all parents want what is best for their children and have the tools to accomplish their goals. Parent Education Group is designed to provide parents with the resources and skills necessary to become confident, nurturing parents.

Who: Parents of children birth to 18

When: **New classes form as needed.**

Where: Family Connections,
2508 S. 8th Street, Sheboygan

Cost: Free

Call: Amanda at 920/266-2138 for more information.

Pediatric Head Shape Clinic

Does your baby's head appear flat? Does your baby have a difficult time turning their head in one direction? Progressive Beginnings and Wisconsin Prosthetics and Orthotics are teaming up to offer monthly screenings for infants, under 18 months, with head shape concerns.

When: **Mondays, September 24,
October 29, November 26 and
December 17**

Where: Progressive Beginnings

Cost: Free

Call: 920/803-1617 for more information

Feeding Group for Picky Eaters

If your child has a limited diet, only eats specific textures, refuses fruits and vegetables, and has trouble with mealtimes, this is the group for you! This group will work at the individual level of each child in a child-centered, playful manner addressing the varying sensory needs of each child in order to assist him/her in growing more comfortable with new foods. This is NOT a force-feeding program.

When: **Starting in September. Time TBD.**

Where: Progressive Beginnings

Cost: fee, some scholarships available

Call: 920/803-1617 for more information

Special thanks to:

♥ **Aurora Health Care of Sheboygan County**, for layout and cost-effective printing of this catalog

♥ **St. Nicholas Hospital**, for mailing 1500 catalogs, three times a year

♥ **Sheboygan Chevrolet**, for donation of our FRC leased car

♥ **Karen Grupe, Wisconsin Web Writer**, for hosting of the FRC website

What's happening in Sheboygan County? continued ...

Healthy Kids Gym

This group is designed to address obesity, nutrition, endurance, health and activity of daily living issues related to heightened BMIs (Body Mass Index). Participants will be guided through activities by a Physical and/or Occupational Therapist to help improve overall strength and endurance, improve eating patterns, and have occasional weight and height checks to assess BMI. An evaluation is required prior to participation in this group.

When: Starting in September by appointment

Where: Progressive Beginnings

Cost: \$40/session. Discount available if sessions purchased in a bundle.

Call: 920/803-1617 for more information

Sensory Motor Group

This group, led by a speech & language pathologist and occupational therapist, is designed for children with sensory integration difficulties as well as speech and language delays. Ideal for children 2-4 years of age, this class will provide them with an engaging social atmosphere that emphasizes sensory activities through play with peers. Activities will include: fine motor fun, snack, gross motor play, storytelling, sensory experiences, and language enrichment opportunities through social interaction. Groups will be limited to 6-8 children and will be held on Wednesday mornings on a weekly basis.

When: Starting in September. Time TBD.

Where: Progressive Beginnings

Cost: \$40/session. Discount available if sessions purchased in a bundle.

Call: 920/803-1617 for more information

Car Seat Safety Checks

Sheboygan County Chapter Safe Kids

You think your child is riding safely...but are you really sure? Motor vehicle crashes kill more children than any other cause. Make sure your child is properly buckled up. Bring child and car seat to the event. Low cost car seat may be available for those who qualify financially.

When: Wednesday, September 19, 3-6pm
November 14, 2012 12-2pm

Where: Fire Station #3, 1326 N. 25th St., Sheboygan

Call: 920/459-3031 for details

Scrooge

Youth Theatre Company will present "**Scrooge**" at the Plymouth Arts Center. **Scrooge** is a stunning musical rendition of Dickens' classic, "A Christmas Carol." Patty and Tim Talen are directing and showcasing local talent. A family production you're sure to enjoy.

When: November 30-December 9th

Where: Plymouth Arts Center, 520 E. Mill St., Plymouth

Cost: fee

Call: 920/892-8409 for more detailed information

Above & Beyond Children's Museum

We're coming indoors as the weather turns colder but we're bringing the garden with us! Use pumpkins harvested from our garden and others to bake pumpkin pie, grow your own micro-greens into "furry" pets, grind wheat to make bread, and much more.

When: Sundays , October 7th-May 26th
1:00pm-3:00pm while supplies last

Where: 902 N. 8th St., Sheboygan

Cost: fee, some scholarship available

Contact: Cindy at 920/458-4263 for registration

Trick or Treating at Above & Beyond

Join us for Halloween activities, crafts, and candy. Pumpkin bowling, make sloppy slime, play pumpkin golf! Lots of activities and candy prizes.

When: Saturday, October 27, 11:00am-3:00pm

Cost: fee, some scholarship available

Contact: Cindy at 920/458-4263 for registration

Christmas Gift Make 'n Take

Can't think of gifts for Mom? Dad? Brother? Sister? Friend? Make your gifts at Above & Beyond ! Make and Take items include jewelry, ornaments, toys, cocoa mix, finger paints, and more. Drop-in and give your personal touch to gifts you give this year.

When: Saturday, December 22 11:00am-3:00pm

Where: 902 N. 8th St., Sheboygan

Cost: fee, some scholarship available

Contact: Cindy at 920/458-4263 for registration

Parenting Classes

St. Nicholas/Prevea health

The following classes are offered on a regular basis:

- Birthing Basics
- Childbirth Readiness/ Baby Care
- Breastfeeding Basics
- Infant/Child Safety & CPR
- Natural Family Planning

Register: visit www.stnicholashospital.org/events
or call 920/459-4636

Also available from St. Nicholas Hospital ...

A Visit with St. Nicholas

Celebrate St. Nicholas, the Hospital's patron saint who was the friend of all children. Dressed in his traditional red mantle, St. Nicholas will greet children and pass out treats. In keeping with the giving spirit of St. Nicholas, children are asked to bring a new, unwrapped toy to put in St. Nicholas' toy chest and/or new mittens, scarves, and hats for the Giving Tree. Gifts will be donated to local service agencies for distribution to children in need in our community. Children must be accompanied by an adult. Entertainment and refreshments are provided.

****Please remember to bring your camera to take photos.**

When: Wednesday, Dec. 5, 6:30-8:30 p.m.

Where: St. Nicholas Hospital, 3100 Superior Ave., Sheboygan

Register: www.stnicholashospital.org/events or 920/459-4636

What's happening in Sheboygan County? continued ...

Infant/Child Safety & CPR

Learn the lifesaving skill of cardiopulmonary resuscitation (CPR) and how to make your home safe for infants and young children. This course is intended for people with limited or no medical training who want to learn more about CPR and home safety. Students will receive a program participation card. This is not a certification level course.

When: **Nov. 7, 6:00-8:30 p.m.**

Where: St. Nicholas Hospital, 3100 Superior Avenue

Cost: Free

Register: visit www.stnicholashospital.org/events or call 920/459-4636

Parenting Classes

Aurora Sheboygan Memorial Medical Center

The following classes are offered on a regular basis:

- Online Childbirth Education Course
- Labor Birth and Beyond
- Big Kids and New Babies
- Big Kids and New Babies
- Breastfeeding Basics
- Family & Friends CPR

Register: Call 920/451-5537 for detailed class information

Also from Aurora Health Care ...

Infant Sign Language (Sign to Me)

Ever feel that your baby is speaking a language you just don't understand? With many babies and toddlers, the message just doesn't get through. However, teaching babies sign language makes life a little easier for everyone by decreasing frustration and increasing self-esteem for baby. Sign language opens up two-way communication between parents and babies and decreases the chance of miscommunication (not to mention tantrums that usually result from these miscommunications). Attendance for parents of children 6 months through 3 years. Please do not bring infants, toddlers or other children along to class.

When: **Monday, September 24, 6:00pm-8:30pm**
Or **Wednesday, November 7, 6:00-8:30pm**

Where: Aurora Sheboygan Memorial Medical Center, 2629 N. 7th St., Room C

Cost: Free

Register: 920/451-5537 or online at aurorahealthcare.org

Great Marriages

He gives you flowers when what you really need is a hug. She spends time with you but what you want is a home-cooked meal. The problem isn't your love, it's your language! The Five Love Languages is a program designed to help us learn and apply the right "love language" when dealing with our spouses. Join us for an opportunity to increase your ability to show love and receive love in a way that truly meets the needs of the other.

When: **Saturday, Oct 13th, 2012 9:30am-noon**

Where: 612 Center Ave, Sheboygan

Cost: Free, but registration is required

Contact: Kathy Eaton at 920/783-3660 for more information

KiddyKeys®

KiddyKeys® is a preschool piano preparation & music education class designed for 3 to 5 year olds. We utilize movement and song in our classes. We also "play" piano and learn piano and music concepts. Call for information regarding fees, location/time. Scholarships and sliding fee scale available.

Contact: Louise Mann, NCTM and Licensed KiddyKeys® Instructor
davdlou@excel.net or 920/528-7343
or www.louisemannpiano.com

MOPs

Mothers and children (ages birth – 5 years)

Support, encouragement and fun for moms of young children. Enjoy discussion and being with other moms while children engage in Moppets program.

When: **Every 1st and 3rd Wednesday during the school year, 9:30-11:30am**
<http://www.plymouthalliance.org>

Where: Plymouth Alliance Church, 1203 Fairview Dr., Plymouth

Contact: Jamie 920/207-0140 for registration information.
Church phone: 920/892-5525 or visit www.mops.org

Teen MOPs

Teen mothers and children (birth-5 yrs)

Meet with other teen moms for support, encouragement, and fun. Enjoy a meal together and time to get to know each other. To connect with us during the summer, find us on facebook at Sheboygan Teen Mops.

When: **Tuesdays, Sept-May, 5:30-7:30pm**

Where: Calvin Christian Reformed Church 2313 Saemann Avenue, Sheboygan

Cost: Free

Contact: Andrea at 920/564-5102 for more information.

Consumer Credit Counseling Service

Are you unemployed and struggling to pay your real estate taxes or your mortgage? Are you facing foreclosure? We can help you! CCCS also does budget/credit counseling services and offers debt management plans when credit card debts feel overwhelming. We can often help you get better interest rates and reduce/eliminate late or over-the-limit fees.

Where: 1930 N. 8th Street, Sheboygan

When: Ongoing services

Cost: Free

Call: 920/458-3784 or cccs@excel.net

What's happening in Sheboygan County? continued ...

Salvation Army

Provides short-term emergency assistance with rent (to avoid eviction) and utility bills (to avoid disconnection). Community dinners, counseling (spiritual and financial), and other services.

Plymouth area:

110 E. Mill Street; 920/893-4076 or ginger_weimer@usc.salvationarmy.org for more information.

Sheboygan area:

710 Pennsylvania Avenue; 920/458-3723 or www.sasheboygan.org for more information.

BadgerCare Plus

BadgerCare Plus allows every Wisconsin family, regardless of income, to have affordable, comprehensive health insurance. Coverage is available for pregnant women, self-employed parents and farmers, adults who do not have children under 18, and youth aging out of foster care. Monthly premiums and co-payments are based on income.

Apply at Badger Care Plus <http://www.dhs.wisconsin.gov/badgercareplus/faq.htm> or call 1-800/362-3002.

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

Breastfeeding Resources in Sheboygan County

• Accredited La Leche League Leaders:

Sara 920/565-3874 Megan 920/889-9931
Roni 920/451-7110 Rachel 920/783-6027

• Family Birth Center Aurora Sheboygan Memorial Medical Center: 920/451-5561

• Genesis Center St. Nicholas Hospital:

920/459-4700 or www.stnicholashospital.org

• Sheboygan County Public Health:

Vicky Schneider, R.N., CBE, 920/459-3208,
Marcia Bouchaine, R.D. CLE, 920/459-6411 or
Jennifer Tolman, WIC Breastfeeding Peer Counselor,
920/459-3033

(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.)

La Leche League Breastfeeding Support Group

Monthly meetings inform and support women interested in breastfeeding. Discussion led by accredited leader. Lending library available.

When & Where: 2nd Tuesday at 6:30pm
First Congregational UCC,
1405 S. Hwy 67, Plymouth

AND: 4th Monday of the month at 9:30am;
call Megan at 920/889-9931 for meeting location

*For more information or for breastfeeding help, call:
Megan - 920/889-9931; Roni - 920/451-7110;
Rachel - 920/783-6027; Sara - 920/565-3874*

CPR, First Aid & Babysitting Community Classes

CPR:

- Aurora Sheboygan Memorial Medical Center 920/451-5537
- Red Cross 920/457-7739 or www.redcrosssheboygan.org
- St. Nicholas Hospital www.stnicholashospital.org or 920/459-4636

CPR for Kids:

- St. Nicholas Hospital (age 10+) www.stnicholashospital.org or 920/459-4636

First Aid:

- Red Cross 920/457-7739 or www.redcrosssheboygan.org

Babysitting:

- Red Cross 920/457-7739 or www.redcrosssheboygan.org
- St. Nicholas Hospital www.stnicholashospital.org or 920/459-4636

Sheboygan County Public Health

1. Immunization Clinics

Call: 920/459-3030 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: 920/459-6439 or 1-800/596-1919 ext. 6439 for more information or to schedule a screening for your child

Free Pregnancy Testing/ Pregnancy Counseling

Offered by Bethany Christian Services, a non-profit family and child agency that offers Pregnancy Counseling and Adoption Education. Call Joni for a confidential appointment in either Sheboygan or Fond du Lac.

Phone: Joni at 1-888-207-3738 or nationwide toll free 1-800/BETHANY

Legal Aide Clinic

Families seeking legal assistance can attend the Legal Aid Clinic held on the 2nd and 4th Thursdays at the Salvation Army Office in Sheboygan from 1:30-4:00 pm.

Legal Explorer

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

www.legalexplorer.com

What's happening in Sheboygan County? continued ...

Self-Help Family Law Website

Information on this site is intended to help individuals without an attorney seek a divorce or legal separation or file a small claims legal claim in a Wisconsin court. This information is provided as a service and convenience by the Wisconsin Court System and is not intended to provide legal advice.

<http://wicourts.gov/services/public/prose.htm>

Birth to Three Early Intervention

The Birth to Three Program is for eligible infants and toddlers with developmental delays, and could include those identified or diagnosed with delays in cognitive, motor, sensory, speech and language, or social/emotional areas of development. 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.

Hispanic-American Information Center

The Hispanic-American Information Center (HAIC) strives to provide services to, and create a supportive and welcoming community for, Hispanic/Latino individuals and their families. HAIC focuses on providing tools, information, resources, and motivation to succeed in today's society.

When: Monday – Friday, 8:00am-5:00pm

Where: Partners for Community Development
1407 S. 13th Street, Sheboygan, WI

Cost: Free

Contact: 920/459-9880 or
outreach@partners4cd.com

**Plymouth School District
Community Education & Recreation**

• **Kidz Gym**

Kidz, ages 2 & 3, will enjoy interactive play with other children developing social skills. Each class will also feature parent-assisted group activities designed to build the parent-child relationship. All of this and free play will happen in a fun and safe environment. Space is limited.

Details: 9:45-10:45 a.m. Tuesdays, Sept. 11-Nov. 13
at Plymouth Youth Center

Early registration fee: \$25 until Aug. 31, then \$30

• **Swim Lessons for Children**

The American Red Cross offers six comprehensive Learn To Swim course levels that teach your child how to swim skillfully and safely in the PHS pool. Students must be 50 inches tall and will be measured on or preferably before the first day of class.

Details: Lessons are held on Saturday mornings.

• **Take N Bake**

We'll save you a step! Have fun in a group setting preparing healthy meals for you and your busy family without going to the grocery store! Learn about and assemble meals to take home to bake or refrigerate/freeze for later. Three meals each serving 6 are available each class (under \$3 per serving). Please bring one 9 x 13 dish and a laundry basket or small cooler. All food will be provided.

Details: 6-8 p.m. Thursdays, Oct. 4 or 18 or Nov. 1 or 15 in
PHS Culinary Arts Room C105 (same class offered four times)

Registration fee: \$60 (\$49 for district residents ages 62 and up)
per class, with a \$5 discount for those registering at least 10 days
in advance

• **Tumbling/Gymnastics**

This course is an introduction to gymnastics for children ages 3 and up. Floor work will be done in the high school wrestling room, tumble track activities will be done in the high school balcony, and balance bar and parallel bars work will be done in the high school balcony. Space is limited in all classes.

Visit <http://www.plymouth.k12.wi.us/COM.html>,
or call 892-5068 for more information.

**Sheboygan Area School
District Community
Recreation Department**

• **Pee Wee 3 Soccer (Co-ed) or
Ready "4" Soccer**

(age 3 or 4 as of September 1)

Soccer fundamentals taught to parent and child as both participate. Soccer shoes recommended. Shin guards encouraged.

• **Music, Movement and More ...**

(Ages 2 and 3)

Basic music concepts taught through singing, improvising, interacting with peers, stories and more.

When: Tuesdays September 18 –
November 6
Various times

Register: www.sheboyganrec.com
or call 920\208-5805

• **Enchanted Forest Trail Walk**

Mystical jack-o-lantern lit trail walk. Great fun for children. Must be accompanied by parent or other adult.

When: Thursday, October 4,
5:30-7:00pm

Raindate: October 5th

Fee: 1 canned good good per
person — all canned
goods will be distributed
to local food pantries.

No registration required for trail walk.

Visit www.sheboyganrec.com
or call 459-3773 for more
information.

What's happening in Sheboygan County? continued ...

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.

Foster Parent Information

Welcome a child into your loving home. Children's Service Society of Wisconsin-Sheboygan will guide you through the process of becoming a foster family. Call today to find out how you can make a difference in a young life, contact Stefanie at 920/889-5113 for more information.

RAINBOWS, SPECTRUM, and PRISM

Grief support groups for children, youth and adults who are grieving a loss due to death, divorce, separation, abandonment, incarceration, or other crises. Groups of similar age meet once a week for 14 weeks.

www.rainbowkidswi.org:

RAINBOWS for elementary/middle school;
SPECTRUM for high school; PRISM for adults.

Registration is required. www.rainbowkidswi.org
or rainbowkids@excel.net

When: Fall sessions begin in September

Cost: FREE

Call: Mary Kay Vanden Heuvel 920/452-2838
for registration/information on locations

Compassionate Parents

A support group for parents who have lost a child.

When: 2nd Monday of each month at 7:00pm

Where: United Way Building,
2020 Erie Avenue, Sheboygan

Cost: Free

Call: Mental Health America 920/458-3951
for more information

HALO (Hope after Loss Organization) Pregnancy Loss and Newborn Death

Life is valuable from conception to death and we recognize the loss of your baby is the loss of a life. HALO provides resources and support to anyone who has experienced loss regardless of where and when the loss took place. Group meets the 1st Thursday of the month, 7:00pm and is sponsored by St. Nicholas Hospital.

For more information: 920/451-7572

www.stnicholashospital.org/classes/hospitalservices/hshalo.html

Mental Health America

Mental Health America, works to promote mental health, prevent mental and substance abuse conditions, and achieve victory over mental illnesses and addictions through advocacy, education, research and service. Call for more information.

Where: 2020 Erie Avenue, Sheboygan

Cost: Free

Contact: 920/458-3951 or mhasheb@mcleodusa.net

Additional information at: www.mhasheboygan.org

Al-Anon Family Groups

AL-Anon is for any adult who is a friend or family member affected by someone else's alcoholism. We are an anonymous, member-led fellowship which follows the 12 - step program of Alcoholics Anonymous. It is a spiritual (not religious) program designed to welcome and give comfort to families of alcoholics and give understanding and encouragement to the alcoholic. Alakids and Alateen groups also available.

Contact: Sandi at 920/898-4570.

Call for meeting times and locations

ADHD Resources

A collection of books and videos on attention deficit-hyperactivity disorder is 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: 920/458-3951

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, for parents with children who have special health care needs.

Regional Center: 920/969-5325 or Toll Free: 1-877/568-5205 or find us online at: www.northeastregionalcenter.org

Autism Parent Support Group

N5653 Frontage Road, Plymouth, 53073 920/892-7060

To better serve Sheboygan County, meetings will alternate between Paragon Community Services in Plymouth and the Sheboygan YMCA. Meetings will be the second Wednesday of the month. For additional questions, contact Travis Wick at traviswick@yahoo.com or call 920/889-1285.

Safe Harbor Support Groups

Safe Harbor offers varied support groups for survivors/victims of domestic violence and sexual assault. All groups are free and confidential. www.sheboygansafeharbor.org

Where: 929 Niagara Avenue, Sheboygan

Contact: Amanda Drossel 920/452-8611 x306
or AmandaD@sheboygansafeharbor.org

Thank You!

Your giving keeps us growing! Thank you for your gifts of time, talent and financial support.

- Alliant Energy
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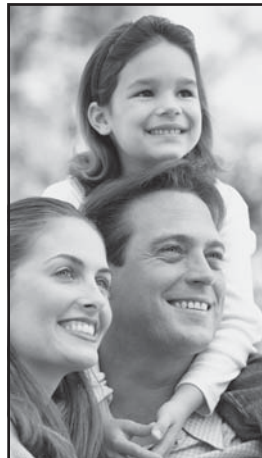
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For a complete list of services and providers, visit AuroraHealthCare.org

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- Literacy Council Project
- Military Families Connect Project
- Parents As Teachers Program
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- Staff to answer questions

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