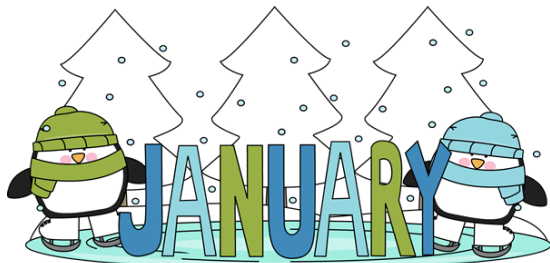


January 2025

Dream Big!

A Publication of Oshkosh/
Winnebago County
Housing Authority's
Family Self Sufficiency Program



*1100 W. 20th Avenue
P.O. Box 397
Oshkosh, Wisconsin 54903
(920) 424-1450
www.ohawcha.org
Kay Hinton
FSS Program Coordinator
920-279-3622
kayh@ohawcha.org*

What's Inside:

- January Letter
- Rent Smart
- Money Matters
 - WeCope
- Community Resources
 - 2025 Mini Job Fairs
 - Stable Minds Support
 - Job Assistance
- Rogers Behavioral Health
- Raising WI's Children
- Boot Camp Entrepreneurs
- ADVOCAP Entrepreneurs
- Starting Point Spring 2025
 - Finding Home

Dear FSS participants (and community members),

Please wish a **Happy January Birthday** to Annie, Anyat, Dhel, Arek, Ann, Hussein, and Marchelle! I hope your birthdays are fabulous and you are finding a little time to take a step towards your goals.

Congrats to Sharon, an FSS participant, for getting her driver's license and buying a car! Thanks to Advocap for their help!



To start off the New Year wouldn't it be great to perform a **Random Act of Kindness** and then share your kindness idea with other people? Many people do really nice things for others. Many people would like to take action, but they are not sure what to do. So let's share ideas!

Some quick ideas:

1. Bake a treat for someone.
2. Pay for someone's coffee.
3. Call someone you haven't talked to in a while.
4. Donate.
4. Leave a thank you note for your delivery person.
5. Do a chore or run an errand for someone.



Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy January! Let's continue to strive to meet your goals and strengthen your self sufficiency. And as always, please let me know how I can help you by calling me at 920-424-1450 ext. 133 or emailing me at kayh@ohawcha.org.

Your success is my success. Wishing you a 2025 filled with KINDNESS!

Warm Regards,

Kay Hinton

FSS Coordinator



Rent Smart

Taught by Extension Educators

Helping to make renting a great experience for you!

2025 Winter/Spring Online Class Dates & Times

December 2024: 3, 5, 10, 12, 17, 19 @ 7:00PM-8:00PM; Tue/Thurs

February: 12, 14, 19, 21, 26, 28 @ 9:00AM-10:00AM; Wed/Fri

March: 15, 22, 29 @ 9:00AM-11:30AM; Saturday

April: 8, 10, 15, 17, 22, 24 @ 7:00PM-8:00PM; Tue/Thurs

May: 5, 9, 12, 16, 19, 23 @ 1:00PM-2:00PM; Mon/Fri

June: 9, 11, 16, 18, 23, 25 @ 9:00AM-10:00AM; Mon/Wed

Location: Online, live instruction via Zoom; links will be sent after registration

To register, use this link *OR* scan the QR Code:

<https://go.wisc.edu/Rentsmartregister>



Cost: FREE!

What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**
- **For more information, please contact todd.wenzel@wisc.edu (920-232-1982)**

An EEO-Affirmative Action Employer. UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.



Happy New Year!

Money Matters



Extension
UNIVERSITY OF WISCONSIN-MADISON



MONEY MATTERS

FREE online program designed to improve financial habits. Gain money management skills and build knowledge to share with family and friends.

INTERESTED IN TAKING THE COURSE?

The online program can be completed in partnership with an Extension educator.



OPTION 1
Online Self Study



OPTION 2:
Online Self Study with
Financial Coaching



OPTION 3
Program Partnership
*Contact County Educator for
requirements of Program Partners*

Scan for more information



or visit your
local Extension Page

winnebago.extension.wisc.edu

MONEY MATTERS CONSISTS OF A SERIES OF 14 MODULES INCLUDING:

- ▶ Your Financial Strengths
- ▶ Explore Credit Scores and Credit Reports
- ▶ When You Can't Pay Your Bills
- ▶ Making a Spending Plan
- ▶ Staying Organized
- ▶ Retirement Planning Basics
- ▶ Health Insurance Options for WI
- ▶ How Health Insurance Works
- ▶ Debt Management and Managing Student Loans
- ▶ Credit Unions, Banks, and Other Financial Institutions
- ▶ Money and Relationships
- ▶ Saving Money
- ▶ What is Credit and How to Build It

Complete all modules, or choose those most important to your needs.

Wisconsin residents can receive a certificate upon completion of program requirements.



Todd Wenzel

Human Development &
Relationships Educator

920-232-1982
todd.wenzel@wisc.edu



Managing life's challenges in healthy ways allows us to take better care of ourselves and others.

WeCOPE is an evidence-based program that helps adults cope with daily life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

Mondays, 12 - 1 PM, January 27 - March 3 (6 Sessions)
Virtual Class on Zoom

- January 27: WeCOPE Overview, Emotional Awareness
- February 3: Gratitude, Noticing and Savoring Positive Events
- February 10: Everyday Mindfulness, Mindfulness Meditation
- February 17: Positive Reappraisal
- February 24: Self-Compassion, Acts of Kindness
- March 3: Personal Strengths, Attainable Goals

Sign up today for this FREE, virtual program!

Register at: <https://forms.gle/8uK8JavLebKUZ36o7>

Please register by January 3, 2025. A Zoom link will be emailed to you prior to the first session.

Questions? Contact Us!

Waukesha County: Jillian Smith, jillian.smith@wisc.edu

Winnebago County: Katie Jaegly, katie.jaegly@wisc.edu



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

Community Resources





Parent Resource Hours

Have kids? Have questions? We're here to help!

Developmental Screenings: Our staff can help with childhood screenings that look at milestones in playing, speaking, behaving, and moving.

Nursing Expertise: Our nurses can support you to give your baby the highest level of care!

Breastfeeding: Get one-on-one support with our lactation specialist.

Safe Sleep: Learn how to create a safe sleep environment for your child.

Lead Screening:* Learn how to prevent lead poisoning and get your child screened for lead exposure.

Vaccines:* Protect your child with routine vaccines from public health.

Car Seat Checks:* Learn the correct way to install a car seat and keep your child safe.

Health and Community Resources: Learn about programs like prenatal health care, WIC, and Head Start.

EVERY 2ND TUESDAY
1-4 PM
OSHKOSH
112 Otter Ave

EVERY 4TH THURSDAY
11 AM-2 PM
NEENAH
211 Commercial St



*Appointment needed for car seat checks, lead screening, and vaccines. Scan or call to schedule.

Drop in any time during Parent Resource Hours!
All are welcome. Services are FREE!

920-232-3000 / health@winnebagoountywi.gov
WWW.WINNEBAGOPUBLICHEALTH.ORG

Updated 11/23

Next Pop-Up Food Pantry is Saturday, January 18th, 2025

491 Old Oregon Road,
Oshkosh, Wisconsin 54902

DAYS AND HOURS

3rd Saturday of the Month
Registration begins at 9:30 AM
Food bundles available 9:30-11:00 AM
Hosted by: St. John's Lutheran Church of Nekimi. For a \$25 bundle donation, you will receive \$150+ in groceries.




UMOS & the Fox Valley Job Centers

Every Tuesday

12pm until 4pm

Fox Valley Job Center
1802 Appleton Rd.
Menasha, WI 54952



Unemployment Insurance Navigator Program

Fox Valley Job Center Event

The Fox Valley Job Center and the UMOs Unemployment Insurance Navigator Program are partnering to assist the community in a job center event.

Our Services:

- Bilingual Service
- Initial Claims
- Weekly Claims
- Appeals
- Any Questions?

Why Choose Us?


The Unemployment Insurance System is intended to provide temporary support to workers when they lose their job through no fault of their own. Our Navigators, some of whom are bilingual (English/Spanish), will be assisting clients in navigating the process of filing for unemployment.

Menomonie - Green Bay - Oshkosh - Wautoma - Milwaukee - Racine

UMOS UI Locations

Contact Us!

Oshkosh UI Office Phone:
920-366-6579
ximena.rubindecelis@umos.org



HELP

Homelessness, Evictions, & Loss Prevention

*Are you struggling with unstable housing? Struggling to keep up on rent/mortgage payments?

*Is your housing instability leading to a possible eviction/foreclosure?

*Have you received a Notice to Vacate by your landlord and are having difficulty finding a new place?

*Do you need assistance getting connected with local community resources?


If your answer is yes to any of these, please reach out as soon as possible to allow HELP time to brainstorm ways to better assist with your housing needs

Winnebago County Human Services
220 Washington Ave P.O. Box 2187
Oshkosh, WI 54903

Monday-Friday FROM 8 AM - 4:30 PM Walk-In's Welcome
***Appointment preferred**

HELPProgram@winnebagoountywi.gov

HELP On Call Phone
920-509-7629

Winnebago

County



2025 Mini JOB FAIRS

wisconsinjobcenter.org/events/

1:00 p.m. – 3:00 p.m.

- January 27th – Oshkosh Public Library
- February 10th – Fond du Lac Public Library
- March 10th – Waupaca Public Library
- April 14th – Menasha Job Center
- May 12th – Chilton Fox Valley Technical College
- June 9th – Oshkosh Public Library
- June 16th – Menasha Job Center
- July 14th – Berlin Public Library
- August 11th – Wautoma WWII Memorial Building
- September 15th – Menasha Job Center
- October 13th – Fond du Lac Public Library
- October 27th – Menasha Job Center
- November 10th – Oshkosh Public Library

Participating employers are subject to change

Employers Register here:

<https://www.schedulicity.com/scheduling/FVJ6DX>

Select "Classes" tab, then click on the location "Mini Job Fair."
Employer Registration is \$50.00



A proud partner of the AmericanJobCenter® network

[Follow us on Facebook!](#) or Fox Valley Job Centers - Menasha

DWD is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please dial 7-1-1 for Wisconsin Relay Service. Please call (608) 261-0050 to request information in an alternate format, including translation to another language.

Stable Minds Support

CHANGING LIVES,
ONE RIDE AT A TIME.



STABLE MINDS SUPPORT

BEAMING's Stable Minds Support Programs run concurrently



Dementia Support

For those living with Dementia and their loved ones

Our Dementia Support Equine Programs help enrich quality of life by allowing participants to groom, walk and ride horses; engage in mind-body emotions exercises; enjoy educational activities, musical performances and guest presentations; and participate in hands-on projects. Caregivers are able to spend quality time with their loved ones in an uplifting, outdoor setting, while meeting a support network of others going through similar challenges.

Brain Body and Balance / Steady Strides

For those living with Traumatic Brain Injuries and their loved ones

Designed for those living with Traumatic Brain Injuries (TBI), offering a holistic approach to improving physical, cognitive, and emotional well-being. This unique equine-assisted program leverages the therapeutic power of horses to help participants enhance balance, coordination, and mobility while also fostering cognitive engagement and emotional healing.

For those living with Parkinson's Disease and their loved ones

Designed for those living with Parkinson's Disease (PD) and their caregivers, this program offers support to traditional PD treatment. Up to 80% of people with PD will eventually develop dementia. Studies have shown that equine-assisted services are effective for improving mobility, cognitive abilities and emotional well-being.

2692 County Road GG, Neenah WI 54956 / 920-851-6160

incbeaming@gmail.com / beaminginc.org

*Visits by appt only please



WISCONSIN SENIOR EMPLOYMENT PROGRAM



The Wisconsin Senior Employment Program (WISE) provides unemployed adults age 55+ with training opportunities and PAID part time work experience in community service organizations.

EARNINGS DO NOT AFFECT FOODSHARE OR SUBSIDIZED HOUSING BENEFITS!

HOW DO I QUALIFY?

- 55 + YEARS OF AGE
- UNEMPLOYED AND WANT TO WORK
- LOW INCOME
- RESIDENT OF COUNTIES SERVED

TELL ME MORE

- Train with an employer in your community to learn new skills.
- Earn minimum wage, \$7.25/hour, and train up to 20 hours per week.



WHAT SKILLS CAN I LEARN?

LIBRARY AIDE
RETAIL/CASHIER
JANITORIAL
CUSTOMER SERVICE
ADULT /CHILD CARE
CLERICAL/OFFICE ADMINISTRATION
AND MORE...



Serving Green Lake, Fond du Lac & Winnebago Counties

Maureen Bryden

Program Coordinator

mbryden@fvwdb.com

920-229-5557

CALL TODAY!

www.foxvalleywork.org





GET YOUR DREAM LIFE

Take your next steps with us to get the **career you want** for the **life you want**

Here's what you can get:



Tuition for training and school



A career that's right for you



Someone in your corner **all the way!**



Help with gas, rent, and other needs



Connections to local employers

OUR SPECIALIZED INITIATIVES

WIOA Adult Program

Provides job services to people looking for a new career path, want to go back to school, or want to train for good jobs that pay well.

QUEST

Addresses the childcare shortage with services to help people run childcare operations. It works with dislocated workers or those who were laid off because of the pandemic.

WIOA Youth Program

Supports youth ages 14 - 24 who are facing barriers find a job, earn their GED, or enroll in post-secondary education or training.

WIOA Dislocated Worker Program

Helps those who've lost employment due to a mass layoff or economic transition find work as quickly as possible.

Ready to start?



The Fox Valley Workforce Development Board is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please dial 711 Wisconsin Relay Service or at 920-947-3529. At no cost, you may request information in an alternate format, including language assistance or translation information to your preferred language by contacting us at (920) 594-5655.

Contact us to learn more:

920-278-9264

www.fsc-corp.org/WIOA

foxvalleywioa@fsc-corp.org



Career EXCErate | Wisconsin

Personalized Job Training and Support Services to Transform Lives

A collaborative program from Goodwill NCW, Fox Valley Technical College and Rawhide Youth Services





Launch a lasting career!

Career EXCErate Wisconsin is a highly personalized training program offered at no cost to individuals who want to find a career pathway but are struggling and would benefit from individualized support.

Career educational certificate options:
Choose from eight certificate programs that range from approximately two months to two semesters.

Educational and Health Services

- Nursing Assistant
- Early Childhood Teacher Aide

Construction

- Woodworking Technician
- Pipe Trades

Manufacturing

- Welding Fundamentals
- Industrial Manufacturing Technician

Truck Driving and Maintenance

- Professional Truck Driving - Class A and B CDLs
- Heavy-Duty Vehicle Maintenance - Diesel Technology Assistant

Get started or refer someone today!

Complete a short online form at careerEXCEratewi.org

Call: 920-204-7002
Email: careerEXCErateWI@goodwillncw.org

Job Tip Tuesday

Did you know? Series



Assistance available at the Public Library!

Looking for assistance with your resume? Struggling with Interview skills? Have general job searching questions?

Fond du Lac Public Library

Appointments are required

- NEW! Monday 9:30 to NOON
- Tuesday 9:30AM to 4PM
- NEW! Thursday 9:30 to NOON

920-322-3930
www.fdlpl.org/jobsservices

Oshkosh Public Library

- Wednesday 1PM to 4PM

920-236-5205
www.oshkoshpubliclibrary.org/events

1802 Appleton Rd. Menasha, WI – (920) 997-3272

A proud partner of the **American Job Center** network

Equal Opportunity Employer/Program Auxiliary aids and services are available upon request to individuals with disabilities.



Rogers Behavioral Health Mental Health Programming for Adolescents and Adults

Who Can Refer: Anyone—including self-referrals, parents, coaches, teachers, and providers.

Treatment Options:

- In-person (3 or 6 hours, M–F)
- Virtual programs or hybrid, based on patient preference

Program lines:

- Outpatient Psychiatry (medication appts all virtual and meds delivered USPS to patient’s residence age 6+, no other program enrollment required)
- Adult Primary Behavioral Health (“Mental Health 101”)
- Adult Mental Health and Addiction Dual Diagnosis
- Adult Eating Disorder
- Adult OCD/Anxiety
- Adult Depression
- US Military Firewatch- all virtual
- Adolescent Mental health and/or Addiction ages 12-18

Please call the provider line 800-767-4411 Option 2 to speak with a member of the patient access team. Rogers accepts Medicaid, Tricare and most commercial insurances.

Or contact Lisa at : lisa.brown@rogersbh.org for more information.

RAISING WISCONSIN'S CHILDREN

Conference 2025



This free, online event is perfect for parents, teachers, and all those who care for Wisconsin's children. Learn hands-on tips from leading experts for raising healthy, resilient kids. This year, we're focusing on unlocking the power of social and emotional skills in children and teens!

You can attend as many conference sessions as you want. All sessions will have closed captions. Participate in a Q&A session with speakers after each presentation. Register to attend and view conference recordings through February.

SCHEDULE

8:30 AM

- ***Early Experiences Elevate Everything: Early Brain and Child Development and The Future Of Society***
Dipesh Navsaria, MPH, MSLIS, MD

9:45 AM

- ***Mindfulness and Compassion for Well-Being***
Larissa Duncan, PhD

11:00 AM

- ***Navigating Challenging Behaviors in Early Childhood with Grace and Respect***
Laura Froyen, PhD

1:00 PM

- ***Five Critical Conversations Necessary to Support Children's Transition to Kindergarten***
Michelle Sands, PhD

2:15 PM

- ***A Parent's Guide to Treating Childhood Anxiety and OCD***
Stephen Whiteside, PhD, LP

3:30 PM

- ***Raising Resilient Teenagers: Breaking the Intergenerational Cycle of Family Adversity***
Amanda Morris, PhD

JANUARY 28, 2025

8:15 AM - 4:30 PM, CST
Free & Virtual on Zoom



Scan QR code or go to <https://go.wisc.edu/raisingwi> for details and to register.

Wisconsin Registry credits for childcare professionals available for some sessions. Scan QR code to register.

When you register, you will receive an email with a link that gives you access to the conference using Zoom. Check your junk mail if you don't receive this email.



Human Development & Relationships Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON



Extension
UNIVERSITY OF WISCONSIN-MADISON



Entrepreneur In Training Partnership

Be Your Own Boss at **Entrepreneurship** **BOOTCAMP**

- Develop a business idea
- Learn the basics of marketing
- Learn business finance skills
- Receive coaching from expert business leaders

Are you ready to be a boss?

**Apply to Bootcamp at
[Linktr.ee/EITpartnership](https://linktr.ee/EITpartnership)**

CLICK HERE



Extension
UNIVERSITY OF WISCONSIN-MADISON




Cohort 9 Entrepreneurship Bootcamp will meet virtually on Zoom Monday and Thursday nights from 6-8 pm. Class will start Thursday, January 23, 2025 and run through Thursday, May 22, 2025. Please confirm your availability for those class times before applying. If you have any questions or concerns, please email us at EITpartnership@extension.wisc.edu.


ATTENTION ENTREPRENEURS

At ADVOCAP, we understand the challenges and dreams of small business owners like you.

That's why our Business Development Services are here to provide the support you need to turn your vision into reality!

**TAKE THE FIRST STEP
CONTACT US TODAY!**

 www.advocap.org

 920-922-7760

 elisabeth.stockton@advocap.org



Starting Point Starts Spring 2025

Starting Point

Starting Point is designed to help women ages 18 and older in the areas of financial planning skills, empowerment, and career planning that will lead to further education and/or a new career. Women will gain the necessary skills to go to college, learn how to network and access available resources, meet other women with similar life experiences, gain confidence and build self-esteem, and learn how to manage finances and relationships. This program is open to mothers and women without children. Women must be a resident of Outagamie, Calumet, Shawano, Waupaca, or Winnebago County.

Fall 2024 Dates & Times

Appleton: 9/11/24 to 12/4/24, Wednesdays 11:00 am - 2:00 pm, Childcare Provided

Oshkosh: 9/14/24 to 12/4/24, Saturdays 9:00 am - 12:00 pm, Childcare Provided

Virtual: 9/11/24 to 12/4/24, Wednesdays 5:00 pm - 7:30 pm, No Childcare

Spring 2025 Dates & Times

Appleton: 2/12/25 to 5/14/25, Wednesdays 11:00 am - 2:00 pm, Childcare Provided

Oshkosh: 2/15/25 to 5/14/25, Saturdays 9:00 am - 12:00 pm, Childcare Provided

Virtual: 2/12/25 to 5/14/25, Wednesdays 5:00 pm - 7:30 pm, No Childcare



"Starting Point has helped me build skills I didn't have and to sharpen skills I already had."

Women Will Learn

"I felt like I had some control over my life and where it was going."

- Time Management
- Self-Esteem
- Goal Setting
- Community Resources



- Career Development
- Study Skills
- Assertiveness
- Healthy Relationships



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on GO Transit.

Children Will Learn

Child Development Topics

- Sharing With Others
- Early Literacy
- Resiliency
- Recognize Feelings and Emotions
- Age Appropriate Activities
- Making Good Choices
- Exploration Through Play
- Listening Skills

Mothers will learn

- Discipline Strategies
- Parenting Resources and Referrals

“Starting Point has helped me plan a way to go back to school and provide for our family.”

“This program has helped me learn all the resources within FVTC, to help as I go back to school. It has even given me the help I need in my personal life.”

Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Give your children a healthy environment to thrive
- Gain support from other parents

“I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go.”



Contact Information: Kara Nowak | (920) 735-5722 | kara.nowak7593@fvtc.edu
 To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/StartingPoint

Finding Home

WHAT IS FINDING HOME?

Finding HOME is Hope that home ownership is possible and within reach; Opportunity for long- and short-term financial improvement; Mastery of personal finance, so program participants can take back control; of their financial journey; and Empowerment to purchase a home and maintain financial wellness.

WHO QUALIFIES FOR FINDING HOME?

Finding HOME is designed to fill the gap of homeownership programs. There is no income limit or credit requirements. Everyone has a different financial picture that would be assessed on a case-by-case basis by one of our financial counselors.

HOW DOES FINDING HOME START?

Anyone can schedule a 90-minute housing review to find their best path to homeownership. This review and the Finding HOME program are free. Your financial housing and the Finding HOME program can be completed over the phone or virtually using Zoom or Microsoft Teams. In person options are also available.

WHAT IS MY NEXT STEP?

Contact us to schedule your **FREE Housing review to find your best path to homeownership.**



HOME OWNERSHIP IS FOR ~~SOME~~

