



February 2025

Dream Big!

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



Valentine's
Day

*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*

What's Inside:

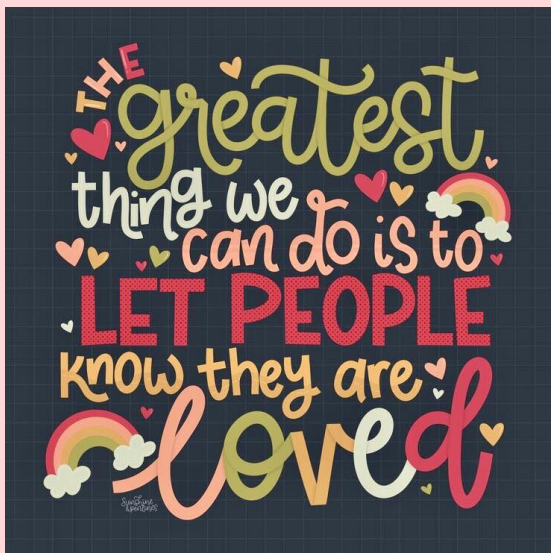
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Dear FSS participants (and community members),

Please wish a **Happy February Birthday** to Gloria! I hope your birthday is fabulous and you are finding a little time to take a step towards your goals.

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy February! 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.**

Warm Regards,
Kay Hinton
FSS Coordinator



Uplifting Words to Send to Loved Ones

..... Ordinary & Happy

K
I
N
D

- I hope today is full of laughter and joy for you.
- No matter what's up ahead, I know you can handle it.
- Wishing you nothing but happiness.
- Thank you for being such a shining light in my life.
- I'm always here for you.

S
W
E
E
T

- You are so strong, and I know you're going to do great.
- We're going to make today amazing.
- Just wanted you to know how proud I am of you.
- Thanks for being such a wonderful person.
- Sending you all my love today.

C
A
R
I
N
G

- I'm here for you if you need me — today, and always.
- Bright days are on the horizon.
- I'm missing your wonderful energy today. Can't wait to see you soon.
- Have a fantastic day — you deserve it.
- I'm so lucky to have you in my life.

L
O
V
E
L
Y

- Keep being awesome.
- I'm so excited to see what next year brings for us.
- Just dropping in to say I love you, I miss you, and I'm thinking of you.
- You always inspire me. Keep being amazing.
- I believe in you, and always will.

G
R
E
A
T

- You're so smart, kind, and I'm so grateful to know you.
- You're the best — never forget it.
- Remember, you got this.
- You deserve the world.
- I'll be here, by your side, through it all.

..... Ordinary & Happy



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>

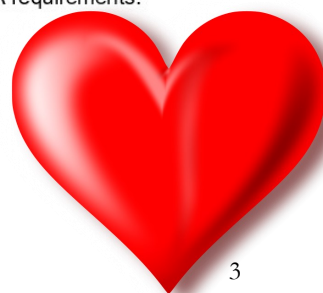


Cost: **FREE!**

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.





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

WISE WISCONSIN Virtual Learning Series



Join us on Wednesdays at 9am from February 5th - March 12th! This free series will have sessions on the following topics:

- **February 5:** Renovate Today, Stay Tomorrow:
How to Successfully Age in Place
- **February 12:** The Wisconsin Naturalist Program
- **February 19:** Inflation's Impact on Finances
- **February 26:** 8 Dimensions of Wellness
- **March 5:** The Art of Caregiving
- **March 12:** Edible Landscaping

To register, go to:
<https://go.wisc.edu/85171v>

Contact, Sara Richie,
Life Span Program
Manager, at
sara.richie@wisc.edu
with questions about
the series.



For archived recordings and program descriptions, go to:
<https://aging.extension.wisc.edu/programs/wise-wisconsin-program/>



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, February 15th, 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 American Job Center[®] 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.

Parent Support Group



be kind.

Parent & Caregiver Support Group NAMI Fox Valley (National Alliance on Mental Illness)

- Relaxed, trusting & safe environment
- Share with & support others who empathize
- Share strategies & coping skills
- Discover community resources



Registration Requested
Walk-Ins are Welcomed

Join Us!
2nd Monday of Every Month
6:00-7:30 pm

Jan 13 Feb 10 Mar 10
Apr 14 May 12 Jun 9

Community Early Learning Center
313 S. State St, Appleton



IN-PERSON IN APPLETON

For Parents/Caregivers of school-aged children with behavioral or mental health challenges

Cost: FREE

Free Onsite Childcare

Register Online:
www.familyservicesnew.org/parenting-classes

Contact Us:
Vivian Flanagan
NAMI Fox Valley Program Coordinator
Vivian@namifoxvalley.org
(920) 740-3499

Parent Connection is a program of Family Services of Northeast Wisconsin
1810 Appleton Road, Menasha, WI 54952
36 Broad Street, Suite 150, Oshkosh, WI 54901
607 E. Elizabeth Street, Shawano, WI 54166



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



WHAT SKILLS CAN I LEARN?

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



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.



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?

Contact us to learn more:

920-278-9264

www.fsc-corp.org/WIOA

foxvalleywioa@fsc-corp.org



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 800-947-3529. 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.



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

Call or go online to schedule an appointment!

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

A proud partner of the [American Job Center](http://www.AmericanJobCenter.com) network

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



Self-Love Ideas *that* Only Take 5 Minutes

..... Ordinary & *Happy*

SIMPLE

- Try a Short Guided Meditation
- Write in Your Journal for a Few Minutes
- Practice Deep Breathing for a Few Minutes
- Look at the Stars for a Few Minutes
- Make Yourself Your Favorite Tea
- Close Your Eyes & Imagine a Peaceful Place
- Step Outside for Fresh Air
- Write Down Three Things You're Grateful For

MOVE

- Reach for the Sky and then Touch Your Toes
- Dance to Your Favorite Song
- Practice Shoulder Rolls
- Hold a Power Pose for Confidence
- Adjust Your Posture in Your Chair
- Hold 5 Simple Yoga Poses for 1 Minute Each
- Try Simple Movements like Jumping Jacks
- Walk Around Your Garden
- Water a Plant

CALMING

- Brush Your Pet
- Clean Up Your Computer
- Sit in a Cozy Nook at Home and Reflect
- Add a New Image to Your Vision Board
- Sing a Song Out Loud
- Close Your Eyes and Rest for 5 Minutes
- Apply Moisturizer to Your Face and Hands
- Massage Your Wrists
- Doodle for a Few Minutes

ENJOYABLE

- Light a Scented Candle
- Listen to an Inspirational Speech
- Play Your Favorite Song
- Read a Motivational Quote to Yourself
- Brainstorm Ideas for Your Bucket List
- Sketch What You See Out of the Window
- Doodle in a Notebook
- Color a Page in a Coloring Book
- Soak Your Feet in Warm Water

POSITIVE

- Visualize Good Things in the Future
- Read a Positive News Story
- Write a Positive Note to Your Future Self
- Recall a Happy Memory in Detail
- Take a Selfie of Yourself Smiling
- Look at Art that Inspires You
- Sew a Button Back on a Piece of Clothing

COZY

- Massage Your Palms with Your Thumbs
- Put on Comfy Pajamas
- Cuddle with a Hot Water Bottle
- Organize Your Phone Photos to Be Printed
- Update Your Playlist with a New Song
- Watch a Scene from a Childhood Movie
- Write a Shopping List for Comfort Foods
- Put a Gift for Yourself in Your Online Basket

DECLUTTER

- Make a Leftover Fruit and Greens Smoothie
- Organize a Drawer
- Write One Thing You Will Achieve Today
- List Everything You Have Achieved Recently
- Reorganize Your To-Do List
- Quickly Tidy Your Desk
- Write Down Everything in Your Head
- Quickly Review Your Weekly Budget
- Tidy Your Email Inbox
- Choose One Item of Clothing to Donate

MINDFUL

- Read a Few Pages of a Book
- Solve Brain Teasers
- Turn a Diffuser on at Home
- Paint Your Nails
- Listen to Ambient Sounds
- Practice a New Language in an App
- Take a Stroll in the Backyard
- Take a Quick Stretch Break
- Repeat a Personal Mantra in the Mirror

SOCIAL

- Text a Friend a Sweet Message
- Change Your Status to Something Positive
- Send a New Song to Someone
- Send a Get-Together Suggestion to Friends
- Write a Kind Note for Someone
- Have a 5-Min Video Chat with a Loved One
- Play a Turn-Based Online Game
- Share a Funny Meme with a Friend
- Tell Someone You Love Them

EASY

- Just Sit in Silence and Be Present
- Prepare a Jug of Water with Lemon Slices
- Work on a Lego Set or Model
- Go for a Very Quick Walk
- Cuddle with Your Pet
- Buy Yourself a Pair of Soft Slippers
- Write Your Name in a Cursive Font
- Listen to the Sound of Running Water

ENERGY SERVICES FOR WINNEBAGO COUNTY



WHO MAY QUALIFY FOR HOME ENERGY ASSISTANCE

- ✓ Households that pay heating costs directly to a fuel or utility company and have an active utility account. Households whose heating costs are included in their rent, may qualify.
- ✓ Students enrolled at least part time have additional eligibility requirements. Please contact us for more information.



NEW ENERGY ASSISTANCE GROSS INCOME GUIDELINES FOR THE PREVIOUS ONE MONTH

NUMBER IN HOUSEHOLD	GROSS INCOME LIMIT (1 MONTH)
1	\$3,061.08
2	\$4,002.92
3	\$4,944.83
4	\$5,886.75
5	\$6,828.58
6	\$7,770.50
7	\$7,947.08
8	\$8,123.67

✓ Households whose total gross income for the ONE MONTH immediately preceding the month of application are at or below the amount shown for your family size (see income guidelines).

Energy Services FOR Winnebago County

For over 4 decades we have seamlessly provided government, utility-supported and charitable energy assistance grants to those most vulnerable who are reluctant to reach out. Working closely with county HHS, ADRC and other energy assistance service providers, including the Low Income WX providers and the Home Energy Rebate program, together we are committed to providing the highest level of assistance and services possible for those in need.

While you may not ask for it, we want you to know, we are here to help.

No Wisconsin resident should ever have to face the challenge of living without heat and power or face homelessness.

For a hand up, apply today.

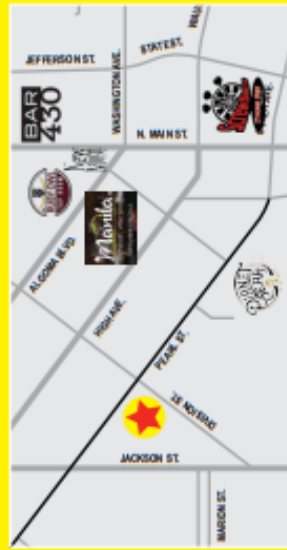
Keeping the **HEAT & POWER** on for those most in need in your community!

Our experienced team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

CALL TODAY 920-231-0600

303 Pearl Ave, Ste. D Oshkosh, WI 54901

*This site is fully accessible.



LOW AND FIXED INCOME HOUSEHOLDS MAY ALSO QUALIFY FOR:

LIHEAP Crisis Energy Assistance Funds

• For those w/ special unmet needs additional LIHEAP crisis, KWW/CF, Heat For Heroes, or utility charitable funds may also be available. ~Call/ 1-800-506-5596 or visit www.heat.help

Low Income Weatherization/LIHEAP Emergency Furnace Assistance

Wisconsin's Division of Energy Services oversees the Wisconsin Weatherization Assistance Program (WAP). WAP provides energy conservation services in eligible households to help reduce home energy costs and save energy. Work performed often includes insulation, sealing air leaks, installation of energy-saving products, and repair or replacement of inefficient furnaces or other appliances.

Triple P Program



♥happy♥
Valentine's
 ♥day♥

Join us for Triple P (Positive Parenting Program)

- Triple P shares knowledge and strategies to help parents/caregivers build skills and confidence.
- *Do you struggle with behaviors now?*
- *Or do you want to get ahead of challenging behaviors?*

Wednesday, February 12 | 6:00-8:00 pm
 Managing Fighting & Aggression

Wednesday, March 12 | 6:00-8:00 pm
 Dealing with Disobedience

Wednesday, April 9 | 6:00-8:00 pm
 Developing Good Bedtime Routines

Wednesday, May 14 | 6:00-8:00 pm
 Hassle-Free Mealtimes with Children

Wednesday, June 18 | 6:00-8:00 pm
 Hassle-Free Shopping with Children

IN-PERSON IN APPLETON



Attend all 5 dates
 Or just those of most interest to you

For Parents/Caregivers of Children
 Ages 0-12

Cost: FREE

Free Onsite Childcare

Limited spots so register soon

Register Online:
www.familyservicesnew.org/parenting-classes

Contact Us:
workshops@familyservicesnew.org
 (920) 739-4226 ext. 127



Small changes,
Big differences.



Join us for Triple P **FEAR-less** to help as you raise kids with anxiety

- Learn and practice the Triple P (Positive Parenting Program) FEAR-less strategies available for parents/caregivers of children ages 6 to 14.
- Increase competence in promoting healthy development and managing common behavior problems related to anxiety.

Plan to attend all 6 dates

Tuesdays | 6:00-8:00 pm

February 4, 11, 18, 25, March 4, 11

- Understanding Anxiety
- Promoting Emotional Resilience
- Setting a Good Example & Encouraging Realistic Thinking
- Overcoming Avoidance
- Responding to Children's Anxiety
- Constructive Problem Solving & Maintaining Gains

Register Online:

www.familyservicesnew.org/parenting-classes

Contact Us:

workshops@familyservicesnew.org
(920) 739-4226 ext. 127



IN-PERSON IN APPLETON



For children with anxiety ages 6-14

Cost: FREE

Free Onsite Childcare

Limited spots so register soon

IMPORTANT NOTE:

- Registration Closes ONE Week before the first session.
- Plan to complete an Online Assessment for your facilitator.
- We will contact you to schedule a phone or video call with your facilitator before the first session.

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

Discipline Strategies — **Mothers will learn** — **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?

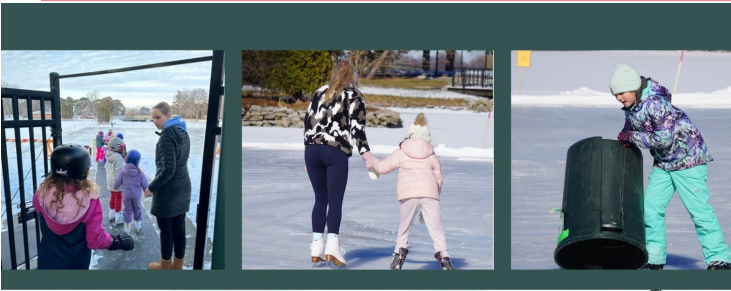
- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Give your children a healthy environment to thrive
- Gain support from other parents

“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

Family Fun!



WINTER SKATING

Menominee Park Zoo's Lagoon

LAKEFLY CAFE WARMING SHELTER
(As weather permits!)

Saturdays and Sundays
12 to 4 pm
Opening Saturday, January 11

- FREE SKATE RENTALS
- CONCESSIONS AVAILABLE FOR PURCHASE
- WARM UP INSIDE THE LAKEFLY CAFE

Winter Skating at Menominee Park Zoo, 520 Pratt Trail, Oshkosh
The rink will be open when weather and ice conditions permit. Attendants, rentals, and warming shelter only available on weekends.

OPEN SKATE
MONDAY - FRIDAY
10 AM TO 2 PM

- NO SKATE RENTALS
- WARMING SHELTER WILL BE CLOSED
- NO ATTENDANT ON SITE

Oshkosh Parks Department 920.236.5080

Rink closures will be posted on Facebook.com/MenomineePark

the **Y** MCA
FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE FAMILY FUN!
A BOUNCE HOUSE*
BASKETBALL,
ICE SKATING*
SWIMMING
& MORE
*20TH AVE ONLY

FREE COMMUNITY NIGHTS

SPECIAL!
Join the Y for fun all year long! Families that join the Oshkosh Y as new members on Community Nights will PAY NO JOINER FEE! That's a savings of up to \$75!

FREE & OPEN TO THE ENTIRE COMMUNITY! 5-7 p.m. SAVE THESE DATES!

<p>JANUARY 18 Minute to Win It! • 20th Avenue •</p>	<p>FEBRUARY 8 Pirate Adventures • Downtown •</p>	<p>MARCH 15 DIY Trail Mix & Bracelet Making • 20th Avenue •</p>	<p>APRIL 26 Flick & Float: Moana 2 • 20th Avenue •</p>
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OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
DOWNTOWN 236-3380 • 324 Washington Ave. 20TH AVENUE 230-8439 • 3303 W. 20th Ave.

the **Y** MCA

KIDS! SPEND THE NIGHT

YOUTH LOCK-INS = PARENTS NIGHT OUT!

FRIDAY FEB 7

PLAN AHEAD! REGISTER! NOW!

WIN-WIN! Activities include ice skating, swimming, soccer, movies, games and so much more!

A late night snack and breakfast are provided. Please bring a swim suit, towel, warm clothing (for skating), sleeping bag, pillow and pajamas.

20 DROPOFF: 7:00 p.m.
PICKUP: 9:00 a.m.

Dropoff & Pickup will be in Multipurpose Room 1
AGE 8-12
FEE \$30 M • \$40 N

Pre-registration is required (min. of 20 required).
Please register online or at the front desk.

FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.
Through FOR ALL Financial Assistance, everyone—regardless of their financial circumstances—can belong to our Y, participate in programs, and improve their lives.

the **Y** MCA
FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM UP WITH EASY + DELICIOUS SOUPS!

WARM COZY SOUPS

Join instructor Kara Landgraf for a class that will warm you up in this cold Wisconsin winter. Participants will get hands on practice with their kitchen skills while making some delicious soups and egg noodles from scratch.

ONTH MENU:

- Chicken noodle soup from scratch
- Homemade egg noodles

TUESDAY, FEBRUARY 4
5:00-6:00 p.m. • DT Teaching Kitchen
FEE: \$5 Member • \$8 Non-Member

Call 920-236-3380, stop at the front desk of either location, or REGISTER ONLINE!

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