



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
May and June, 2024



Informational and Training Opportunities

Waukesha County Foster Parent Information Sessions

Open to Waukesha County residents interested in learning more about foster care in our community. Also required for any new foster parents. If you are a two-parent household, both parents must attend. The information sessions will be held virtually using Microsoft Teams.

Date: Wednesdays - May 8, June 12, 2024

Time: 6:00 p.m. - 7:00 p.m.

Date: Thursdays - May 23, June 27, 2024

Time: 12:00 p.m. - 1:00 p.m.

For Additional Information and to Register: www.wcfostercare.com

Grandparents Raising Grandchildren Peer Support

This group welcomes grandparents, guardians, and caregivers to learn, connect, share resources, while navigating the experience of raising grandchildren.

Where: Waukesha County Health and Human Services Center, 514 Riverview Ave, Waukesha, WI

Date: Third Wednesday Each Month - May 15, June 19, 2024

Time: 6:30 p.m. - 7:30 p.m. (Free dinner served at 6:00 p.m.)

For Additional Information and to Register: Contact Linda Senger at 262-548-7698 or lsenger@waukeshacounty.gov. You can also visit: <https://www.healingheartswisconsin.org/support-groups/grandparentsgroup/>.

Waukesha County Caregiver Community

Bringing together caregivers of children and adolescents with social, emotional, behavioral, and/or mental health challenges. These sessions are held virtually using Microsoft Teams.

Date: Last Thursday Each Month - May 30, June 27, 2024

Time: 6:00 p.m. - 7:00 p.m.

For Additional Information and to Register: Contact Kirsten Jones at kejones@waukeshacounty.gov.

Virtual Group: Foster Parent Support

Please join us for this opportunity to connect with other Wisconsin foster parents and take time out of your day to have some fun!

Date: Tuesday, May 7, 2024 - Planning Summer Transitions

Date: Tuesday, June 4, 2024 - Open Discussion

Time: 11:00 a.m. - 12:00 p.m.

Link to Register: <https://www.eventbrite.com/e/virtual-group-foster-parent-support-registration-763552926357>

Virtual Group: KINnect Relative Caregivers of Children

Please join us for this opportunity to connect with other relative caregivers who are the primary caregivers of their grandchildren, nieces, and nephews as a way to share the joys and challenges of being a relative caregiver.

Date: Thursday, May 23, 2024 - Navigating Birth Parent Relationships

Date: Thursday, June 27, 2024 - Open Discussion

Time: 11:00 a.m. - 12:00 p.m.

Link to Register: <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-tickets-114153498186?>

Live Webinar: Blocked Care: What To Do When You Run Out of Compassion

If you are a parent or caregiver, are you ashamed and bewildered by your lack of compassion? If you're a professional, are you confused by parents who seem resistant to your suggestions? There is neuroscience behind why parents may feel ineffective and may experience a sense of apathy called block care. Blocked care is a self-protective mechanism in a parent's nervous system activated by excessive stress. This suppresses the higher brain functions needed for caregiving, causing their nervous system to develop a defensive stance toward their child. In this session, we'll use neuroscience to explain how parents can shed their shame and make powerful changes, so they can reclaim the compassionate parent they want to be.

Date: Thursday, May 16, 2024

Time: 12:00 p.m. - 1:30 p.m.

Link to Register: <https://www.championclassrooms.org/courses/live-webinar-blocked-care-what-to-do-when-you-run-out-of-compassion>

Virtual Group: Trauma-Informed Parenting



This group is especially for caregivers who are: parenting youth with trauma histories and/or parenting youth with emotional or behavioral challenges and/or diagnoses such as RAD, DMDD, and ODD. There will be a monthly focus area for discussion and/or guest speakers to support ongoing learning, but always plenty of time for connection and support. Please note that this group is specifically designed to provide support for the caregivers of youth with a high level of presenting need because of past trauma histories, emotional/behavioral challenges or diagnoses. You will be asked to confirm

that this applies to you within your registration. Group size is limited. This group is facilitated by Wisconsin Family Connections Center (WIFCC) Case Manager Allison Kunkel, MS, APSW. If you have any questions, please email wifcc@cclse.org.

Date: Third Monday Each Month - May 20, June 17, 2024

Time: 12:00 p.m. - 1:00 p.m.

Link to Register: <https://www.eventbrite.com/e/virtual-group-trauma-informed-parenting-tickets-144093743265>

Live Webinar: Addiction, Family Separation, and the Path to Healing

Join us for this important discussion about how individuals separated from their family of origin experience a higher risk for addiction. Drawing from research and his own experience, presenter David Bohl, will discuss this link and its impact on families. In this webinar, caregivers will gain a sense of understanding about the complexity and connection of family separation and addiction, as well as trauma-informed considerations about how they can play a part in healing, treatment, and recovery. Presented by: David B. Bohl, MA, Clinical Substance Abuse Counselor (CSAC) and Master Addiction Counselor (MAC).

Date: Tuesday, June 18, 2024

Time: 6:00 p.m. - 7:30 p.m.

Link to Register: <https://www.championclassrooms.org/courses/live-webinar-addiction-family-separation-and-the-path-to-healing>

SUPPORT WAUKESHA COUNTY FOSTER CARE!

May is Foster Care Month!



Show Your Support with a Yard Sign!

May is Foster Care Month, and we need YOUR HELP spreading the word about the need for foster homes during our Sponsor a Sign recruitment Campaign! We will provide a yard sign, and you select the location for displaying the sign. We ask that during your sponsorship, you maintain the integrity of the yard sign. We want the signs to be in good condition and well cared for given that the yard signs reflect upon the children in our foster care program. Yard signs can be placed anywhere in Waukesha County. Could be a residence, business, church, or other organization. Think about a location that would have a high volume of exposure, such as near a drive through line or a home on a busy street. The sponsorship will last from May 1, 2024 until October 1, 2024. You are welcome to continue to sponsor the sign past October 1, if you are committed to ensuring it is well maintained. If you are interested in sponsoring a sign(s), please register for 1-2 signs via the sign-up at the link below by May 31. A staff member will "door deliver" your sign(s) to you!

<https://www.eventbrite.com/e/sponsor-a-yard-sign-foster-care-campaign-tickets-886434428237>

Field 99 Soccer Fundraiser

Field 99 and several community partners are coming together to give back and "play it forward" for a good cause. Field 99 elite level soccer coaches and professional players are offering a 45-minute soccer training session where proceeds are donated to Waukesha County Foster Care for athletic scholarships within the community. Tickets are for the 45-minute clinic.

Where: Princeton Club New Berlin, 14999 W. Beloit Rd, New Berlin

Date: Friday, May 10, 2024

Time:

5:00 p.m. - Ages 7-11 years

6:00 p.m. - Ages 12-14 years

7:00 p.m. - Ages 15 and up

Cost: \$25.00 per child

For Additional Information and to Register/Pay: <https://www.facebook.com/events/756198569808463>

Newsletter Updates!

Same great newsletter, even more content! By offering the Resource Family Connection online, we are able to offer you more content! That means more training opportunities and more fun activities in the community!

Keeping Busy!

Brewers Game

Fostering Communities is hosting free Brewers games for those connected to foster care. Join other families for a free fun-filled night at the stadium and cheer on your Milwaukee Brewers!

Where: America Family Field, 1 Brewers Way, Milwaukee

Date and Time:

Thursday, May 9, 2024 - 6:40 p.m.

Tuesday, May 28, 2024 - 6:40 p.m.

Wednesday, May 29, 2024 - 6:40 p.m.

Cost: Free

For Additional Information and to Obtain Tickets: <https://www.fostering-community.com/events>

Free Family Art Workshops

Projects usually take around 30 minutes to complete. Projects will vary from month to month, but all will be the perfect opportunity for families to come together and create art. Space is limited to 40 participants. Pre-registration required.

Where: Sharon Lynne Wilson Center for the Arts, 19805 W. Capitol Dr, Brookfield

Date: Second Saturday Each Month - May 11, June 8, 2024

Time: 10:00 a.m. - 11:30 a.m.

Cost: Free

For Additional Information and to Pre-Register: <https://www.wilson-center.com/free-family-art-workshops>

Buchnerfest

Help us kick off the Waukesha Public Library Summer Library Program and the opening of Buchner Pool! Enjoy story times, activity stations, the Fairy Godmother Sisters, and sign up for our Summer Library Programs. Done in partnership with the Waukesha Parks, Recreation, and Forestry Department, and the Waukesha County Dairy Promotions Committee.

Where: Buchner Park, 231 Oakland Ave, Waukesha

Date: Saturday, June 8, 2024

Time: 10:00 a.m. - 2:00 p.m.

Cost: Free

For Additional Information: <https://www.waukesha-wi.gov/residents/buchnerfest.php>

Annual Brookfield Kids Fest

Brookfield Kids Fest 2024 is a delightful event for families with endless free fun! Let your little ones bounce and climb to their hearts' content in bounce houses and with rock-climbing. Watch their faces light up as they transform into their favorite animals or characters with balloon animals and face painting. Catch the talented Magic Morgan live on stage at 1:00 p.m. Explore a variety of fun activities, games, crafts, and treats offered by local vendors. Savor fresh grilled food, hot buttery corn, and refreshing beverages from the Village Grill. This event promises fun and excitement for all ages, making it a perfect family outing!

Where: McCoy Park, 19025 Wilderness Way, Brookfield

Date: Saturday, June 15, 2024

Time: 11:00 a.m. - 3:00 p.m.

Cost: Free

For Additional Information: <https://villageofbrookfieldwi.com/kids-fest/>



Let's Cook!
Berry Parfait
 By: tasty.com



Take advantage of ripe berries and make yourself your very own Brain Power Berry Parfait! An added bonus is that the kiddos can put together their own! The fun thing is, there is no real "right" way to do this... granola first? Yogurt first? Maybe

even a layer of bananas first! You can mix up the order every single time! And, don't limit yourselves! Are you nuts for coconuts? Add some coconut shavings! Need a little chocolate boost, add some mini chocolate chips!

Ingredients:

- ⊗ 1 cup Greek Yogurt
- ⊗ 1/2 cup Granola
- ⊗ 1 Banana, Coined
- ⊗ 1/2 cup Strawberry, Hulled and Quartered
- ⊗ 1/2 cup Raspberry
- ⊗ 1/2 cup Blueberry
- ⊗ Honey



Instructions:

1. In two glasses, divide the yogurt and top with a layer of strawberries and bananas.
2. Continue with another layer of yogurt, granola, and berries.
3. Drizzle with honey.
4. Enjoy!



Let's Cook!
Turkey Ranch Roll-ups
 By: thepinningmama.com

Does it get any better than refreshing turkey, bacon and cheese rolled up in a tortilla on a hot summer day? Heading for a picnic and looking for something simple to prepare and pack in the cooler? Look no further!

Ingredients:

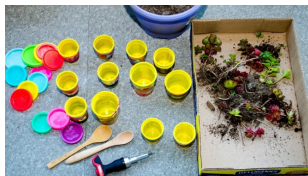
- ⊗ 4 - 12" Soft Tortillas
- ⊗ 8 oz. package Cream Cheese, Softened
- ⊗ 1 Tbsp Ranch Powder Mix
- ⊗ 1/4 cup Sharp Cheddar Cheese
- ⊗ 1/4 cup Sweet Bell Pepper, Finely Chopped
- ⊗ 2 Tbsp Red Onion, Finely Chopped
- ⊗ 1/4 lb. Turkey Breast Deli Meat, Very Thinly Sliced



Instructions:

1. Mix softened cream cheese with the ranch powder, cheddar cheese, bell pepper, and onion until well combined.
2. Spread about 2 Tbsp of this mixture on each tortilla.
3. Lay 3-4 slices of turkey breast flat on top of the cheese mixture to cover in a single layer
4. Roll the tortilla up gently, yet tightly, to make sure it holds together and keeps its shape.
5. Use a serrated knife to gently slice the roll up into 5-6 slices.
6. Eat immediately or refrigerate to firm up and serve later.

3. Let the kids have fun mixing and matching colors and patterns and wrapping the containers in decorative tape. You can wrap the tape around or try putting vertical strips in to mix it up a bit. There is no wrong way - Just have fun and create!
4. Punch drainage holes in the bottom of the containers. This should be done by an adult. Put about 4 holes in each container to make sure that the water has lots of space to drain out.
5. You want to fill your containers about halfway with dirt. If using flower seeds, plant per instructions on packet. If using succulents, don't fill it up more or there won't be enough room for the plant and its roots.
6. Place your plant in the planter and then fill up the rest of the way with more dirt. Water your plants right away. Place the lids underneath and admire their cuteness!



What You'll Need:

- ⊗ Old Play-Doh Containers (Mini or Standard Size)
- ⊗ Decorative Tape
- ⊗ Scissors
- ⊗ Dirt
- ⊗ Spoons
- ⊗ Pack of Flower Seeds of Choice or Succulents
- ⊗ Screwdriver (to punch drainage holes in the Bottom of the containers)

What You'll Do:

1. Choose your Play-Doh containers. Can be mini ones and slightly bigger ones. Make sure your containers are washed and dry before you begin. Choose your decorative tape.
2. Give each kid a pair of scissors so they can easily cut the tape. This will be easier for some depending on their age.



Contact Numbers:

Foster Care Social Workers:

Waukesha County Health & Human Services
 262-548-7212

Michelle Lim, Foster Care Supervisor
 262-970-4761

Cassie BeLow262-896-8574
 Brianna Holcomb262-548-7254
 Rhonda Klinger.....262-548-7240
 Jennifer Mantei262-548-7250
 Brittany Sutton.....262-548-7262

Case Management Social Workers:

Denise Hegberg, Ongoing Social Work Supervisor
 262-548-7754

Jennifer Eiler, Ongoing Social Work Supervisor
 262-548-7260

Jamie Proctor, Ongoing Social Work Supervisor
 262-548-7272

Jamie Carter262-548-7264

Kimberly Dudzik.....262-548-7347

Megan Fishler262-896-8570

Emily Kerr262-548-7239

Nicole Laird262-548-7265

Jessica Larsen262-548-7346

Maria Maurer262-548-7345

Jessica Palmersheim 262-896-8281

Cindie Remshek262-548-7281

Elizabeth Russo262-548-7349

Linda Senger262-548-7698

Ashley Vargas.....262-548-7298

Children's Mental Health Outreach
 262-548-7666

Medical Emergency: 911

Family Emergency: 211 or 262-547-3388



If an Allegation of Abuse or Neglect has been made against you, please call:
FASPP
 Norma Schoenberg
 920-922-9627