



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
September and October, 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 - September 11, October 9, 2024

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

Date: Thursdays - September 26, October 24, 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 - September 18, October 16, 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 - September 26, October 31, 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: 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, September 26, 2024 - Family Roles

Date: Thursday, October 24, 2024 - To Be Determined

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: Mental Health 101: An Introduction to the National Alliance on Mental Illness (NAMI) Wisconsin

Join us for an introduction to NAMI Wisconsin. In this webinar, parents and caregivers will learn the differences between mental health and mental illness, different diagnoses and how they can present, as well as guidance on how to assist your child during a mental health crisis.

Date: Thursday, September 5, 2024

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

Link to Register: <https://www.championclassrooms.org/courses/live-webinar-mental-health-101-an-introduction-to-nami-national-alliance-on-mental-illness-wisconsin>

Live Webinar: You Don't Need to be Amazing, Just Better: Creating Supportive Environments for LGBTQ Youth

Join us for this webinar to learn practice ways to support LGBTQ youth, as well as why that support is so necessary. You will learn how to reduce rejecting behaviors to support our youth in a variety of settings, while realizing that perfection is not required. You don't have to know all the answers or fully understand everything to be a supportive adult in a LGBTQ young person's/youth's life.

Date: Tuesday, October 8, 2024

Time: 6:00 p.m. - 8:00 p.m.

Link to Register: <https://www.championclassrooms.org/courses/live-webinar-you-dont-need-to-be-amazing-just-better-creating-supportive-environments-for-lgbtq-youth>

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 questions, please email wifcc@cclse.org.

Date: Third Monday Each Month - September 16, October 21, 2024

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

Link to Register: <https://www.eventbrite.com/e/virtual-group-trauma-informed-parenting-tickets-927924335667>

Parent/Caregiver Support Coffee Meet-Up: Mukwonago

Foster, adoptive, guardianship, kinship, and reunified caregivers! Join us to connect, learn, and share! Join the Wisconsin Family Connections Center for this opportunity to meet with other caregivers and make connections! We will meet at Brew52 in Mukwonago. Each registrant will receive a food or drink purchase of up to \$10. Registration is required for this event. If you have questions, please email Jamie at jsocolick@cclse.org.

Date: Tuesday, September 17, 2024

Time: 9:00 a.m. - 10:00 a.m.

Link to Register: <https://www.eventbrite.com/e/parentcaregiver-support-coffee-meet-up-mukwonago-tickets-918789623497>

Keeping Busy!

Retzer Nature Center Apple Harvest Festival

Whether you are "Team Apple" or "Team Pumpkin" each fall, you are sure to love the Apple Harvest Festival! This family-friendly event is packed with sweet treats, arts and crafts vendors, children's activities, silent auction, scavenger hunt, Horwitz-DeRemer Planetarium shows, live music, and so so much more!

Where: Retzer Nature Center, S14W28167 Madison St, Waukesha
Date: Saturday, September 21, 2024
Time: 9:00 a.m. - 4:00 p.m.
Cost: \$10 CASH ONLY per vehicle
For Additional Information: <https://www.waukeshacounty.gov/appleharvestfestival/>

Harvest Fair

Celebrate Harvest Fair's 31st year with live entertainment on several stages, including local artists, Amphitheater headliners, and the famous lumberjack shows. Activities the entire family will love include Harvest Fair favorites like pumpkin bowling and Make Your Own Scarecrow. Don't miss food galore, featuring many State Fair vendors, plus shopping at the Farmers Market and more!

Where: Wisconsin State Fair Park, 640 S. 84th St, West Allis
Date/Time: Saturday, September 28, 2024; 10:00 a.m. - 11:00 p.m.
Date/Time: Sunday, September 29, 2024; 10:00 a.m. - 6:00 p.m.
Cost: Ages 12+: \$5
Ages 11 and under: Free
For Additional Information: <https://wistatefair.com/harvestfair/>

Doors Open Milwaukee

Doors Open Milwaukee is an annual celebration of Milwaukee's architecture, history, and neighborhoods. The event opens 100+ locations throughout the metro area to tour for free. The list of open access sites will be available online in early September. The event includes 130+ free buildings and some ticket tours ranging from free to \$10 a tour. Enjoy access to landmarks, bell towers, parks, city facilities, fire stations, and much more! Tickets for popular buildings and tours go on sale early September and some do sell out in advance.

Where: 130+ locations in the Metro Milwaukee Area
Date: Saturday, September 28 and Sunday, September 29, 2024
Cost: Free, although some tours require a ticket with cost up to \$10
For Additional Information: <https://historicmilwaukee.org/doors-open/>

Spooky Space

Would you like to meet the stars of Halloween? Monsters, zombies, ghosts are for the Earthlings! We are talking the monsters in space! Black holes, zombie stars, and spectacular ghostly nebulas!

Where: Horwitz-DeRemer Planetarium, S14W28167 Madison St, Waukesha
Date: Saturdays, October 5, 12, 19, and 26, 2024
Wednesday, October 16, 2024
Time: 11:00 a.m. - 12:00 p.m.
Cost: \$5
For Additional Information: <https://hdplanetarium.ticketleap.com/spooky-space/>



Libraries Aren't Just for Books!

Last newsletter, we shared some of the amazing things you can have access to at the library to utilize at the library or check out for at home! Here are some super fun activities that will be held at the Waukesha Public Library coming up! Be sure to check your local library to find any activities in your own back yard! <https://bridgeslibrarysystem.org/>

Where: Waukesha Public Library, 321 Wisconsin Ave, Waukesha
Cost: Activities below are free
Registration: May be Required
For Entire Event Calendar: <https://waukesha.librarycalendar.com/events/month>

PajamaRama

Join Miss Kathy and her lovable puppet friends for cozy bedtime stories. PJs, pillows, and fuzzy slippers optional. Caregivers are required to attend programming with their participating children under age 11.

Room at Library: Children's Program Room
Dates: Tuesdays, September 24, October 8, October 15, October 29, 2024
Monday, October 30
Time: 6:30 p.m. - 7:00 p.m.
Cost: Free
For Additional Information and to Register: <https://waukesha.librarycalendar.com/event/pajamarama-10363>

Tinker Tuesdays

Drop by for special activities geared just for kids. Makers under age 11 must have an adult with them when using Studio 321.

Room at Library: Studio 321
Dates: Tuesday, September 24 and October 29, 2024
Time: 4:30 p.m. - 5:30 p.m.
Cost: Free
For Additional Information and to Register: <https://waukesha.librarycalendar.com/event/tinker-tuesdays-10418>

Kids in the Kitchen

Get hands-on in our kitchen and sample a tasty treat. Kids ages 5-12 are welcome to participate.

Room at Library: Program Room A/B
Dates: Wednesday, September 18 and October 16, 2024
Time: 6:30 p.m. - 7:30 p.m.
Cost: Free
For Additional Information and to Register: <https://waukesha.librarycalendar.com/event/kids-kitchen-10410>

Halloween Hop

Dance the morning away at this spooktacular event! Costumes are encouraged and cookies and juice will be served. Caregivers are required to attend programming with their participating children under age 11.

Room at Library: Program Room A/B
Dates: Tuesday, October 29, 2024
Time: 10:00 a.m. - 10:30 a.m.
Cost: Free
For Additional Information and to Register: <https://waukesha.librarycalendar.com/event/halloween-hop-10381>

Teen Halloween Party

You're invited to a ghoulish time at our Teen Halloween Party. We'll eat pizza, watch *Five Nights at Freddy's*, and enjoy Halloween-themed crafts and games. Costumes are welcome!

Room at Library: Program Room A/B
Dates: Tuesday, October 29, 2024
Time: 6:00 p.m. - 8:30 p.m.
Cost: Free
For Additional Information: <https://waukesha.librarycalendar.com/event/teen-halloween-party-10460>

Aw, Nuts!

Nuts and seeds are highly nutritious and contain high concentrations of many nutrients linked to improved cognitive function. These include vitamin E, zinc, folate, iron, and protein. Studies have also shown that eating nuts can help improve children's diet quality and boost their intake of essential nutrients, such as healthy fats, protein, and fiber. Diet quality is associated with better academic performance and cognitive function. Studies have found that nut consumption is also associated with improvements in certain aspects of cognitive performance in college-aged students. Plus, nuts, seeds, and nut and seed butters are versatile, kid-friendly foods that can help boost the nutrient quality of meals and snacks. Note: Do remain cautious of peanut allergies.

Let's Cook! Trail Mix

By: simplisticallyliving.com and iheartnaptime.net

Trail Mix is a deliciously crunchy, sweet, and salty snack mix that is perfect for on-the-go travel and the kids will love it! It is easy enough that kiddos can make these recipes themselves or even get creative coming up with their own customizable combinations. Don't like M&Ms? Then switch them out for chocolate chips. Switch the Cheez-Its for Goldfish or other cheesy snack. Want to make a back-to-school version? Toss in the Scrabble Cheez-Its. The possibilities are endless! Be sure to verify your child's classroom is nut free if sending a nut version of trail mix to school. If their classroom is nut free, you can keep it at home as an after-school snack or you can exclude the nuts.

Instructions:

1. Combine all the ingredients in a medium-sized bowl (2 quarts or larger) and stir gently until all ingredients are evenly distributed.
2. Store trail mix in an airtight container or portion into individual servings. Keep at room temperature.



Ingredient Options:

With trail mix, there are no right or wrong options! You can choose whatever ingredients your family loves! Here are just a FEW ideas to help you!

- ⊗ Pretzels
- ⊗ Mini Marshmallows
- ⊗ Crackers (Goldfish, Cheez-Its, Teddy Grahams)
- ⊗ Cereal (Chex, Cheerios, Golden Grahams)
- ⊗ Seeds (Sunflower, sesame, pumpkin)
- ⊗ Coconut (Flakes, chips)
- ⊗ Granola
- ⊗ Popcorn
- ⊗ Dried Fruit
- ⊗ Nuts
- ⊗ Chocolate (M&Ms, chocolate chips)
- ⊗ Raisins (Plain, yogurt-covered)

Let's Craft! Upcycled Autumn Lanterns

By: NoWoodenSpoons.blogspot.com

As the days are getting shorter (and colder!), illuminate the darkness and add some fun fall décor to your home at the same time!

What You'll Need:

- ⊗ Leaves
- ⊗ Glass Jar (Reusable spaghetti, jelly, or other glass jar works great!)
- ⊗ Mod Podge
- ⊗ Paint Brush
- ⊗ Candles (or an LED Tea Light) (If you want to stick with the fall theme, pick a fall-y scent like pumpkin spice!)
- ⊗ Newspaper to Protect Table (optional, but wise! Haha)
- ⊗ Rubber Bands for Stubborn Leaves (optional, but helpful to tame the stubbornness!)

What You'll Do:

1. Gather some colorful fall leaves. Make sure they are dried well and not damp from being outside on the ground.
2. Lay them between pieces of newspaper and stack heavy books on top of them for a few days to press them flat and help dry them out.
3. Once the leaves have dried out, coat your jar with a layer of Mod Podge.
4. Break off the hard stem of your leaves and place the leaves on the outside of the jar.
5. Coat with another layer of Mod Podge.
6. Let the jars dry for 24 hours. If needed, go back over the stubborn edges that want to pop up with Mod Podge and help hold them down tight to the jar using rubber bands.
7. Place candles inside and light them for a pretty autumn lantern!



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 Klinger262-548-7240

Jennifer Mantei262-548-7250

Brittany Sutton262-548-7262

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

Kelsey Clothier262-896-8218

Kimberly Dudzik262-548-7347

Megan Fishler262-896-8570

Emily Kerr262-548-7239

Nicole Laird262-548-7265

Jessica Larsen262-548-7346

Maria Maurer262-548-7345

Jessica Palmersheim262-896-8281

Cindie Remshek262-548-7281

Elizabeth Russo262-548-7349

Sabrina Schultz262-548-7897

Linda Senger262-548-7698

Ashley Vargas262-548-7298

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