

### So much is happening at River Source Family Center!

**W**e have some exciting news to share with you about a new program at River Source Family Center! River Source has received a Childcare Development Block grant which enables us to serve more families in the community by partnering with regulated in-home family and childcare centers in Chippewa Falls and surrounding rural areas. It allows us to provide services to working families who typically may not be able to attend our activities. Two of the programs/sessions that are being offered are the **Be Strong Family Parent Café** and **Calm Down Toolbox** workshops.

**Be Strong Family Parent Café** promotes positive relationships between parents and children by introducing and building upon the five research-based protective factors. (see below)

We are currently working with Milestones Childcare Center in Chippewa Falls and Spots and Stripes Early Learning Center in Bloomer. Ms. Amanda and Ms. Brenda held a Calm Down Toolbox “intro session” for the childcare teachers in January and are looking forward to facilitating the parent-child sessions.



Children working with Calm Down Toolbox

River Source Family Center is not only able to offer these sessions on-site but also provide all materials needed for the sessions, which include:

*A family style meal, childcare, and a \$10 gas card for Parent Café participants*

*All supplies, “tools”, crafts and a social-emotional themed book for Calm Down Toolbox participants*

In February and March, River Source Family Center will have Parent Café and Calm Down Toolbox sessions scheduled for in-home family childcare providers and the families they serve.

**Calm Down Toolbox** sessions introduce various methods of identifying and understanding big emotions while providing the tools needed to help strengthen a child’s social-emotional development.

To learn more about Parent Café or Calm Down Toolbox, please contact Amanda at River Source.

~Ms. Amanda & Ms. Brenda  
Family Connection Facilitators



Ms. Brenda & Ms. Amanda

### Baby and Me



#### Do you have a new addition to your family? Check out Baby & Me!

River Source Family Center collaborates with Community Partners to provide resources to all our families. We have recently teamed up with Chippewa County Public Health Nurses to provide topics surrounding infant care during our first gathering of the month for our Baby & Me class. This class is designed for Parents/caregivers and their infants up to one year of age. This program is **free to the community** and offers support, connections, and topics based on the needs of your family and infant.

**Baby & Me meets the first and third Wednesdays of the month from 10am-11am.**

#### What is Period of Purple Crying?

Did you know that healthy babies can cry *A LOT* in their first five months of life? The Period of **PURPLE** Crying is a new way to understand this crying. It explains what is normal and what you can expect when babies cry.

The word **Period** represents that crying has a beginning and an end.

River Source Family Center received staff training and funding to provide Period of Purple Crying materials, resources, and new baby gifts to families in Chippewa County.

To schedule an appointment at River Source for your **New Baby visit, information, and free gift**, call us at 715.720.1841!

For more information on infant crying, go to [dontshake.org/purple-crying](http://dontshake.org/purple-crying).

#### Purple stands for:

- P**-peak of crying
- U**-unexpected
- R**-resists soothing
- P**-pain-like face
- L**-long lasting
- E**-evening

#### What are the Five Protective Factors?



While every family has challenges, they also have strengths that they can draw upon during difficult times. Understanding how to build upon your family’s strengths in **five essential areas** can help you feel more confident, less stressed and better connected to your children. For more information go to: <https://fiveforfamilies.org/>

##### 1. Helping kids understand feelings

Showing your kids how to name, understand and manage emotions.

##### 2. Parenting as children grow

Learning to support your child’s growth at every age and stage

##### 3. Connecting with others

Building a network of people who care about you and your family.

##### 4. Build inner strength

Keeping it together—and even growing stronger—during times of stress.

##### 5. Knowing how to find help

Seeking support in times of need and knowing how to accept help when it's offered.

#### Wear Blue on March 31<sup>st</sup>

Family Strengthening Month begins April 1st. It is a time to promote and enhance the success of programs that support children and families. Research has shown us that providing support to families is an effective way to prevent child abuse and neglect. Our community partnerships and public awareness foster the goal of increasing the community’s understanding of the protective factors. To kick off the month, let’s **wear blue on March 31** to support strong families!

Family strengthening occurs all year so continue to check out the programs at River Source Family Center as we include the **Five Protective Factors** into many of our activities!



**Chippewa Falls main office**  
715-723-1138 or 1-800-400-7020  
familysupport@fscf.org

**Administrative**

**Executive Director-Geri**  
**Assistant Administrator-Sue**  
**Office Manager-Glori**  
**Resource Development**  
**Coordinator-Lori**

**Domestic Violence Program**

**Domestic Violence Program**  
**Director-Jeni**  
**Domestic Violence Advocates-**  
Cara & Erica  
**Domestic Violence Youth Advocates-**  
Victoria & Krista

**River Source Family Center**

715.720.1841

**Parent Services Program Director-**  
Bece

**Parent Educator-Robin**

**Rural Family Connections Facilitator-**  
Amanda R.

**CF Family Connections Facilitator-**  
Brenda

**Chippewa Falls satellite office**

**Sexual Assault Program**

**C.F. Sexual Assault Advocate-**  
Morgan  
**Human Trafficking Case Manager-**  
Kenzie

**Eau Claire offices**

715-830-0188 or 1-888-407-7811

**Sexual Assault Program**

**Sexual Assault Program Director-**  
Amanda S.

**Sexual Assault Advocate-Annette**  
**UWEC CASA Victim Services**  
**Coordinator-Hannah**

**Offices within the**  
**Chippewa Falls School District**

**Violence Prevention Education**  
**Program**

**Prevention Educator-**  
**Family Support & Resource**  
**Coordinator-Ellen**  
**Family Crisis Support Specialist-**  
Kristin

 **You deserve to live a life**  
**free from violence**

**April is Sexual Assault**  
**Awareness Month**

The theme of Sexual Assault Awareness Month 2023 is **“Drawing Connections: Prevention Demands Equity.”** This April's campaign calls on all individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect.

**Watch our social media pages**  
**(Facebook, Instagram & Twitter)**  
**for information and local events!**



Family Support Center is a proud member of the Wisconsin Anti-Human Trafficking Task Force!

The task force is a multidisciplinary team comprised of advocacy, law enforcement, and prosecution, with the goal to enhance collaboration and center the voices of survivors. We hope that through these efforts we can continue to see an increase in survivor identification and the connection to necessary resources, like advocacy and mental health support.



**HUMAN TRAFFICKING**  
**MYTHS AND FACTS**

January is Human Trafficking Awareness Month. We often see messages of trafficking which do not accurately reflect the realities of many survivors' experiences.

**Myth:**

Traffickers are abducting strangers or children in populated areas like parking lots or playgrounds.

The majority of survivors had an existing relationship with their trafficker prior to their trafficking experience. This often looks like a family member, a trusted adult, a significant other, someone's drug dealer, or their boss.

**Fact:**

**Myth:**

Traffickers target single women with children in locations such as Wal-Mart, Target, or gas stations by placing zip ties on their vehicle or stickers on their license plate.

Traffickers look for vulnerabilities such as substance use, limited familial support, and poverty to develop relationships, establish control, and exploit their victims.

**Fact:**

The best way to protect yourself from being trafficked is to be educated on what the realities of trafficking truly look like and avoiding harmful stereotypes and misinformation. For more information on myths and facts related to human trafficking, check out this link: <https://humantraffickinghotline.org/en/human-trafficking/myths-facts>

**January was**  
**Stalking Awareness Month**

**J**anuary may have been a slow month for a lot of folks: holidays ended, families went home, and you maybe got your own home back to its peaceful bliss. Yet January was not slow for one of our Advocates, Cara, as she worked on raising community knowledge about stalking as January is historically known as **Stalking Awareness Month.**

Throughout the month you may have seen Cara's outreach material which included: twenty-two displays around Chippewa County in locations like libraries, health clinics, and high schools; daily social media posts; and a Chippewa Herald news article on stalking. Cara works tirelessly to ensure that our community knows what stalking is and that Family Support Center *does* serve this population.

**76%**  
**of intimate partner femicides victims**  
were stalked in the prior year

**1 in 7**  
**Stalking victims** relocate

**1/3**  
**Bisexual women** have experienced stalking in their lifetime (which is twice the rate compared to heterosexual women)



We would like to recognize one of our premier sponsors,  
**Northwestern Bank. Where people matter.**





## February is Teen Dating Violence Awareness Month

Family Support Center Advocates would like to share ways to talk about healthy relationships with the teens and peers in your life!

### Watch TV media & movies with them!

Point out common unhealthy relationship tropes as you see them to start a conversation about it.

### Take an interest in their relationships!

How are things going, what are some things that they like about their partner, have they encountered any struggles? This can help build a sense of safety for your teen to be able to talk about their relationships openly with you.

### Share resources like [LevelsRespect.org](https://www.levelsrespect.org)!

So they can explore healthy relationship topics on their own as well. Come back to it later and talk about what they learned.

### Make teachable moments & conversations!

When they get their first phone, social media account, etc., talk about healthy boundaries and technology safety with them.

### Talk openly with them about their values, what they deserve in life, & positive things that you notice about them!

Help build up their self-esteem and self-worth so these things can be a center point while talking about healthy relationships.

Talking to teens about relationships can be hard, especially for the parents of those teens. It's important, though, to mirror open, healthy communication skills so that teens can learn and explore what relationships mean to them in a healthy, supportive, and safe environment.

I THINK MY FRIEND MAY BE IN AN ABUSIVE RELATIONSHIP...

## What should I do?

**Talk to them**-point out some of the behaviors you have been noticing & ask them how those behaviors make them feel. Ask if they are okay; let them know you are there for them.

**Listen**-sometimes all they need at the moment is someone to talk to and validate their feelings. Don't give advice unless it is asked for.

**Be supportive**-they may be confused or unsure of how they are going to move forward. Don't pressure them to make any one decision, but encourage them to do what makes them safe.

**Give them resources**-talk to them about other places they can go to for help like a school counselor, Family Support Center, or online resources like [Love Is Respect.org](https://www.levelsrespect.org).

**Tell an adult**-if you are concerned for their physical safety, talk to a trusted adult about how to help or what to do next.

"What stood out to me today was how the cycle of abuse works. I'm gonna make sure this doesn't happen in my relationships."  
-Student in high school group.

## Let's Talk Prevention

The key to breaking the cycle of violence is prevention. Family Support Center has strong violence prevention programs in local school districts and throughout our community. If you would like someone to present at your organization, contact us at: [familysupport@fscfc.org](mailto:familysupport@fscfc.org) or 715.723.1138.

### Protective Behaviors

A program in Chippewa County school districts that helps youth grades kindergarten and up build skills to develop healthy relationships, stay safe, and cope with potential abuse in their lives.

### Middle and high school groups

Groups to help teens manage big emotions and develop healthy relationships.

Groups include:

**Anger Insight**  
**Healthy Relationships**  
**Safe Dates**

### Parent Services Program

Parent Educators provide support and education for parents and care-givers. This includes: parenting groups, individual support, vital resources, parent coaching, and home visits.

## Family Support Center is working with Chippewa Falls Police Department to decrease lethality in domestic violence cases

Beginning in 2020, Family Support Center and Chippewa Falls Police Department (CFPD) implemented an evidence-based lethality assessment protocol (LAP) to identify those with the highest lethality risks and instigating early intervention.

Evidence-based studies show that one major factor in reducing the risk of lethality in domestic violence cases is a connection to a domestic violence

In 2022, almost 60 percent of LAP calls made by CFPD officers led to the victim receiving in-person domestic violence services from Family Support Center

service provider. LAP attempts to make this connection as soon as possible after law enforcement respond to a

domestic call with those who are at the highest risk of being killed by an intimate partner. In 2022, almost 60 percent of LAP calls

made by CFPD officers led to the victim receiving in-person domestic violence services from Family Support Center Advocates.



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Family Support Center is an equal opportunity agency. Family Support Center celebrates the diversity of all people and does not discriminate in any manner on the basis of race, color, national origin, sex, religion, age, ability, gender identity or expression, or sexual orientation.

Family Support Center's programs are funded in part by United Way of the Greater Chippewa Valley.



**A huge thank you to all who donated to our Holiday Hope project and End-of-Year Giving Campaign**

**Also thank you to those who have donated since our last newsletter:**

- Chippewa County Peacemakers Quilt Makers Group – Donation of beautiful and warm quilts for our participants
- Titus Women of Central Lutheran Church – Donations for our families
- Kiwanis of Chippewa Falls
- Women of Faith – Faith Lutheran Church, Chippewa Falls
- Women of the Moose #770, Chippewa Falls
- Hannah – Donated her mother's craft supplies



## Holidays Around the World

In December, River Source Family Center invited families to celebrate "Holidays Around the World". At the one-day event, families enjoyed crafts, snacks and activities to help them learn about holidays that take place in December all around the world. This event was made possible by a generous donation by the family of Nancy Estrem-Fuller.

In January, River Source staff was delighted to receive donations from Milestones Childcare Center! The generous donation of snacks and craft items was part of their annual giving tree.



**We are thankful for our strong community support!**

### We are in need of the following items for client use.

Please drop off items at **Family Support Center**.

*With a little help you, too, can make a difference!*

- **Gas cards (urgent need)**
- Diapers-size 2, 3, 4 & 5's
- Baby wipes
- Full size: lotion, shampoo, conditioner, shave cream & body wash
- Tampons
- Laundry detergent
- Toilet paper, paper towels
- Products for natural/Black/textured hair
- Children's shampoo & body wash
- Cleaning products
- Snacks! Whole grain crackers, cereal, applesauce, fruit cups, granola bars
- Paper plates, plastic forks, napkins

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To speak with an Advocate 24/7 call **715.723.1138** or **1.800.400.7020**.