

Re-Introducing Robin

Family Support Center is proud to announce the hiring of our new domestic violence youth advocate, Robin!

“ I was recently hired (Again! How did I get so lucky?) to be the youth advocate in the domestic violence program. I spent four glorious years as the parent educator with Family Support Center and River Source Family Center. It was bittersweet to end my time with River Source; however I learned so much and I am still able to see the lovely and talented River Source folks frequently.



From left: Amanda, Becce, Robin, Brenda

I am still married; I think his name is Neil. We live in the Eau Claire area with our two kids, 7-year-old and a 13-year-old. We added another member of our family last summer, and she is by far my favorite child, our dog Frida.

I am truly grateful for this opportunity to continue to learn and grow as an advocate in the Domestic Violence Program. I am excited to work with youth again and have been jumping in with both feet.



From left: Becce, Brenda, Robin, Amanda



From left: Robin, Chris Kroeze, Becce

What is Self-Care?

“Make sure you’re practicing self-care!”

Most people have heard those words before. Maybe from a friend, a family member, or your doctor. But what does self-care mean? How do you practice it?

Self-care means taking proactive measures to care for your physical, mental, and emotional health. While self-care is normally mentioned alongside mental health, self-care in all aspects of life is necessary for a sustainable self.

What are measures you can take to care for your mental health?



- Practice asking for and receiving help
- Plan short and long-term goals for yourself (maybe learning a new hobby or practicing a sport)

What are measures you can take to care for your emotional health?



- Write down how you’re feeling (This can be in a journal, on a post-it note, or, for a super temporary journal, write what’s going on in the condensation on a mirror/window)
- Watch a TV show or movie that makes you laugh (laughter triggers the release of dopamine in your brain)
- Practice a hobby you enjoy

What are measures you can take to care for your physical health?



- Do something that helps your body feel good like a bubble bath or massage (These actions release endorphins that promote feelings of relaxation and ease)
- Get enough sleep and *prioritize* sleep!
- If you are in need of physical affection, ask a friend or loved one for a hug

What are measures you can take to care for your professional health?



- Leave work at work at the end of the day (Which, in turn, makes it easier to leave home at home during work)
- Take your vacation and sick days (You earned them!)

Self-care techniques provided by Olga Phoenix and the self-care wheel. Learn more at olgaphoenix.com

Chippewa Falls Main Office
715.723.1138 or 1.800.400.7020
familysupport@fscf.org

Administrative

Executive Director – Geri

Accounting Manager – Amy

Office Manager – Glori

Resource Development Coordinator – Xander

Domestic Violence Program

Domestic Violence Program Director – Jeni

Domestic Violence Advocates – Cara and Erica

Domestic Violence Youth Advocate – Robin

Domestic Violence Program Intern – Kaiya

River Source Family Center

Parent Services Program Director – Becce

Parent Educator – Amanda R.

Rural Family Connections Facilitator – Cody

CF Family Connections Facilitator – Brenda

Chippewa Falls Satellite Office

Sexual Assault Program

CF Sexual Assault Advocates – Morgan

Human Trafficking Case Manager – Krista

Therapist – Tom

Eau Claire Offices

Sexual Assault Program

Sexual Assault Program Director – Amanda S.

Sexual Assault Advocate – Annette

UWEC CASA Victim Service Coordinator – Hannah

Offices Within the CF School District

Family Support & Resource Coordinator – Ellen

Family Crisis Support Specialist – Kristin

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Wish List

Family Support Center is asking for these items for participants to help provide assistance, safety, and peace of mind.

Donations can be brought to the purple building during open hours: Monday - Thursday from 8:30 am - 4:30 pm.

- Straight Talk Wireless Phone Cards
 - see below for more information
- Toilet paper
- Paper towels
- Toothpaste
- Deodorant
- Conditioner
- Diapers (Size 4 and 5)
- Pull-ups
- Cleaning supplies (including, but not limited to, disinfecting wipes, air freshener, dish soap)
- Gift cards (gas and groceries)
- Forever stamps
- Individually packaged snacks (for waiting room)



What is a Straight Talk Wireless Card?



- A Straight Talk Wireless card is a pre-paid phone service card with various data, talk, and text allowances.

- These phone cards give participants, who were previously unable, the ability to communicate safely with advocates and loved ones.
- Cards range from \$25 - \$65 and can be purchased at Walmart or online at straighttalk.com



An example of a Straight Talk Wireless card

Repeat As Needed

Mantras can be used to guide us through the day, through challenges, or as a affirmation. Mariame Kaba (organizer, activist, and author) shared a mantra she uses to guide herself, especially in times of chaos and stress.

Prioritize. Lessen suffering. Stay grounded.

What has the highest priority in your life? Where can you lessen suffering in your life, with your family, and in your community? What are steps you can take to stay grounded? (Hint - see self-care tips on the first page!)

What's Going On at River Source Family Center?

May is Mental Health Month!

Caring for your mental health starts young. The five family strengths aren't only applicable to parenting; these strengths can make for a stronger family! How can you build on these strengths at home and with River Source to keep your family's mental health and wellness strong?



Connect with Others

- Connect with a family outside of playgroups - grab a coffee or go for a walk!
- Video call a friend or family member you haven't seen in a while.

Build Inner Strength

- Adverse childhood experiences (ACEs), like experiencing trauma at a young age, can shape how a child grows into an adult.
- Creating positive childhood experiences (PCEs) can build your child's resiliency, or, their ability to 'bounce back' from traumatic or stressful events.
- Build resiliency by showing gratitude and affection as a family.

Parent as Children Grow

- Build a routine that grows with your child. For example, choose a night each week to be family movie night.

Help Kids Understand Feelings

- Journal alongside your child.
- Practice emotional regulation with your child. What do you do when you feel angry? Sad? Excited?

Know How to Find Help

- If you're looking for a resource or service around the Chippewa Valley, ask a River Source staff member! We're thrilled to help.

For more information, visit the Five for Families website at fiveforfamilies.org



Programming Changes

This summer, River Source will experience major funding reductions from local United Way and state Prevention Board dollars. **Starting in July**, we will **only** be offering the following programs:

- **Chippewa Falls Play & Learn** (Thursdays),
- **Itty Bitty Playgroup** (first and third Wednesdays),
- **Bright Starts** home visiting, and
- **Parent Education** groups and classes.

We want to empathize that we are **not closing**, but **pausing** some programs temporarily. Please stay up to date on programming at River Source through our social media channels and website:

 [RiverSourceFamilyCenterChippewaCounty](https://www.facebook.com/RiverSourceFamilyCenterChippewaCounty)

[@riversourcefamilycenter](https://www.instagram.com/riversourcefamilycenter) 



www.riversourcefamilycenter.com



River Source and Family Support Center wore blue for Family Strengthening Month!

River Source Wish List

River Source Family Center is in need of the following items for playgroups. Donations can be brought to the purple building during open hours, Monday through Thursday 8:30 am - 4:30 pm.

- New boxes of crayons
- Individually wrapped non-perishable snacks
- New glue sticks
- New coloring books
- Blank name tags
- Gallon and Quart size Ziploc bags





Family Support Center
P.O. Box 143
Chippewa Falls, WI 54729
715.723.1138 or 1.800.400.7020

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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.



Find Family Support Center Online



FamilySupportChippewaValley



@familysupportcenter.wi



www.familysupportcentercf.org

Donate!

In-Kind

Donate an item from our wish list, organize a donation drive, or ask us how you can support Family Support Center!

In-Person

403 N. High St
Chippewa Falls, WI 54729

Online



By Mail

Family Support Center
P.O. Box 143
Chippewa Falls, WI 54729

See Family Support Center Out and About This June:

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |



Pride in the Park

June 14 11am - 4pm

Phoenix Park, Eau Claire



Juneteenth

June 19 TBD

Carson Park, Eau Claire



Sounds Like Summer

Concert Series

July 3 6pm

Phoenix Park, Eau Claire

