

September 2022

Dream Big!

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



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Kay Hinton
FSS Program Coordinator
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Dear FSS participants (and community members),

Happy September!

The **Oshkosh Back To School Fair** was held on August 17th and 18th with **750 students (1000 total with waitlist)** receiving grade appropriate school supplies, backpacks, hygiene products, clothing, Goodwill vouchers, Rogan's shoe vouchers and St. Vincent de Paul vouchers. Thank you to all who volunteered, attended and supported this important resource. If you or someone you know is still in need of school supplies, please contact your school counselor.



Check out these happenings and many more in this September newsletter:

Our Quarterly **FSS Connection Group Meeting** is **September 12th at 9 am**. The Family Self Sufficiency Program has a lot of changes due to HUD requirements. Please join us to learn more about FSS and get agency updates! <https://us06web.zoom.us/j/86740195351> See page 10 for more info.

Starting Point Program: Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. I am so excited that Starting Point is now offered in Oshkosh. Take a chance and sign up! See page 5-8 for more details.

Spread the word about the **Oshkosh Job Fair** on October 12, 2022 from 1pm to 4 pm. Check out page 11 for more details.

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy September! 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 920-424-1470 ext. 133 or emailing me at kayh@ohawcha.org.

Your success is my success.

Warm Regards,

Kay Hinton

FSS Coordinator





Parenting the Nurturing Way

The Nurturing Program is a series of lessons focused on: developing appropriate expectations of children, responding with empathy, disciplining with dignity, establishing supportive family roles and self-awareness, and increasing empowerment and independence.

Dates: Tuesdays, Sept 20th - Nov 29th (11 weeks)

Time: 5:30—6:00pm Group Meal, 6:00—7:30 pm Adult & Child Programming

Location: First United Methodist Church, 700 Linwood Ave, Oshkosh

Cost: \$35 per adult registered online or scholarships are available

Register: at <https://www.onlineregistrationcenter.com/Nurturing2022>

Pre-registration is required for all family participating.

Those enrolled will either be in parent workshop, kids activity group, or child care group where there is fit and availability.

Scholarship Contact: Jeni Rettler | jrettler@familyservicesnew.org |

We would also like to offer/schedule an online, intake/orientation session with registered participants prior to the first class session. We will contact you to schedule this.



Like us on Facebook for the most up-to-date workshop information at
www.facebook.com/ParentConnectionWI



Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.

Fox Cities: 1810 Appleton Road, Menasha WI 54952 | (920) 739-4226

Oshkosh: 36 Broad Street, Suite 150, Oshkosh 54901 | (920) 233-6630

Shawano: 607 E Elizabeth Street, Shawano, WI 54166 | (715) 853-0923

Active Parenting of Teens™ Parent Connection | Parent Education Workshops

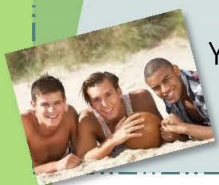


For Parents of Preteens & Teens

These workshops are for parents who want to prepare for or are experiencing the changes of teenage development and want to help prepare their preteens & teens to survive & thrive in society.

The first four dates/topics are the foundation of this program, one leading into the next.

You can register for the dates/topics of most interest to you, or join us for all six!



*Offered as Hybrid
(In-Person & Online)*



Fox Valley

Mondays from 6:00-8:00 pm

Cost: Sliding Fee Scale

1-2 Sessions \$10.00 per person

3-4 Sessions \$15.00 per person

5-6 Sessions \$20.00 per person

Register through Jen DiMatteo

jdimatteo@familyservicesnew.org

(920) 739-4226 ext. 109

- * September 19 – Active Parenting
- * September 26 – Winning Cooperation
- * October 3 – Responsibility & Discipline
- * October 10 – Building Courage & Redirecting Misbehavior
- * October 17 – Drugs & Sexuality
- * October 24 – Violence & Reducing Risks



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www.familyservicesnew.org/parent-connection



Starting Point Appleton

Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. The Women's Fund for the Fox Valley Region, B.A.B.E.S., Inc., and Fox Valley Technical College are partnering to offer programming to empower you for your future!



Participant Criteria:

- Primarily Women ages 18 and older, with children or without
- Primarily women with an income level below 200% of the Federal Poverty Guidelines
- Women living in Calumet, Outagamie, Shawano, Waupaca, or Winnebago county

Project Details:

Parent and any child under the age of 5 will attend B.A.B.E.S., Inc. together. School age children under 11 will participate through take home activities. Wednesdays, September 14, 2022 through December 7, 2022 from 11:00 am to 2:00 pm. The last 4 weeks parents will transition to class at Fox Valley Technical College-Appleton Campus while the children remain at B.A.B.E.S., Inc.

Virtual Option →

A virtual option will be available Wednesdays, September 14, 2022 through December 7, 2022 from 5:00 pm to 7:30 pm. Childcare is not offered with the virtual version.

"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

Career Development

Self-Esteem

Study Skills

Goal Setting

Assertiveness

Community Resources

Healthy Relationships

Empowerment Topics

course runs from
9/14/22 to 12/7/22



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on Valley Transit.



WOMEN'S fund
for the fox valley region, inc.



Contact Information: Kara Nowak | (920) 735-5722 | nowakk@fvtc.edu
To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/StartingPoint.

Starting Point Oshkosh

Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. The Oshkosh Community Foundation's Basic Needs Giving Partnership, Oshkosh YMCA, and Fox Valley Technical College are partnering to offer programming to empower you for your future!



Participant Criteria:

- Primarily Women ages 18 and older, with children or without
- Primarily women with an income level below 200% of the Federal Poverty Guidelines
- Women living in Winnebago County

Project Details:

Any child under the age of 5 (not enrolled in school) will attend the YMCA Downtown Child Watch. Mondays, September 12, 2022 through December 5, 2022 from 9:30 am to 12:30 pm at the Downtown YMCA.

Virtual Option →

A virtual option will be available Wednesdays, September 14, 2022 through December 7, 2022 from 5:00 pm to 7:30 pm. Childcare is not offered with the virtual version.

"Starting Point has helped me build skills I didn't have and to sharpen skills I already had."

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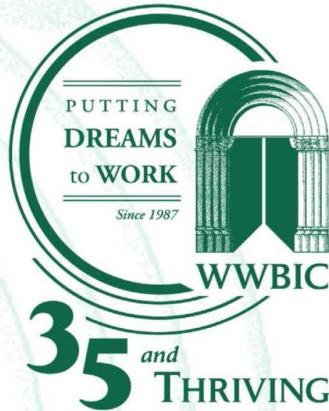
FVTC ID available for free busing on GO Transit.

Oshkosh Starting Point



This is a pilot program, funded by a grant from the Basic Needs Giving Partnership, which is supported by the U.S. Venture Fund for Basic Needs within the Oshkosh Area Community Foundation, the J. J. Keller Foundation, and other community partners.

Contact Information: Kara Nowak | (920) 735-5722 | nowakk@fvtc.edu
To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/StartingPoint.



Greater Milwaukee
1533 N. RiverCenter Drive
Milwaukee, WI 53212
Phone: 414.263.5450

Northeast
1191 N. Casaloma Drive
Appleton, WI 54913
Phone: 920.944.2700

2701 Larsen Road
Green Bay, WI 54303

South Central
2300 S. Park Street, Suite 103
Madison, WI 53713
Phone: 608.257.5450

Southeast
600 52nd Street, Suite 130
Kenosha, WI 53140
Phone: 262.925.2850

245 Main Street, Suite 102
Racine, WI 53403
Phone: 262.898.5000

Southwest
3500 State Road 16
La Crosse, WI 54601
Phone: 608.668.4400

info@wwbic.com
wwbic.com

ALL SEPTEMBER TRAININGS

- INTRO TO CERTIFICATION
9/7/2022 | 12-1pm | ONLINE
- ABCs OF BUSINESS PLANNING
9/13/2022 | 6-7pm | ONLINE
- STEPS TO GETTING YOUR BUSINESS CERTIFIED
9/14/2022 | 12-1pm | ONLINE
 - SPECIALTY FOODS
9/19/2022 | 6-7:30pm | ONLINE
 - *INTRO TO QUICKBOOKS
9/20/2022 | 6-7pm | Green Bay Startup Hub**
- MY BUSINESS IS CERTIFIED; NOW WHAT?
9/21/2022 | 12-1pm | ONLINE
- CASHFLOW, CASHFLOW, CASHFLOW
9/23/2022 | 12-1pm | ONLINE
- FOOD HALLS & MARKETS
9/26/2022 | 6-7:30pm | ONLINE
- *STRONG WOMEN, STRONG COFFEE
9/28/2022 | 8-9am | IN-PERSON/TBD**
- SMALL BUSINESS ACCESS TO CAPITAL
9/28/2022 | 12-1pm | ONLINE

* These trainings are hosted by NE Region Office Coordinator. All other online trainings can still be attended; however, other WWBIC regional offices will be hosting. For questions on any training, you can contact NE Regional Office Coordinator, Amy Verhagen at averhagen@wwbic.com, or email info@wwbic.com.

**These trainings are scheduled to be held at Startup Hub. IF registration for class is less than 5 the location will change to the Appleton WWBIC office! A location change will be communicated to all registrants the day before class via phone call!

Amy Verhagen – Regional Office Coordinator
averhagen@wwbic.com
1-920-944-2700



SCAN FOR ONLINE SCHEDULE &
REGISTRATION

FSS Connection Group Meeting

Save the Date!

*Family
Self-Sufficiency (FSS)*

**FSS
CONNECTION
GROUP**

A program coordinating committee
for Winnebago County Housing
Authority's Family Self-Sufficiency
Program.



*Family
Self-Sufficiency (FSS)*

Date: Monday, September 12, 2022

Time: 9:00 a.m.—10:30 a.m.

Family Self Sufficiency has a lot of changes due to HUD requirements. **Please join us to learn more about FSS and get agency updates!** Everyone is welcome to attend!

Join Zoom Meeting

<https://us06web.zoom.us/j/86740195351>



Oshkosh Job Fair

Family Self Sufficiency



Looking for a job? Look here!

Oshkosh Area Employment Fair
1-4 PM

October 12, 2022

Oshkosh Arena, 1212 S Main St, Oshkosh, WI

Job seekers can expect the companies attending to be searching for a wide range of talent in a number of industries and occupations. For a list of registered companies after October 1, visit <http://www.foxvalleywork.org/jobfair.html> (check back often as companies will still be registering!). Job seekers do not need to pre-register but if you are interested in doing so, register at <https://tinyurl.com/2022OshkoshJF>.

Curious about how to prepare for a job fair or for more information about attending the fair, contact your local job center (for a list of job centers go to <http://www.wisconsinjobcenter.org/directory/>).

Sponsored by:



FVWDB is an Equal Opportunity Employer and Service Provider

Free COVID-19 Vaccine at the WINNEBAGO COUNTY COMMUNITY CLINIC

THURSDAYS

JUNE 30 - SEPTEMBER 29
9AM - 6PM

Ascension Medical Group Wisconsin - 9th Ave
2700 W. 9th Ave, Oshkosh
Oakwood Suite 101

- Free and open to the community! No ID or insurance required.



Public Health
Prevent. Promote. Protect.

Winnebago County
Health Department



- Offering Pfizer, Moderna, Johnson & Johnson, and Novavax

Salvation Army Holiday Sign-Up



The Salvation Army - Oshkosh

Seasonal Assistance Program

Sign - Up Information

There will be NO In-Person Sign-Up

Coats For Kids Sign - Up

For Birth - 18 yrs. (school age)

September 1st - October 21st, 2022



To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link



Toy Store (Toys For Tots) Sign - Up

For Birth - 18 yrs. (school age)

September 1st - November 25th, 2022

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link

If no online access, call 920-232-7660
Ext. 14 Al, Ext. 22 Lisa or Ext. 13 Patty
To Register Over The Phone



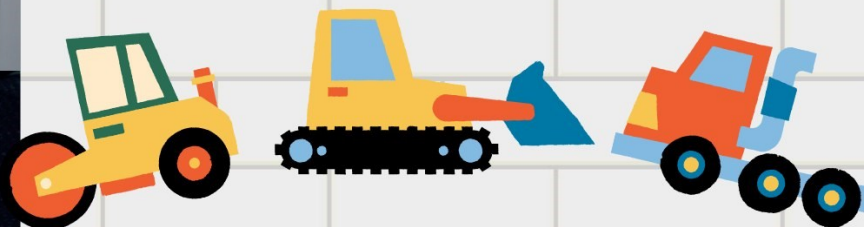
TOUCH "A" TRUCK

at the Leach Amphitheater

**SATURDAY, SEPTEMBER 24
10 AM TO 2 PM**

**Climb in, sit on, and
discover trucks & heavy
equipment of all shapes
and sizes!**

Games, Sand Box, and Food Trucks



OSHKOSHTM
Sponsor



Come see us at the...

2022 Women's Self-Care Circuit

Sunday, September 11th, 2022

9am - 3pm

Hilton Garden Inn

1355 W 20th Ave, Oshkosh



Get a free raffle ticket by donating an item from the Damascus Road list. See our Facebook page for details

Scan to purchase tickets

Why The Women's Self-Care Circuit?

Women often perform multiple roles and titles throughout their day, and they perform the many roles beautifully. The problem with doing it all is that we forget how important self-care really is.

This event is to show you the many different ways that you can practice self-care every day and the wonderful vendors that can help you on your journey.

What is The Women's Self-Care Circuit?

Participants will receive a bag with a workbook and goodies. Participants not only collect top-notch samples throughout the circuit, but they also gain new life skills and knowledge from our vendors who are local professionals.

The circuit is a journey through different vendor stations related to one or more of the dimensions of wellness. There will be opportunities to win amazing gifts from our vendor with our raffle.

Tickets are only \$25 !!

WISCONSIN SENIOR EMPLOYMENT PROGRAM



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

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...*



Kindness Challenge



Workplace Kindness Challenge

This is a fun and engaging challenge to use in your workplace to encourage a kinder, more compassionate environment.

When someone completes all of the items below, celebrate! Consider offering an incentive like a gift card, a vacation day, tickets to an event or whatever is appropriate to your organization.

Wake up early to exercise	Place encouraging sticky notes in public areas	Smile	Donate to a local non-profit	STOP! Hydrate yourself.
Include someone who might have a new perspective.	Share your favorite song with someone	Create time in your day to connect with someone	Compliment with reckless abandon	Start and end the day with positive intentions
Send an uplifting text to a friend or family member	Laugh until your belly hurts	Treat someone to a cup of coffee (a colleague or stranger)	Download a meditation app and try it out before bed	Help someone that could use an extra hand
Celebrate someone's accomplishment.	Share some positivity	Write a list of things you appreciate about your boss and give it to them	Tidy up a disorganized area (your desk, storage room, etc.)	Text (303) 529-2494 for daily messages of inspiration
Explore your surroundings	Start a gratitude journal	Tell someone they are doing a great job	Make it a point to listen to others and don't interrupt	Write a letter to your future self at futureme.org and schedule it to send back to you in 1 year
Leave a glowing review of a local business online	Take five minutes to think about all your positive relationships	Stop what you're doing and breathe deeply, close your eyes and appreciate your life.	Go for a long walk	Hug someone for 20 seconds
Buy something from a locally owned business	Become a RAKtivist	Call someone you've been meaning to reach out to	Answer your phone with a smile on your face. People can 'hear' your smile	Recommend an uplifting movie or book to someone
Reflect on three things you accomplished this week	Leave coins at a vending machine so someone can enjoy a treat	Tell someone two things you appreciate about them	Relay an overheard compliment to someone	Send someone a card or note of appreciation
Put away your phone while in someone else's company	Bring a yummy treat in for everyone to enjoy	Don't complain for 24 hours	Publicly acknowledge someone who deserves the praise	Text someone a positive message
Change three small things about your routine that will help the environment	Take a walk and reflect on the things that bring you happiness	Remind yourself that you are doing the best you can	Exhibit kindness, even when in a hurry	Sign up to be an organ donor

RANDOM ACTS OF KINDNESS FOUNDATION®

If you're interested in working with us at The Random Acts of Kindness Foundation to create a customized challenge for your organization, email us at info@randomactsofkindness.org.