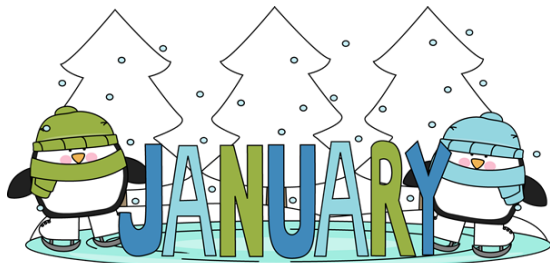


# January 2023

# Dream Big!

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



600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator  
920-424-1470 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

#### What's Inside:

- January Letter
  - Rent Smart
- Career EXCErate
- Oshkosh Starting Point
- Appleton Starting Point
- Habitat Homebuyer Session
  - Raising WI's Children
  - FREE Open Skate
  - Grocery Store Tours
  - Autism 101 Workshop
  - Online Job Search Lab
  - Snowball vs Avalanche
    - Seeking Safety

Dear FSS participants (and community members),

## Happy New Year!!

Please wish a Happy January Birthday to Anyat, Ann, Justine, Dhel, Arek, and Jennifer! I hope your birthdays are fabulous and you are finding a little time to take a step towards your goals.



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

**Starting Point:** 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. Starting Point classes start 2/1/2023 in Appleton and 2/4/2023 in Oshkosh. See pages 5-8 for more info.

**Fox Cities Habitat Homebuyer Sessions:** Are you interested in becoming a Habitat for Humanity homeowner? We hope that the Habitat program can help you succeed on your journey towards homeownership. If you are unsure about whether you qualify or if Habitat for Humanity is the right fit for your housing needs, we encourage you to attend a one-hour informational session to learn more. See page 9 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 January! 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](mailto:kayh@ohawcha.org).

**Your success is my success.**

Warm Regards,  
Kay Hinton  
FSS Coordinator





# Rent Smart

**Taught by Extension Educators**

*Helping to make renting a great experience for you!*

## 2023 Online Class Dates & Times:

**January:** 10, 12, 17, 19, 24, 26 @ 1:00PM-2:00PM; Tue/Thurs

**February:** 7, 10, 14, 17, 21, 24 @ 9:00AM-10:00AM; Tue/Fri

**March:** 13, 15, 20, 22, 27, 29 @ 7:00PM-8:00PM; Mon/Wed

**April:** 10, 13, 17, 20, 24, 27 @ 1:00PM-2:00PM; Mon/Thurs

**May:** 6, 13, 20 @ 9:00AM-11:30AM; Saturday

**June:** 13, 16, 20, 23, 27, 30 @ 9:00AM-10:00AM; Tue/Fri

**Location:** Online, live instruction via Zoom; links will be sent after registration

**To register, use this link OR scan the QR Code:**

<https://go.wisc.edu/Rentsmartregister>

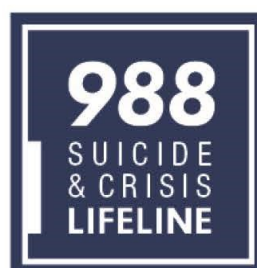


**Cost:** **FREE!**

### What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**
- **For more information, please contact [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu) (920-232-1982) OR [amanda.kostman@wisc.edu](mailto:amanda.kostman@wisc.edu) (262-741-4951)**

An EEO-Affirmative Action Employer, UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.



**Call 9-8-8 for access to trained crisis counselors when experiencing thoughts of suicide, a mental health or substance use crisis or emotional distress to prevent a situation from becoming dangerous.**





## Career EXCELerate | Wisconsin

**Personalized Job Training and Support Services to Transform Lives**

A collaborative program from Goodwill NCW, FVTC and Rawhide

### Know Someone Who Could Benefit from Free Job Training?

**Career EXCELerate Wisconsin** provides education, wraparound services and guaranteed employment.



**To Refer a Candidate:**  
visit. [careerEXCELeratewi.org](http://careerEXCELeratewi.org)  
call or text. **920-204-7002**



This project is being supported, in whole or in part, by federal award number SLFRP0135 awarded to Goodwill via the Wisconsin Workforce Innovation Grant Program by the U.S. Department of the Treasury.

### Next Pop-Up Food Pantry is Saturday, January 21, 2023

491 Old Oregon Road, Oshkosh, Wisconsin 54902

#### **DAYS AND HOURS**

3rd Saturday of the Month

Registration begins at 9:30 AM

Food bundles available 9:30-11:00 AM

Hosted by: St. John's Lutheran Church of Nekimi

For a \$25 bundle donation, you will receive \$150+ in groceries. Please bring 2 boxes.





## Starting Point Oshkosh

**SPRING 2023**

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. Saturdays, February 4, 2023 through May 6, 2023 from 9:30 am to 12:30 pm at the Downtown YMCA.

### Virtual Option ➔

A virtual option will be available Wednesdays, February 1, 2023 through May 3, 2023 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

Self-Esteem

Goal Setting

Community Resources

### Empowerment Topics

courses run from 2/4/23 to 5/6/23

Career Development

Study Skills

Assertiveness

Healthy Relationships



Grants available for moving forward with education without financial stress.



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](mailto: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](http://www.fvtc.edu/StartingPoint).



## Starting Point Appleton

SPRING 2023

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, February 1, 2023 through May 3, 2023 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, February 1, 2023 through May 3, 2023 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."

Time Management

Self-Esteem

Goal Setting

Community Resources

### Women Will Learn

### Empowerment Topics

course runs from 2/1/23 to 5/3/23

"I felt like I had some control over my life and where it was going."

Career Development

Study Skills

Assertiveness

Healthy Relationships



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on Valley Transit.



# Appleton Starting Point



Contact Information: Kara Nowak | (920) 735-5722 | [nowakk@fvtc.edu](mailto: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](http://www.fvtc.edu/StartingPoint).



Dear Potential Applicant(s):

Thank you for expressing an interest in becoming a Habitat for Humanity homeowner. We hope that the Habitat program can help you succeed on your journey towards homeownership.

**If you are unsure about whether you qualify or if Habitat for Humanity is the right fit for your housing needs, we encourage you to attend a one-hour informational session to learn more.**

**Habitat Homebuyer Readiness**  
**Informational Sessions**

February 8<sup>th</sup>, 2023

10 a.m., 4 p.m., or 6 p.m.

For more information go to our website:

**[foxcitieshabitat.org/homebuyer](http://foxcitieshabitat.org/homebuyer)**

If you feel you are ready to apply, please follow the steps on page 3.

**NEXT OPEN APPLICATION PERIODS**

February 8<sup>th</sup> - March 8<sup>th</sup>, 2023

Thank you for contacting Habitat for Humanity. We hope to hear from you soon!

Habitat for Humanity  
Family Services Department

\*Habitat for Humanity is a household program. All adult income will be counted.





Join a free, online conference designed for parents and families. Participants will get practical, positive parenting ideas from experts and explore how to help children grow.

You can attend as many conference sessions as you want. All sessions will have closed captions and be available in English or Spanish. Participate in a Q&A session with speakers after keynote presentations. Register to attend and view conference recordings through February.

## KEYNOTE SESSIONS

**You Belong Here: Creating Safe Spaces at Home**, presented by [Traci Baxley](#), Ed.D., creator of Social Justice Parenting

**Raising Future Ancestors Through Decolonized Parenting and Reparenting Practices**, presented by [Leslie Priscilla](#), Xicana Madre, parent coach and founder of Latinx Parenting

**The Power of Connection: The Importance of Early Relationships for all Future Health and Wellness**, presented by [Ashley J. Bowers](#), licensed marriage and family therapist, Infant Mental Health Endorsement, [WI Alliance for Infant Mental Health](#)

**Parents and Caregivers are Sexuality Educators**, presented by [Lindsey Hoskins](#), director of health education, Family Tree Clinic

**Drugs, Dopamine and Brain: Addiction Science and Treatment Among Youth**, presented by [Pravesh Sharma, M.D.](#), psychiatrist, Mayo Clinic Health System

Conference includes nine presentations. Scan the QR code for full details.

**Jan. 23–27**

Noon and 7 p.m. CST

Free | Virtual on Zoom



Scan QR code or go to [go.wisc.edu/nwc2023](https://go.wisc.edu/nwc2023) for details and to register.

When you register, you will receive an email with a link that gives you access to the webinar using Zoom. Check your junk mail if you don't receive this email.





# FREE Open Skate

Family Self Sufficiency



## WINTER SKATING

*Menominee Park Zoo's Lagoon*

### LAKEFLY CAFE WARMING SHELTER

- Free Skate Rentals
- Free Cross-country Ski Rentals from 1-3 pm on January 7-8 and February 18-19, compliments of the International Youth Sailing of Oshkosh
- Register for Cross-country Ski Instruction with the Oshkosh Recreation Department at [www.oshkoshrecdept.com](http://www.oshkoshrecdept.com)

Open Skate Hours

**January 7 through February 19**  
**Saturdays and Sundays, 12 to 4 pm**

*Upcoming Events*

**Friday, February 10 – Special Event from 12 to 4 pm**

Winter Skating at Menominee Park Zoo, 520 Pratt Trail, Oshkosh  
Rink will be open when weather and ice conditions permit





# Grocery Store Tours

Grocery  
Store Tours  
w/ Kris



Receive a  
reusable grocery  
bag & \$10  
grocery store  
gift card!

## Join me, register today!

Are your grocery bills too high? Are you  
getting the best price for your vegetables?

Learn to shop for health at your local  
grocery store! Tours include:

- choosing foods in season,
- tricks of unit-pricing
- finding healthiest options

Tour Dates:  
Call to make  
an appointment  
920-232-1981



FoodWise is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare call 1-888-256-4563 or go to <http://access.wisconsin.gov> An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and Americans with Disabilities Act (ADA) requirements.



**FOOD WISE**  
Healthy choices, healthy lives.  
UW-MADISON EXTENSION

## Autism 101 for Parents & Caregivers Parent Education Workshop



Do you want to learn more about autism? Want to learn how to be an advocate for your child and tap into community resources? Join us for a discussion on what autism is, what it is not, dealing with behaviors in a positive way.

*Bring your questions to Diane!  
She is the resource in the Fox Valley to answer them!*

**Presenter: Diane Nackers, MS CCC-SLP**  
*Autism Society of the Fox Valley*

**Appleton - In-Person Only**  
**Monday, January 23**  
**6:00-8:00 pm**  
**Cost: FREE**



### Register On-line:

- Website: [www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)
- Facebook: [www.facebook.com/ParentConnectionWI](https://www.facebook.com/ParentConnectionWI), see our Events Page!
- Or contact Jen DiMatteo | [jdimatteo@familyservicesnew.org](mailto:jdimatteo@familyservicesnew.org) (920) 739-4226 ext. 109



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

[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)





## Online Job Searching Lab

**Wednesdays at the  
Fox Valley Job Center**  
1802 Appleton Rd, Menasha  
**2:30pm to 4:00pm**

Wednesdays at the  
Oshkosh Public Library  
106 Washington Ave, Oshkosh  
1:00pm to 4:00pm  
For an appointment call 920-236-5205

### **STRUGGLING WITH YOUR ONLINE JOB SEARCH?**

- ✚ Looking to reduce the amount of time it takes to complete your work search?
- ✚ Want to learn how to navigate the keyboard?
- ✚ Don't know the difference between left click and right click?
- ✚ Need to know how to attach your resume to a job application?

**Learn from the experienced staff members  
on how to search and apply for jobs online**

The lab covers a particular topic that you can learn and practice to become an independent computer user. Topics run on a 4-week rotation, and you can start during any week.

- ✚ **Week 1** – Meet your mouse and keyboard. Learn how to use and be friends with your computer equipment. \*Guided tutorial format
- ✚ **Week 2** – Everything you want to learn about email. Setting up, storing usernames/passwords, sending and replying to emails. \*Guided tutorial format with practice session
- ✚ **Week 3** – Navigating Online Applications – Open forum for questions on applying online through Job Center of Wisconsin, Indeed, LinkedIn and specific employers' websites including attaching resumes from smart devices
- ✚ **Week 4** – Using JCW tools to strengthen your work search activities. Learn about skills match and different search features, Skill explorer and other Labor Market Info.

**Space is very limited. Call 920-997-3272 to reserve your spot TODAY!**



A proud partner of the AmericanJobCenter network

The Fox Valley Workforce Development Board and its partners are equal opportunity employers and service providers.



## SNOWBALL METHOD VS AVALANCHE METHOD

The most popular strategies to use when working toward paying down your debt include the snowball method or the avalanche method. You get to decide which method works best, you will reap the benefits of paying it off faster either way!

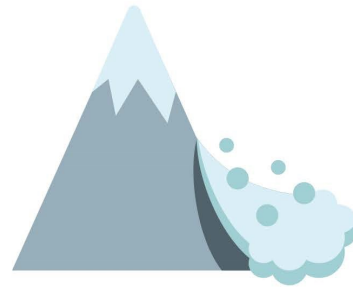


### SNOWBALL METHOD

PAYING OFF YOUR  
LOWEST BALANCE FIRST

- List all your debts from the smallest balance to the largest balance.
- Make the minimum payment on all your debt, except the smallest one.
- With your smallest debt, put as much money as you can toward the balance until it's paid.
- Take the amount you were putting towards the smallest debt and apply it to the next smallest.

With this method, interest rates are not the focus.



### AVALANCHE METHOD

PAYING OFF THE DEBT  
WITH THE HIGHEST INTEREST  
RATE FIRST

- Make the minimum payments on every source of debt.
- Apply any remaining funds toward the debt with the highest interest rate.

By paying off the debt with the highest interest rate first, you reduce the overall amount of interest you pay.

AMERICASAVESWEEK.ORG





# Seeking Safety

STATE STREET CENTER  
206 STATE STREET  
OSHKOSH

920-232-3320

## SEEKING SAFETY

An evidenced -based treatment that focuses on assisting individuals in learning skills to obtain safety in relationships, thinking patterns, behaviors and emotions through present-focused coping skills and treatment

STARTING JANUARY 9TH  
2023

MONDAY'S AT  
11:00 AM