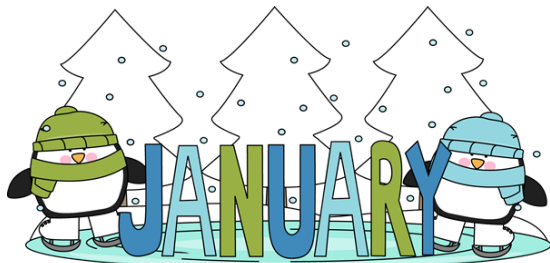


January 2024

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
Kay Hinton
FSS Program Coordinator
920-424-1470 EXT. 133
kayh@ohawcha.org

What's Inside:

- January Letter
 - Rent Smart
- Connect Through Tech
 - GetSetUp Classes
 - HELP Program
- Raising WI Children
- Career EXCErate WI
- Fox Cities Habitat Applications
 - How to Talk with Kids
 - Starting Point Oshkosh
 - Starting Point Appleton
 - Self-Love Workshops
 - FREE Zumba Classes

Dear FSS participants (and community members),

Happy New Year !

Please wish a Happy January Birthday to Annie, Anyat, Justine, Dhel, Arek, Jennifer, Deby, Ann, Hussein, and Marchelle! 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 2/7/2024 in Appleton and 2/10/2024 in Oshkosh. See pages 11-14 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.

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!

2024 Winter/Spring Online Class Dates & Times

February: 7, 9, 14, 16, 21, 23 @ 9:00AM-10:00AM; Wed/Fri

March: 9, 16, 23 @ 9:00AM-11:30AM; Saturday

April: 1, 5, 8, 12, 15, 19 @ 1:00PM-2:00PM; Mon/Fri

May: 14, 16, 21, 23, 28, 30 @ 9:00AM-10:00AM; Tue/Thurs

June: 10, 12, 17, 19, 24, 26 @ 7:00PM-8:00PM; Mon/Wed

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

To register, use this link OR scan this 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 (920-232-1982)**

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



Connect Through Tech



One on One Tech Appointments

Programs are designed to improve your digital literacy (all levels of expertise are welcome).

Meet with an instructor one-on-one to tackle a technology problem you may be experiencing. Common issues we deal with—passwords, setting up new devices, navigating Facebook or certain apps, saving pictures, exploring features on your devices, texting, talk features and more. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

Mondays, January 8, 15, 22, 29
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, January 2, 9, 16, 23, 30
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, January 3, 10, 17, 24, 31
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2/NR \$2.75 per class
By Appointment Only 920.232.5301

Wi-Fi Access (S) Cost: FREE

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password is required.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

Mondays, January 8, 15, 22, and 29
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2/NR \$2.75 per class
By Appointment Only 920.232.5301



GetSetUp



Join the community of active agers who want to learn new skills, connect with others, and unlock new life experiences. Access thousands of classes designed for you and taught by your peers.

Cooking Classes



How to Create (and Stick to) a Healthy Meal Plan
By Vanessa LoBranche

● ON NOW 29m ago

Enter

Fitness and Wellness Classes



Women's Qigong
By Ellen Shapiro

● ON NOW 29m ago

Enter



Gentle Exercises for Knee Pain (20-min class)
By Twyla Teirzel

● ON NOW 29m ago

Enter

Sign up for a free account at this link!

<https://www.getsetup.io/partner/Oshkosh>

Once on the page, create an account to start booking classes.

The Oshkosh Seniors Center has partnered with GetSetUp so you can book engaging classes on travel, exercise, technology, cooking, and more. These online classes will help you stay active, stay social and stay informed.

<https://www.getsetup.io/partner/Oshkosh>

HELP Program

HELP Homelessness, Evictions, & Loss Prevention

- *Are you struggling with unstable housing? Struggling to keep up on rent/mortgage payments?
- *Is your housing instability leading to a possible eviction/foreclosure?
 - *Have you received a Notice to Vacate by your landlord and are having difficulty finding a new place?
 - *Do you need assistance getting connected with local community resources?

If your answer is yes to any of these, please reach out as soon as possible to allow HELP time to brainstorm ways to better assist with your housing needs

Winnebago County Human Services
220 Washington Ave P.O. Box 2187
Oshkosh, WI 54903

Monday-Friday FROM 8 AM - 4:30 PM Walk-In's Welcome
***Appointment preferred**

HELPProgram@winnebagocountywi.gov

HELP On Call Phone
920-509-7629

Winnebago  County



RAISING WISCONSIN'S CHILDREN Conference 2024

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.

JANUARY 9, 2024
9:00 AM - 4:00 PM, CST



[Click or scan to register for this free online conference.](#)



Extension
UNIVERSITY OF WISCONSIN-MADISON

Next Pop-Up Food Pantry is Saturday, January 20, 2024

491 Old Oregon Road, Oshkosh, Wisconsin 54902

DAYS AND HOURS

3rd Saturday of the Month

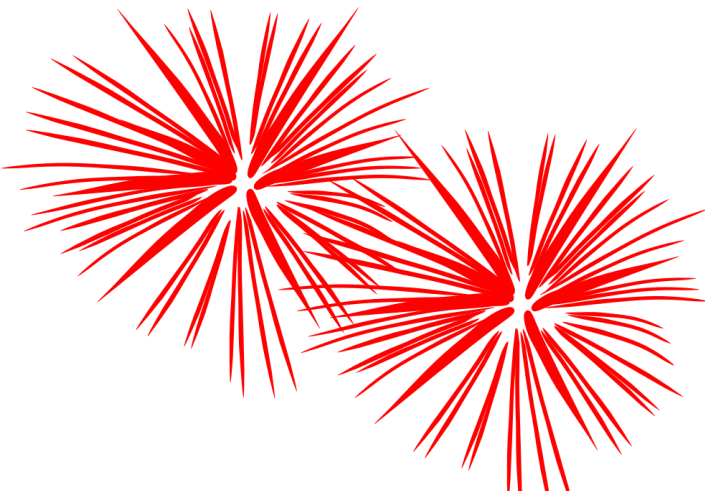
Registration begins at 9:30 AM

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.

Ruby's PANTRY



Happy New Year!



Career EXCErate | Wisconsin

Personalized Job Training and Support Services to Transform Lives

A collaborative program from Goodwill NCW, Fox Valley Technical College and Rawhide Youth Services



Launch a lasting career!

Career EXCErate Wisconsin is a highly personalized training program offered at no cost to individuals who want to find a career pathway but are struggling and would benefit from individualized support.

Career educational certificate options:

Choose from eight certificate programs that range from approximately two months to two semesters.

Educational and Health Services

- Nursing Assistant
- Early Childhood Teacher Aide

Construction

- Woodworking Technician
- Pipe Trades

Manufacturing

- Welding Fundamentals
- Industrial Manufacturing Technician

Truck Driving and Maintenance

- Professional Truck Driving - Class A and B CDLs
- Heavy-Duty Vehicle Maintenance - Diesel Technology Assistant

Get started or refer someone today!



Complete a short online form at careerEXCEratewi.org

Call: 920-204-7002

Email: careerEXCErateWI@goodwillncw.org





Greater Fox Cities Area Habitat for Humanity offers a Homebuyer program to qualified low-income individuals and families in Calumet, Outagamie, Waupaca and Northern Winnebago counties.

Individuals interested in home ownership through Fox Cities Habitat will need to complete and submit an application along with a \$30 application fee (one fee per application) when applications cycles are open. We will host **informational sessions** about the Homebuyer program on **January 10th at 10am, 4pm and 6pm** at our office at 921 Midway Road in Menasha.. Please call (920) 954-8702.

Applications will be available January 10th through February 7th, 2024.

Please review the Homebuyer program applicant guidelines at: www.foxcitieshabitat.org/homebuyer/ to learn more about the program. The 2023 proposed income guidelines are based on family size. A family's gross annual income must be at or above the minimum and at or below the maximum to be eligible.

FAMILY SIZE	MINIMUM	MAXIMUM
1	\$44,000	\$56,750
2	\$44,000	\$64,850
3	\$48,400	\$72,950
4	\$48,400	\$81,050
5	\$48,400	\$87,550
6	\$48,400	\$94,050
7	\$51,100	\$100,550
8	\$53,500	\$107,000
9	\$56,750	\$113,500
10	\$60,000	\$120,000

Know what to say and do to have a successful small talk



Small talks about underage drinking can make a big difference in a kid's choices. That's because kids really do listen. Research shows having frequent, casual conversations about alcohol, starting around age 8, can be a lot more effective—and a lot less intimidating—than one super serious discussion. So, start talking. Keep listening. Help give a kid the confidence to grow up alcohol-free.

What to do

Keep it casual

No fancy script or setting required. Just think about what you want to share with your kid before diving in, and take advantage of the one-on-one moments in your family routine.

Control your emotions

Be prepared to hear things you may not expect or like very much. Try taking a few deep breaths and keep listening. Wait to talk about your feelings when you're calm.

No answer? Don't panic

It's okay to admit when you need to learn more. Remember, you don't have to discuss everything all at once. It's better to have lots of short, casual talks as kids grow, anyway.

Set clear expectations

Make sure kids know that underage drinking is illegal and unacceptable. Set clear expectations for their behavior and enforce your house rules consistently.

Be a nonjudgmental resource

Become your kid's go-to for information and support—instead of friends or the internet—by taking all of their questions seriously and providing calm, nonjudgmental answers.

What to say

Ask open-ended questions

Get them talking by avoiding yes or no answers. Ask about their friends' choices, their school experiences, or their thoughts on the alcohol use they see in games, on TV, and social media.

Listen, listen, listen

Show kids you're interested in what they have to say. Ask questions and let their responses guide the discussion. Don't let the script in your head distract you from what's really being said.

Talk about the tough stuff

Kids can sometimes think of alcohol as a way to cope with stress or trauma in their lives. Give them a safe place to talk about those feelings instead—with you or with a licensed medical or behavioral health care provider.

Don't keep score

It's tempting to correct kids when their info or opinions differ from your own. Avoid lecturing, using scare tactics, or trying to shut them down with facts. It'll keep the lines of communication open.

Consider sharing your own story

Afraid to discuss your own underage drinking experiences? What you share is up to you. But revealing your own choices, regrets, or family history may help kids understand what's at stake.

Starting Point SPRING 2024 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 7 will attend the YMCA Downtown Child Watch. Supervision is also available for children older than 7, if needed. Saturdays, February 10, 2024 through May 8, 2024 from 9:00 am to 12:00 pm at the Downtown YMCA.

Virtual Option ➔

A virtual option will be available Wednesdays, February 7, 2024 through May 8, 2024 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

courses run from 2/10/24 to 5/8/24

Career Development

Study Skills

Assertiveness

Healthy Relationships

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



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on GO Transit.

Starting Point- Oshkosh

Children Will Learn

Child Development Topics
courses run from 2/10/24 to 5/8/24

Discipline Strategies **Mothers will learn** **Parenting Resources and Referrals**

Sharing With Others

Early Literacy

Resiliency

Recognize Feelings and Emotions

Age Appropriate Activities

Making Good Choices

Exploration Through Play

Listening Skills

"Starting Point has helped me plan a way to go back to school and provide for our family."

"This program has helped me learn all the resources within FVTC, to help as I go back to school. It has even given me the help I need in my personal life."

Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Give your children a healthy environment to thrive
- Gain support from other parents

"I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go."



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 | kara.nowak7593@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 Appleton

SPRING 2024

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 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 7, 2024 through May 8, 2024 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.

Project Details:

Virtual Option →

A virtual option will be available Wednesdays, February 7, 2024 through May 8, 2024 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 2/7/24 to 5/8/24

"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.

Starting Point– Appleton

Children Will Learn

Child Development Topics

course runs from 2/7/24 to 5/8/24

Sharing With Others

Early Literacy

Resiliency

Recognize Feelings and Emotions

Age Appropriate Activities

Making Good Choices

Exploration Through Play

Listening Skills

Discipline Strategies

Mothers will learn

Parenting Resources and Referrals

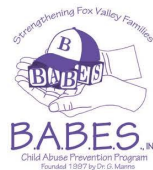
"Starting Point has helped me plan a way to go back to school and provide for our family."

"This program has helped me learn all the resources within FVTC, to help as I go back to school. It has even given me the help I need in my personal life."

Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Access to Diapers, Hygiene products, and gas assistance
- Access to free family fun activities
- Give your children a healthy environment to thrive
- Gain support from other parents

"I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go."



Contact Information: Kara Nowak | (920) 735-5722 | kara.nowak7593@fvtc.edu
 To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/StartingPoint



s.p.a.r.k.

Self-Love WORKSHOPS

Are you ready to ignite your self-love and self-confidence? Join us for a dynamic workshop dedicated to strengthening the most important relationship in your life – the one with yourself.

What's your spark?

These 3-hour workshops for women will provide practical strategies to boost self-esteem, develop self-compassion, and cultivate a deeper love for the mind, body, and spirit. Join us for:



Confidence in Motion
Stephanie Pereira da Silva



Eating for Heart & Mind
Kate Harrell



Self-Love Yoga
Stephanie Duwe



Your Self-Care Plan
Katie Jaegly

**JAN
14**

Adults (18+)

1:00-4:00 PM
625 E County Road Y
Oshkosh, WI 54901

**FEB
11**

Young Adults (12-18)

1:00-4:00 PM
625 E County Road Y
Oshkosh, WI 54901

**MAR
3**

Mothers & Daughters

1:00-4:00 PM
625 E County Road Y
Oshkosh, WI 54901



Register today!

Cost: \$10 per participant* | Limited Spaces Available
Sign up today at pdsfusion.org to secure your spot!

*No participant will be turned away due to inability to pay. Contact pdsfusioninc@gmail.com to discuss your options.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service, or activity. For communicative accommodations in languages other than English, please contact oaic@extension.wisc.edu. For communicative accommodations based on a disability, please contact Heather Lipinski Steljes at: heather.steljes@wisc.edu for the public.

FREE Zumba Classes

Menasha Public Library Free Classes

Every Wednesday @ 6pm in Lower Level Co. Room E

ZUMBA

with Stephany Figueroa

SALSA, MERENGUE, REGGAETON



Classes start Wed. January 3 and
run through Wed. February 21
~2024~

For more Information (920) 967-3673 | Flores@MenashaLibrary.org

Made with PosterMyWall.com