

February 2024

Dream Big!

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

Valentine's
Day

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

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Dear FSS participants (and community members),

Please wish a **Happy February Birthday to Gloria!** I hope your birthday is fabulous and you are finding a little time to take a step towards your goals.

Let's celebrate Lucha's FSS GRADUATION! Celebrating in the picture is Mel, Lucha, Erin, Katie and Kay. Lucha joined the FSS program as of 11/1/2016. Lucha increased her credit score from 454 to 716, tracked her expenses, made a budget, kept this budget for more than 3 months, met with Habitat about buying her own home, maintained her health, found and maintained employment and has continued to work for at least a year. She is in the process of becoming a manager and sells clothing online. Lucha would like to use this money for a down payment of a home and for her children's educational needs. Lucha graduates with **\$12,483** in her FSS escrow account. Please join me in congratulating Lucha! I can't wait to see you reach your dream of being a home owner!



Check out these happenings and many more in this February 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 for more info.

Fox Cities Habitat Homebuyer Applications: Are you interested in becoming a Habitat for Humanity homeowner? Fox Cities Habitat is now taking applications from January 10th through February 7th, 2024. See page 10 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 February! 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

♥ happy ♥
Valentine's
♥ day ♥



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.



Wise Wisconsin Virtual Learning Series

Sessions:

2/7: The Power of Awe!

2/14: Wisconsin's First Nations

2/21: Grandparenting; Connecting through Traditions and Rituals

2/28: UW Cancer Carbone Center: Facts, Myths, and Screening for Cancer

3/6: Wise Money

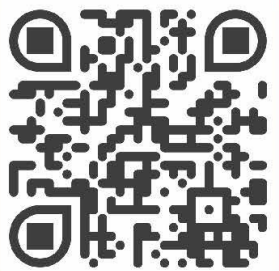
3/13: What's the Deal with No Mow May?

3/20: Preparing to Care: The what, why, and how of supporting a loved one through a health crisis

3/27: We Can Do Hard Things: Tools for current and future caregivers

ZOOM IN ON
WEDNESDAYS FROM
9:00 - 10:00AM
FEBRUARY 7TH -
MARCH 27TH, 2024

Register here!



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

Registration:
<https://go.wisc.edu/z96rcd>
For more information, contact Sara
Richie at sara.richie@wisc.edu

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.

Ask questions. Get answers.

All calls are free and confidential



(877) WiscWay
877-947-2929

Call toll-free

When you call Wisconsin Wayfinder, you will be connected to a children's resource guide in your area of the state. You will be able to ask questions and share information with your guide about your child. Your guide will help you find a wide array of available supports and services. They respect your wish to choose the next steps to meet your child's needs.



Call us. We listen.

You will receive friendly assistance, including information about programs and services in the network, such as:

- ◆ Children's Long-Term Support Program
- ◆ Katie Beckett Medicaid
- ◆ Birth to 3 Program
- ◆ Comprehensive Community Services

Our children's resource guides also provide personalized support, including:

- ◆ Access to therapy providers
- ◆ Parenting support
- ◆ Local events
- ◆ Respite care, and more

Wisconsin Wayfinder: Children's Resource Network streamlines the journey to find services children need.

If you are a parent or professional wanting to help a child or youth with a delay, disability, mental health condition, or special health care need, please contact us for information and assistance.



All calls are free and confidential



(877) WiscWay
877-947-2929



dhs.wi.gov/wiscway

Contact us today!

Repair Cafe

Neighbors Helping Neighbors Fix Stuff

FREE REPAIRS

SUNDAY, FEBRUARY 11

12:00 - 4:00 PM

**GOT
ANYTHING
THAT NEEDS
FIXING?**

DOWNTOWN OSHKOSH YMCA
324 WASHINGTON AVE



small appliances
computers
sewing + mending
bicycles
jewelry + watches

Under 18, guardian required.
No firearms or weapons.



facebook.com/RepairCafeOshkosh
RepairCafeOshkosh@gmail.com



What is VITA?

VITA = Volunteer Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program provides free, quality tax preparation from IRS-certified preparers to individuals and families earning up to \$60,000 annually. Taxpayers who were previously ineligible, and those who do not have a filing requirement, may not realize they need to file a tax return to claim these credits. These credits are: Earned Income Credit, Child Tax Credit, and Child Care Credit. Let VITA help you file for free and get all your money.



UW-Oshkosh site: Appointments available from February 5 to March 27, 2024. UW-O offers the VITA program (Volunteer Income Tax Assistance) that provides free basic tax return preparation for low-to-moderate income and elderly taxpayers. The program is run by students and other community volunteers. You can call **920.424.1454** to schedule an appointment.

AARP Free Tax assistance with a special focus on taxpayers who are age 50 years old or older. Neenah/Menasha area: call (920) 215-1040 for an appointment.

Next Pop-Up Food Pantry is Saturday, February 17, 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.



Winter is on it's way!



Let's talk about Energy Assistance...

The Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. Regular energy assistance is a once-a-year benefit available between October 1st and May 15th each year. Please call the statewide Customer Care Center at 1-800-506-5596 with questions about your online application. Due to the high volume of applications, it may take up to 10 business days for an online application to be processed. If you are disconnected or without heat, or will be disconnected soon, please call the Customer Care Center at 1-800-506-5596. To view income limit information, visit energyandhousing.wi.gov

Interested in applying? Call their Customer Care Center or apply online energybenefit.wi.gov



Adulting 101 Classes

ADULTING 101 2024



January 30	Time Management 101
February 27	Money Management 101
March 26	Work
April 30	Transportation 101
May 28	Kitchen Safety & Cooking
June 25	College 101
July 30	Self-Care 101
August 27	Career Planning & Exploration
September 24	Understanding Credit and Interest Rates
October 29	Housing 101

All classes will be held Tuesdays from 4:15 - 5:45 pm at Extension Outagamie County Office, 3365 W Brewster St, Appleton.

Open to all ages 14-24.

Come to all or pick and choose the sessions of interest to you.

Registration is required one week prior to each class.

<https://bit.ly/OCAadulting>



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**FREE
FOOD + FUN**

CONNECTING COMMUNITY THROUGH FOOD










Food often reflects our cultures and ethnicities. By sharing food and our culture with one another, we connect as humans and learn more about one another's experiences. Sharing of food provides us greater opportunities to hold space for all to explore and share at the table.

JOIN US every month with a new special guest to learn more about a culture and their traditions, customs, and recipes! Come with an appetite and open mind and leave educated and with a new cultural recipe.

IN PARTNERSHIP WITH:  **ADRC**
Aging & Disability Resource Center of Winnebago County

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown • 236-3380 • 324 Washington Avenue



**FREE
+ OPEN
TO ALL
MOMS!**

Includes FREE CHILD CARE + FREE DINNER for kids and moms.

MOMS! MEET. MINGLE. RELAX. LEARN.

STRONG MOMS

A **FREE** community program for moms of all ages, with kids at all stages.
5:30-6 p.m. Dinner
6-7 p.m. Program
You do not need to be a Y member to participate.

Take a break while your kids are cared for, and build a network of friends who "get it."





JANUARY 11 20
Create a pretty Valentine's Day wreath. Max of 25 participants.



FEBRUARY 22 20
Join us for a class on easy weekly meal prep. Everyone will take one meal home.



MARCH 7 20
Paint a cube, summer-themed, hanging wooden cutout. Max of 25 participants.



Last program until Fall.
APRIL 18 20
Cookie decorating and games night. Watch for details.

TO REGISTER & FOR MORE INFORMATION: contact Taylor Douglas at (920) 230-8920, taylor.douglas@oshkoshymca.org, or visit us on [facebook](https://www.facebook.com/oshkoshymca) or the internet oshkoshymca.org

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
20th Avenue 236-3380 324 Washington Avenue • 20th Avenue 230-8439 3303 W. 20th Avenue



**A BOUNCE HOUSE*
BASKETBALL,
ICE SKATING*
SWIMMING
& MORE**

*20TH AVE ONLY

FREE COMMUNITY NIGHTS

SPECIAL!
Join the Y for fun all year long! Families that join the Oshkosh Y as new members on Community Nights will **PAY NO JOINER FEE!** That's a savings of up to \$75!

FREE & OPEN TO THE ENTIRE COMMUNITY! 5-7 p.m. SAVE THESE DATES!

JANUARY 13
SPORTS FUN & ACTIVITIES
• 20th Avenue •

FEBRUARY 10
FAMILY FITNESS NIGHT
• Downtown •

MARCH 23
LET'S GET CRAFTY
• 20th Avenue •

APRIL 27
WATER SAFETY & POOL FUN
• 20th Avenue •

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
DOWNTOWN 236-3380 • 324 Washington Ave. 20TH AVENUE 230-8439 • 3303 W. 20th Ave.



JOB + INTERNSHIP FAIR

THURSDAY, FEBRUARY 1 | 12:30PM-3:30PM

The Herd is hosting a job and internship fair for students, professionals, and job seekers at Oshkosh Arena before the Herd take on the Knicks that night.

FOR MORE INFORMATION, PLEASE CONTACT
Malachi Murray at 920-744-0254 or malachi.murray@wisconsinherd.com



Fox Cities Habitat Applications



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. Please call (920) 954-8702 for more information.

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

Starting Point Classes

Family Self Sufficiency

Starting Point SPRING 2024 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 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:**
- 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.
- Virtual Option* →

"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

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

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 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.
- 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.
- Virtual Option* →

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Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on GO Transit.

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

Children Will Learn

"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."

Sharing With Others

Early Literacy

Resiliency

Recognize Feelings and Emotions

Child Development Topics

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

Age Appropriate Activities

Making Good Choices

Exploration Through Play

Listening Skills

Discipline Strategies

Mothers will learn

Parenting Resources and Referrals

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."



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



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

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- 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

What are you saving for?



WHAT ARE YOU SAVING FOR?

SAVE FOR THE "GOOD" KIND OF UNEXPECTED.
Don't only save for emergencies, save for opportunities, too!



So what are you saving for?

Block out 15 minutes to think about your savings goals and write them down!

SHORT TERM	NEAR FUTURE	LONG TERM
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Now that you're clear on what you're saving for, it's time to make a simple plan to achieve it.

Visit americasaves.org/pledge to create your savings plan and take the next step towards success.



WWBIC Presents STRONG WOMEN, STRONG COFFEE

Fueled by caffeine & passion, this FREE event will feature a live interview with a strong woman who has achieved success in business or entrepreneurship. The audience will hear her story of success and feel a connection with other strong women on their own journeys, finding inspiration along the way.

Wednesday,
February 14th
9:00 - 10:00 am

BOS' Optimal Solutions
816 W. Capitol Dr.
Appleton

OUR SPEAKER



CECELIA BOS

CeCelia Bos is the owner of BOS' Optimal Solutions, LLC which is a business consulting company, specializing in assisting businesses looking to grow to their next level. CeCelia formed her business in 2014 bringing to the table 25+ years of experience and ability to assist businesses through various niches including, but not limited to, initial business establishment, professional bookkeeping, website design, social media and management of various online platforms, project management, document preparation and database development.



wwbic.com/trainings

REGISTER ONLINE
by Feb. 12

to make check-in quick and easy. You may also register on-site - *walk-ins are welcome!*

QUESTIONS? • Email averhagen@wwbic.com • Call 920-944-2700

PLAN NOW TO ATTEND!



Introduction to Kiva and Crowdsourced Loans

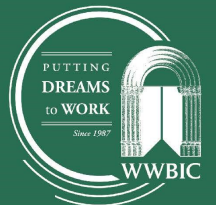
Learn about Kiva@WWBIC and the unique system of social underwriting. Kiva US offers crowdfunded business loans from \$1,000 to \$15,000 that are 0% interest and fee free. Join our interactive discussion with a Kiva Capital Access Manager to learn more about applying for a Kiva Loan. Gain insight on the process and preparation needed to meet your microfinancing needs. Kiva Loans require no minimum credit score, collateral, or business Plan.



Register online by Feb. 14 to make check-in quick and easy. You may also register on-site - *walk-ins are welcome!*

QUESTIONS?

Call 920-944-2700
Email averhagen@wwbic.com



WWBIC Northeast

Friday,
Feb. 16th

12:00 - 1:00 pm
WWBIC Appleton
1191 N Casaloma Dr.

wwbic.com/trainings



PLAN NOW TO ATTEND!

Turning your skills into a Business

Are you interested in starting a business, but not sure if you have the skills to start? In this training, we will go through a personal skills assessment, hear from someone who has turned their skills and passions into a business, and the steps they took to turn their dream into a reality.



Register online by Mar. 4 to make check-in quick and easy. You may also register on-site - *walk-ins are welcome!*



QUESTIONS?
Call 920-944-2700
Email averhagen@wwbic.com

WWBIC Northeast

Wednesday,
Mar. 6th

12:00 - 1:30 pm
WWBIC Appleton
1191 N. Casaloma Dr.

wwbic.com/trainings



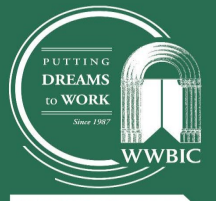
PLAN NOW TO ATTEND!

Is your Business Idea Expandable?

Do you have a hobby, a business idea, or home-based business that you are looking to expand? In this training, an expert facilitator will discuss how to test if your business idea is ready to grow.



Register online by Mar. 18th to make check-in quick and easy. You may also register on-site - *walk-ins are welcome!*



QUESTIONS?
Call 920-944-2700
Email averhagen@wwbic.com

WWBIC Northeast

Wednesday,
Mar. 20th

12:00pm - 1:30pm
WWBIC Appleton
1191 N Casaloma Dr.

wwbic.com/trainings

TOP REASONS TO #GETBANKED

Opening a bank account can be one of the most important steps you take toward reaching your financial goals. Why? Because putting your money in an FDIC-insured bank account can offer you financial safety, easy access to your funds, savings from check-cashing fees, and overall financial peace of mind. If you do not currently have a bank account, but have been thinking about opening one, here are some things you should consider.



FOR MORE INFORMATION ON FINDING THE RIGHT TYPE OF ACCOUNT FOR YOU, GO TO WWW.FDIC.GOV/GETBANKED WWW.FDIC.GOV/GETBANKED.

- 1. Your money is safe.** Keeping cash in your home puts you at risk of theft, fire, flood, loss, or damage. Opening an account at an FDIC-insured bank anywhere across the nation ensures that your money is protected in the event of disaster. In addition, when you open an account in an FDIC-insured bank, your money is safe in the unlikely event that the bank fails. You do not need to apply for this insurance; coverage is automatic.
- 2. Your money is protected against error and fraud.** Federal laws protect you in the event of a debit card error or unauthorized electronic transaction as long as you notify your bank in a timely manner.
- 3. You get your money faster with no check-cashing fees.** When your money is direct-deposited into an FDIC-insured bank account, you get access to your money sooner than you would with a paper check. You can also save money by not having to pay check-cashing fees.
- 4. You can make online purchases with ease and peace of mind.** Some bank accounts provide you with a debit card you can use to shop online. If your account is with an FDIC-insured bank, federal law limits your loss in the event of an unauthorized online transaction.
- 5. You have access to other products from the bank.** Once you have established a relationship with a bank through a bank account, you can consider other financial products to help you achieve your financial goals: credit cards, auto loans, and home mortgages.
- 6. You can transfer money to family and friends with ease.** Person-to-person payments and mobile app payments have become a part of everyday life for many people. With an FDIC-insured bank account, you can use these services and apps to send money to your friends and family without having to write a check, swipe a card, or hand them cash.
- 7. You have proof of payment.** Whenever you purchase an item with a checking account or a debit card you have the proof you paid on your monthly statement.
- 8. You can keep an eye on how much money you have.** You can use your monthly statements to track your spending, create a budget, compare your budget to your spending, and keep an eye on your payments and balances.
- 9. You can set useful alerts.** Most mobile banking systems allow you to sign up for alerts to notify you if the balance in your FDIC-insured account drops below a set dollar amount or set spending limit. This can help you avoid overdraft fees. You may also be able to receive text alerts if your bank sees suspicious activity in your account. (Learn more about how to prevent identity theft or falling victim to potential scams on our [identity theft resource page](#).)
- 10. You can pay your bills from wherever you are.** Your bank's electronic bill-pay services generally allow you to receive, review, and pay bills online from a smartphone, tablet, or computer.



Anger & Emotional Management for Parents



Our children bring us incredible joy. Yet there are times we find ourselves crabby, frustrated or angry with the people we love. Learn how to manage anger to improve your relationships. Learn the five stages of anger & the top ten anger producers. Get to know your own anger, anger style & how to manage it to create a more harmonious home.

Free Childcare Available

Registration Required

Choose One Session from these Three Options:



Register Online:

Family Services Website:

www.familyservicesnew.org/parenting-classes

Parent Connection Facebook Events:

www.facebook.com/ParentConnectionWI

Questions?

Contact the Workshop Team at:

workshops@familyservicesnew.org

920-739-4226 ext. 127

Online
Thurs, Feb 22 | 12:00-2:00 pm

In-Person in Appleton
Tue, March 19 | 6:00-8:00 pm

Online
Thurs, May 23 | 12:00-2:00 pm

Cost: \$10.00
per person per session



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



Positive Discipline Parenting



This course will talk about discipline as structure, routine, communication & being our children's role models. Build up your children's positive behaviors & sense of self-esteem. We will talk about how we can start Positive Discipline Parenting in our homes today.

Free Childcare Available for In-Person Sessions

Registration Required

Choose One Session from these Three Options:



Register Online:

Family Services Website:

www.familyservicesnew.org/parenting-classes

Parent Connection Facebook Events:

www.facebook.com/ParentConnectionWI

Questions?

Contact the Workshop Team at:

workshops@familyservicesnew.org

920-739-4226 ext. 127

Online
Thurs, Feb 29 | 12:00-2:00 pm

In-Person in Appleton
Tue, March 26 | 6:00-8:00 pm

Online
Thurs, May 30 | 12:00-2:00 pm

Cost: \$10.00
per person per session



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

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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 Jeregy

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 oa@extension.wisc.edu. For communicative accommodations based on a disability, please contact Heather Lipinski Steljes at heather.steljes@wisc.edu for the public.

Parent & Caregiver Support Group



Fox Valley

be kind.

NAMI Fox Valley (National Alliance on Mental Illness)
in collaboration with Parent Connection



Monthly Parent & Caregiver Support Group
for parents and caregivers of school-aged children
with behavioral or mental health challenges

Our Parent & Caregiver Support Group provides participants with a relaxed, trusting and safe environment to share with and support others who can empathize with their experiences.

Participants share strategies and coping skills, discover community resources and experience the benefits of mutual compassion.

Join us the 2nd Monday
of Every Month
In-Person - Appleton

Free Childcare Available
Registration Highly Recommended
Walk-Ins are Welcomed

6:00-7:30 pm | Cost: FREE
Jan 8, Feb 12, Mar 11, Apr 8, May 13
Community Early Learning Center (CELC)
313 S. State St., Appleton

Register On-line:
Family Services Website:
www.familyservicesnew.org/parenting-classes
Parent Connection Facebook Events:
www.facebook.com/ParentConnectionWI

For questions about this group

Contact Vivian Flanagan
NAMI Fox Valley Family Program Coordinator
vivian@namifoxvalley.org or (920) 740-3499



Parent Connection Fox Cities: 1810 Appleton Road, Menasha WI 54952 | (920) 739-4226
www.familyservicesnew.org/parent-connection

NAMI Fox Valley: 211 E Franklin St, Appleton, WI 54911 | (920) 954-1550
www.namifoxvalley.org





Menasha Mini JOB FAIR

wisconsinjobcenter.org/events/

Monday, February 12, 2024

Menasha Job Center
1802 Appleton Road
Menasha, WI 54952
- Redwood Room -

1:00-3:00 p.m.

Connect with employers from different industries, including:

- Toys for Trucks
- Clarity Care
- Agape
- UMOS
- Boys & Girls Club of the Fox Valley
- RGL Logistics
- UW Oshkosh
- QPS Employment
- Ornuva
- Right At Home

Participating employers are subject to change



A proud partner of the AmericanJobCenter network

Equal Opportunity Employer/Program Auxiliary aids and services are available upon request to individuals with disabilities.



Are you this company's next great Talent? Find out at our next installment of

Talent Tuesday

Featuring:



Tuesday, February 6th 9AM-Noon

Join us at the Job Center to meet with recruiters from Express Employment Professionals!

- OPEN INTERVIEWS!
- Recruiting for multiple positions!
- Find out about compensation and benefits!
- Utilize Job Center computers for any required applications!
- Bring a friend! SEE YOU THERE!

1802 Appleton Rd - Menasha – 920-993-3272



A proud partner of the AmericanJobCenter network

The Fox Valley Job Centers and Local Workforce Partners are Equal Opportunity Employers and Service Providers. If you have a disability and need assistance with this information, please call us through Wisconsin Relay Service (7-1-1). To request an alternate format, including language assistance or translation of the information, please contact us at (888) 258-9966

Career EXCELeRate | 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 EXCELeRate 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 careerEXCELeRatewi.org

Call: 920-204-7002

Email: careerEXCELeRateWI@goodwillncw.org




Are you this company's next great Talent? Find out at our next installment of

Talent Tuesday

Featuring:



Tuesday, February 13th 9AM-Noon

Join us at the Job Center to meet with recruiters from Home Instead!

- OPEN INTERVIEWS!
- Recruiting for multiple positions!
- Find out about compensation and benefits!
- Utilize Job Center computers for any required applications!
- Bring a friend! SEE YOU THERE!

1802 Appleton Rd - Menasha – 920-993-3272



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