



Fall 2015 Newsletter

# FAMILY SUPPORT CENTER

## Why Walk?

- October is Domestic Violence Awareness Month.
- Last year the Family Support Center, Bolton Refuge House and Bridge to Hope served and supported over 3,500 people.
- These agencies directly helped survivors of violence in the Chippewa Valley.
- Over 5,000 children received prevention education in Chippewa County from the Family Support Center alone.

These statistics are astounding. The work we do is necessary and vital to those who have experienced, witnessed, or heard about domestic violence. This work cannot be done without the entire community. That is why we encourage everyone (and we mean *everyone*, as domestic violence affects all walks of life) to join us this year to **Walk A Mile-Chippewa Valley**.

This marks the second year of this event, and we hope to break our first year's record of 200 walkers! Come out and enjoy the weather, the food, the prizes, and most of all the community at Pine Pavilion in Carson Park on October 25th at noon, and help us

***Break the silence,  
end the violence.***

*-Cara, Domestic Violence Advocate*

*\*All proceeds from Walk A Mile Chippewa Valley will benefit Family Support Center, Bolton Refuge House and Bridge to Hope, all anti-violence programs that support victims/survivors of domestic violence and sexual assault.*

October is  
**Domestic Violence Awareness Month**

Family Support Center, Bolton Refuge House, Bridge to Hope, and UWEC's Women's & LGBTQ Resource Center  
**Invite you to:**



**Sunday, October 25, 2015  
Carson Park Pine Pavilion**

**Registration and check-in starts at 11:00  
Walk begins at Noon**

Walk A Mile Chippewa Valley is a mile-long march to end violence in the Chippewa Valley.

All proceeds go to Family Support Center, Bolton Refuge House, and Bridge to Hope.

**Pre-register at:  
eventbrite.com**  
(search: Walk A Mile Chippewa Valley)

Pre-register before Oct. 15th to receive a free t-shirt\*  
\*While supplies last

Adults: \$20  
Students: \$10  
Kids 14 and under: Free\*  
\*When walking with a registered adult

Prices increase by \$5 the day of the walk

**Featuring:** Fundraiser cookout following the walk  
Music and entertainment  
Drawings and prizes!



## The Staff...

### Executive Director

Geri Segal

### Assistant Administrator

Sue

### Office Manager

### Resource Development

### Coordinator

Lori

### Domestic Violence Program

### Director

Jeni

### Domestic Violence Advocate

Cara

### Domestic Violence Youth

### Advocate

Erin

### Sexual Assault Victim

### Services Coordinators

Blythe

Amanda S.

### Parent Services Provider

Marilyn

### Prevention Educator

Kathryn

### Parent Services Program Director

Becce

### River Source Parent Educator

Kristin

### Family Support & Resource

### Coordinator

Shannon

### ATDOA Prevention Coordinator

Deb

### UWEC Center for Awareness of

### Sexual Assault (CASA)

### Victim Services Coordinator

Amanda L.

### Contact us...

(715) 723-1138 or 1-800-400-7020

Fax: (715) 723-8460

[www.familysupportcentercf.com](http://www.familysupportcentercf.com)



## 2015 BOARD OF DIRECTORS

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# Ladies Evening Extravaganza

*an evening of elegance* ☆☆☆☆☆

The eighth annual Ladies Evening Extravaganza was held on Thursday, September 10th, at Heyde Center for the Arts in Chippewa Falls. *The evening was a huge success!* The beautiful harp music of Serena O'Meara greeted the guests as they arrived. Awaiting the guests were elegantly wrapped raffle prizes, delicious appetizers and dinner catered by Franzwa's Custom Catering, and fun entertainment. Judy Clark emceed the event once again, adding her wonderful charm and personality.

This year's fundraiser was a huge success, raising over \$20,000 for Family Support Center. The money raised at the event pays for the services that we offer our clients throughout the year. The mission of the Family Support Center is to help women, men, and children end domestic violence, sexual assault, child abuse and other forms of interpersonal violence through education, prevention and intervention services. Some of the ways that we do this are by offering counseling and advocacy to victims of domestic violence and sexual assault, providing parenting services and prevention education.

*Thank you to all who contributed to the success of Ladies Evening Extravaganza including:*

the generous sponsors, dedicated volunteers, those who provided entertainment

during the evening, as well as the guests who attended the event.

**A special thank you to the Ladies Evening Extravaganza planning committee.** Without the commitment and dedication of these wonderful ladies, this fundraiser could not exist.:

*Karen Hepfler, Carol Christensen, Teresa Germain, Denise Kervin, Jeanne Fox, Sherrie Dachel, Lynda Olson, Mary Olson, Sandi Frion and Nancy Haley.*

Planning for next year's event will start soon. **If you are interested in being on the planning committee, please call Lori at 715-723-1138.**



*A lucky winner of one of our 50/50 raffles*

## Thank you, Eaux Claires!

It was such an honor for Family Support Center and Time Out Shelter to be a part of the Eaux Claires Music and Arts Festival. Staff engaged with nearly 2,000 people at our "I am the Solution" booth. Thank you to Eric Anderson and Wisconsin Kubb for having "Kubb for a Cause" to raise awareness for our agencies while introducing people to the game of Kubb. It was truly an unprecedented opportunity to raise awareness of domestic violence and sexual assault with so many people.

*Thank you for your support and sharing your music with us!*



*Ready for our wonderful emcee!*



## There's a lot happening at River Source Family Center!

### Safe Exchange: Family Communication Through A Note-Passing Program

**G**ood communication is necessary in creating healthy relationships. Being respectful, listening intently, making eye contact, using "I" messages, staying focused, and compromise are some tools parents can use to create healthy communication. Most families who participate in the Safe Exchange Program are in current situations where they may not have the ability to use these good communication tools. The Safe Exchange Program is set up so that there is no direct contact between parents. This allows exchanges to happen in a safe and stress-free environment. Some families have restraining orders or no contacts that prohibit direct contact with each other. Other families may have strong emotions that create upsetting and stressful situations, in front of their children. Safe Exchange recognizes each individual situation and provides parents with the ability to communicate through a note-passing program. Parents are provided with paper to write messages to the other parent.

This note-passing program is intended to provide a communication tool for parents to share information on their child(ren)'s

well-being and welfare. Safe Exchange staff read over notes, to make sure they are appropriate, and that no personal messages are being passed. Parents receive a copy of any note passed at Safe Exchange. In certain situations, parents choose not to use the note-passing program. Sometimes parents are unsure if they can use the note-passing program, if there is a restraining order or no contact in place. Unless a judge adds that this form of communication (note-passing program) is acceptable, parents may choose not to use any form of communication. This program does understand the need for communication between parents and looks at each situation to see how to best assist each family.

Our Safe Exchange Program is currently looking for **volunteers** to assist families in safely exchanging their children for visitation. Volunteers are needed Fridays and Sundays, 4:00 -7:00. **If interested, please contact our Resource Development Coordinator at 715-723-1138.**

- *Becce, Parent Services Director/  
Safe Exchange Coordinator*

### Country Inn C.A.R.E.S.

The Country Inn Chippewa Falls, WI is planning the **8th annual Country Inn C.A.R.E.S.** (Community Awareness Resources Enhancement Sponsorship) Country Inn sponsors a different non-profit organization each year in an attempt to raise funding and community awareness. The proceeds for this year's event will go to River Source Family Center!

The event will be held at **Loopy's Grill & Saloon on November 7th at 6:00 p.m.**

This year's theme is "Great Gatsby Oscar Party," so dress in 1920's attire!

The event will include a silent auction, raffle prizes and costume contest.

For more information, contact Country Inn & Suites at 715-720-1414.

### River Source Family Center Hires Parent Educator

Thanks to new funding from United Way, River Source Family Center was able to hire a new full-time parent educator, Kristin. Kristin will be a part of Bright Starts S.M.I.L.E., our home visiting program. Kristin will also be reaching out into the community to create playgroups in rural areas.

***Welcome, Kristin!***

### Bright Starts S.M.I.L.E. Program

A new program for families in Chippewa County will provide opportunities for your child to shine brightly in all areas of their life!

River Source Family Center and Chippewa County Public Health Nurses are working together to make sure every child (ages birth to 5 years) is **thriving with a S.M.I.L.E.!**

*S-Social-Emotional Development  
M-Motor Development  
I-Intellectual Development  
L-Language Development  
E-Early Health & Well-being*

Please call **River Source Family Center at 715-720-1841**

for more Information or to register for the program.



### United Way's Day of Caring Gives the Gift of Time To River Source Family Center

On Friday, September 18th, a group from Marshfield Clinic worked to improve the playground at River Source Family Center. As part of United Way of the Greater Chippewa Valley's Day of Caring, volunteers from local organizations give the gift of time. For River Source Family Center, this meant cleaning up the playground, getting it ready for all of their fall playgroups. The volunteers spent their morning pulling weeds, trimming bushes and cleaning up raised flower beds, all while listening to the relaxing sounds of Duncan Creek rushing by. It's an amazing day when great people come together to do amazing things for the community.



Family Support Center  
 P.O. Box 143  
 Chippewa Falls, WI 54729  
 715-723-1138 or 1-800-400-7020

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The Family Support Center is an equal opportunity agency. The Family Support Center celebrates the diversity of all people and does not discriminate in any manner on the basis of race, color, national origin, sex, religion, age, disability, or sexual orientation. The Family Support Center's programs are funded in part by United Way of the Greater Chippewa Valley.



## Volunteer Opportunities with Family Support Center

### On-Call Advocate:

- Volunteers provide evening and weekend coverage for our 24 hour hotline.
- On-call Advocates operate out of their own homes, using their personal phone.
- Advocates sign up for shifts, which are 4:30 p.m.-8:00 a.m. on weekdays, 24 hour shifts on weekends and holidays.

### Safe Exchange:

- Volunteers assist families in safely exchanging their children for visitation.
- Volunteers are needed Fridays and Sundays, 4:00-7:00 p.m.

### Office Assist/

### Phone Coverage:

- Volunteers assist with office projects, mailings, computer tasks, and phones
- Volunteers are needed Thursday afternoons from 12:30-4:30 p.m.

### We are in need of the following items for client use.

**With a little help you, too, can make a difference.**

*Please drop off items at Family Support Center.*

- |  |                                    |
|--|------------------------------------|
| • Gas gift cards                                 | • Toilet paper                     |
| • Grocery gift cards                             | • Paper towels                     |
| • School supplies                                | • Cleaning disinfecting wipes      |
| • Facial tissue                                  | • 33 gallon garbage bags           |
| • Juice  | • High-heeled shoes (size 10 & up) |
| • Snacks   | • Large latex-free plastic gloves  |
| • Stickers                                       | • Hand wipes                       |
| • Toothpaste                                     | • Dish soap                        |
| • Diapers-size 4 & 5                             | • Laundry detergent                |
| • Wipes  | • Fabric sheets                    |
| • Deodorant                                      |                                    |
| • Feminine hygiene products (especially tampons) |                                    |

### Sponsor a Family This Holiday Season

*Fall is in the air!* That means back to school, falling leaves, apple orchards and pumpkin patches. It also means that the holidays are near. For a lot of families, the added expenses around the holidays can be a challenge. Family Support Center would like to provide holiday meals for families in our community. Please consider sponsoring a family this holiday season. We are requesting grocery gift cards of \$50.00 to provide food for local families. Please drop them off at Family Support Center or mail them to:

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

*\*\*Please reference Family Holiday Fund*