



Winter 2015 Newsletter

FAMILY SUPPORT C E N T E R

The Staff...

Executive Director
Geri

Assistant Administrator
Sue

Office Manager
Glori

**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
Andrea

Prevention Educator
Kathryn

Parent Services Program Director
Becca

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



Holidays and Advocacy

During the holiday season, we see a multitude of images representing the nuclear American family. A family where heterosexual parents are in love, with happy children and financial security. For some of us, these images conjure up warm and excited feelings. Many of us can relate to depictions of holiday celebrations with gifts and cheer. For others, depictions of a happy nuclear family celebrating holiday festivities produce feelings of shame, loneliness, longing and hurt. It is the happiest time of the year for some, and the most depressing and painful time of year for others.

The holiday season can be especially stressful for survivors of domestic violence as it can trigger up emotional turmoil, create change in routine, and be financially unsettling. It is important to understand that every family is different with unique experiences and hardships. We can all have conversations with our children about what makes our own families special whether we live at a shelter, with a big family, or a small family, with an incarcerated parent, or with divorced parents. Having conversations with family members about our unique family histories can induce a sense of belonging. Fostering predictability in children's lives through family traditions and routines can ease feelings of anxiety or fear.

As Advocates, we are reminded of the importance of our services during the holiday season. We are prepared to do extensive safety planning with survivors of domestic violence. We can facilitate the preparation for safe and reliable exchanges of children between parents and offer emotional safety planning so that survivors are equipped with the tools to

access peaceful and happy thoughts during the stressful holiday times. Our 24-hour hotline is available when the office is closed, with trained Advocates to respond to calls. We are very thankful to our volunteers and would happily receive more if you are interested in joining our team!

Let us all be reminded of the importance of connection no matter where we live, what our families look like, or what holiday we celebrate. Hope is an abstract term that may be challenging to grasp during times of hardship. It doesn't take more than an extended hand and open heart to bring meaning to the sense of hope. I am inspired on a daily basis by the incredible resiliency of the survivors who walk through our doors. Please know that I and my coworkers at the Family Support Center are transformed by anti-violence activism and our clients.

*We are inspired by you
and we care about you!*

~Erin

*Domestic Violence
Youth Advocate*

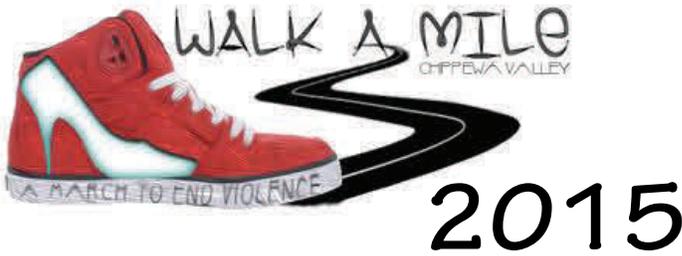
Volunteers needed for our 24-hour crisis line!

Family Support Center provides support and advocacy to victims of domestic violence, sexual assault and child abuse. Our on-call Advocates provide evening and weekend coverage for our 24 hour hotline. Training is provided. Sign up for the shifts that work for you!

*Make a difference
in your community!*

For more information, please contact

Lori at: 715-723-1138
resourcedev@fscf.org



Our second-annual **Walk A Mile-Chippewa Valley** event took place on October 25th and was a great success! Almost 200 participants “walked a mile” to raise awareness and show support for survivors of domestic violence and sexual assault. Just over \$4,000 was raised, and these proceeds were split between Family Support Center, The Bridge To Hope, and Bolton Refuge House. This event was presented by these agencies in conjunction with the UWEC Women’s and LGBTQ Resource Center.

At this event, participants literally “walked a mile” in Carson Park. Some participants chose to walk a mile in high-heeled women’s shoes, which had been collected by the three Goodwill stores in the Chippewa Valley throughout the year. Along the path for the walk, there were both information and inspirational signs created by Family Support Center staff and Women’s Studies Capstone students working with Planned Parenthood. After the walk, raffles and silent auctions continued the community support for the event. A cookout and snacks were prepared and sold by Delta Tau Delta-lota Phi, made possible with food donations from Indianhead Food Distribution, Premium Water, Micon Cinemas, Caribou Coffee, Coke and

Frito-Lay.

Participants were invited to add their names to the banner to indicate the reasons that they were “walking a mile.” A photo booth and props, donated by Goodwill NCW, added to the event and memory-making. Fran and Graham from Jarvar’s Photos captured the event. The event was emceed by Cullen Ryan, and DJ’s from The Lookout provided music throughout.

This event would not have been possible without the generous donations from our community. Additionally, the committee was instrumental in making this event a success. Many, many thanks to Jeni, Cara, and Lori (Family Support Center), Tanya and Shelby (Bolton Refuge House), Kim (Bridge To Hope), Chris (UWEC Women’s and LGBTQ Resource Center) Sherrie (Chippewa Co. Crime Victim Witness), Sara (Planned Parenthood), Kira (Goodwill NCW), and Wendy (Chippewa Falls Police Department.) The many volunteers at the event helped everything run smoothly, and it was an inspirational event for all!

Save the date for the third annual Walk a Mile-Chippewa Valley event on October 23rd, 2016, at Carson Park!



Thank you

To the businesses and individuals who gave generously, either in monetary sponsorships or prize donations, to Walk A Mile Chippewa Valley 2015:

Mason Companies, Inc., Sacred Heart Hospital, Scheels, TTM Technology, and Woodmans sponsored the event.

Elite Karate Studios, Country/Rock Fest, Christman Dental, the Green Bay Packers, Spectrum Inc., Wines For Humanity, Jamberry (donated by Cristin Colvin), Eau Claire Children’s Theatre, Tangled Up In Hue, Marlor Jewelry, Pizza Del Re, Midwest Dental, Milwaukee Brewers, Markquart Toyota, Mahli Thai, Houligan’s Steak and Seafood, Wagner’s Lanes, Metropolis Resort, Wal-Mart, Carmike Cinemas, RiverLooks, Eau Claire Children’s Museum, TGI Fridays, Acoustic Café, (Eau Claire and Menomonie), Cold Stone Creamery, Fired Up! Pizza Company, Shanghai Bistro, Brent Douglas, Mancinos, Domino’s Pizza, Menomonie Market, Log Jam, A Cute Bead, Country Treasures, Sokups Market, Sam’s Club, Anne Felton Crafts, Eau Claire Connections, Mack Crafts, Fill Inn Station, and Clearwater Comedy donated prizes.



Children *and* Sharing

For several reasons, holiday time can certainly be a busy one and our children can be facing new and difficult challenges. Sharing new toys and household gifts, our time and attention or even waiting their turn, with patience, can create a small to large meltdown of emotions. Patience for all family members can be helpful.

Sharing is a learned behavior, and parents can be concerned about what a child needs to know. Learning how to share, when to share, and do I really need to share? We can help our child learn how to have a better understanding by paying close attention and following some simple concepts.

1.) DON'T FORCE YOUR CHILD TO SHARE

Don't threaten them. In the long run, threats are just that and you can lose some credibility. Not sharing something is a whole different ball game than being willfully mean or selfish.

2.) OWNERSHIP COUNTS

In the greater scheme of things, remember that ownership really does count for something. After all, we don't go out in the world and give our house or car keys to a complete stranger, or even some of our relatives simply because they ask. So teaching our child that it is okay for them to refuse a request or even share an

important possession simply because someone asked for what our child has, is important.

3.) IF IT IS GOING TO BE AN ISSUE-LEAVE IT AT HOME

If we know that it is going to be an issue to share a special toy then try leaving it at home. New toys, and the holidays itself, are exciting and the kids want to see and touch and try. Don't expect other children to not want to play with something new your child just received; set realistic expectations beyond our child's reality or ability. What we can be teaching our children is to respect the property of others, know that they can't always have what they want and that it is okay to say no.

SO! For this holiday, keep in mind:

*Deck the halls with boughs and holly,
Even though life with your child may
not be jolly!*

Misbehaviors will pass

Peace on earth will surpass

*Your loveable short person will learn
at last*

*To share the treasures and toys they
are given.*

Fa-la-la-la-la, la-la-la-laaaaaaa!

-Marilyn

Parent Services Provider

Thank you!

Tanks of Thanks

Thank you to River Country Co-Op for nominating Family Support Center for your **Tanks of Thanks program**. Our recipient is **Karen**, who has been volunteering with Family Support Center since 2011 and has been a valuable part of the team ever since. She is helpful, friendly and informative when she is here, working with both clients and staff. Some of her many strengths include being hard-working, reliable, kind, compassionate. This late summer and early fall, we had a number of staff changes and Karen stepped up to volunteer even more than usual for the agency. She brings hope to many. Karen will receive a \$50.00 Cenex Gift Card! **Thank you, Karen! We appreciate you!**

Holiday Generosity

We would like to send a huge *thank you* to **staff at the Chippewa Valley Correctional Treatment Facility, EOG Resources, and Xcel Energy, Notre Dame Middle School, and the Christmas Toy Drive in the Chippewa Valley**. These organizations graciously sponsored our clients and their families this holiday season. An extraordinary thanks to Cindy, Carrie, and Helen especially for organizing these amazing sponsorships! This is an extra special time to show support for survivors of violence. **Thank you for lighting up the holiday season and bringing joy to so many!**

Farewell

A heartfelt thank you, farewell, and congratulations to Marilyn, Family Support Center's Parent Services provider, who retired in December. Marilyn has been with the Family Support Center for ***twenty years*** providing support, wisdom, hope and guidance to families. She has been a shining light to hundreds of people over the years. Thank you so much, Marilyn, for sharing your time, talents, energy and insights with so many people and for sticking with the Family Support Center through so many changes, transitions and challenges. ***We will miss you!***

A huge thank you to **Sherry Jasper**, who has served on Family Support Center's Board of Directors for nine years. As Guidance Counselor at Halmstad Elementary School, Sherry has been a wonderful link to the Chippewa Falls Area Unified School District. She has been a very active board member, acting as Secretary, volunteering at events and serving on the River Source Sustainability Committee. Sherry has been a tremendous source of support and wisdom for the Family Support Center. ***We will miss you, Sherry. Thank you for all your work with us!***

A huge thank you to **Mark Hanson**, our board president, who has done so much for Family Support Center during his nine years as a board member. As Lieutenant and Investigator for the Chippewa Falls Police Department, Mark served as an important bridge to law enforcement. Even after his retirement from the Department, Mark continued to be a fantastic source of insight into legal issues affecting our agency and clients. In addition to being Board President, Mark has helped with everything from training staff members to helping at events. Mark was also a powerhouse fundraiser! He spearheaded the successful effort to raise funds for FSC's new carpet. We are thrilled that Mark is staying with us as Board Member Emeritus for an indefinite period. ***Thank you, Mark, for the time and energy you have given to our agency over the years.***



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

NON PROFIT
 U.S. POSTAGE PAID
 CHIPPEWA FALLS, WI
 PERMIT NO. 399



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.



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

We all deserve to live a life free from violence

Upcoming events:

February is Teen Dating Violence Awareness Month. Respect Week 2016 will be held February 8-12. Go to: <http://loveisrespect.org> for the 2016 Respect Week Toolkit, which is filled with ideas and activities for your school or group!

February 9th we Wear Orange 4 Love. On that day, we encourage people to wear orange in honor of Teen Dating Violence Awareness Month and post photos to social media telling why you support this important cause.

March 6-12 is NO MORE week. NO MORE is a unifying symbol and campaign to raise public awareness and engage bystanders around ending domestic violence and sexual assault. For more information, go to: <http://nomore.org>

April is Sexual Assault Awareness Month. Please check our website or Facebook page for information on our **KNOW MORE** event coming up in April.

2015 BOARD OF DIRECTORS

Mark Hanson, President
 Teresa Germain, VP
 Sherry Jasper, Secretary
 Mary Rose Willi, Treasurer
 Joan Coffman
 Pastor Terri Koca
 Lynda Olson
 Sherrie Dachel
 Terri Hernandez
 Jeanne Fox
 Dena Manier
 David Schaller

Thank you for your dedication to Family Support Center in 2015!

Would you like to receive our future newsletters by e-mail?

If so, please request at familysupport@fsccf.org