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Office Hours: Monday - Thursday 8:00-4:00
Resource Room open 9:00-3:00 Monday-Wednesday

SPRING 2023



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Family Connection's Staff

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Executive Director

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Angela Kamps

Parent Leader

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Renee Krahenbuhl

Lafayette County Community Outreach Coordinator

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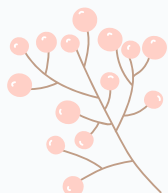
We've had a change in staff!

Renee Krahenbuhl
is retiring.



Renee has been with Family Connections for over 2 years. She has been our Executive Director and has helped grow the agency to where we are today.

Renee will be manning our new Darlington office as our Lafayette County Community Outreach Coordinator.



Lynn Halverson is our
new Executive Director



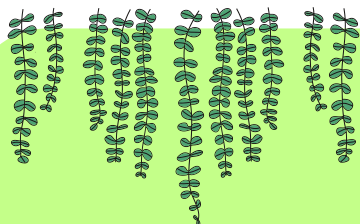
Lynn Halverson is our new Executive Director as of February.

Lynn is coming to us from the Lafayette County Housing Authority. She loves her pets: 2 dogs and a cat and enjoys helping people in the local communities. She's excited to be on our team!





Updates from Family Connections



**We're excited to announce
another Parent Café series!**



Platteville Dates:

March 14th: Nurturing your Family
March 28th: Nurturing Seeds to
Grow Strong Families
April 4th: Parents Rock



Darlington Dates:

April 18th: Nurturing your Family
May 2nd: Nurturing Seeds to
Grow Strong Families
May 16th: Parents Rock

Spanish Interpreter available.



Family Connections has an additional location!

In January we opened up a second location
in Darlington.

The address is:

435 Main Street, Darlington



Open Wednesdays from
9:00 - 3:00 .

Renee Krahenbuhl will be
there to assist you.

Family Connections' Wish List

- Baby wipes
- Pull ups
- Size 7 diapers
- Feminine products
- Laundry detergent or pods
 - small quantities preferred
- Walmart & Aldi Gift Cards
 - \$20 or \$25 cards
- Gas cards ("fuel only")
 - \$25 preferred



Your donations are greatly appreciated!

Thank you for assisting us in helping local families!



All families are welcome to join the fun!
Bring your little ones to engage in active play,
story time, and an art activity.

.....
We hold two sessions of Play and Learn weekly.

For planning purposes as well as the safety and enjoyment of all families, sign up is REQUIRED.

See below for details.



A big thank you to the Ann and Leo Stoll Jr Charitable Trust and Mound City Bank for our portable sink!

Play and Learn Schedule

March

2 Dr. Seuss

9 Things that Go

16 Happy Spring

23 No Play & Learn-Spring Break

30 Dinosaurs



April

6 Easter

13 April Showers

20 Earth Day

27 May Day



May

4 Seeds & Dirt

11 Moms and Grandmas Day

18 In Bloom

25 Butterflies



Play and Learn sessions:

Thu 9:00-10:15 a.m. Thu 10:30-11:45 a.m.

Please remember: SIGN UP IS REQUIRED

The Sign Up Genius link for each week's event will be made available Monday mornings via Facebook or email (Be sure to sign up for the Play and Learn mailing list).

If you are unable to use the online sign up, call 608-348-2846 to reserve your spot.

We look forward to seeing you!



Ants on a Log

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/reinvented--ants-on-a-log>



6 Variations

Filling:
Cream cheese and ranch
Cookie butter
Strawberry cream cheese
Guacamole
Hummus
Pimento cheese



Topper:
Peas
Blueberries
Dried cranberries
Black beans
Gold fish pretzels
Bacon bits



"PLAY IS OUR
BRAIN'S
FAVORITE WAY
OF LEARNING."
- DIANE
ACKERMAN

Need a Space to Play?

Our Play and Learn room is open for your use Monday - Wednesday between 9 and 3. Just call ahead!



Strengthening Families and Support



Family Strengths Spotlight

Building Inner Strength

Keeping it together – and even growing stronger – during times of stress.



Building Inner Strength can look like...

- Taking a breath or counting to 10 before you react
- Taking time to recharge
- Staying flexible when things don't go as planned

<https://fiveforfamilies.org/the-5-strengths/building-inner-strength/>

Raising a family is stressful, but staying strong and flexible when things get tough can help you guide your family through challenges. Nurturing your own inner strength builds parental resilience. Parental resilience allows you to manage your feelings, solve problems with a clear head, take care of yourself and shelter your children, even when things are difficult.



All families have strengths and building upon those strengths can help your family be better prepared for future challenges. Learn more about the 5 Strengths that research shows benefit every family and explore ways to grow them within your daily life. The 5 Strengths encourage you to...

- Take small but significant steps
- Involve your family and friends
- Try new things as your needs change
- Discover what works for your family



Remember the 5 Strengths



 **Five for Families.org**

© 2018 Child Abuse and Neglect Prevention Board | Special thanks to the Michigan parents who created this concept.



April is Family Strengthening Month!



April is Family Strengthening Month!
Now's the perfect time to celebrate your family's strengths! Research shows there are 5 Strengths that help families weather difficulties and better care for one another. Find tips and ideas for building on your family's strengths at FiveforFamilies.org.



Wear blue on March 31st!



Every child deserves to grow up in a safe, stable, and nurturing environment. Show your support by promoting and strengthening prevention efforts in Wisconsin.

Take a picture of yourself and your colleagues wearing blue and share it on your favorite social media platform using the #familystrengthening hashtag.



Here's a fun calendar to help you participate in Family Strengthening Month!



April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Feel your heartbeat
2 Look for purple items	3 Talk about opposites	4 Go on a treasure hunt	5 Talk about feelings	6 Exercise as a family	7 Read a book about friends	8 Make dinner as a family
9 Turn off TV day	10 Make egg salad	11 Practice somersaults	12 Plant a flower or some herbs	13 Help set the table	14 Go for a hike	15 Count to 50
16 Play catch with a friend	17 Share your favorite book	18 Learn to spell a new word	19 Have a family meeting from paper plates	20 Make puppets	21 Help a neighbor	22 Talk about the best part of your day
23/30 Play tag Laugh out loud Tell a joke	24	25 Practice using "I" statements	26 Listen to others	27 Discuss what makes you happy	28 Move like a giraffe	29 Make soup for dinner

You can download this free calendar at www.preventchildabusewi.org





**FAMILY
CONNECTIONS**
of Southwest Wisconsin

1065 Lancaster Street, P.O. Box 647
Platteville, WI 53818
608-348-2846

Please consider supporting Family Connections of SW WI

Family Connections is a non-profit organization funded 100% by grants and private donations.

Make a donation



Make checks payable to:
Family Connections of SW WI
P.O. Box 647, Platteville, WI 53818



You shop. Amazon gives.

Choose "Family Connections of Southwest Wisconsin" as your organization to support!

Family Connections has moved!

**Our new address is:
1065 Lancaster Street
Platteville, WI 53818**

The first Thursday of every month we will close at 1:00pm to make room for Ruby's Pantry.

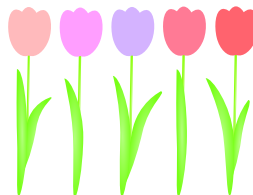


Board of Directors

Terry Wood Kari Lopez
Cyndi Reuter Nathan Curry
Madison Ryan Mary Steck
Heather Ringberg

**We are looking for additional
board members!**

**Contact us if you
would like more information**



**Thank you to the
following agencies
for your support:**



Platteville Thrift Shop

