



Racine County Resource Network (RCRN)
- working together to strengthen families and individuals



We're in the Midst of Mental Illness Awareness Week!
Please check out this week's upcoming opportunities:

As part of Mental Illness Awareness Week:
Join NAMI & Rep. Bryan Steil on
The 988-Implementation Mental Health Emergency Line
NAMI Racine County
Rep. Bryan Steil
Wednesday, October 7th
1:30pm
Join us for a live, virtual discussion about his co-sponsoring the 988-implementation mental health emergency line, and his passion for mental illness issues
Registration is required at
https://us02web.zoom.us/meeting/register/...
OR Email nsmart@namiracine.org for a quick link to register.

NAMI Racine County You Are Not Alone
Mental Illness Awareness Week
October 5-9, 2020
Monday 10/5: Go Green Monday! 11:00am-1:00pm, at Monument Square; wear green!
6:00pm Virtual Candidates Forum: Zoom webinar. Here is the information to join this Zoom meeting:
Tuesday 10/6: "Sharing Day" Watch our Face Book page to see Peers and persons with lived experiences share their stories of recovery.
Wednesday 10/7: PM time TBD: Live Virtual Panel with Bryan Steil about his co-sponsoring the 988-implementation mental health emergency line, and his passion for mental health issues.
Thursday 10/8: 6:00pm Virtual Safe Person training: facilitated by Julie Hueller, CMH. Here is the information to join this Zoom meeting:
Friday 10/9: 12 Noon "Depression" a virtual presentation & Q and A by Dr. Jamie Roberts, Psychologist from Rogers Behavioral Health. Here is the information to join this Zoom meeting:
6:30pm Candlelight Vigil. Meet at Monument Square at 6:30 to receive your candle. Then join us for a march to the courthouse where County Executive, Jonathan Delagrave will speak.

Gov. Evers Directs Department of Health Services to Limit Indoor Public Gatherings

FOR IMMEDIATE RELEASE: October 6, 2020
Contact: GovPress@wisconsin.gov or 608-219-7443

MADISON — Gov. Tony Evers today directed Department of Health Services (DHS) Secretary-designee Andrea Palm to issue Emergency Order #3 limiting public gatherings to no more than 25 percent of a room or building's total occupancy. See full the order and list of exemptions here.

This directive is effective at 8 a.m. on Oct. 8, 2020, and will remain in effect until Nov. 6, 2020, and applies to any gatherings at locations that are open to the public such as stores, restaurants, and other businesses that allow public entry, as well as spaces with ticketed events. A frequently asked questions document is available for review [here](#).

“We’re in a crisis right now and need to immediately change our behavior to save lives,” said Gov. Evers. “We are continuing to experience a surge in cases and many of our hospitals are overwhelmed, and I believe limiting indoor public gatherings will help slow the spread of this virus. Folks, we need your help and we need all Wisconsinites to work together during this difficult time. The sooner we get control of this virus, the sooner our economy, communities, and state can bounce back.”

Juntos FOR A BETTER EDUCATION | PARA UNA MEJOR EDUCACIÓN

What is Juntos?

Juntos means “Together” in Spanish and works to provide Latino 9-12th grade students and their parents with knowledge, skills, and resources to prevent youth from dropping out and to encourage families to work together to ensure student academic success.

The image shows two versions of a flyer for the 'Juntos' program. The left version is in English and titled 'Free Online Family Workshop Series'. It lists dates from Oct 20 to Nov 24 for workshops on topics like 'Making Education a Family Goal', 'Family and School Communication', 'Requirements for Graduation', 'How to Finance Higher Education', 'Applying for College', and 'Creating a Plan of Action'. It includes a QR code and a registration link. The right version is in Spanish and titled 'Una serie de sesiones educativas para la familia, gratis y en línea'. It lists the same dates and topics in Spanish, also including a QR code and a registration link. Both versions feature the 'Juntos' logo and a photo of a diverse group of people.

Classes start soon and include 6 workshops from 6-7pm on the following Tuesdays:

- Oct. 20 - Making Education a Family Goal
- Oct. 27 - Family and School Communication
- Nov. 3 - Requirements for Graduation
- Nov. 10 - How to Finance Higher Education
- Nov. 17 - Applying for College
- Nov. 24 - Creating a Plan of Action

These workshops are free. If you are interested in participating in Juntos, please register here:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_9GKOxoshpGj2c8R

The image is a flyer for the 'Southeast Wisconsin Construction Career Awareness Event'. It features a photo of three construction workers in hard hats and safety vests. The text on the flyer includes: 'SOUTHEAST WISCONSIN CONSTRUCTION CAREER AWARENESS EVENT', 'PLEASE JOIN US VIRTUALLY VIA ZOOM TO LEARN MORE ABOUT LOCAL CONSTRUCTION OPPORTUNITIES!', 'EVENT INFORMATION: THURSDAY, OCT. 29th, 9 AM - 11 AM', and 'PLEASE JOIN US BY REGISTERING FOR THIS EVENT HERE' with a QR code. At the bottom, it says 'TO LEARN MORE ABOUT THIS EVENT PLEASE CONTACT WRTP/BIG STEP AT (262) 619-9560' and lists logos for various organizations including WISCONSIN DEPARTMENT OF TRANSPORTATION, WISCONSIN DEPARTMENT OF REVENUE, and WISCONSIN DEPARTMENT OF WORKERS COMPENSATION.

Southeast Wisconsin Construction Career Awareness Event

WRTP/BIG STEP and its Construction Industry Partners will be offering a virtual awareness event on October 29th via ZOOM webinar. During this event trade partners will be discussing different union opportunities and contractor partners will be talking about work in the area.

Thursday, October 29th: 9 – 11 am

Individuals will need to complete a registration form prior to entering the ZOOM webinar. **Use the QR code on the flyer to be directed to the registration page.** You will be sent a ZOOM link directly upon completion.

Please share this flyer with anyone that may be interested in a career within the construction industry. For more information on this event, call (262) 619-6560.

Virtual Parenting Workshops:

There's a variety of virtual workshops, trainings, group webinars, and more available this Fall.

Whether your children are teens, or very small, check out the opportunities and choose the ones that best fit your family.

STRENGTHENING FAMILIES 10-14

HELPING PARENTS RAISE RESILIENT TEENAGERS
Ideas for setting fair rules, balancing love and limits, using community resources, and more

GUIDING KIDS TO REACH GOALS
Lessons for setting goals, handling stress, dealing with peer pressure, and more

BOOSTING FAMILY BONDS
Techniques for holding family meetings, increasing communication, demonstrating family values, and more

Because teens don't come with instructions!

Can you take one right a week for 7 weeks via Zoom?
Want to help your child avoid the pitfalls of peer pressure?

Participation is FREE for families with children 10-14 yrs old.
Sessions will be held 1 night a week for 7 weeks via Zoom.
Specific dates and times in October and November will be announced.
There will be surprise incentives for adult and youth participation!

for more information email kmisall@focusracine.org
Call or Text K.C. Misall 4302-321-9532

7 Sessions --- Life Long Lessons

Please share all of these with the families you may be working with, supporting, or happen to cross paths with in your daily lives. Thank you!

Extension Racine County
1072 Milwaukee Ave | Burlington, WI 53105
(262) 767-2929
<https://racine.extension.wisc.edu/>

Parenting Education - Fall 2020

Emotion Coaching
Children experience many strong emotions. Learn strategies to: help the child identify and express strong feelings; use empathy and validation; and help the child problem solve.

Tuesday, October 6	9:00 - 10:00 AM
Thursday, October 8	2:00 - 3:00 PM
Registration Deadline:	October 4

Block Play
Playing with blocks can be a fun and educational learning experience. Learn how parents/caregivers can use blocks to teach early math, reading, science, physical, and social skills.

Tuesday, October 20	9:00 - 10:00 AM
Thursday, October 22	2:00 - 3:00 PM
Registration Deadline:	October 18

Setting Expectations
Children are more likely to comply when they know what behavior is expected of them. Learn tips to make clear expectations.

Tuesday, November 3	9:00 - 10:00 AM
Thursday, November 5	2:00 - 3:00 PM
Registration Deadline:	November 1

Reading with Young Children
Learn new ways to read with your child to improve their vocabulary, comprehension, and create a conversation around the book.

Tuesday, December 1	9:00 - 10:00 AM
Thursday, December 3	2:00 - 3:00 PM
Registration Deadline:	November 29

Block Play
What parts of the day are difficult for your child? Getting ready for the day, mealtime, putting toys away, bedtime? Learn how to create and teach children routines.

Tuesday, November 17	9:00 - 10:00 AM
Thursday, November 19	2:00 - 3:00 PM
Registration Deadline:	November 15

Creating Routines

All workshops will be held online via Zoom

To register for workshops, visit: <https://tinyurl.com/y2h9a3p5>

For questions, contact sarah.hawks@wisc.edu or call 262-767-2929

Virtual Parenting Workshops in Racine County

Children's Wisconsin Nelly Martinez, NMartinez@chw.org

Triple P Positive Parenting Program (Ages birth to 12)
Triple P accredited providers encourage parents to spend less time battling misbehavior and more time building close relationships. Families develop the positive parenting skills to manage stress and encourage healthy habits. Triple P offers practical advice, backed by science and the successes seen by thousands of families. There are tips for a range of issues, from raising toddlers to learning how to cope with complex problems at home. With Triple P, parents can: find the right level of support, set your own priorities and goals, decide what works for your family, and tailor strategies to your unique needs. To sign up for Triple P virtual trainings or to request personalized, one-on-one help, visit <https://childrenswis.org/triplep>

Extension Racine County Pam Wedig-Kirsch, pam.wedig-kirsch@wisc.edu

Positive Solutions (Ages birth to 6)
The Positive Solutions workshop series helps parents of young children learn strategies to promote positive behavior. Parents attend six workshops that focus on different topics each week. For dates and times, visit <https://racine.extension.wisc.edu/2020/09/15/more-virtual-parenting-workshops/>. Registration is required at https://wvmadison.co.qualtrics.com/jfe/form/SV_8eCY708y3fx208P

Emotion Coaching (Ages 2 to 8)
The Emotion Coaching workshop helps parents teach children about emotions and how to manage strong feelings. The workshop focuses on three steps: increasing child's emotional vocabulary; steps to support children experiencing strong feelings; and techniques to help children develop problem-solving skills. For dates and times, visit <https://racine.extension.wisc.edu/2020/09/15/more-virtual-parenting-workshops/>. Registration is required at https://wvmadison.co.qualtrics.com/jfe/form/SV_8eCY708y3fx208P

Extension Parenting Workshops (Ages 2 to 7)
Extension will be hosting a variety of parenting workshops this fall. Topics range from routines and setting expectations to reading with children and block play. For dates and times, visit <https://racine.extension.wisc.edu/2020/09/08/fall-parenting-workshops/>. Registration is required at <https://tinyurl.com/y2h9a3p5>

Focus on Community K.C. Misall, kmisall@focusracine.org

Strengthening Families Program (Ages 3 - 11)
The Strengthening Families program helps families improve their communication skills, strengthen their family bond and spend quality time together as a family. For more information, visit <https://www.ccrns.com/design/D4EhYUccMciNccK0seTPO-stg-aQ/edit>

Strengthening Families Program: For Parents and Youth (Ages 10-14)
Parents will learn strategies to balance love and limits, make house rules, encourage good behavior, use consequences and access community resources. The 7-session program is delivered in parent, youth and family sessions with narrated videos portraying typical youth and parent situations with diverse families. Parents and youth meet in separate groups for the first hour and together as families in the second hour to practice skills, play games and do family projects. For more information visit <https://www.focusracine.org/strengthening-families.html> or see the flyer <https://drive.google.com/file/d/1WJethoZ1h6c83hKqblmXUJmglP1viesDnp/view>

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Rogers Behavioral Offerings

Rogers Behavioral Health in Kenosha is now offering a **free virtual support group for parents and caregivers of children, adolescents, and young adults struggling with mental health.**

Each session is led by a therapist and a behavioral specialist who will cover a variety of parenting strategies including tips for effective communication, family symptom accommodation, and parenting styles.

Fourth Friday of every month - 5 to 6 pm CT
Please click the graphic for more information.



Parent and caregiver support group

Rogers Behavioral Health in Kenosha is now offering a free virtual support group for parents and caregivers of children, adolescents, and young adults struggling with mental health. Each session is led by a therapist and a behavioral specialist who will cover a variety of parenting strategies including tips for effective communication, family symptom accommodation, and parenting styles.

Why join?

- Psychoeducation to help support young family members struggling with mental health
- Convenient virtual gatherings so you join from the comfort of your home
- Free community resource

Fourth Friday of every month, beginning September 25
5 to 6 pm CT

This group will meet virtually via Microsoft Teams. Please email [Alyssa Morelli@rogersbh.org](mailto:Alyssa.Morelli@rogersbh.org) or call **262-424-0465** to RSVP. After you RSVP, you will receive a link to join this virtual group.

ROGERS
Behavioral Health

Wisconsin Home Energy Assistance Program - 2021

The new Energy Assistance program year has begun. If you are aware of any individuals that may be having difficulty paying their energy bills, they may be eligible for assistance through the WHEAP Energy Assistance Program.

For residents of Racine County, options to apply include calling (262) 633-6000 to schedule a phone appointment; emailing energy@racinecounty.com; or applying online at energybenefit.wi.gov.

Administered by the State of Wisconsin Home Energy Plus Program

HOME ENERGY COSTS ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations.

Contact Us to Schedule an Appointment

Phone (262)633-6000	Online http://energybenefit.wi.gov	Email energy@racinecounty.com
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homeenergy+

Racine County  **Racine Kenosha Community Action**
Helping People Thrive Since 1966

Remember – Links:

[Mobile Market – October 2020](#)

[Working Parent Resources](#) – Check this one out!

[Wisconsin Home Energy Assistance Program Flyer](#) – The 2021 Program Year has begun!

[YWCA – Southeast Wisconsin Support Line](#) - Call for a little extra support

[RacineCountyEarlyLearning.com](#) - Higher Expectations Early Learning Resources

October 7, 2020

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SAVE THE DATE!

The RCRN Quarterly Meeting has been set for November and is in the planning stages!

November 17th - 8:30 a.m. via ZOOM

* More details to come soon.

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Racine County Resource Network (RCRN) promotes collaboration between service providers working to strengthen families and individuals. Join us for quarterly meetings that provide resource information, networking opportunities, and discussions.

For more information visit www.racinecounty.com/outreach/.
Past RCRN Newsletters are posted on our webpage.

Not a subscriber?
[Click here to join the Racine County Resource Network](#) to stay abreast
of resources throughout our area.

Racine County | 1717 Taylor Avenue, Racine, WI 53403

[About our service provider](#)

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