

ssue 70

FEBRUAR

y Services Hewsletter

Family Services Department

Fitness/Cardio Youth Education Program

Family Events

· Field Trips

ctivities for youth and adults

Providing services to

build

a stronger and

healthier community.

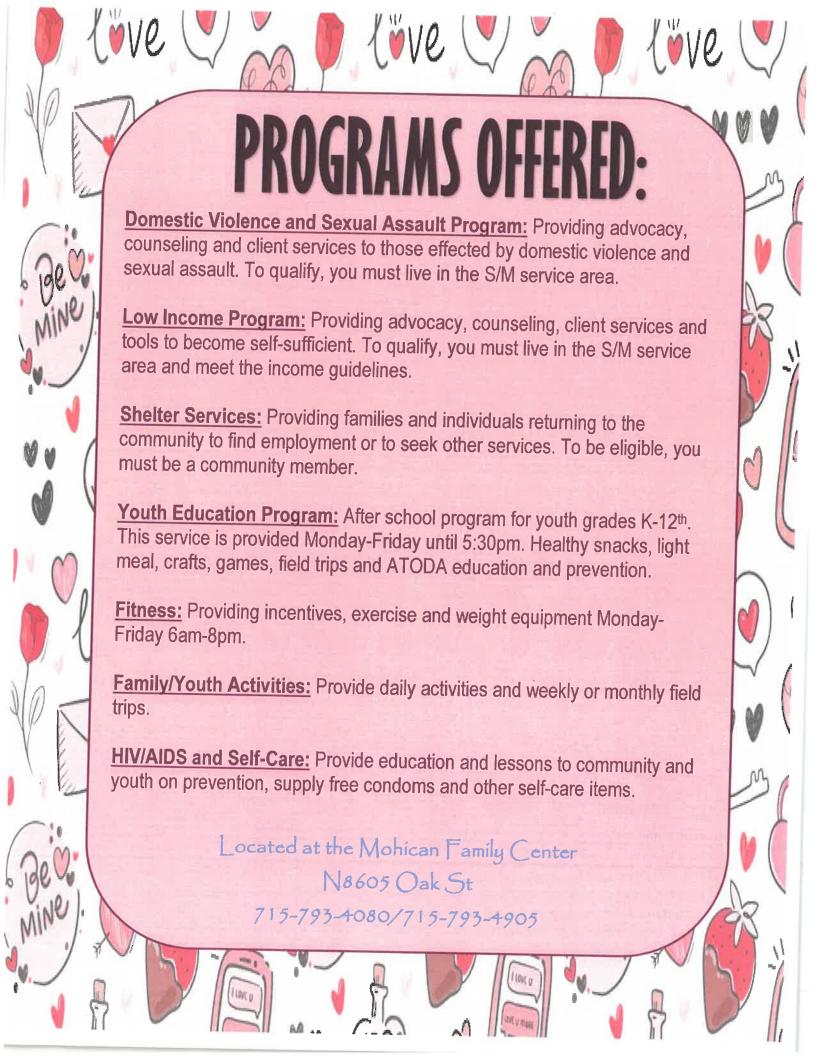
Inside this issue:

- Staff Information
- **Event Calendars**
- **DV/HIV Resources**

 - Family Tips
 - Youth Tips

Building Closed:

2/19/24





Domestic Violence Services for Victims and Survivors

Stockbridge-Munsee
Family Services Program
N8605 Oak St
Bowler, WI 54416





Kori Price Family Services Manager 715-793-4905

Joleen Kroening Client Services Advocate 715-793-4863 joleen.kroening@mohican-nsn.gov

ABOUT DATING VIOLENCE **TALKING TO YOUR TEEN**

Although many adolescents who experience dating abuse will not talk to their parents about it, you can still

LOOK FOR WARNING SIGNS:

POSSESSIVENESS

JEALOUSY

ISOLATION INSULTS

PUSHING GUILTING MANIPULATION

talk to your teens about healthy relationships & dating violence. Starting conversations is one of the most important steps you can take to help prevent dating violence.

QUESTIONS TO HELP YOU IDENTIFY WARNING SIGNS:

Does my child's partner...

- > Embarrass or make fun of them in front of their friends, family, or teachers?
- > Put down their accomplishments or goals?
 - > Blame them for bringing out the worst in him or her?
- > Try to control what they do, say, wear, or spend?
- > Isolate them from their friends and family?
 - > Make them feel like everything that doesn't go right is their fault?

Does my child...

- Sometimes seem scared of how their partner will act?
- > Constantly make excuses to other people for their partner's behavior?
- > Try not to do anything that would cause conflict or make their partner angry? > Feel like no matter what they do, their
- Always do what their partner wants to do instead of what they want to do?

partner is never happy with them?

STARTER QUESTIONS TO ASK YOUR CHILD:

- Are any of your friends dating? What are their relationships like? What would you want in a relationship?
 - Have you witnessed dating violence at school or among friends? How did it make you feel?
- > What would do if you witnessed or experienced abuse?
- What would you do if your partner posted things online that make you uncomfortable?
- Would you have the courage to tell your partner to stop if they were constantly texting you and asking what you are doing?

IF YOU OR YOUR TEEN
NEED TO SPEAK WITH A
TEEN COUNSELOR,
FEEL FREE TO MESSAGE US
ON SOCIAL MEDIA OR CALL
OUR HOTLINE:

@STARatHopesDoor 888-438-8700

You have the YIGht to be in a happy, healthy relationship.

Claim your dating rights!

Does your girlfriend or boyfriend:

- spread rumors or share private pictures of you on the web?
- harass you via cell phone or text messaging?
- embarrass you in front of others?
- act in ways that frighten you?
- try to control who you see, what you do, or what you wear?
- monitor your computer or cell phone use?
- get angry at you often or quickly?
- shove, kick or slap you?
- force you to have sex?
- pressure you to use alcohol or drugs?

You have the right to:

- uake decisions about your own body
- choose your own friends
- be treated with respect
- express your own thoughts and opinions
- ulive without fear or intimidation
- feel good about yourself
- 😊 choose what to wear
- 🧡 change your mind
- spend time with your family
- private use of your cell phone or computer
- spend time doing things of interest to you

If you think you may be in an abusive relationship, you can get help!



Call the National Teen Dating Abuse Hotline tall free: 1-866-331-9474 or TTY 1-866-331-8453. Or visit LovelsRespect.org.



Visit LovelsNotAbuse.com for teen dating information and resources.

If you find yourself feeling sad,
stay calm and don't get mad.
Find something that will make you smile,
get outside in the fresh air and maybe run a mile.

Spending time with family and friends, or getting creative with colorful pens.
You could play some fun sports, or run around on tennis courts.

It's ok and normal to sometimes feel a bit down, and is even fine to have a frown.

But just remember, it's good to talk, so call a friend and go for a fun walk.

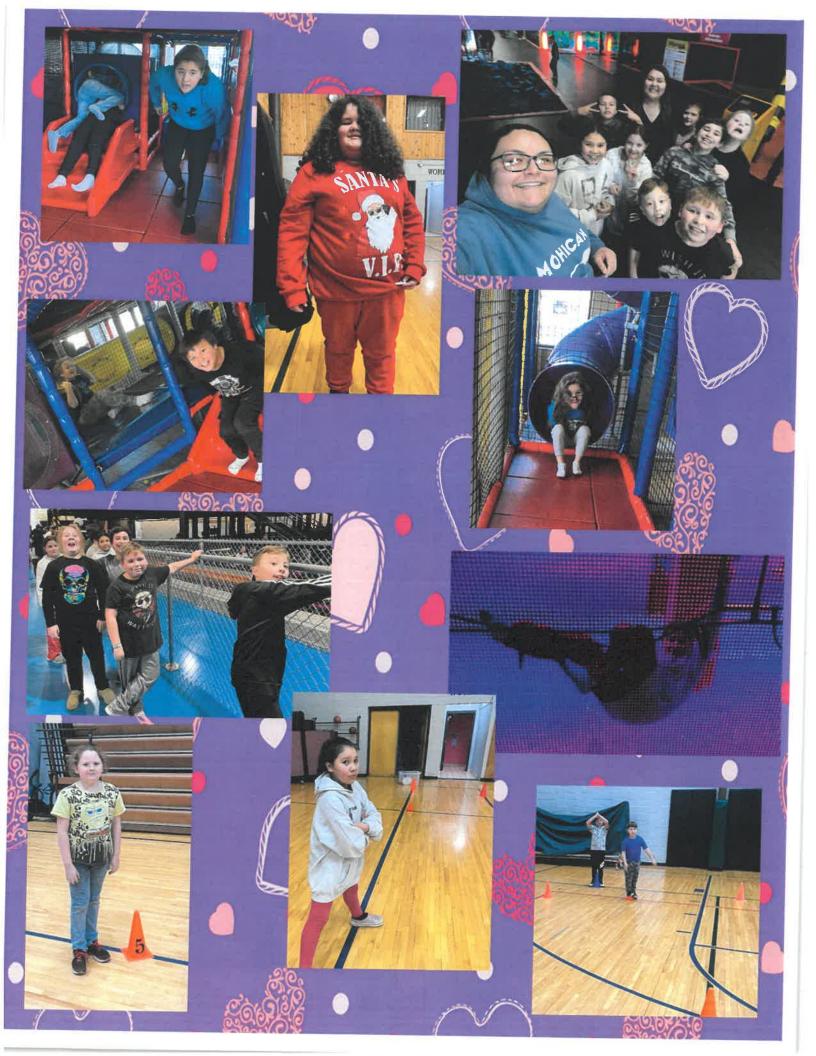
Sunshine and holidays are good for you head, as is a good sleep in a warm comfy bed.

Deep breaths and yoga are great for the mind, and always remember to be thoughtful and kind.

Find some time to relax and chill,
maybe sit and read a book on the window sill.
A well-balanced diet of fruit, veg and meat,
is a good way to keeping healthy, but don't forget a treat!

Ву: Рорру













SERVICES FOR LOW INCOME

Stockbridge-Munsee Family Services Department

N8605 Oak Street Bowler, WI 54416

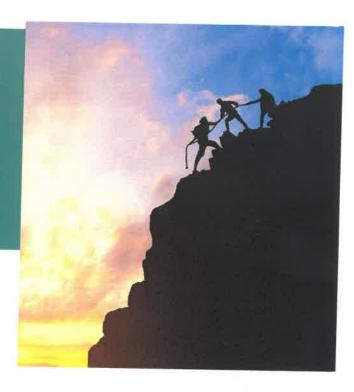
JOLEEN KROENING

CLIENT SERVICES ADVOCATE
JOLEEN.KROENING@MOHICAN-NSN.GOV
715-793-4863

The goal of the Family Services Program is to provide individuals and families with the resources to reach long-term and short-term goals to improve their way of life and to reach self-sufficiency to strengthen families.

HOW TO APPLY

To apply for our low-income services, please reach out to our dedicated Client Services Advocate. They will provide you with the necessary application. The application procedure involves a home visit and the creation of an Individual Service Plan. To qualify, you must live in the service area and provide verification of income and address.



INCOME LIMIT

FAMILY SIZE MONTHLY INCOME

1	\$1,519
2	\$2,054
3	\$2,590
4	\$3,135
5	\$3,660
6	\$4,196
7	\$4,731
8	\$5,267

FOR MORE INFORMATION VISIT THE FAMILY SERVICES PAGE ON WWW.MOHICAN.COM OR CONTACT OUR CLIENT SERVICES ADVOCATE USING THE CONTACT INFORMATION ABOVE.

Family Services Program

	25	Ь	0	4	Joleen Kroening Client Service Advocate 715-793-4863	Sunday
Activit	Domestic Violence Education on Facebook	Holiday Building closed	Domestic Violence Education on Facebook	4 Domestic Violence Education on Facebook	***	Monday
ies subject t	27 Teen Dating Violence Education on Facebook	Teen Dating Violence Education on Facebook	13 Teen Dating Violence Education on Facebook	6 Teen Dating Violence Education on Facebook		Tuesday
o change or	28 Teen Dating Violence Education on Facebook	21 Teen Dating Violence Education on Facebook	Beading class Teen Dating Violence Education on Facebook	7 Teen Dating Violence Education on Facebook		Wednesday
Activities subject to change or cancel at any time.	29 Independent Living Skills Teen Dating Violence	Teen Dating Violence Education on Facebook	15 Independent Living Skills Teen Dating Violence	Teen Dating Violence Education on Facebook	1 Independent Living Skills Teen Dating Violence	Thursday
y time.		23 Domestic Violence Education on Facebook	Domestic Violence Education on	9 Domestic Violence Education on Facebook	N	Friday
6		Prince and Princess Party noon to 4pm		•		Saturday







February

onal/community Service Events

		Activities subject to change or cancel at anytime		ASSESSMENT TO THE PROPERTY OF	Activities subject to change or cancel at any time	
\$EII OPII	Open gym Echo Fridays Noon to 3pm	29 5 on 5 basketball 6:30-8pm	28 Book Club gathering from Books read so far 6pm-7pm	27 Community Cultural teachings 6:30-7:30pm	26 Elder Bingo 5pm-?	25
Prince and Princess Party noon to 4pm Open gym	23 Open gym Echo Fridays Noon to 3pm	5 on 5 basketball 6:30-8pm	Take and Bake Pick up 11am-6pm	20 Community Cultural teachings 6:30-7:30pm	Office closed	18
17 Open gym 4pm-8pm	Open gym Echo Fridays Noon to 3pm	15 5 on 5 basketball 6:30-8pm	14 Self Care with Sweathearts 6pm-7pm	Community Light Supper 5pm	Community Breakfast 7:30am -9am	11
10 Open gym 4pm-8pm	Open gym Echo Fridays Noon to 3pm	8 5 on 5 basketball 6:30-8pm	7 Book club gathering from January book 6pm- 7pm	6 Community Cultural teachings 6:30-7:30pm	5 Community Breakfast 7:30am -9am	4 Strengthening Together Incentive
3 Open gym 4pm-8pm	Open gym Echo Fridays Noon to 3pm	1 5 on 5 basketball 6:30-8pm				Cheryl 10am-6pm Lakeisha noon-8pm Jani 2pm-8pm
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Swriday
FORE						

024

Fitness Program – February is American Heart Month

American Heart Month American Heart Month American Heart Month Steven 6am-2:30pm American Heart Month Tony 11:30 to 8pm Sunday 11 Holiday Office closed Youth Fitness @ 3:45pm Youth Fitness @ 3:45pm Strong Bones @10am Strong Bones @10am Strong Bones @10am Youth Fitness @ 3:45pm Monday 19 Youth Fitness @ 3:45pm Youth Fitness @ 3:45pm Youth Fitness @ 3:45pm Youth Fitness @ 3:45pm Tuesday Strong Bones @1pm Strong Bones @1pm Strong Bones @1pm Strong Bones @1pm Ella B- Elderly Fitness Ella B- Elderly Fitness Ella B- Elderly Fitness meor 10am Ella B- Elderly Fitness Incentive American Heart Month Wednesday 14 28 21 Youth Fitness @ 3:45pm | Youth Fitness @ 3:45pm Thursday 22 Youth Fitness @ 3:45pm Youth Fitness @ 3:45pm Youth Fitness @ 3:45pm Friday 16 Saturday 24 10 17

Incentive

program Weight room

must have parental

years and older 15-17 years old

weight /cardio room

areas and put any and clean up your

equipment back

Please respect the

Cardio room 18

Fitness Assistant Permission and

approva

15-17 years old must

and older

complete training

15-17 years old must

complete training

18 years and older

Weight room 18 years

Incentive

All youth will be eligible to attend field trips, but field trips are incentives and base on participation and behavior	OUTURN SAVIO	18		4	Ms. Linda 10am-6pm 715-793-4080	Sunday	Youth Education Program k-2 nd Grade
Cultural	Cultural Teachings	Holiday Building Closed	Cultural Teachings	5 Cultural Teachings	All Activities are subjec	Monday	in k-2 ^{md} Grade
ATODA	McGruff ATODA Lessons	McGruff ATODA Lessons	McGruff ATODA Lessons	6 McGruff ATODA Lessons	All Activities are subject to change or cancel at any time!	Tuesday	F
ATODA	McGruff ATODA Lessons	McGruff ATODA Lessons	14 McGruff ATODA Lessons	7 McGruff ATODA Lessons)y time!	Wednesday	
ATODA	McGruff ATODA Lessons	McGruff ATODA Lessons	McGruff ATODA Lessons	8 McGruff ATODA Lessons	McGruff ATODA Lessons	Thursday	
Interpersonal Skills		Safe Game	16 Kindness Activity	Valentine Day Activity	Secret Message Game	Friday	
		24	17	10	ω	Saturday	2024

February

Youth Education Program 3rd-5th grade Life Transitions

22 5	TOP AT THE	11	Transportation provided at 6:30pm only!	11am to 7pm 715-793-3514	Ms. Rikki	Sunday
ATODA LESSONS AND ACTIVIES 26	Office Closed Holiday	ATODA LESSONS AND ACTIVIES	ATODA LESSONS AND ACTIVIES		- Table Long y	Monday
27 Cultural teaching with Jani	20 Cultural teaching with Jani	13 Cultural teaching with Jani	6 Cultural teaching with Jani	All Activities are subject to change or cancel at anytime!	Tuesday	A
ATODA LESSONS AND ACTIVIES 28	ATODA LESSONS AND ACTIVIES	ATODA LESSONS AND ACTIVIES	ATODA LESSONS AND ACTIVIES	ige or cancel	Wednesday	
29 Indept. Living Skills 5th Grade only Life Transitions lessons	22 Life Transitions lessons	15 Indept. Living Skills 5th Grade only Life Transitions lessons	8 Life Transitions lessons	Indept. Living Skills Sth Grade only Life Transitions lessons	Thursday	
	ATODA LESSONS AND ACTIVIES	16 ATODA LESSONS AND ACTIVIES	ATODA LESSONS AND ACTIVIES	ATODA LESSONS AND ACTIVIES	Friday	
LIFE	3 24	6 17	9 10	ω. ω	Saturday	101

ATODA

Cultural

ATODA

Interpersonal and Independent Living skills 5th grade only

ATODA

Field trips are incentives and based on behavior and participation

Noon to 8pm	Monday-Friday	Grades 6th-12th	Trinity Malone
TO TOTAL	のののの		

25	18	, 1	4	Transportation will be provided at 7:30PM only.	Sunday
Black history	Closed	Black history	Black history		Monday
26	19	12	Ŋ		
Birds day	Tug of war day	Sports day	Native American and Black history		Tuesday
27	20	77	م		
Open gym time	Open gym time	Valentine's day Open gym time	Open gym time		Wednesday
28	21	14	7		
Elders day	Games day	Checkers day	New moon	1 Understanding stories	Thursday
29	22	15	∞	ies 1	
	Full moon Field trip?	Mid quarter	No school	Drawing day	Friday
	23	16	9	2	
	24	17	10		Saturday
	4	7	Ö	ω	

ATODA

ATODA

5 miles / 10,000 Steps / 1 hr 15 Minutes February is National Heart Health Month! Join Our Love Your Heart Fitness Challenge this February! 10 17 3 24 2 miles / 4000 Steps / 30 Minutes Bodyweight **Kickboxing** Mountain Cardio Climbers Jump 16 0) 23 Celebration Push-Ups Jumping Jumping Lunges Dance Jacks Plank 15 00 22 29 Minutes / Steps / Time 1.5 miles / 3000 Steps / 23 Minutes 4 miles / 8000 Steps / 1 Hour Jump Rope Side Planks **Tuck Jumps** Seated Leg 14 21 28 **3odyweight** Bear Crawls Burpees March in Squats Place 13 0 20 27 3 miles / 6000 Steps / 45 Minutes 1 mile / 2000 Steps / 15 Minutes 06 Bicycle Crunches 30x Jumps High Knees Dancing 12 19 26 뒤 18 25 least 30 minutes of brisk walking most days of the week to boost cardiovascular health.

Did you know that regular walking can reduce your risk of heart disease? Aim for at

Did you know blueberries aren't just tasty; they're heart heroes! Packed with flavonoids, these little berries may help lower blood pressure and reduce the risk of heart disease.

Building Strength at Every Stage!

STRONG BONES FITNESS:

We are excited to announce our Strong Bones Exercise Classes, designed to promote bone health and overall wellbeing. These classes are open to everyone, with a special focus on our elders.

SCHEDULE:

MONDAY MORNING CLASSES AT 10:00 AM WITH STEVEN

WEDNESDAY AFTERNOON CLASSES AT 1:00 PM WITH TONY

Start Date: February 5, 2024 Duration: Throughout the Year

Don't miss this opportunity to enhance your bone strength and enjoy a healthy lifestyle.

Mohican Family Center N8605 Oak Street Bowler, WI 54416

MORE INFORMATION:

LaKeisha Williams 715-793-4906 Jakoisha williams@mobican-nsp.com



N8605 OAK ST. BOWLER, WI 54416

STOCKBRIDGE-MUNSEE
COMMUNITY FAMILY SERVICES
DEPARTMENT PRESENTS

COMMUNITY 5 V 5

BASKETBALL THURSDAYS

EVERY THURSDAY IN FEBRUARY 6:30PM-8:00PM

AGES 13 AND UP

PARTICIPATE FOR A CHANCE TO WIN A PRIZE!

MORE INFORMATION:

LaKeisha Williams 715-793-4906

lakeisha.williams@mohican-nsn.com



FOR HEAD DANCERS

The Stockbridge-Munsee Family Services Department is looking for a female and male head dancer for the upcoming community powwow on Saturday 03/16/2024 from 12:00pm - 5:00pm at the Mohican Family Center.

*Contract and w-9 required

IF YOU OR SOMEONE YOU KNOW IS INTERESTED PLEASE CONTACT US USING THE INFORMATION BELOW.

Kori Price 715-793-4905

LaKeisha Williams 715-793-4906





The Stockbridge-Munsee Family Services
Department is looking for local vendors for the upcoming community powwow on Saturday 03/16/2024 from 12:00pm - 5:00pm at the Mohican Family Center.

No cost to set up!

If you or someone you know is interested please contact us using the information below.

Kori Price 715-793-4905 LaKeisha Williams 715-793-4906



FRIDAYS IN FEBRUARY

12:00PM-3:00PM

FREE POPCORN AND DRINKS

WE WILL BE STREAMING ECHO!

Mohican Family Center N8605 Oak Street Bowler, WI 54416



TAKE

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed

STOCKBRIDGE-MUNSEE COMMUNITY
FAMILY SERVICES DEPARTMENT PRESENTS

- COMMUNITY BREAKFAST

JOIN US FOR A MORNING FULL OF GOOD CONVERSATION AND GREAT EATS AT OUR COMMUNITY BREAKFAST IN FEBRUARY!

WHEN? 02/05/2024 7:30AM - 9AM AND 02/12/2024 7:30AM - 9AM

WHERE? MOHICAN FAMILY CENTER

Call for details 715-793-4080

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

Community Cultural Teachings with Janiyakuha

FEBRUARY 6TH, FEBRUARY 20TH, AND FEBRUARY 27TH

6:30 PM - 7:30 PM

More Information:

JOIN JANI EVERY TUESDAY THIS MONTH, WE'LL BE EXPLORING STORIES, TRADITIONS, AND TEACHINGS THAT SHAPE OUR COMMUNITY.

N8605 OAK STREET BOWLER, WI 54416

LaKeisha Williams 715-793-4906 lakeisha.williams@mohican-nsn.com

Stockbridge-Munsee Community Family Services Department Presents

Tuputaawi-Eenda Maawehlaangw COMMUNITY POWWOW

Sponsored by the HIV/AIDs Awareness Grant

March 20 is National Native HIV/AIDS Awareness Day, a day to promote HIV testing, prevention, and treatment in American Indian, Alaska Native, and Native Hawaiian communities.

SATURDAY 03/16/2024

- ① 12:00pm 5:00pm Grand Entry 1:00pm
- Mohican Family Center N8605 Oak St Bowler, WI 54416
 - Craft Vendors
 - Educational booths/Raffles
 - Social Dancing
 - Giveaway

Free meal provided at 3pm MC Harold Katchenago Flags presented by the Stockbridge-Munsee Veterans.



INVITED DRUMS

BYOC

Bring Your Own Chair

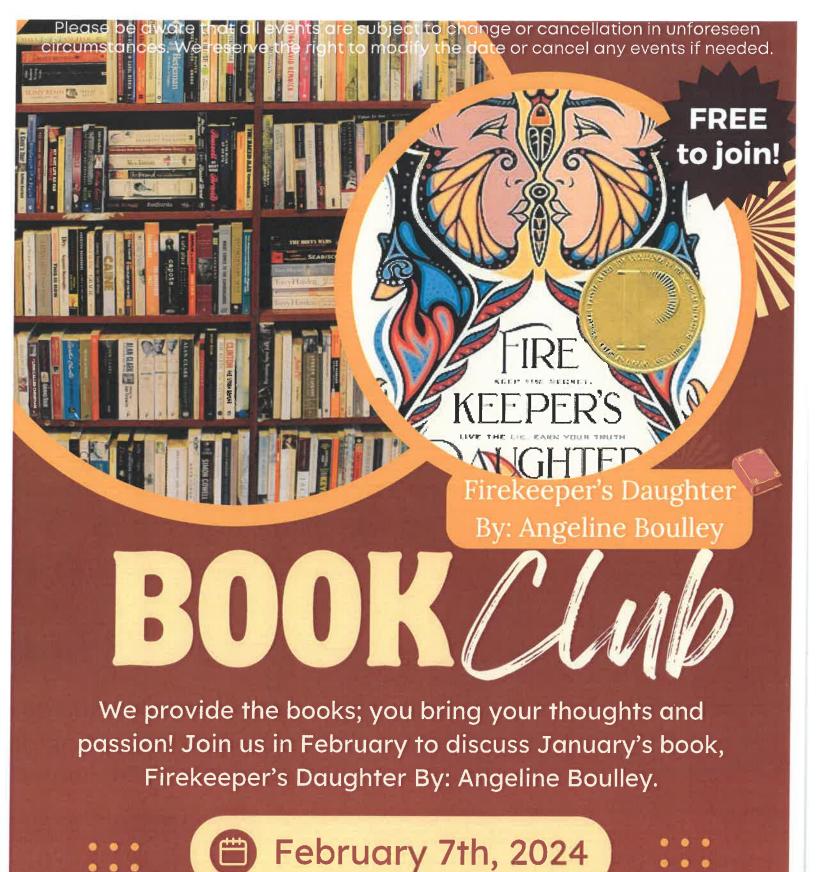
Head Dancers TBA.

GiiTaa'se Shkodack Southern Sky

Free Entry

A limited number of vendor spots available.

For more information contact: Kori Price 715-793-4905 LaKeisha Williams 715-793-4906



6:00pm-7:00pm

More Information: 715-793-4906

lakeisha.williams@mohican-nsn.com

STOCKBRIDGE-MUNSEE COMMUNITY FAMILY SERVICES DEPARTMENT PRESENTS

COMMUNITY LIGHT SUPPER

GOOD FOOD - GREAT CONVERSATION

FEBRUARY 13TH, 2024 5:30PM - 7:00PM MOHICAN FAMILY CENTER

Call for details and to sign up 715-793-4080



STOCKBRIDGE-MUNSEE COMMUNITY FAMILY SERVICES DEPARTMENT PRESENTS

Self Care Marketail Marketail

Sweethearts



February 14, 2024 6:00PM - 7:00PM Mohican Family Center

JOIN US FOR "SELF-CARE WITH SWEETHEARTS," A
TIME ALL ABOUT EMBRACING LOVE! THIS EVENT IS
FOR EVERYONE - SINGLES, COUPLES, FRIENDS, AND
EVERYONE IN BETWEEN!

MORE INFORMATION & SIGN UP:

Events Coordinator | LaKeisha Williams

715-793-4906 | lakeisha.williams@mohican-nsn.com

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

Stockbridge-Munsee Community
Family Services Department
Presents

TAKE & BAKE

Sign up By: 02/15/2024 Pick up on: 02/21/2024 11:00am-6:00pm

@Mohican Family Center

An instructional video will be posted by 12pm the day of pick-up

This month's recipe is Comfy Baked Mac and Cheese

More Information & Sign Up:

Events Coordinator | LaKeisha Williams 715-793-4906 | lakeisha.williams@mohican-nsn.com



Elder BINGO GAMES

Come join us for this fun elder bingo night, watch or play to test the luck of the participants and of course while enjoying good company!

02/26/2024 5:00PM

- Fun Times
- Prizes Galore
- Thrilling Bingo Action



More Information & Sign Up:

Events Coordinator | LaKeisha Williams 715-793-4906 | lakeisha.williams@mohican-nsn.com