

FAMILY SERVICES DEPARTMENT NEWSLETTER

Providing services to community members to build a stronger and healthier community.

REMINDERS

- YEP pick up times:
 - Miss Linda - 6:30pm
 - Miss Rikki - 7:30pm
 - Miss Trinity- 8:30pm
- Youth must be registered to attend YEP

THIS MONTH!



MFC Closed for Memorial Day-May 25th



MFC Building is open 6am-9pm

INSIDE THIS ISSUE

- Staff Information
- Event Calendars
- DV & HIV Resources
- Pictures
- Family and youth tips
- Fitness and Cardio
- Youth Education Program
- Family Events
- Field Trips
- Activities for all!



PROGRAMS OFFERED

Domestic Violence and Sexual Assault Program: Providing advocacy, counseling and client services to those effected by domestic violence and sexual assault. To qualify, you must live in the S/M service area.

Low-Income Program: Providing advocacy, counseling, client services and tools to become self-sufficient. To qualify, you must live in the S/M service area and meet the income guidelines.

Youth Education Program: After-school program for youth grades K-12th This service is provided Monday-Friday until 5:30 pm. Healthy snacks, light meals, games, field trips, and ATODA education and prevention.

Fitness: Providing incentives, exercise and weight equipment

Family/Youth Activities: Providing daily activities and weekly or monthly field trips.

HIV/AIDS and Self-Care: Provide education and lessons to community and youth on prevention, supply free condoms and other self-care items.

**Located at the Mohican Family Center
N8605 Oak Street Bowler, WI 54416
(715) 793-4080**

Crystal Malone
Human Services Manager
(715) 793-4032

Kori Price
Family Services Manager
(715) 793-4905

Joe Miller
Security Manager
(715) 793-4080

Jadin Parker
Client Services Advocate
(715) 793-4863

Steven Duffek
Fitness
Community Services Worker
(715) 793-4806

Anthony Sullivan
Fitness
Community Services Worker
(715) 793-4806

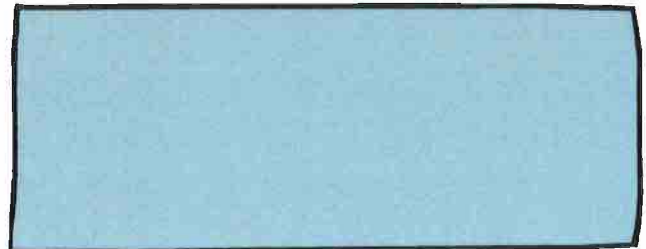
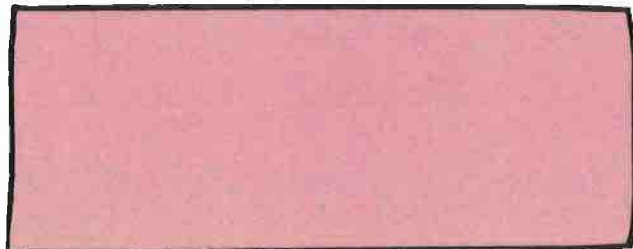
Cheryl Pieper
Recreation
Community Services Worker
(715) 793-4807

Trinity Malone
Community Services Worker
Education | Grades 6th-12th
HIV/AIDS Prevention Worker
(715) 793-4906

Linda Rudesill
Community Services Worker
Education | Grades K-2nd
(715) 793-4905

Rikki Gulbronson
Community Services Worker
Education | Grades 3rd-5th
(715) 793-3514

Skylar Hill
Tutor
Community Services Worker

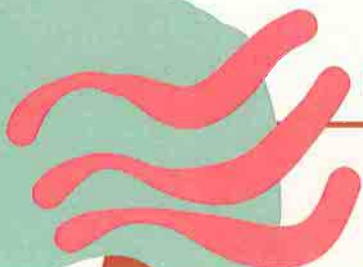


National Children's Mental Health Awareness Day

It is celebrated annually during the first full week of May to highlight the importance of children's mental wellness, focusing on early intervention, reducing stigma, and providing resources for families, often featuring a "wear green" campaign.



DCF Objective 3







Domestic Violence Personal Saftety

- **Try to avoid an abusive situation by leaving.**
- **Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.**
- **Don't run to where the children are, as your partner may hurt them as well.**
- **If violence is unavoidable, make yourself a small target; dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.**
- **If possible, have a phone accessible at all times and know what numbers to call for help. Know where the nearest pay phone is located. Know the phone number to your local battered women's shelter. Don't be afraid to call the police.**
- **Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.**



Family Wellness Month

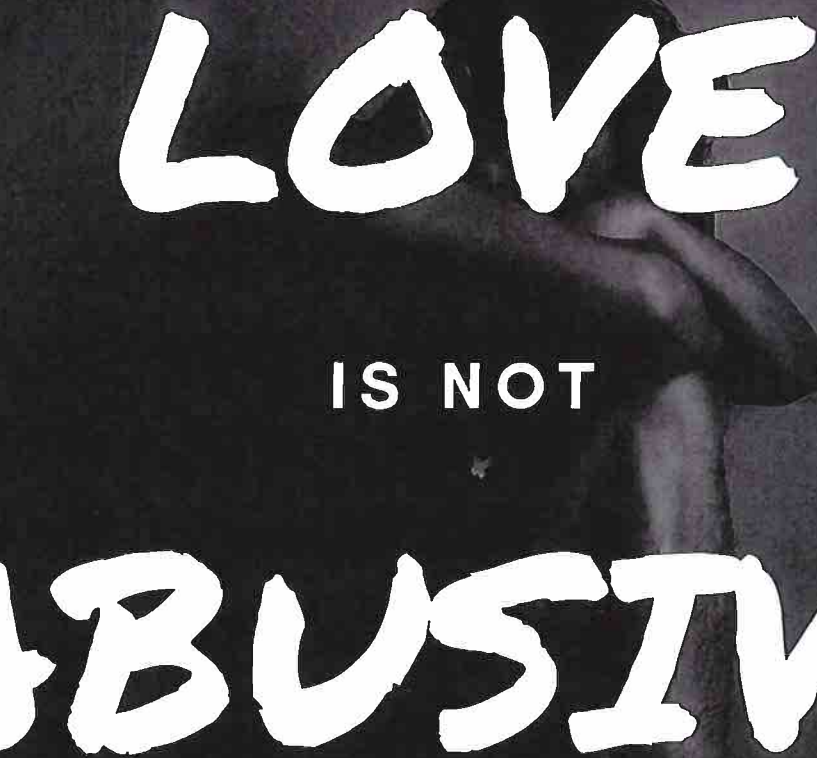


MAY IS NATIONAL FAMILY WELLNESS MONTH, AN ANNUAL OBSERVANCE DEDICATED TO FOSTERING BETTER MENTAL, PHYSICAL, AND EMOTIONAL HEALTH WITHIN FAMILIES THROUGH HEALTHY LIFESTYLE CHOICES, IMPROVED COMMUNICATION, AND ACTIVE LIVING.

DCF Objective 4



DOMESTIC VIOLENCE SERVICES



LOVE
IS NOT
ABUSIVE

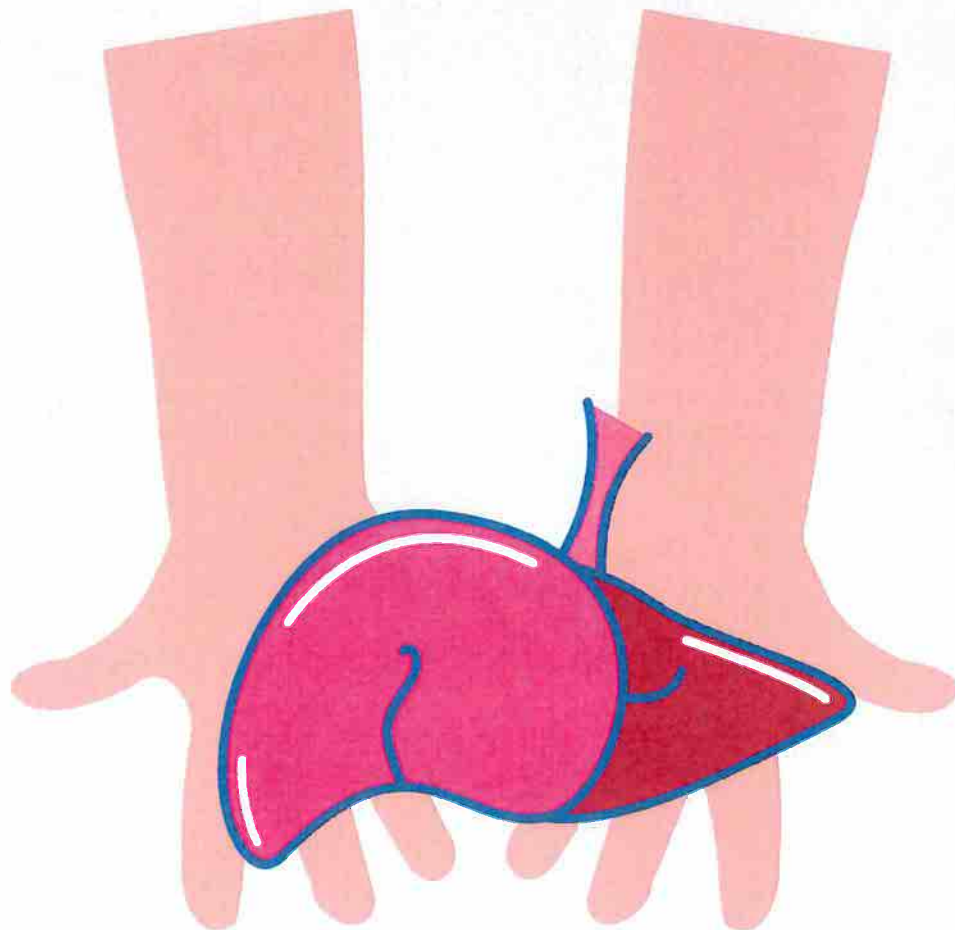
**1 IN 3 WOMEN—AND 1 IN 4 MEN—HAVE BEEN IN ABUSIVE
RELATIONSHIPS, AND 1 IN 5 WOMEN AND 1 IN 7 MEN HAVE
FACED SEVERE PHYSICAL VIOLENCE.**

Jadin Parker Client Services Advocate
Konkapot Lodge Room 109
W12635 County Road A
Bowler, WI 54416
715-793-4863
jadin.parker@mohican-nsn.gov

**STOCKBRIDGE MUNSEE
FAMILY SERVICES
PROGRAM**

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

FAMILY SERVICES HIV/AIDS PROGRAM HEPATITIS AWARENESS MONTH



—HEPATITIS— LUNCH AND LEARN

**JOIN US MAY 21ST NOON-1 PM
AT THE MOHICAN FAMILY CENTER
WE WILL HAVE DR. RICHARD BAILEY IN
TO TALK ABOUT HEPATITIS, LIVER
DISEASE AND PREVENTION METHODS.**



Self - Care Bags

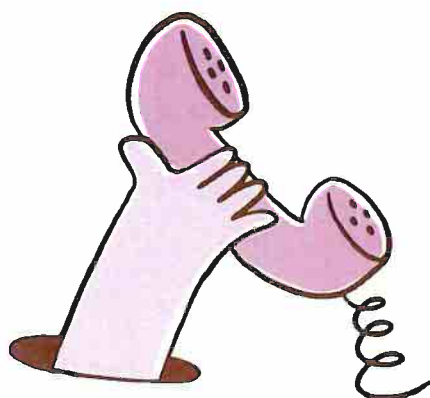
Lets stop the spread of
STI, STD , HIV and AIDS



Contact Trinity Malone 715-793-4906

or

Email Trinity.malone@mohican-nsn.gov



Main Phone number for Family Center
715-793-4807

Youth Education 3rd-5th grade
715-793-3514

Youth Education 6th -12th grade
715-793-4906

Fillable memberships forms are available on
Family Services Website page under
Mohican.com along with our monthly
newsletter or stop at the front desk

May

Recreation and Events
Cheryl 715-793-4807

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



MFC membership forms available at front desk 8am to 9pm Monday-Friday or on the Family Services



Yep Rec 4pm-5pm
Family open swim
1:30-8:45pm
Noon ball 12pm-1pm
Open Gym 6-8:45pm



3

Bike Club 5pm-6:30pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

5 on 5 6pm-8:45pm
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

Parent Class 5pm-7pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

5 on 5 6pm-8:45pm
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

Yep Rec 4pm-5pm
Family open swim
1:30-8:45pm
Noon ball 12pm-1pm
Open Gym 6-8:45pm



8

9

10

Bike Club 5pm-6:30pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

GLTTC meeting 5-7pm
GYM IS unavailable
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

12

Walking club 5-6:30pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

5 on 5 6pm-8:45pm
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

14

Yep Rec 4pm-5pm
Family open swim
1:30-8:45pm
Noon ball 12pm-1pm
Open Gym 6-8:45pm



15

16

We reserve the right to modify dates, times or cancel events at any time

17

Bike Club 5pm-6:30pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

5 on 5 6pm-8:45pm
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

19

Walking club 5-6:30pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

5 on 5 6pm-8:45pm
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

21

Yep Rec 4pm-5pm
Family open swim
1:30-8:45pm
Noon ball 12pm-1pm
Open Gym 6-8:45pm

22

23

24

Walking Club



Office closed

5 on 5 6pm-8:45pm
Yep Rec 4pm-5pm
Noon ball 12pm-1pm

26

Walking club 5-6:30pm
Open Gym 6-8:45pm
Noon ball 12pm-1pm

Financial Fundamental workshop 5pm-7pm
5 on 5 6pm-8:45pm
Noon ball 12pm-1pm

28

Yep Rec 4pm-5pm
Family open swim
1:30-8:45pm
Noon ball 12pm-1pm
Open Gym 6-8:45pm

29

30

31



MAY
RECREATIONAL EVENTS

NOON BALL

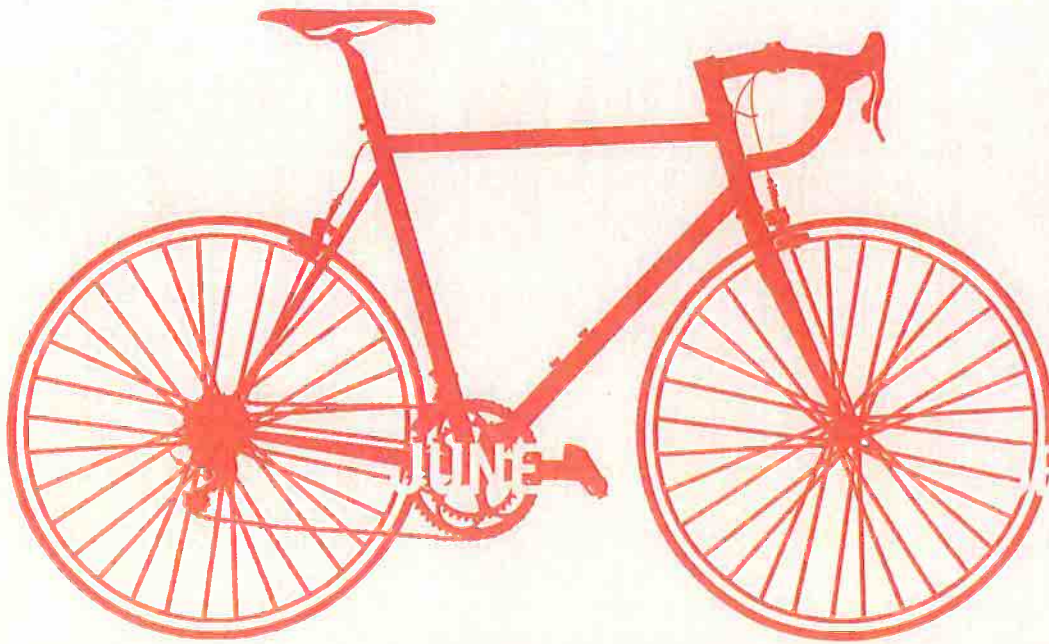
Monday- Friday **NOON TO 1PM**
x x x x
x x x x

5 ON 5 BASKETBALL TUESDAYS &
THURSDAYS 6PM-8:45PM AGES 14
AND UP

x x x x OPEN GYM MONDAY,
x x x x
x x x x WEDNESDAYS AND FRIDAYS

NO 5 ON 5 ON MAY 12, 2026 DUE TO EVENT
SCHEDULED





**COME JOIN THE FUN WITH FRIENDS, FAMILY, OR
PETS**

SNACKS

DOOR PRIZES

REFRESHMENTS

**BIKE CLUB
MONDAYS 5PM-6:30PM**

**WALKING CLUB
WEDNESDAYS 5PM-6:30PM
MAY 13, 20, AND 27TH**

**CONTACT CHERYL FOR MORE INFORMATION
715-793-4807**

ALL YOUTH MUST BE ACCOMPANIED BY AN ADULT

FAMILY OPEN SWIM DAY

RESERVATIONS REQUIRED

Family Swim is every Friday
Please sign up with Cheryl to reserve your slot
5 families per time slot
715-793-4807

Family Swim 1:30pm to 8:45pm






- **IF YOUR FAMILY ALREADY SWAM YOU MAY SIGN UP BUT WILL BE ON THE WAITING LIST AS WE WOULD LIKE ALL COMMUNITY FAMILIES TO ENJOY FAMILY SWIM**

MAY

Youth Education Program

K-2nd Grade Linda Rudesill

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 	4 Culture	5 ATODA Prevention	6 ATODA Prevention	7 Free Day Thursday	8 Interpersonal and Independent Living Skills	9 
10 	11	12 Kids in the Kitchen	13 Kids in the Kitchen	14	15	16
17 	18	19	20	21	22 	23
24	25	26 Kids in the Kitchen	27	28	29	30 Kids participate in 4-H monthly
31						

Daily Schedule k-2nd grade:

3:45pm – off bus and recreation time with Cheryl (based on Rec Calendar)

4:00pm- Wash up for snack

4:05pm-6pm-lesson, free time, crafts etc.

6pm- Clean up 6:30pm parent pick up



We reserve the right to cancel, change or modify program times and dates.

MAY

Youth Education Program

3rd-5th Grade Rikki 715-793-3514

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 	4 Culture	5 ATODA Prevention	6 ATODA Prevention	7 Interpersonal and Independent Living Skills	8 Free Day FRIDAYS Culture with Jani	9 
10 Kids participated in 4-H monthly	11 12 Kids in the Kitchen	13 Kids in the Kitchen	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 Kids participate in 4-H monthly	31 Kids participated in 4-H monthly		

Daily Schedule 3rd-5th

- 3:45pm – off bus and snack
- 4:00pm- Rec with Cheryl (Days may vary)
- 4:15pm-7:15pm-lesson, free time, crafts etc.
- 7:15pm- Clean up 7:30pm parent pick up







We reserve the right to cancel, change or modify program times and dates.

MAY

Youth Education Program

6th-12th Grade Trinity Malone 715-793-4906

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 	4 Free Day Mondays ATODA Prevention	5 ATODA Prevention	6 ATODA Prevention	7 Interpersonal and Independent Living Skills	8 HIV/AIDS Self Care	9 SAY NO TO DRUGS 
10 	11 Culture with Jani	12 Kids in the Kitchen	13 Kids in the Kitchen	14	15	16 
17 	18	19	20	21	22	23
24 	25 SELF-CARE ISN'T SELFISH	26	27	28	29	30 Kids participate in 4-H monthly
31						

Daily Schedule 3rd-5th

- 3:45pm – off bus and snack
- 4:30pm- Rec with Cheryl (Days may vary)
- 4:45pm-8:15pm-lesson, free time, crafts etc.

We reserve the right to cancel, change or modify program times and dates.

8:15pm- Clean up 8:30pm parent pick up

YOUTH EDUCATION PROGRAM

FAMILY SERVICES DEPARTMENT

N8605 Oak Street
Bowler, WI 54416 715-793-4080

Providing Culture, field trips, independent living skills, fitness
interpersonal skill, self care and prevention & education on alcohol,
tobacco and other drugs,

School Year: _____ Summer: _____

STUDENT INFORMATION

Full Name _____

Date of Birth ____ / ____ / ____ Nickname _____

Gender Male Female

Grade Entering: _____ School Attending: **Bowler Gresham Other:** _____

CONTACT INFORMATION

Parent/Guardian Name _____

Home Phone _____ Work/Cell Phone _____

Alternate Pick-up Contacts

Name: _____ Phone Number: _____

Relationship to youth: _____

MEDICAL INFORMATION

Does your child have any medical issues we should know about? Yes No
If yes, please explain _____

Is your child in need of medication during time at the Youth Education
Program. If yes, please explain. Yes No

I understand my child will be required to participate in all grant objectives of the Youth Education program which includes daily fitness, prevention and education lessons on ATODA, independent living skills, interpersonal, cultural and self-care (hiv/aid 6th-11th grade only). If my child fails to participate or violates behavior expectations. I (the Parent/guardian) will be asked to pick up my child. Breaking major minor rules can result in lose privileges from all programming under the Family Services Department.

I also understand that if my child is sick or showing symptoms of illness they will be required to be picked up immediately.

Per Family Services policy, youth ages 14 to 17 years can use the Mohican Family Center without and adult. I give my child permission to sign out of the YEP after all programming is complete and utilize the MFC and understand Family Services Staff will not be responsible for my child.

____ Yes ____ No

My child has permission to walk home: ____ yes ____ No

If my child leaves the building without permission please call: _____

Parent/Guardian Signature: _____ Date: ____ / ____ / ____

Youth Education Program Permission Slip and Medical Release

FAMILY SERVICES YOUTH EDUCATION PROGRAM
N8605 Oak Street, Bowler, WI 54416 (715)-793-4807

Swimming in the MFC Pool March-September 2026 for fitness and incentives
Date: March-June
Chaperones: MFC Staff
Departure Time: After School
Arrival Time: YEP scheduled pick up times by parents
Things to Bring: Swimsuits, towel, swim shoes (optional) a good attitude

I give _____ permission to participate in the above-described Mohican Family Services Program activity. I understand that my child will not be allowed to go on any trips or participate in activities sponsored by the Mohican Family Services Program unless he/she has the consent of his/her parent/guardian and a medical release.

I do not hold the Stockbridge-Munsee Community or Stockbridge-Munsee Family Services Program responsible for any injuries that may occur to my child while participating in this activity. I also give the Stockbridge-Munsee Family Services Staff/designated chaperone permission to act in loco parentis to seek medical attention, if needed by my child as the result of participating in this activity. I also request that I be notified as soon as possible if my child is injured. My child understands and agrees to obey all Stockbridge-Munsee Family Services rules and model safe, admirable behavior. **I understand if my child misbehaves child may lose swim privileges**

Are there special requirements legal or otherwise that you would like to inform staff of:

Allergies:

Conditions requiring special consideration (medical/physical):

Does your youth require: **Epipen** Yes No (B) **Inhaler** Yes No (C) **ANY MEDICATION CURRENTLY TAKEN:** (Type of medication and time of administration):

Additional Contact for child (if no parent at home during drop off time)

Primary contact name : _____ Relationship to youth: _____

Secondary Contact Name: _____ Relationship to youth: _____

Phone #: _____ Work Phone #: _____ Cell Phone/Pager #: _____

Stockbridge-Munsee Family Services programs and events are often photographed for promotional purposes. Please inform photographer if you do not wish to be photographed.

Permission to photograph child during event? Yes No Initials: _____

Parent/Guardian Signature

Date



Family Services Rules

- 1 Follow all policies of the FSP program
- 2 Listen to peers and teachers
- 3 No Bullying!!
- 4 Think before you speak and use your manners
- 5 Keep your hands and feet to yourself
- 6 Respect personal space and avoid physical contact without permission.
- 7 Field Trips are incentives based on participation and behavior, Each group has their own field trips.
- 8 All youth are expected to participate in all planned activities. If you fail to participate or violate behavior expectations you will be asked to take a break from all programming of FSP.

Youth Education
Program

Summer
Hours
Open at 7am

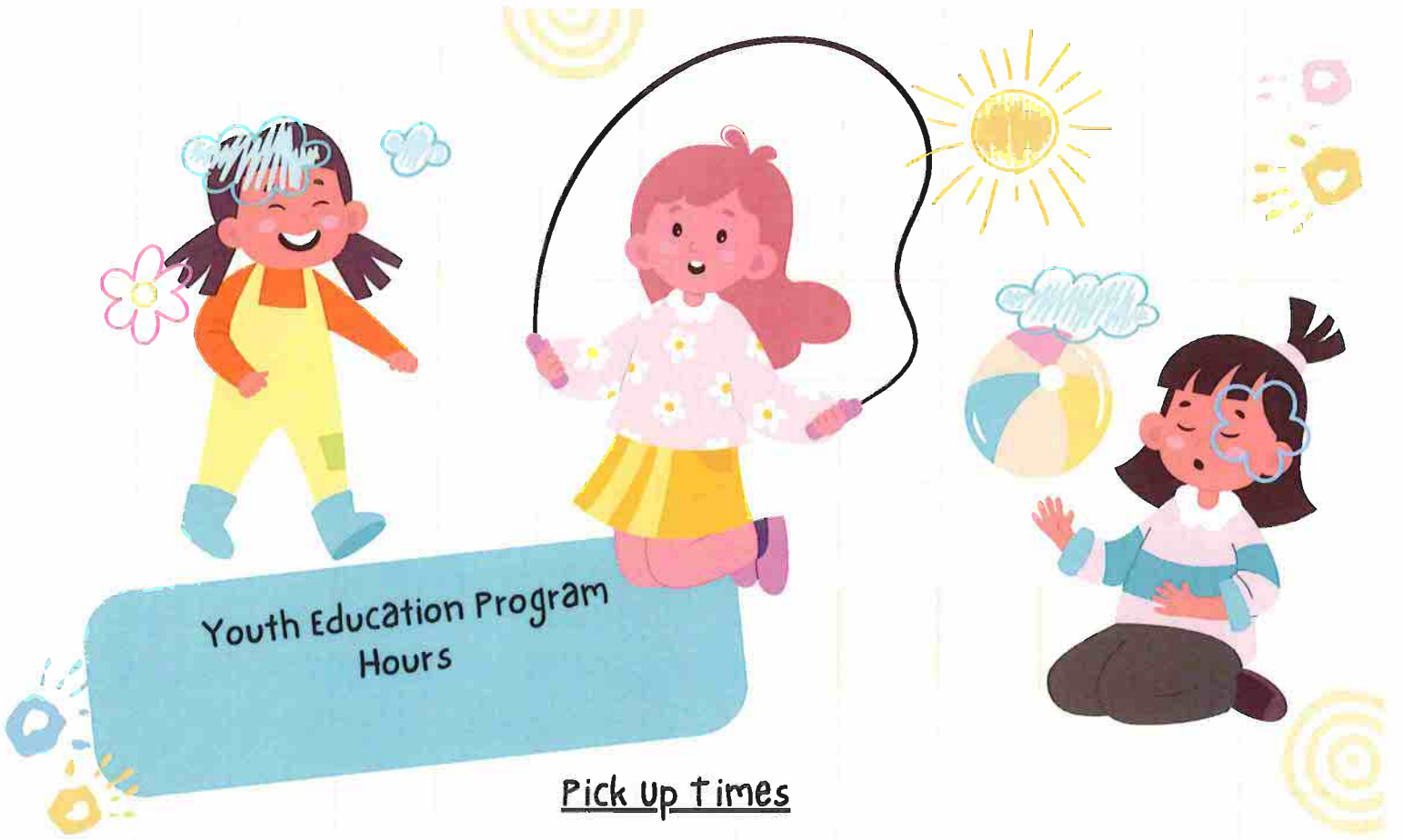
June 1 to August 28, 2026

K-2nd pick up at 5pm

3rd-5th pick up at

5:30pm

6th-12th pick up 7:30pm



Pick Up Times

k-2nd grade Linda Room by 6:30pm

3rd-5th grade Rikki Room by 7:30pm
Transportation home only at 7:15pm

6th-12th grade Trinity Room by 8:30pm
transportation home only at 8:15pm

The best place for your child to
play, learn, and grow.
Teaching prevention and
education

N8605 Oak Street
Bowler, WI 54416



HOMEWORK AND

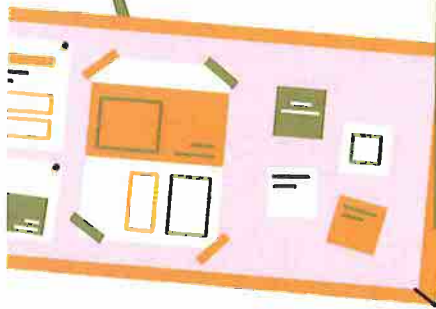
TUTORING SERVICES



Mohican Family Center

TUESDAY- FRIDAY

3:30 to 6pm






More Information call 715-793-4087



May

Fitness/ Aquatic Center

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Steven 6am-2:30pm Tony 12:30-9pm</p>	 <p>Ella B 10am Water Aerobics 5:30pm Exercise Class noon</p>	 <p>Water Aerobics noon to 1pm</p>	<p>Ella B 1:30pm Fit & Grill noon-1pm Water Aerobics 5:30pm</p>	<p>Water Aerobics noon to 1pm Exercise Class 2pm</p>	<p>Water Therapy Hot Tub, Pool, Sauna, Cold tub 6am -noon</p>	<p>2</p>
<p>3 May the force be with you Fitness challenge →</p>	<p>4 Ella B 10am Water Aerobics 5:30pm Exercise Class noon</p>	<p>5 Water Aerobics noon to 1pm</p>	<p>6 Ella B 1:30pm Fit & Grill noon-1pm Water Aerobics 5:30pm</p>	<p>7 Water Aerobics noon to 1pm Exercise Class 2pm</p>	<p>8 Water Therapy Hot Tub, Pool, Sauna, Cold tub 6am -noon</p>	<p>9</p>
<p>10 May the force be with you Fitness challenge →</p>	<p>11 Ella B 10am Water Aerobics 5:30pm Exercise Class noon</p>	<p>12 Water Aerobics noon to 1pm</p>	<p>13 Ella B 1:30pm Fit & Grill noon-1pm Water Aerobics 5:30pm</p>	<p>14 Water Aerobics noon to 1pm Exercise Class 2pm</p>	<p>15 Water Therapy Hot Tub, Pool, Sauna, Cold tub 6am -noon</p>	<p>16</p>
<p>17 May the force be with you Fitness challenge →</p>	<p>18 Ella B 10am Water Aerobics 5:30pm Exercise Class noon</p>	<p>19 Water Aerobics noon to 1pm</p>	<p>20 Ella B 1:30pm Fit & Grill noon-1pm Water Aerobics 5:30pm</p>	<p>21 Water Aerobics noon to 1pm Exercise Class 2pm</p>	<p>22 Water Therapy Hot Tub, Pool, Sauna, Cold tub 6am -noon</p>	<p>23</p>
<p>24 May the force be with you Fitness challenge →</p>	<p>25 Office Closed Holiday</p>	<p>26 Water Aerobics noon to 1pm</p>	<p>27 Ella B 1:30pm Fit & Grill noon-1pm Water Aerobics 5:30pm</p>	<p>28 Wellness Workshop Benefits of cold tub Noon to 1pm Exercise Class 2pm</p>	<p>29 Water Therapy Hot Tub, Pool, Sauna, Cold tub 6am -noon</p>	<p>30</p>
<p>31 </p>	<p>Aquatic Room is open for adults to use hot tub, cold tub, sauna and swimming pool Monday- Friday 6am until scheduled classes. Schedule will be posted on the pool door</p>					<p>We reserve the right to modify dates, times or cancel events at any time</p>

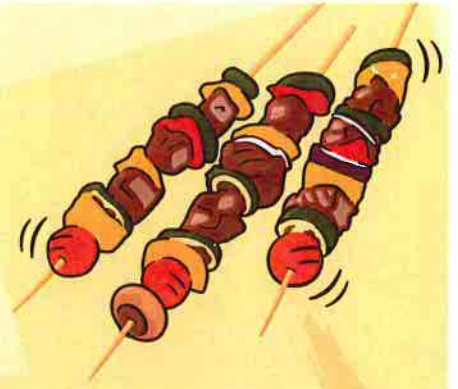
Exercise
Classes with
Tony or
Steven:
Stretching
Strength and
balance
Resistance
bands
Functional
fitness
training
Mobility
classes





HAVE FUN WITH US AT

FIT & GRILL



Enjoy some physical activity and a light healthy meal!
RAIN OR SHINE!



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



Every Wednesday in May
at the
Mohican Family Center
May 6th, 13th, 20th, 27th

Time
12-1:00PM

For questions or to RSVP contact Vi Azzolina:
715-793-3018

**Water
Therapy
Health and
Wellness for
Adults**

Pool , Hot Tub, Sauna, Cold Tub

Open Daily

6am -9am

Every Fridays 6am to noon

And when no classes are in session

Signs will be posted

daily



MAY

THE FORCE

BE WITH YOU

MAY FITNESS CHALLENGE



Must workout atleast 3 times a week for 4 weeks
Includes aquatic classes or any water therapy
Cold tub, Hot Tub and Sauna

FITNESS CHALLENGE SHEETS ARE AVAILABLE ON
THE BOARD IN BETWEEN CARDIO AND WEIGHT
ROOM

MFC Fitness

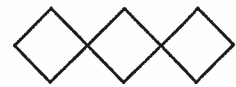
BENEFITS **OF COLD TUB** **WORKSHOP**

May
28, 2026

Noon to
1pm

**MOHICAN FAMILY
CENTER**

More Information call Fitness 715-793-4803



MFC Fitness

Exercise Class

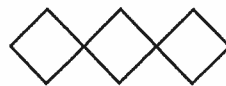
*Exercise
your mind
and body.*



- Stretching
- Strength
- balance
- Resistance bands
- and more

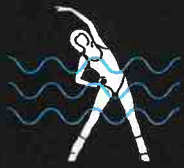


Monday at Noon with Steven
Thursday at 2pm with Tonyy



For More Information contact MFC Fitness Staff 715-793-4803





**MOHICAN
FAMILY
CENTER
FITNESS**

WATER AEROBIC CLASSES

Enjoy fitness in the pool
like never before!

Join our Water Aerobic
Classes – a low-impact,
high-energy workout
perfect for all ages and
fitness levels!

MAY SCHEDULE

**ANTHONY- 5:30PM-6:30PM
EVERY MONDAY AND
WEDNESDAY**

**STEVEN NOON-1PM EVERY
TUESDAY AND THURSDAY**

REGISTER NOW LIMITED SPACE

CALL 715-793-4803 TO SIGN UP

May is American Stroke Month

Stroke is a leading cause of death and permanent brain injury among adults in the United States.

Black and Hispanic Americans have the highest risk for stroke. High blood pressure, high cholesterol, diabetes, and obesity can increase your risk.

Signs of stroke may include sudden numbness or weakness in the face, arm or leg (typically on one side of the body). Other warning signs include trouble seeing, walking or speaking and unexplained sudden, severe headache.

Treatment is most effective and successful when it is administered as quickly as possible after symptoms appear. Timely surgery, clot busting drugs or image-guided intracranial vascular treatments can result in a complete or near-complete recovery from the effects of stroke.

Your risk for stroke increases as you age, but some lifestyle changes – such as quitting smoking, maintaining a healthy weight, and exercising more – can help decrease that risk.

Remember— stroke is treatable when recognized quickly. Know the symptoms and get emergency medical help promptly when you see the signs.

Types of Exercises Beneficial for Stroke Prevention

1. **Aerobic Exercises:** Activities such as brisk walking, jogging, cycling, swimming, and dancing elevate heart rate and improve cardiovascular fitness.
2. **Strength Training:** Resistance exercises using weights or resistance bands help build muscle mass and increase metabolism.
3. **Flexibility and Balance Exercises:** Yoga, tai chi, and Pilates improve flexibility, balance, and coordination—essential for preventing falls that can lead to strokes.



Join Us For The Adolescent Recovery & Wellness Center (ARWC) Community Discussion!

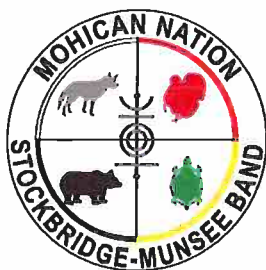
- Meet and greet the GLITC NCREW!
- Project updates on Adolescent Recover Wellness Center.
- Please come share a meal with us and share your voice, concerns, suggestions. All welcome to attend!

- Date: **May 12th 2026**
- Time: **5-7pm**
- Location: **N8605 Oak ST Bowler Wi 54416**

- GLITC wants to ensure the services offered at the ARWC align with the needs of the community.
- Feedback will inform cultural services and aftercare resources for youth and families.
- Participate in our survey (available electronically via QR code and on paper).
- **Surveys, \$25 Gift Cards, & Swag bags will be provided for participating in Surveys**

Lori Corn NCREW
Program Director Great Lakes
Inter-Tribal Council, Inc.
lorn@glitc.org • 715-588-1055

Lizette Bailey NCREW
Program Coordinator Great Lakes
Inter-Tribal Council, Inc.
lbailey@glitc.org • 715-862-0868



Survey QR Code





SAFE SITTER COURSE



Learn skills needed to stay home alone and care for younger children

Tuesday, June 2nd
9:00am-3:00pm
Mohican Family Center



STUDENTS LEARN

- **First Aid and Rescue Skills:** Learn how to assess and respond to injuries and illness. Skills like the Heimlich and high level CPR will also be taught.
- **Personal and Online Safety:** Learn how to prevent unsafe situations and what to do when faced with strangers in person and online, power failures or weather emergencies.
- **Child Care Skills:** Learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also practice diapering.

Class will be taught by staff from the Center for Childhood Safety and is open to children age 8 and over. The course is FREE and lunch will be provided!



BOOK YOUR SPOT TODAY!

To reserve a spot, call Whitney at 715-793-5018 or email whitney.schreiber@mohican.com

Program brought to you by the Stockbridge-Munsee Community Health Department and the Mohican Family Center



