

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 Juneteenth - June 19th



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) 793-4807

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

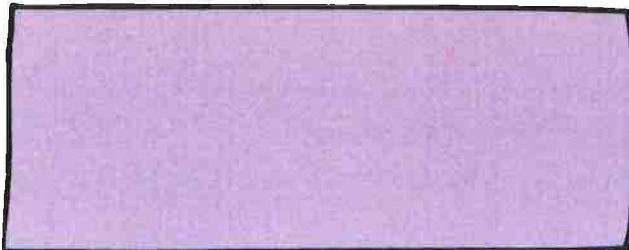
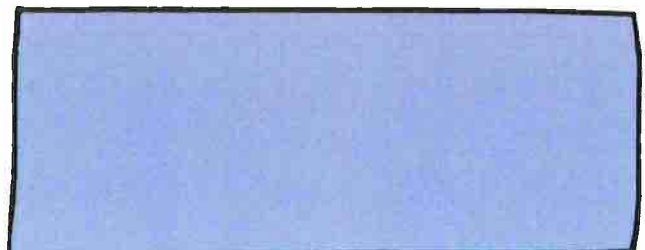
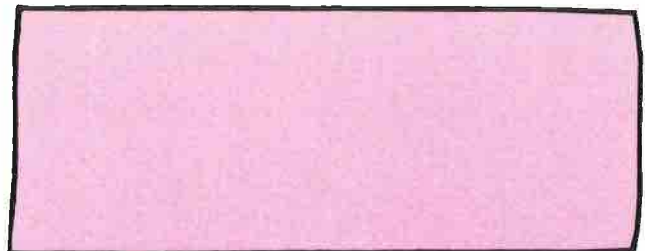
Cheryl Pieper
Recreation
Community Services Worker
(715) 793-4807

Skylar Hill
Tutor
Community Services Worker

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

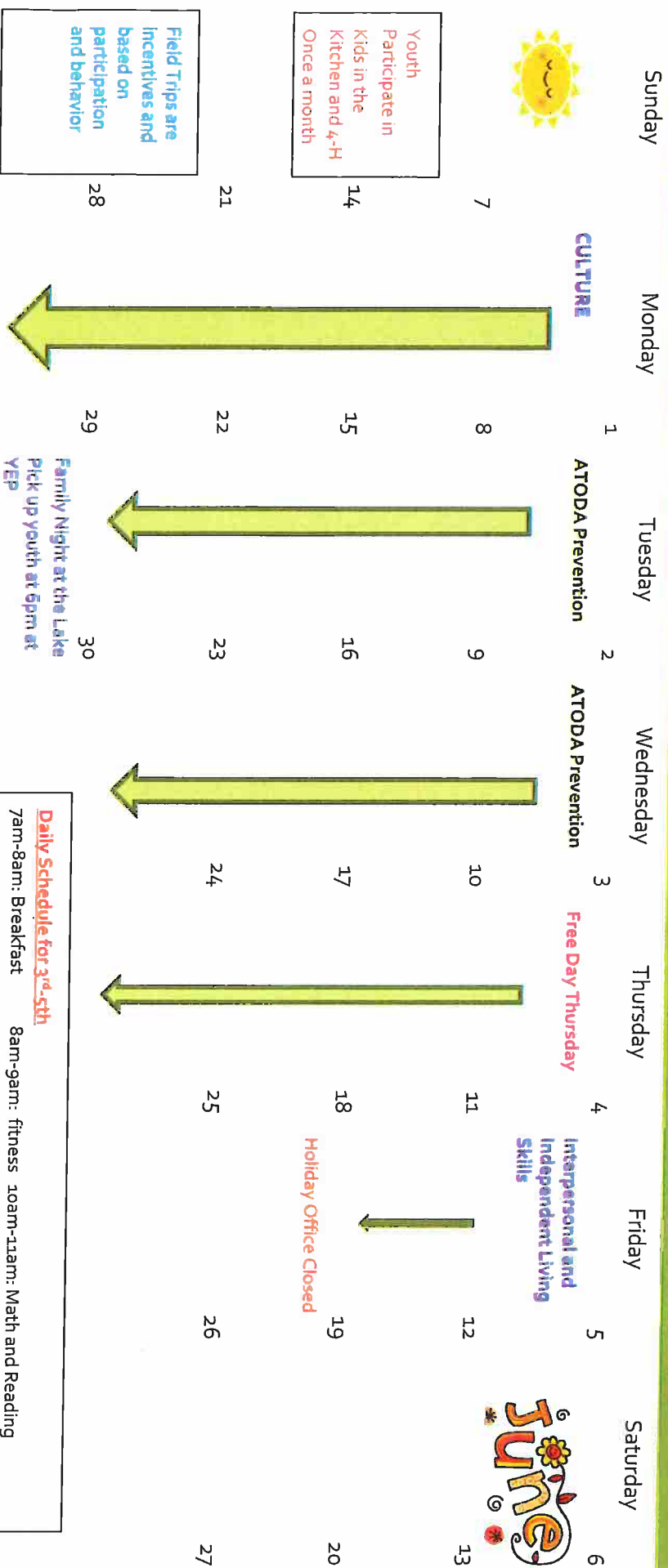
Rikki Gulbranson
Community Services Worker
Education | Grades 3rd-5th
(715) 793-3514



June

Linda K-2nd Grade 7am to 5pm
Youth Education Program

2026



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

Daily Schedule for 3rd-5th
 7am-8am: Breakfast 8am-9am: fitness 10am-11am: Math and Reading
 11am-noon- Gym or outside noon-1pm- Lunch 1pm-2pm Lesson Time
 2pm-3pm- Rec with Cheryl (based on Cheryl Schedule) 3pm-3:30 - Free Time
 3:30-4pm Snack
 4pm-4:30pm - Fitness with Tony 4:30pm-5pm Room time 6pm Parent Pick up

June

Rikki 3rd-5th grade 7am to 6pm
Youth Education Program

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



CULTURE

7

Youth
Participate in
Kids in the
Kitchen and 4-H
Once a month

21

Field Trips are
incentives and
based on
participation
and behavior

1

ATODA Prevention

8

15

Family Night at the Lake
Pick up youth at 6pm at YEP

22

29

2

ATODA Prevention

9

16

23

30

3

Interpersonal and
Independent Living Skills

10

17

24

Free Day Fridays

5

11

18

Holiday Office
Closed

25



12

19



13

20

27




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

Daily Schedule for
7am-8am: Breakfast 8am-9am: fitness 10am-11am: Math and Reading
11am-noon- Gym or outside noon-1pm- Lunch 1pm-2pm Lesson Time
2pm-3pm- Rec with Cheryl (based on Cheryl's Schedule) 3pm-3:30- Free Time 3:30-4pm Snack
4pm-4:30pm - Fitness with Tony 4:30pm-5pm Room time 6pm Parent Pick up

June

Trinity 6th-12th Grade 7am to 7pm
Youth Education Program

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Free Day Mondays	2 ATODA Prevention	3 ATODA Prevention	4 Interpersonal and Independent Living Skills	5 HIV/AIDS Self Care	6 
7  Youth Participate in Kids in the Kitchen and 4-H Once a month	8	9	10	11	12	13
	15	16	17	18 Holiday Office Closed	19	20
21	22	23	24	25	26 	27
	29 Family Night at the Lake Pick up youth at 6pm at YEP	30				
Field Trips are incentives and based on participation and behavior						
We reserve the right to cancel, change or modify program times and dates						
Daily Schedule for 6th-12th grade 7am-8am: Breakfast 8am-9am: fitness 10am-11am: Math and Reading 11am-noon: Gym or outside noon-1pm- Lunch 1pm-2pm Lesson Time 2pm-3pm- Rec with Cheryl (based on Cheryl Schedule) 3pm-3:30- Free Time 3:30-4pm Snack 4pm-4:30pm - Fitness with Tony 4:30pm-5pm Room time 7pm Parent Pick up						

FAMILY SERVICES DEPARTMENT

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

Summer

YOUTH 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 _____

Address: _____

Alternate Pick-up Contacts

Name: _____ Phone Number: _____

Relationship to youth: _____

MEDICAL INFORMATION

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

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: ____ / ____ / ____

Permission Slip and Medical Release

I give: _____ permission to participate in swimming at the MFC pool during YEP summer school program as part of youth fitness.

Parent/Guardian Signature: _____

Or

I do not want my child to use the MFC pool for fitness during YEP summer school program .

Parent/Guardian Signature: _____

I give _____ permission to participate in the youth sport conditioning fitness classes with Steven Duffek during the YEP summer school program.

Parent/Guardian Signature: _____

or

I do not want my child to participate in youth sport conditioning fitness classes with Steven Duffek during the YEP summer school program

Parent/Guardian Signature: _____

I give: _____ permission to participate in field trips within 60 miles of the Youth Education program, this can include swimming, out to eat, movies, hiking, kayaking, fishing, gardens, farms etc.

Parent/Guardian Signature: _____

Or

I do not want my child to participate in field trips within 60 miles of the Youth Education Program .

Parent/Guardian Signature: _____

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 my child may lose privileges for any extra activities- Fitness, Swimming, Field trips,etc

Program

Drop off time 7am for all ages

Pick up times:

k-2nd 5pm
3rd-5th - 6:00pm
6th-12th - 7:00pm

Daily Schedule:

7am-8am: Breakfast

8am-9am: Fitness with Steven

10am-11am: Math and Reading Club

11am-noon- Gym or outside

noon-1pm: Lunch

1pm-2pm: Recreation time

2-3pm: Lessons/craft/ activity time

3pm-3:30pm- Math and Reading club

3:30-4pm: Snack Time

4pm-5pm: Fitness with Tony

5pm- 7:30pm room activity or outside fun



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.**
- 
- 
- 

Be Safe Be Kind and Be Respectful to all community members who attend programming





Youth Education Program
SUMMER Hours

Pick Up Times

k-2nd grade Linda Room by 5:00pm

3rd-5th grade Rikki Room by 6pm

6th-12th grade Trinity Room by 7:00pm

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

N8605 Oak Street
Bowler, WI 54416



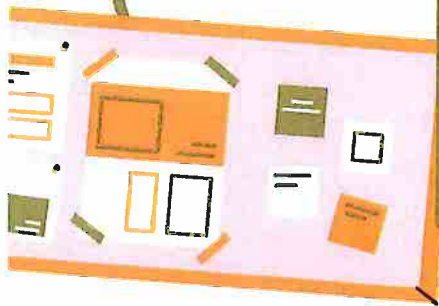
MATH AND READING CLUB



Mohican Family Center

TUESDAY - FRIDAY

11am and 2pm with Skylar



More Information call 715-793-
4087



June

Recreation and Events

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

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

Visit Family Services department on Mohican.com
 To see our monthly newsletter and membership forms
 Visit Stockbridge Munsiee Network Facebook Page for our daily Events.

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

Noon Ball Noon-1pm
Family Lake Day
 3pm-7pm
Open Gym 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Noon Ball Noon-1pm
 Listening Session W/ Voke 8:30-9:30
Open Gym 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Walking Club noon-1pm
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Walking Club noon-1pm
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Walking Club noon-1pm
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Family Open Swim Noon to 8:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Family Open Swim Noon to 8:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Recreation with YEP youth Daily 2pm-3pm

We reserve the right to cancel, change or modify any activities

14

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

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Walking Club noon-1pm
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

Noon Ball Noon-1pm
 5 on 5 Basketball 5pm-8:45pm

Office Closed
 Holiday

19

20

21

Noon Ball Noon-1pm

Noon Ball Noon-1pm

Walking Club noon-1pm

Noon Ball Noon-1pm

Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

26

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22

Noon Ball Noon-1pm

Noon Ball Noon-1pm

Walking Club noon-1pm

Noon Ball Noon-1pm

Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

26

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23

Noon Ball Noon-1pm

Noon Ball Noon-1pm

Walking Club noon-1pm

Noon Ball Noon-1pm

Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

26

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28

Noon Ball Noon-1pm

Noon Ball Noon-1pm

Walking Club noon-1pm

Noon Ball Noon-1pm

Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

26

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Noon Ball Noon-1pm

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Walking Club noon-1pm

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Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

26

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30

Noon Ball Noon-1pm

Noon Ball Noon-1pm

Walking Club noon-1pm

Noon Ball Noon-1pm

Family Open Swim Noon to 7:45pm
 Must RSVP
 Noon Ball Noon-1pm
Open Gym 5pm-8:45pm

26

27

JUNE
RECREATIONAL EVENTS

NOON BALL

Monday- Friday **NOON TO 1PM**
x x x x
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
WEDNESDAYS AND FRIDAYS

6PM-8:45PM

BUILDING CLOSED ON JUNE 19, 2026 FOR
TRIBAL HOLIDAY



FAMILY OPEN SWIM



Dates

June 5
June 12
June 26



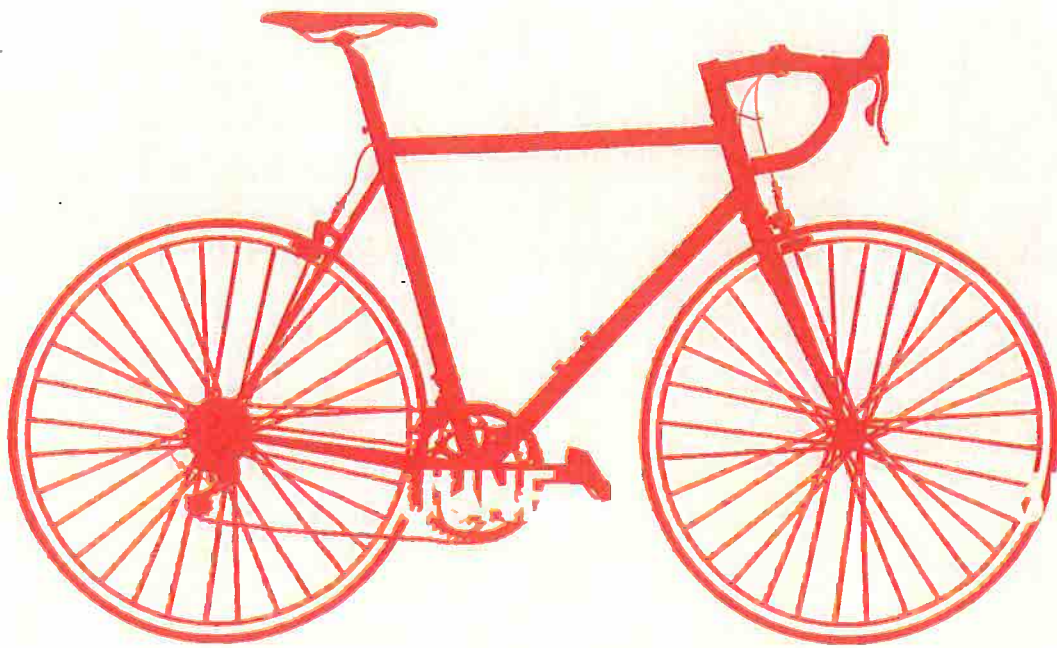
Noon to 8:45pm

Must be a member and all youth must be accompanied by an adult for Family Open Swim



Limited Spots call to reserve your slot
Please call Cheryl at 715-793-4807

We would like all community families to be able to enjoy the pool so, if you used the pool already you may be put on waiting list



JUNE BIKE AND WALKING CLUB

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

BIKE CLUB

MONDAYS 5PM-6:30PM

**RECEIVE SNACKS , REFRESHMENTS AND
CHANCE TO WIN SOME BIKE GEAR**

WALKING CLUB

WEDNESDAYS NOON- 1PM

**ENJOY A LIGHT LUNCH AND CHANCE TO WIN
SMALL DOOR PRIZES**

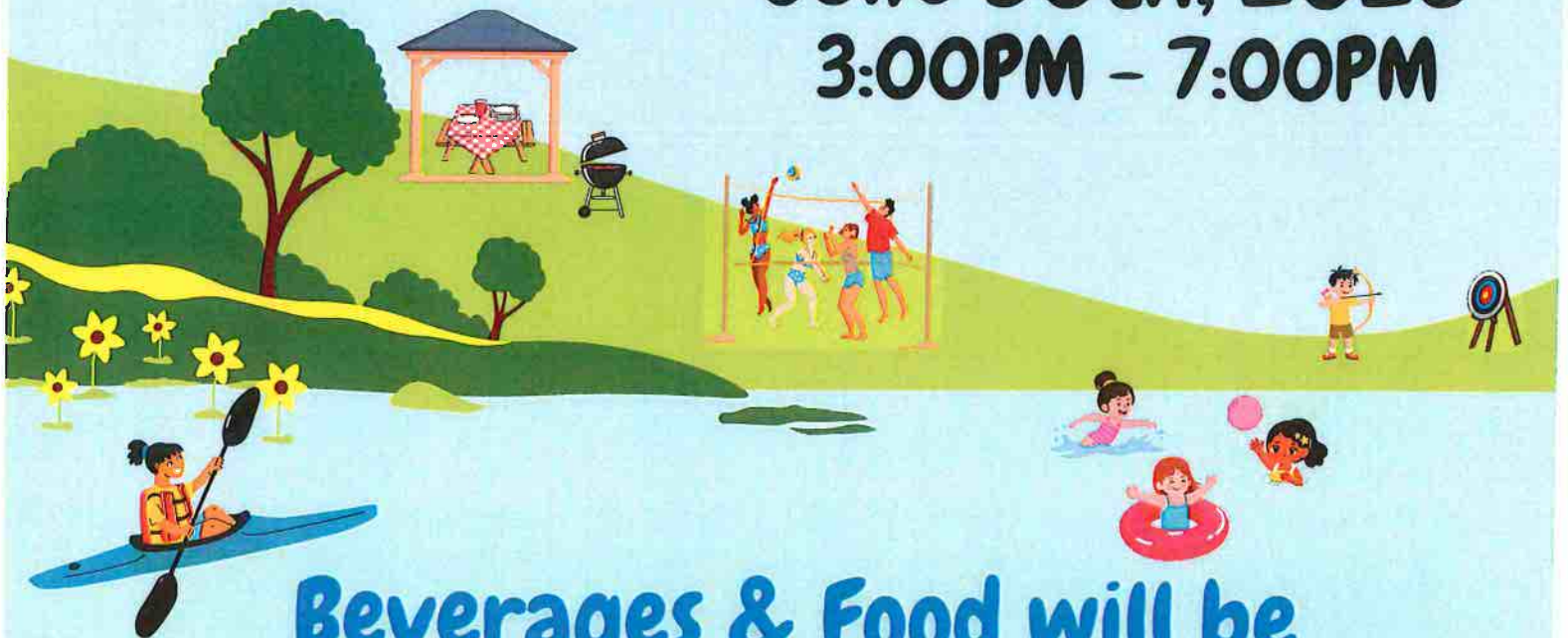
**CONTACT CHERYL FOR MORE INFORMATION
715-793-4807**

ALL YOUTH MUST BE ACCOMPANIED BY AN ADULT

LAKE DAY

Please join us at the Beaulieu Lake pavilion in Red Springs to enjoy the beautiful outdoors while you strengthen your mind, body, and spirit. We will be kayaking and having other fun activities to promote *family fun* and *physical activity*.

June 30th, 2026
3:00PM - 7:00PM



**Beverages & Food will be
provided throughout the event.**

A fun event for the whole family!



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



Bring your own lawn chairs

RSVP to violet.azzolina@mohican.com

or 715.793.3018



A program of  Wisconsin Conservation
Voices

COMMUNITY LISTENING SESSION AND COOKOUT



Share your voice! Join us to share the concerns and issues that are most important to you. Your feedback will help us determine our top priorities for the State Budget and the next legislative session.



Thanks to our partners at the Mohican Family Center. During the event, they will be handing out a survey for the playground.

Monday, June 22 at 6 p.m.

Mohican Family Center

N8605 Oak Street, Bowler, WI 54416



Register here or reach out to Maria Haskins at maria@conservationvoices.org.

www.conservationvoices.org/nativevote

June

Fitness
Steven and Tony

2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Jumping June
Fitness Incentive →
Ella B 1:30pm
Water Aerobics 5:30pm
 Exercise class to include water aerobics available from 10am to 1pm
 Youth water Fitness 2:30-3:30pm

Jumping June
Fitness Incentive →
TONY PTO
 Exercise class to include water aerobics available from 10am to 1pm
 Youth Fitness 2:30-3:30pm

Jumping June
Fitness Incentive →
Ella B 1:30pm
Water Aerobics 5:30pm
 Exercise class to include water aerobics available from 10am to 1pm
 Youth Fitness 2:30-3:30pm

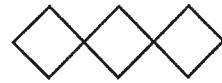
Jumping June
Fitness Incentive →
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 Exercise class to include water aerobics available from 10am to 1pm
 Youth Fitness 2:30-3:30pm

Jumping June
Fitness Incentive →
Ella B 1:30pm
Water Aerobics 5:30pm
 Exercise class to include water aerobics available from 10am to 1pm
 Youth Fitness 2:30-3:30pm

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

Exercise class with Steven available 10am to 1pm on any topics members choose: Water aerobics, stretching, strength and balance, resistance bands, mobility and functional training.
 Check schedule for classes in Aquatic room, otherwise it's open from 6am to 9:45pm daily for adults to use sauna, cold tub, hot tub and pool for health and wellness





MFC Fitness

*Exercise
your mind
and body.*

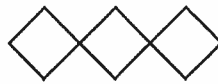
June Exercise Classes



- Stretching
- Strength
- balance
- Resistance bands
- conditioning
- Water Aerobics
- and more....



Monday, Tuesday, Thursday, Friday
classes available from 10 am to 1pm
with Steven



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!

JUNE SCHEDULE

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

**WATER AEROBIC CLASS WITH
STEVEN IS AVAILABLE FROM
10AM TO 1PM MONDAY ,
TUESDAY, THURSDAY AND
FRIDAY**

REGISTER NOW LIMITED SPACE

CALL 715-793-4803 TO SIGN UP



HAVE FUN WITH US AT

FIT & GRILL



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



Every Wednesday in June
at the
Mohican Family Center
June 3rd, 10th, 17th, & 24th

Time
12-1:00PM



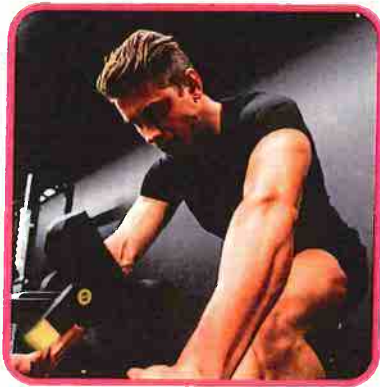
Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



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

MFC FITNESS

SPORTS CONDITIONING CLASSES



JOIN STEVEN

- Tuesday and Thursday
- 1pm to 2:30pm

For more information call Steven 715-793-4803

A photograph of a gym floor with a red mat, a weight, a rope, and a red handle. The red mat is on the left side, and the weight, rope, and handle are on the right side. The background is a dark grey carpet.

JUMPING JUNE *FITNESS INCENTIVE*

Get a jump start to your
summer workout
30 minutes a day 3 times
a week Cardio, Weight or
Swim

For more
information ask
your Fitness
Staff.



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.**

SERVICES FOR LOW INCOME



**Stockbridge Munsee Family Services
Department
W12635 Country Road A
Bowler, WI 54416**

Jadin Parker

Client Services Advocate

715-793-4863

Jadin.parker@mohican-nsn.gov

Family Services Program Goal 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

INCOME LIMIT

Family Size	Monthly Income
1	\$1,714
2	\$2,254
3	\$2,846
4	\$3,438
5	\$4,029
6	\$4,621
7	\$5,213
8	\$5,804

HOW TO APPLY.

Must live in the service area, fill out application and provide verification of income and address. Complete home visit and Individual Service Plan.

**For More Information
Visit the Family Services page on
Mohican.com**

**FSP offers Domestic Violence,
Sexual assault and child
permanency programs please
call Jadin Parker for more
information**

WEAAD

June is officially recognized as Elder Abuse Awareness Month, dedicated to highlighting and preventing the abuse, neglect, and exploitation of older and vulnerable adults


Kindness is Beautiful

Supporters often wear purple or display purple ribbons on June 15th to represent support for this cause

The goal is to raise awareness, educate the public on warning signs, and encourage reporting of financial exploitation, physical, emotional, or sexual abuse

DCF Objective 1



Childrens Awareness Month

A time dedicated to focusing on the health, safety, and well-being of the next generation. June is also associated with National Safety Month, aimed at reducing preventable injuries in children at home and in communities, noted Alliance for Children & Families

DCF Objective 3



National Family Month

It focuses on strengthening family bonds through activities and addressing pressures on modern households.



Activities such as gardening, hiking, and game nights are encouraged to reduce stress and improve communication

DCF Objective 4





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

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

NATIONAL HIV TESTING DAY

**TE
ST**

YOURSELF

JUNE 27TH

NOON-3PM

**COME PICK AN AT HOME HIV TESTING KIT
COMES WITH RESOURCES AND
FOLLOW UP INSTRUCTIONS.**

