

FAMILY SERVICES DEPARTMENT NEWSLETTER

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

REMINDERS

- Drop off time:
 - All Ages - 7am
- YEP pick up times:
 - Miss Linda - 5pm
 - Miss Rikki - 6pm
 - Miss Trinity- 7pm

THIS MONTH!



This is our 100th issue of the FSD Newsletter!



MFC Building is open
6am-8pm

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

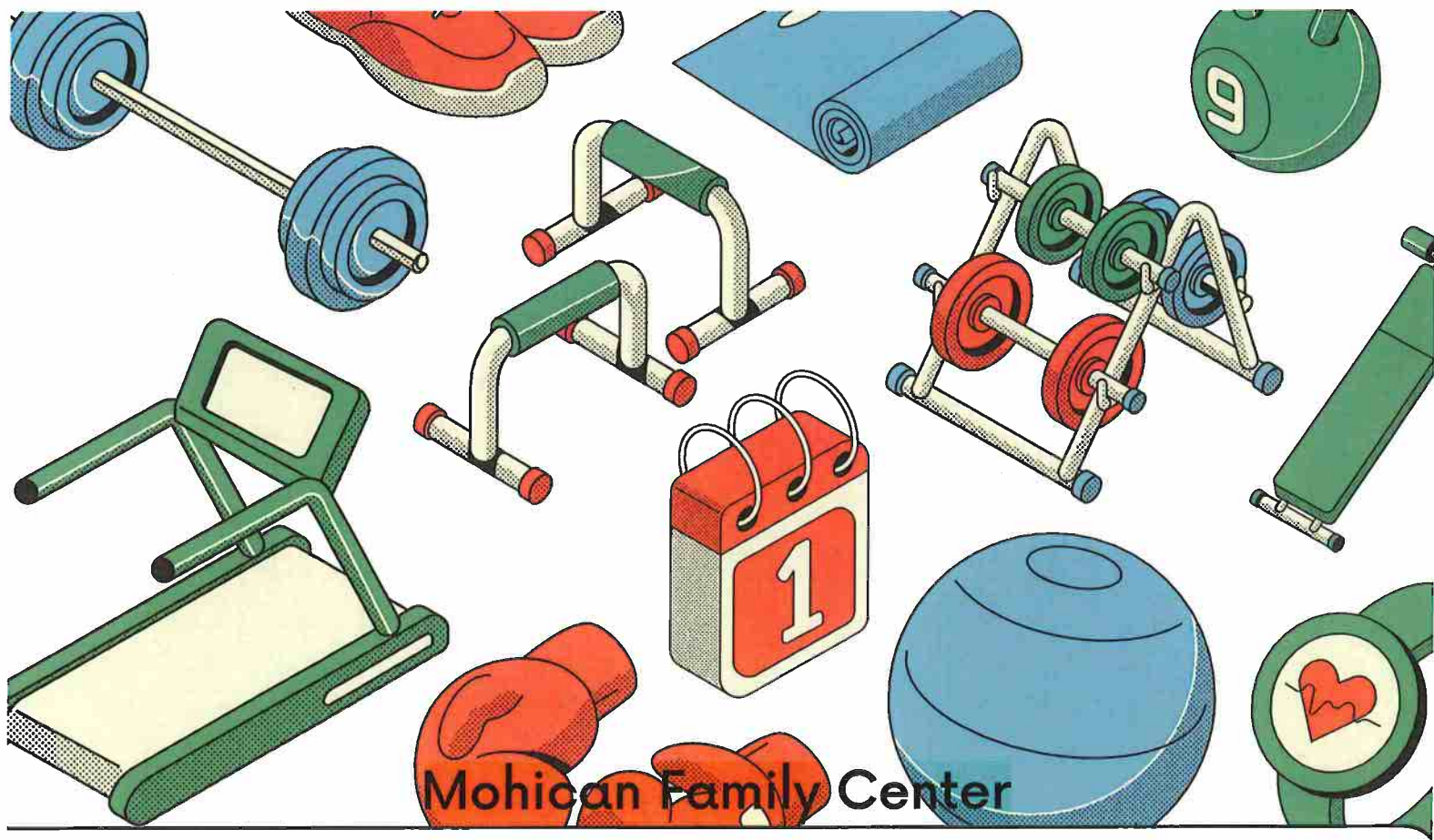
Jerry Burr
Recreation
Community Services Worker
(715) 793-4807

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

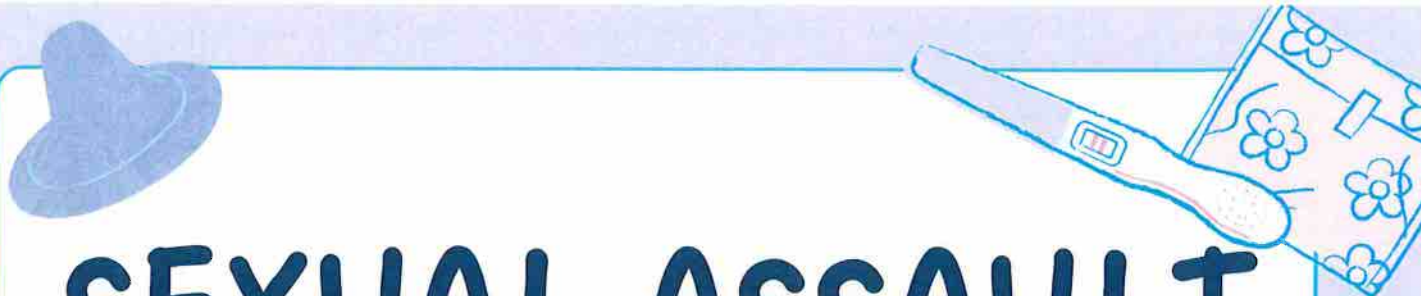
Rikki Gulbronson
Community Services Worker
Education | Grades 3rd-5th
(715) 793-3514

Skylar Hill
Tutor
Community Services Worker



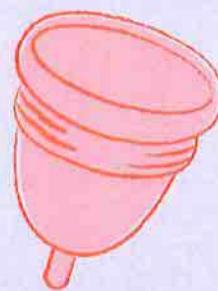
AUGUST 12, 2026 BUILDING WILL CLOSE AT 7PM FOR END OF SUMMER EVENT

**GYM IS CLOSED ALL DAY
AQUATIC ROOM WILL CLOSE AT
6:45PM
24/7 FITNESS IS STILL AVAILABLE**



SEXUAL ASSAULT

Sexual assault is any sexual act directed against another person, without the consent of the victim, including instances where the victim is incapable of giving consent (such as incapacitation, age, family relation to the other party, or intellectual or other disability). Sexual Assault can be committed by or against individuals of any sex or gender and can occur between individuals of the same sex/gender or different sexes/genders.



Jadin Parker Client Services Advocate
715-793-4863 or jadin.parker@mohican-nsn.gov

DCF Objective 1

STOP DOMESTIC VIOLENCE

Safety planning with a restraining order, or when your partner has left the home:

- Always keep your restraining order on or near your person. Remember it when you change handbags.
- Give copies of the restraining order to police departments in the community where you live and visit or work on a regular basis. Give copies to your children's schools.
- Inform trusted friends, clergy, and your employer that you have a restraining order in effect.
- You may call the police if your partner violates the restraining order.
- Prepare a safety plan, or alter your usual routine when leaving work, or when grocery shopping, banking, etc.
- Change the locks and/or install a security system. Increase outdoor lighting.
- Ask neighbors to call the police if they see your partner near your house.

Remember, there are many ways that social media can disclose your location.

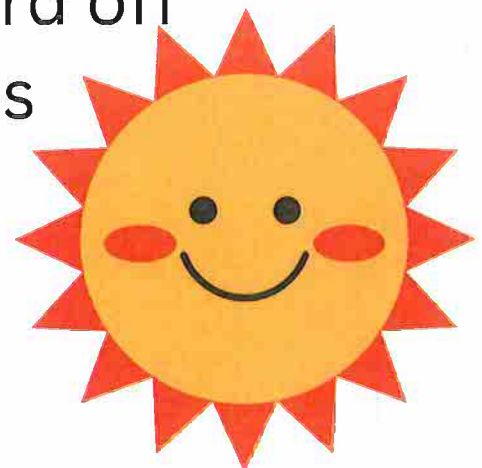
Get Active Together



Hydration and Sun Safety



The summer heat can still be intense. Encourage kids to drink plenty of water (flavored with cucumber or berries) rather than sugary juices. Before heading to local parks, remember to apply broad-spectrum SPF 30 sunscreen 15 minutes prior, and use insect repellent to ward off mosquitoes



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	\$1,662
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**

August

Fitness
715-793-4803

2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Tony
Steven

2	3	4	5	6	7	8
Beat the Heat Fitness Challenge	Ella B 1:30 pm Water Aerobics 5:30pm Exercise Class 10am	Water Aerobics 10am and noon Open Swim 1:30-7:45pm	Ella B 1:30 Water Aerobics 5:30pm Fit and Grill @ noon	Water Aerobics 10am and 12pm Strong Bones 1030am at elderly	Water therapy 6am- 1pm Open swim 1:30-7:45pm	
9	10	11	12	13	14	15
Beat the Heat Fitness Challenge	Ella B 1:30 pm Water Aerobics 5:30pm Exercise Class 10am	Water Aerobics 10am and noon Open Swim 1:30-7:45pm	No classes Back to school event	Water Aerobics 10am and 12pm Strong Bones 1030am at elderly	Water therapy 6am- 1pm Open swim 1:30-7:45pm	
16	17	18	19	20	21	22
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23	24	25	26	27	28	29
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30	31					
We reserve the right to cancel, change or modify program times and dates	Ella B 1:30 pm Water Aerobics 5:30pm Exercise Class 10am					

Must sign up with Recreation Worker- Cheryl for Open Swim

Mohican Family
Center
Center

August 2026

Join

WATER AEROBIC CLASS

An illustration of a person with dark hair and a smiling face, wearing a dark swimsuit, floating in a pool of water. Their arms are raised straight up in the air. The water around them is depicted with blue ripples. The background of the entire poster is a dark, textured surface with glowing, ethereal light patterns in shades of green, blue, and yellow, resembling underwater light or energy waves.

low impact, high -energy workout perfect fo all ages
and fitness levels

Monday & Wednesday 5:30pm with Tony
Tuesday & Thursday 10am and noon
with Steven

REGISTER NOW →

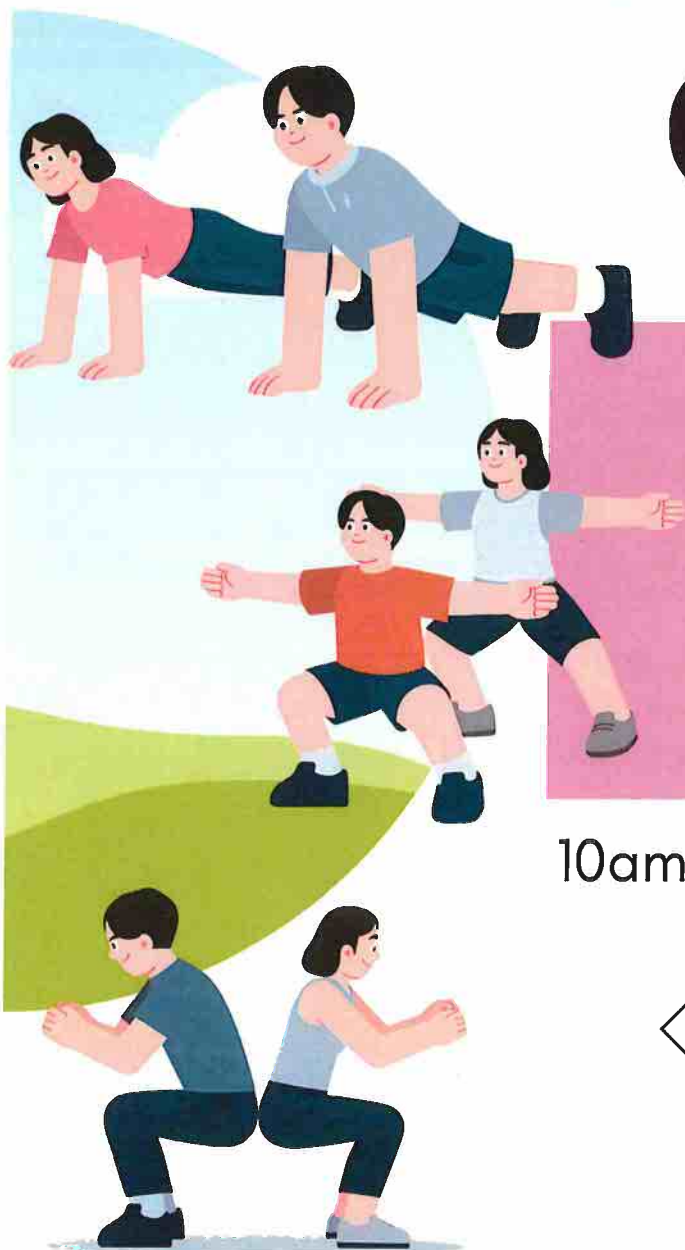
• • • For More Information contact Tony or Steven at 715-793-4803

*Exercise
your mind
and body.*



MFC Fitnesss

August Exercise Classes



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

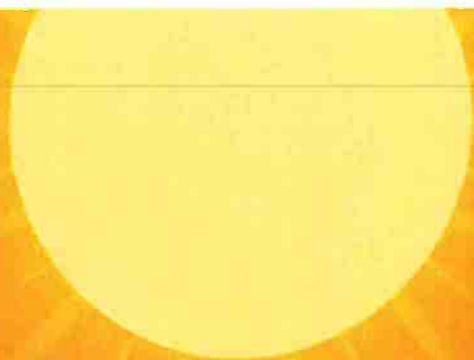


10am every Monday with Steven



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





BEAT THE HEAT



FITNESS

CHALLENGE

**WORK OUT 3 DAYS A WEEK
STARTING 08/3 TO 08/28/26
WEIGHT/ CARDIO/ AQUATIC**



**TURN IN
FITNESS LOGS
WEEKLY**

**MFC STAFF
MUST SIGN OFF
ON FORMS**

**CHANCE TO
WIN GIFT
CARDS**



MFC FITNESS



August Beat the Heat Challenge

three days a week of cardio, weight or aquatic

AUGUST 3 TO AUGUST 28 TURN IN TO FITNESS STAFF
WEEKLY

Water Therapy

swimming pool, hot tub, sauna

**FOR ADULT MEMBERS
ONLY**

**CHILDREN ARE NOT
ALLOWED IN AQUATIC
AREA!!**

PLEASE sign up with CHERYL For Family open swim every
Tuesdays and Fridays

**Members can use the pool for laps, therapy,
exercise, relax in hot tub or sauna
August Hours
6am to 7:45pm**

August

Recreation and Events

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cheryl 745-793-4085						1
2	3	4	5	6	7	8
Open Gym Noon Ball	Open Gym Family Open swim 3:30-7:45pm Noon Ball	Open Gym 8am-5pm Noon Ball Son 5 basketball 5-7:45	Open Gym 8am-5pm Noon Ball Son 5 basketball 5-7:45 Walking club 5-6pm	Open Gym 8am-5pm Noon Ball Son 5 basketball 5-7:45	Open Gym Family Open swim 3:30-7:45pm Noon Ball	
9	10	11	12	13	14	15
Open Gym Noon Ball	Open Gym Family Open swim 3:30-7:45pm Noon Ball	Back to school End of summer event 10am to 6pm GYM not available	Open Gym 8am-5pm Noon Ball Son 5 basketball 5-7:45 Walking club 5-6pm	Open Gym Family Open swim 3:30-7:45pm Noon Ball		
16	17	18	19	20	21	22
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30	31	We reserve the right to cancel, change or modify program times and dates. Please be kind and follow MFC policies Recreational activities with youth daily				
Open Gym Noon Ball						

AUGUST FAMILY OPEN SWIM



Every
Tuesdays & Fridays

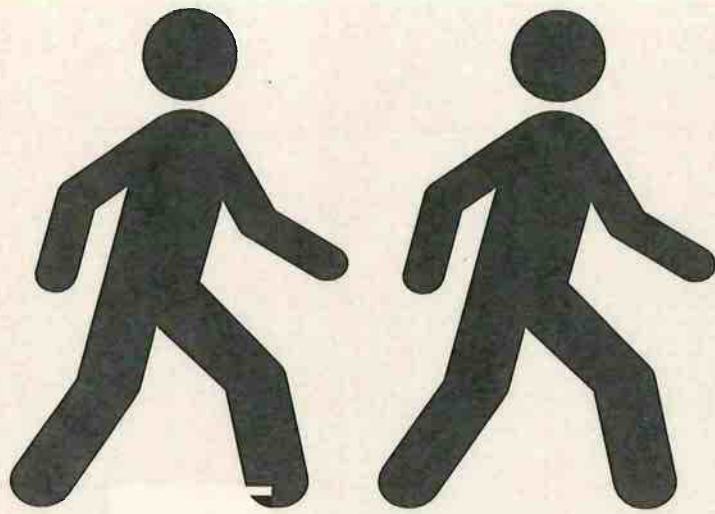
3:3pm to 7:45pm



**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 715-793-4085



AUGUST WALKING CLUB
COME JOIN THE FUN WITH FRIENDS, FAMILY,
AND YOUR PETS

WALKING CLUB
5PM-6PM EVERY THURSDAY

CONTACT CHERYL FOR MORE INFORMATION
715-793-4085

ALL YOUTH MUST BE ACCOMPANIED BY AN ADULT

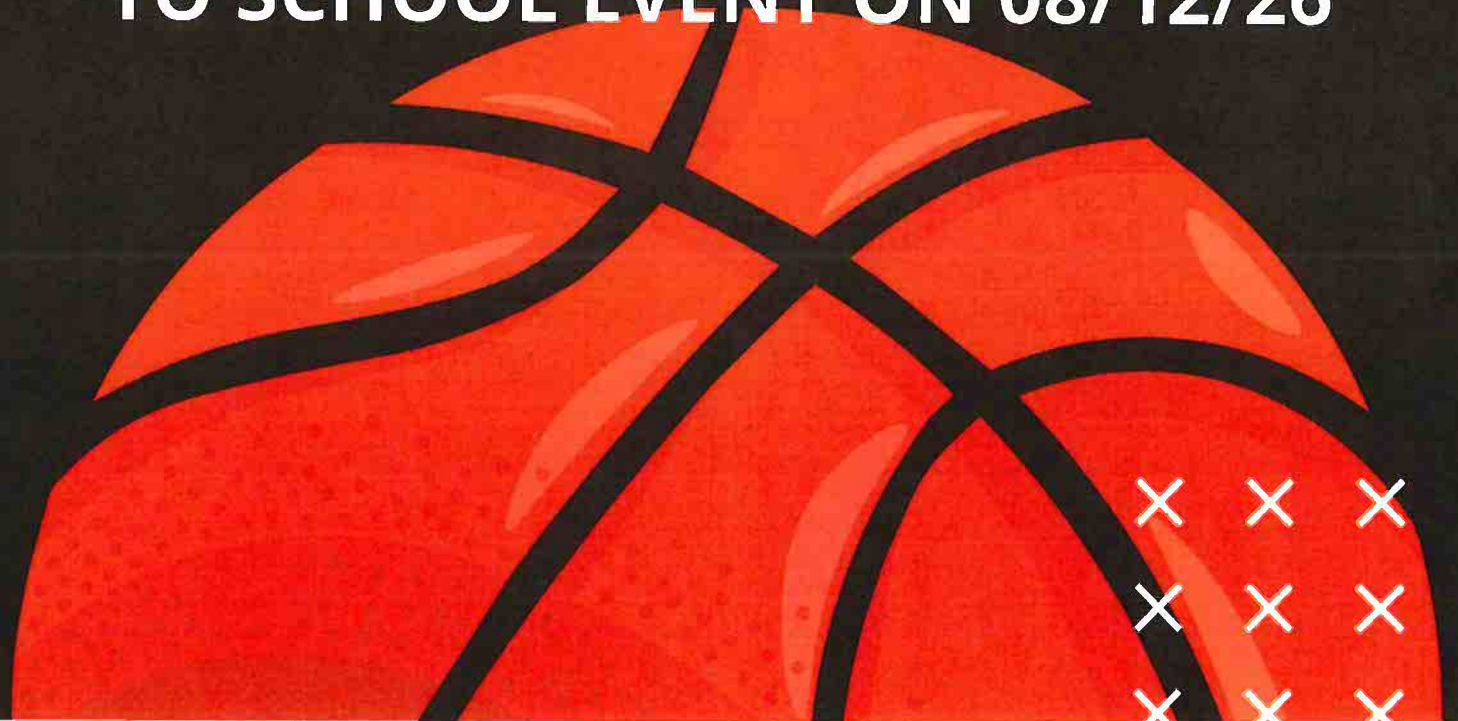
**AUGUST
RECREATIONAL EVENTS**

NOON BALL

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

**5 ON 5 BASKETBALL WEDNESDAY &
THURSDAYS 5PM-7:45PM AGES 14
AND UP**

**NO GYM ACTIVITIES DURING THE BACK
TO SCHOOL EVENT ON 08/12/26**
x x x x
x x x x
x x x x



BACK TO SCHOOL EVENT

End of Summer Party

AUGUST 12, 2026 | 10:00AM-6:00PM

Youth must be accompanied by an adult or by a relative 14 years or older

Wear your favorite Disney movie/ character shirt for a chance to win a prize

Socks & Underwear giveaway, personal hygiene items

Must have pre-registered to receive gift card, socks & underwear

Raising overdose awareness! **National Night Out** **Highlights of the Event:**

- **Enjoy music and a picture booth:**
We will have a DJ for music and a picture booth.
- **Games & Activities:**
From foam machine to bounce houses, there's something for everyone.
- **School Supply Giveaway:**
Free backpacks and school supplies for students, while supplies last.
- **Community Booths:**
Learn about local organizations, and programs available in our community.
- **Raffle Prizes:**
Enter to win amazing prizes, including gift cards, gadgets, and more!
- **Hair cuts:**
Get a new style for your hair with a new cut!

Food & Drinks will be provided

Bring your friends and family, and let's celebrate the start of an amazing school year together. We can't wait to see you there!

For more information contact: Kori
Price 715-793-4905
Kori.Price@mohican-nsn.gov

Division of
Community
Housing

Stockbridge-Munsee
Economic Support
Department



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

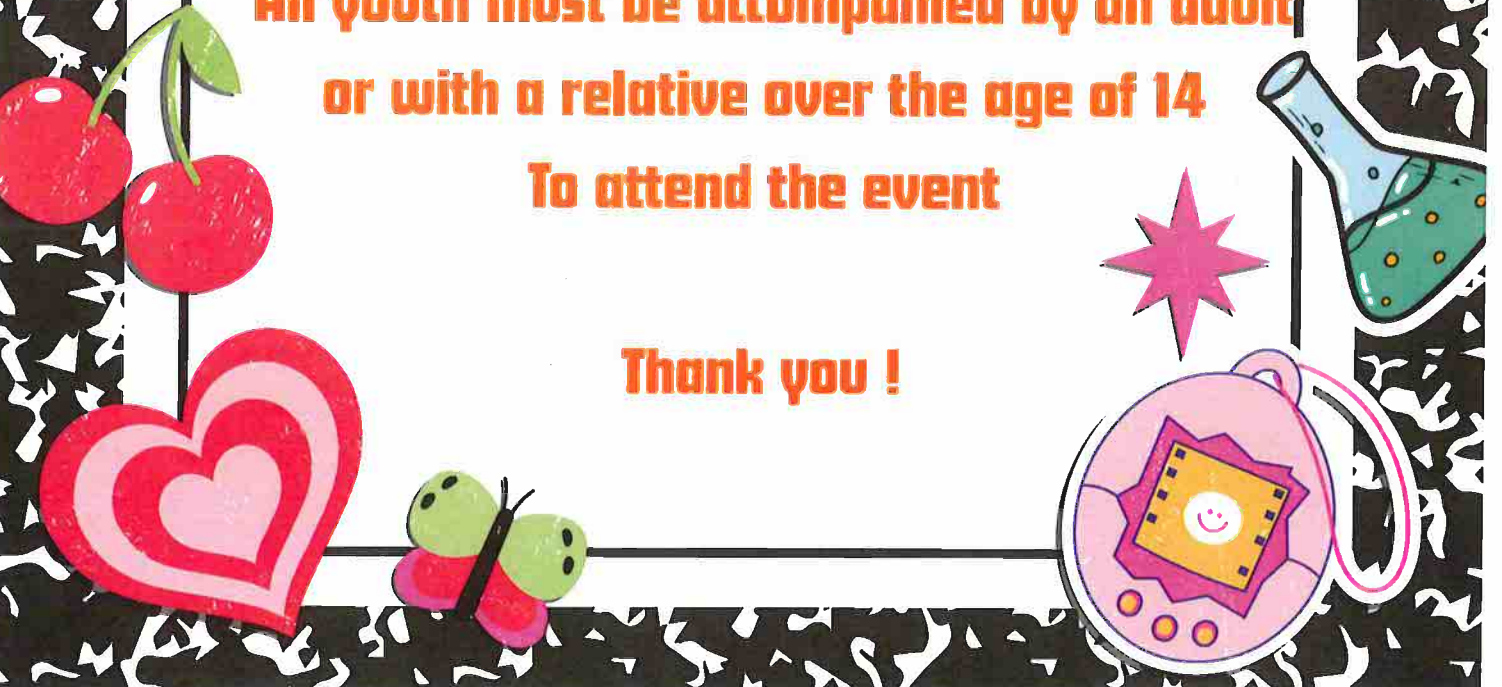
**Youth Education Program
will be closed**

On August 12, 2026

For the BACK TO SCHOOL EVENT

**All youth must be accompanied by an adult
or with a relative over the age of 14
To attend the event**

Thank you !



August

K-2nd
Linda Rudesill

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Culture		ATODA	ATODA	Free Day	Interpersonal Independent L.S.	 1
2 Native American Plant Hunt	3 Getting ready for school activities	4 Outside water fun	5 Arts and Crafts	6 Swimming and outside water fun	7 Drop off time 7am Pick up 5pm k-2 nd grade	8
9 Youth participate in 4-H and Kids in the kitchen Monthly	10 Native American Plant Hunt	11 Getting ready for school activities	12 Office Closed Back to School Event	13 Arts and Crafts	14 Swimming and outside water fun	15
16 Native American Plant Hunt	17 Getting ready for school activities	18 Outside water fun	19 Arts and Crafts	20 Swimming and outside water fun	21	22
23 Native American Plant Hunt	24 Getting ready for school activities	25 Outside water fun	26 Arts and Crafts	27 Swimming and outside water fun	28	29
30 We reserve the right to cancel, change or modify program times and dates	31 First Day of Bowler School					

August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Rikki 3 rd - 5 th Grade 745-793-3514	2 Swimming Gym/Rec Time	3 Swimming Arts and Crafts Dancer Canvas	4 Lake Day Swimming/Fishing	5 River Day Swimming/Fishing	6 Swimming Free Day Powwow Weekend	7 Powwow 
8 Powwow	9 Swimming Video Games	10 Swimming Arts/Crafts Dancer Canvas	11 Back 2 School Event YEP CLOSED	12 River Day Swimming/Fishing	13 Free Day	14
15	16 Swimming Gym/Rec Time	17 Swimming Native Arts	18 Lake Day Swimming/Fishing	19 River Day Swimming/Fishing	20 Free Day Video Games	21
22	23 Swimming Gym/Rec Time	24 Swimming Native Arts	25 Lake Day Swimming/Fishing	26 River Day Swimming/Fishing	27 Free Day Video Games	28
29	30 BACK TO SCHOOL	31				29 We reserve the right to cancel, change or modify programming at anytime

ATODA	ATODA	CULTURE	INTERPERSONAL	INDEPENDANT
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August

6th-12th grade Youth Education Program

2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

7:45-7:53-4:06 office
Front Desk 4807

Free Day Mondays

ATODA Prevention

ATODA Prevention

Interpersonal and
Independent living skills

Culture
Self Care Lessons

1

2

Outside, Gym Time
Crafts, Swimming

3

Game Day
Swimming
1:30- 2:30pm

4

Outside Fun
Crafts
Math and Reading club

5

Math and Reading club
Mentor activities

6

Prevention Games
Prevention movies

7

8

9

Outside, Gym Time
Crafts, Swimming

10

Game Day
Swimming
1:30- 2:30pm

11

Outside Fun
Crafts
Math and Reading club

12

Math and Reading club
Mentor activities

13

Prevention Games
Prevention movies

14

15

16

Outside, Gym Time
Crafts, Swimming

17

Game Day
Swimming
1:30- 2:30pm

18

Outside Fun
Crafts
Math and Reading club

19

Math and Reading club
Mentor activities

20

Prevention Games
Prevention movies

21

22

23

Outside, Gym Time
Crafts, Swimming

24

Game Day
Swimming
1:30- 2:30pm

25

Outside Fun
Crafts
Math and Reading club

26

Math and Reading club
Mentor activities

27

Prevention Games
Prevention movies

28

29

30

First day of School

31

We reserve the right to cancel, change or modify program times and dates.
Swimming is incentive YOUTH are required to attend and participate in all aspects of the Youth Education Program

YOUTH EDUCATION PROGRAM

FAMILY SERVICES DEPARTMENT

N8605 Oak Street

Bowler, WI 54416 715-793-4807

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

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

Additional information regarding my child

Such as food allergies, any behavior concerns etc.

Youth Education Program

Drop off time

7am for all ages when there is no school
3:30pm during school hours

School Pick up times:

k-2nd 6:30pm
3rd-5th 7:30pm
6th-12th 8:30pm

Summer Pick up times:

k-2nd 5:00pm
3rd-5th 5:00pm
6th-12th 7:30pm

Parents/Guardians it is important to pick up your child(ren) at their pick up times.

YEP Rules

Listen to peer and teachers

No Bullying

Think before you speak and use your manners

Keep your hands and feet to yourself

Respect personal space and avoid physical contact unless you have permission

Field trips, swimming at MFC are incentive, based on participation and behavior. Each group has their own field trip or swimming time

YOU WILL NOT attend the field trip or weekly swimming, if you just attend the YEP on field trip or swim days

All youth are expected to participate in all planned activities. If youth fail to participate or violate behavior expectations youth will be asked to take a break from all programming of Family Services Youth Education Program.

Youth must follow all policies of the Mohican Family Center

Parents of youth attending YEP must be kind and respectful to all members and staff of the Mohican Family Center.

Youth Education Summer Program Permission Slip and Medical Release

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-1th 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 or minor rules can result in loss of 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 an 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:**

I give the Family Center permission to video record or take photos of my youth during events to be used on social media, posters, educational boards and monthly Family Services newsletter.

Yes Or No

Parent/Guardian Signature:_____

I give:_____ permission to participate in swimming at the MFC pool
every Monday, Tuesday and Fridays.

Or

I do not want my child to use the MFC pool.

I give _____ permission to participate in the youth sport
conditioning fitness classes with Fitness staff during the YEP program.

or

I do not want my child to participate in youth sport conditioning fitness classes with
Fitness staff during the YEP program

I give:_____ permission to participate in field trips within 30
miles of the Youth Education program.

Or

I do not want my child to participate in field trips within 30 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

**This Form will be used for School and Summer enrollment, Please update the forms if
you have any changes.**



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

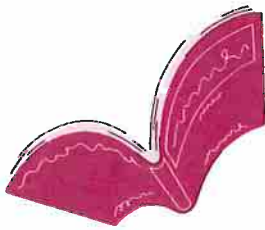
N8605 Oak Street
Bowler, WI 54416





FAMILY SERVICES

SUMMER MATH AND READING CLUB



Tuesday-
Friday
11am -2pm at
MFC



SKYLAR HILL- TUTOR

715-793-4807



BACK TO SCHOOL

Youth Education Program
School Hours

Pick Up Times

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

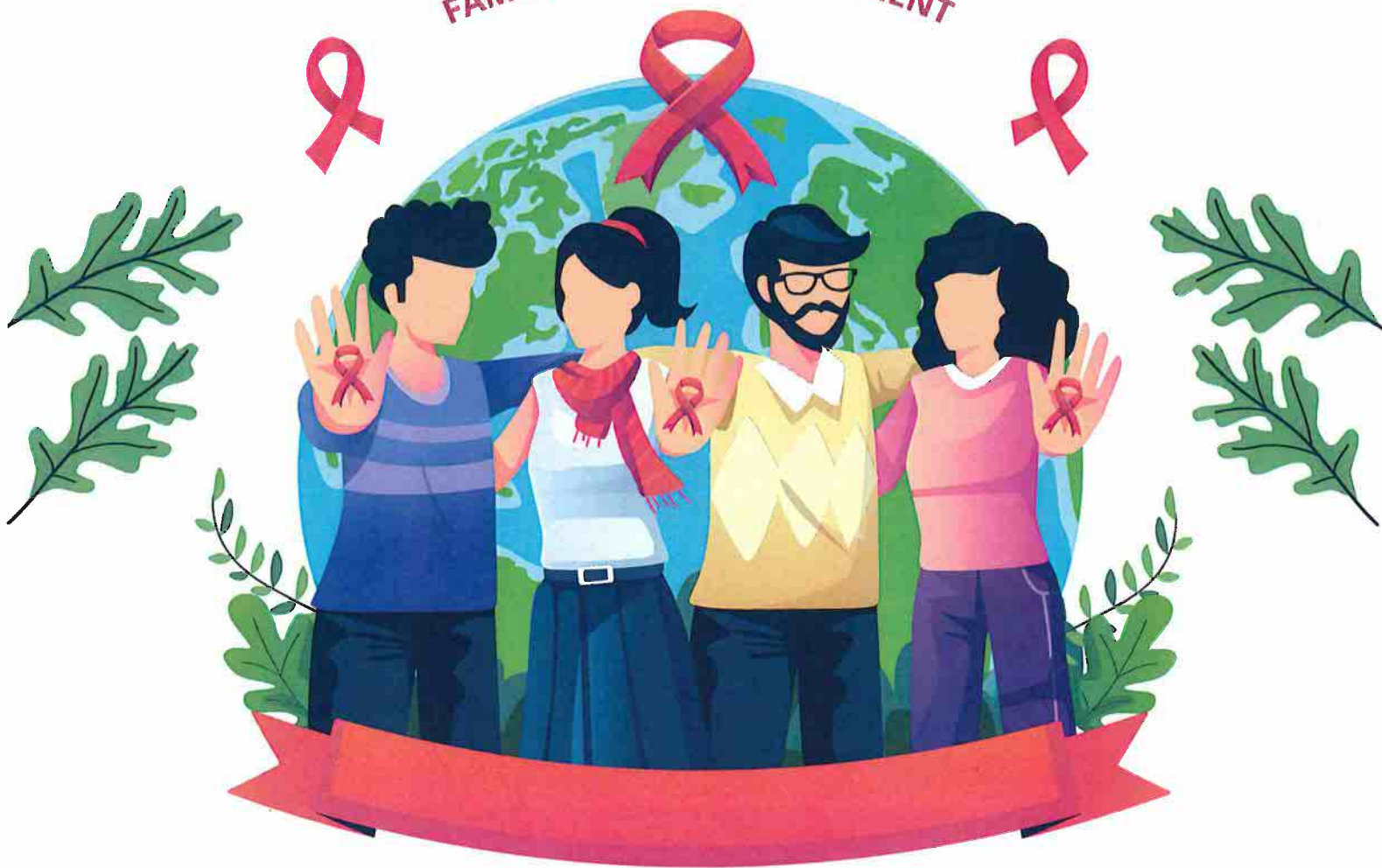
3rd-5th grade Rikki Room by 8pm

6th-12th grade Room by 9:00pm

The best place for your child to
play, learn, and grow.
Teaching prevention and
education - Incentive trips for
those that participate

N8605 Oak Street
Bowler, WI 54416

FAMILY SERVICES DEPARTMENT



Free Self Care Bags

Self- Care bags contain condoms and other resources to promote the use of condoms to prevent HIV and other STIs.

TRINITY MALONE
HIV/AIDS Prevention Worker



MOHICAN FAMILY CENTER
N8605 Oak Street, Bowler WI

FOR MORE INFORMATION

trinity.malone@mohican-nsn.gov

715-793-4905

