



CHILDREN'S VOICE

WAUKESHA COUNTY'S CHILDREN WITH SPECIAL NEEDS PROGRAM MONTHLY NEWSLETTER

-May 2022 -

Advocacy & Support

We know how important youth having the resources they need to live their fullest lives is. This month you see several different organizations that we often refer families to for additional support.

NAMI (National Alliance for the Mentally Ill)- provides education, advocacy, and supports for persons with mental illness, their families and friends.

<http://www.namiwisconsin.org/> 800- 236-2988

Southeast Regional Center for Children & Youth with Special Health Care Needs – information and referral for families with special health care needs

www.southeastregionalcenter.org 800-234-KIDS (5437)

Parent to Parent of Wisconsin – Support to parents of children with special health care needs through a one-to-one connections with another parent.

www.p2pwi.org 888-266-0028

Impact – 24/7 information and referral

<http://www.impactinc.org/> 2-1-1

Wisconsin Family Assistance Center for Education, Training and Support (WIFACETS) – free information and assistance to families concerning parent and student rights and opportunities in education

www.wifacets.org 877-374-0511

Wisconsin Family Ties – statewide not-for-profit organization that provides support, education, advocacy and information and referral for families that include children with emotional, behavioral, and mental disorders

www.wifamilyties.org 800-422-7145

WI First Step – statewide information and referral hotline for children and youth with special needs

<http://www.mch-hotlines.org> 800-642-7837

Wisconsin Statewide Parent Educator Initiative (WSPEI) – experienced parent liaisons work with families, educators, and school districts through CESA to promote positive partnership and free consultation to families of children with special needs

<http://wspei.org/> 877-844-4925



Circles of Life Conference 2022

Registration Now Open

Circles of Life is Wisconsin's annual statewide conference for families who have children with disabilities and the professionals who support them

- 🌀 In-person event with virtual option
- 🌀 Over 25 family-focused sessions
- 🌀 Programs and activities for kids
- 🌀 Family Fun Night

To register:

CirclesofLifeConference.com/registration

Children's Long-Term Support waiver can be used to pay for the conference!

Scholarships are also available! [Learn More](#)

JOIN US
MAY 12 - 13, 2022

HOLIDAY INN
STEVENS POINT

*Thank you
to
Our Sponsors!*



Children's Book Week 2022, May 2-8, 2022

Pajamarama – Celebrate Children's Book Week at Waukesha Public library in their Children's Program Room! Tuesday, May 03, 2022 6:30 PM - 7:00 PM Families with children of all ages are invited to join Miss Kathy and her lovable puppet friends for bedtime stories! PJs, pillows, and fluffy slippers welcome.

Let's Build...with the Delafield Library

MAY 14 @ 1:00 PM - 2:00 PM This month is a Race Car! In this new family-friendly series you and your team will create wonderful building brick creations! RSVP your team of up to 4 people to Let's Build with the Delafield Library.

<https://www.delafieldlibrary.org/event-directory/>



<https://www.bbcmkids.org/playlab/>

AMC is proud to partner with the Autism Society to offer unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Wednesday evenings (mature audiences) of every month. Please check your local theatre listings for specific showtimes.

Assist WI

Address: P.O. Box 781 Wisconsin Dells, WI 53965 Assist WI is located in Wisconsin Dells and assists families in having a fun experience while visiting WI Dells. It is all volunteer and fundraiser based. They will assist at most of the water parks, will take a hike, or assist with whatever adventure you want to experience as well as provide adaptive equipment for some experiences.

<https://www.facebook.com/AssistWI/>

2022 MEMORIAL DAY PARADE

MONDAY, MAY 30 AT 10:00 AM

The Menomonee Falls Memorial Day Parade is held on Memorial Day at 10:00 am and starts on Main Street at Harrison Avenue, traveling to downtown Menomonee Falls and continues west on Main Street, turning north on Grand Avenue and ending at the Neu's Building Center parking lot.

<http://www.fallsparades.org/memorial-day/>

Farmers Markets:

Opening May 1st and occurring very Saturday! Oconomowoc, Brookfield, Waukesha, Delafield, & New Berlin.

<https://lakecountryfamilyfun.com/local-farmers-markets/>

Life in a Pond - May 15 1:00 pm to 2:00 pm

Come see what lives in and around the large pond. They'll take a close look at which plants and animals call this ecosystem their home.

W330 S1205 County Rd C Delafield, WI 53018

Register here <https://hawspets.org/activities-for-kids/> (\$10 minimum donation for the whole family to participate)

Website: <https://www.kenoshaymca.org/community-impact/community-programs/tri-my-best-triathlon/>

Tri My Best Triathlon

Address: 7101 53rd St, Kenosha, WI 53144

Contact Person: Bekki Misanin

Email: rmisanin@msstherapy.net

It is an adaptive triathlon held on the first Sunday of every August for children and young adults with developmental disabilities (ages 5 and up). ALL athletes of ALL ability levels are welcome to participate. The swim, bike, run event promotes physical activity and perseverance. It is the LARGEST Tri My Best Triathlon in the nation!

Delafield Art Walk

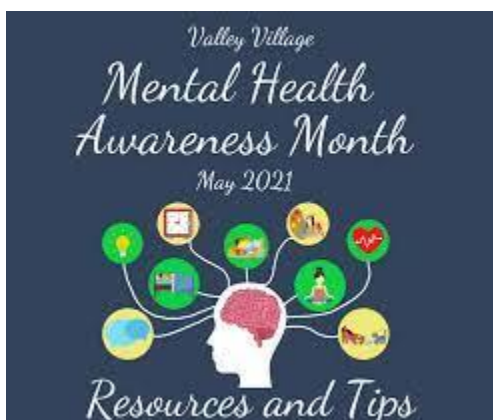
DELAFIELD ART WALK

MAY 21, 2022

9:00AM- 1:00 PM | DOWNTOWN DELAFIELD



MENTAL HEALTH AWARENESS MONTH



Mental Health America and our affiliates across the country have observed May is Mental Health Month by reaching out to millions of people through the media, local events, and screenings.



NIMH offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and the public. Printed materials can be ordered free of charge. Brochures and fact sheets are also offered in digital formats and are available in English and Spanish.

<https://www.nimh.nih.gov/health/publications>

FREE SUPPORT

<https://namisoutheastwi.org/calendar/>

NAMI Connections Peer Support (Virtual)

May 7 @ 10:00 am - 11:30 am CDT

Recurring every Saturday

Peer Support Group (In-Person)

May 3 @ 6:00 pm - 7:00 pm CDT

Family Support Group – 1st & 3rd Wednesdays

May 4 @ 6:30 pm - 7:30 pm CDT

Parent Peer Support Group – 1st Wednesday

May 4 @ 6:30 pm - 8:30 pm CDT

Events in support

Blue Jean Bingo: Fun-loving Fundraiser for Mental Health



An exclusive mental health fundraiser benefiting NAMI Southeast Wisconsin featuring one-of-a-kind silent auction items, live music from our favorite musicians, mental health advocacy, all-you-can-eat fish fry, and of course, BINGO!

May 6, 2022 5:00 – 9:00 PM Brookfield Conference Center

Self-care/Self-help – What You Need to Show Up as Your Best Self

Caring for your children and family is a big responsibility, and you can't do it as well as you may want to without taking care of yourself. See our flyer on self-care (English | Spanish) and view our video below, featuring Franchesca Vasquez, Resident Therapist and Family Navigator at Foundations Health and Wholeness, and parent Rachel Zwicky. Watch the video here:

<https://www.youtube.com/watch?v=Sqfmlwvucqg>

Basic Needs – Parents Can't Parent if Basic Needs aren't Met

Watch their video below featuring Barb Austin, Family Support Worker with Children's Wisconsin and parent Russell Wrycha tips and encouragement about seeking help in meeting basic needs. Watch the video here:

<https://youtu.be/Oi5T2JbunVk>

Predictability, Purpose, and People – The 3 Ps of Parenting

The 3 P's can help parents manage stress and anxiety during the pandemic. First Lady Kathy Evers discusses these with Dr. Marcia Slattery, Professor of Psychiatry and Pediatrics/Director, UW Anxiety Disorders Program, Department of Psychiatry – UW School of Medicine and Public Health. Watch the video here:

<https://youtu.be/wpFw-6WzPsU>

CONFERENCES

Processing Thinking-Resilience and Flexibility Virtual Cohort

May 2nd, 9th, and 16th -- 3:30-4:30pm -- Click [Here](#)

Up to Me Series: How to Disclose

Date: Monday, May 9, 2022 - 12:00pm to 12:30pm

Part 4 of the Up to Me: Starting the Conversation Series on supporting families facing mental health challenges.

Registration link:

<https://attendee.gotowebinar.com/register/580349044956463119...>

Working with Parents of Exceptional Children & Community Agencies

Date: Tuesday, May 10, 2022 - 12:00pm to 1:00pm

This workshop supports participants shift from thinking about the way we partner with families from "parent involvement" to "family engagement". We will focus on the Wisconsin-based supports that families need to help schools close gaps and increase student achievement.

Registration link

<https://attendee.gotowebinar.com/register/147425089960173595...>

Circles of Life Conference

Date: Thursday, May 12, 2022 - 12:00pm to Friday, May 13, 2022 - 12:00pm

The 2022 Circles of Life Conference will be held on Thursday, May 12 and Friday, May 13 at the Holiday Inn Convention Center, Stevens Point, Wisconsin. It will also be live streamed and recorded for those who prefer to participate virtually. A block of rooms has been reserved at the Holiday Inn Stevens Point for this event. Make your hotel reservations early as rooms are limited.

<https://www.circlesoflifeconference.com/conference-details/>

Supporting Literacy at Home During the Summer

Date: Thursday, May 19, 2022 - 12:00pm to 1:00pm

We will explore many ways family members can support literacy for their children at home during the summer. We will discuss why it's important to support literacy in the summer, the 5 components of reading and how parents can support them in summer, picking the "right" book, and other tips, strategies, and everyday opportunities for families to engage with their children around literacy in summer. Registration Link:

<https://attendee.gotowebinar.com/register/373258401137967361...>

Resources & Trainings

Building an IEP for Your Child

Wednesday, May 4, 2022 6:00 – 8:30pm

How do you build an IEP that meets the unique needs of the child? This session provides information about the IEP process, as well as strategies and tools to help parents provide input into developing their child's IEP as a member of the IEP team. Working together as a team is hard and presenters will share key strategies regarding communication, collaboration, and problem-solving. There's something for everyone no matter where you are at!

Compassion Resilience for Parents and Caregivers

Resources & Links by <http://parentsunitedwi.org/>

Compassion Resilience Toolkit:

www.compassionresiliencetoolkit.org

Compassionate Action Steps Visual:

https://compassionresiliencetoolkit.org//media/PC_Section2_ActionStepsVisual.pdf

Tips to Compassionate Boundary Setting:

https://compassionresiliencetoolkit.org//media/PC_Section6_Boundaries.pdf

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We would love your help and feedback!

The Children with Special Needs Program would like your feedback regarding our newsletter! What can we add? What should we change? Do you have resources to share?

THANK YOU



Please email Emily Kerr at:

EKerr@waukeshacounty.gov

Mother's Day Activities (May 8th)

Milwaukee Public Museum – One adult gets in free

-Museum Tickets/Free days [here](#)

Milwaukee County Zoo – Mom's get in free

-Zoo Calendar [here](#)

Need a DIY gift? Try these sensory friendly arts and crafts

No Mess Painting



Canvas board, scatter dots of paint, insert into clear Ziplock bag, and let them go to town!

Name/Quote Canvas



Canvas, painters' tape to write out a name or statement (ex. Mom, Love, Thank you etc.) child safe paint, plastic gloves for our touch sensory sensitive kiddos! Be sure to use taste safe paint! ([instructions for safe paint](#))

Puffy Paint Shirts



Puffy paint, plain shirts, painters' tape to mark off designs or words.

Easter Egg Roll & Paint ([instructions](#))

DIY Cookie Cutter Bird Feeder ([instructions](#))

Taste Safe Slime ([instructions](#))

Fun Fact: May 3rd is National Different Colored Shoes Day! This silly sounding day is a day to celebrate and embrace uniqueness/human diversity!

