

## Family Resource Center

## Prevention Services Network

*Partnering, Supporting, Nurturing*

## February is Black History Month

**Inside this issue:**

Family Teams	2
Family Teams (cont)	3
Jane Cremer Program	3
Mind in the Making	4
Problem Solving	5
Women's Circle	6
Café Talk	7
PSN Spotlight	8
Parent Talk Lunch	9
February Calendar	10

What holiday is celebrated on February 1<sup>st</sup>? It's National Freedom Day. The purpose of this holiday is to promote good feelings, harmony, and equal opportunity among all citizens and to remember that the United States is a nation dedicated to the ideal of freedom.

Major Richard Robert Wright Sr., a former slave, fought to have a day when freedom for all Americans is celebrated. Once free, Wright went on to become a successful businessman and community leader in Philadelphia, Pennsylvania. Major Wright chose February 1 as National Freedom Day because it was the day in 1865 that President Lincoln signed the 13th Amendment to the Constitution.

The 13th amendment, formally abolished slavery in the United States, passed the Senate on April 8, 1864, and the House on January 31, 1865. On February 1, 1865, President Abraham Lincoln approved the Joint Resolution of Congress submitting the proposed amendment to the state legislatures. The necessary number of states ratified it by December 6, 1865. The 13th amendment to the United States Constitution provides that "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction."

In 1863 President Lincoln had issued the Emancipation Proclamation declaring "all persons held as slaves within any State, or designated part of a State, the people whereof shall then be in rebellion against the United States, shall be then, thenceforward, and forever free." Nonetheless, the Emancipation Proclamation did not end slavery in the nation. Lincoln recognized that the Emancipation Proclamation would have to be followed by a constitutional amendment in order to guarantee the abolishment of slavery.

The 13th amendment was passed at the end of the Civil War before the Southern states had been restored to the Union and should have easily passed the Congress. Although the Senate passed it in April 1864, the House did not. At that point, Lincoln took an active role to ensure passage through congress. He insisted that passage of the 13th amendment be added to the Republican Party platform for the upcoming Presidential elections. His efforts met with success when the House passed the bill in January 1865 with a vote of 119–56.

With the adoption of the 13th amendment, the United States found a final constitutional solution to the issue of slavery. Wright gathered national and local leaders together to write a bill declaring February 1 "National Freedom Day" and President Harry Truman signed the bill in 1948 making it official. ([americaslibrary.gov](http://americaslibrary.gov))

This information is taken directly from two government websites: [americaslibrary.gov](http://americaslibrary.gov) and [ourdocuments.gov](http://ourdocuments.gov).

## Family Team Meetings

***“Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.” - Jane Howard***

A Family Team Meeting is a way for families to sit down together to work on making sure the family unit is strong and healthy. Family Team Meetings can be useful for any type of family and situation. The process of having Family Team Meetings is used by many professionals when they are working with families on goal setting. Even without a professional involved, Family Team Meetings can and should happen within the family. Many families may do this without even realizing or putting a name to it!

### **Why should my family have a Family Team Meeting?**

- A Family Team can unite your family by allowing all team members to have a voice, and work on solutions, rather than focus on problems.
- A Family Team will build your network of support.
- Your family gets to decide what your family's visions and strengths are.
- You can create action plans so your family functions as effectively as possible.
- A Family Team can help your family feel empowered.
- You may learn and develop skills that greatly impress other families!

### **Here are a few key steps to accomplishing a Family Team Meeting**

**Make goals** – The Family Team Meeting will be driven by what you want to accomplish. Start to really think about goals and what you want to come away from the meeting with. These are goals and tasks you will talk about with the team, so make sure you are comfortable sharing these goals. *Goals can range from, “How can I make sure my children can get to school every day,” “Who and how can people help me when I am stressed and need ‘me time’?,” “I want to continue doing well in my sobriety,” or “I am starting school and need help with childcare in the evenings.”*

**Identify the team members** – It is very important to think about people in your life that already do or could play important roles. Think about immediate family members, extended family, friends, professionals, colleagues, neighbors, and other associates.

The people you choose should be people you trust and feel comfortable with. Also decide if the meeting will be appropriate for your children to participate in. Their input may be very valuable depending on your goals and your children's age and readiness.

**Pick a time and place** – The location of your family team meeting should be somewhere you are comfortable. This could be at your home, a family member's home, or anywhere that you are at ease.

Decide when your meeting will be. Consider when you are free and when your potential team members will be able to attend the Family Team Meeting too.

**Assemble the team** – When you begin to invite people to your team meeting, they may not have heard of a Family Team Meeting before. It can be as simple as, “I would like to have a Family Team Meeting to plan for and work on goals. I value your presence in my life and I would like you to be a part of my Family Team Meeting.” It is important to prepare the members before they attend so they understand what will happen and know how important it is to you.

**Hold the meeting** – The meeting will be very goal oriented. All team members must agree to respect each other, to be genuine, and to keep the meeting private. The team will concentrate on the children's and family's strengths and how to best meet the family's needs and goals. If team members begin to focus on problems and negativity, team members can be reminded what the purpose of the meeting is. It will also be helpful to have one person designated as note-taker, so you do not forget the great ideas that are brought to the table and what each team member was willing to be responsible for. *Copies of the “Family Team Meeting Plan Summary” charts are available at PSN's Family Resource Center to help you with this task.*

**Wrap-Up the meeting** – The family's story and goals have been shared and discussed; now it is time to create an action plan. If you have more than one need or goal that is discussed, it is now time to prioritize. What needs to be done first? How will it be done? Do other people or services need to be contacted? Who on the team is going to work on this goal? Are there any barriers? At this time you will set your next meeting date, place, and time to review the plan and the progress made. This could be done in a week, two weeks, or a month at the most. (Continued on Page 3)

## Family Team Meetings (from page 2)

### Solution Focused Questions that you can use in a Family Team Meeting

- What needs to change?
- What is holding you back from making these decisions?
- What is making it possible for you to cope right now?
- What would it take for you to be more confident in your choices?
- If a miracle happened overnight and your life changed for the better, what difference would you notice?
- What is something good that is in your life right now?
- If you could paint a picture of what your family would be like if all this were solved, what would that picture look like?
- What is your best quality as a parent?
- What are your hopes and dreams for your child (or other family members)?
- Of all the things you tried, what has worked the best?
- What are some positive things about your family?
- What does your family hope to accomplish over the next few weeks? Over the next few months? If you could try anything at all to improve your family situation, what would it be?

Source: Family Teaming Values and Skills, Children's Trust Fund, Jodee Liedtke

## Jane Cremer Foundation

*Serving the women of Southeastern Wisconsin*

*A healthy reminder to African-American women to take charge of their health!*

*Empowering Women in the Fight Against Cancer*

The mission of the foundation is to educate and empower women to be proactive in the prevention, diagnosis and treatment of cancer. All of our programs are FREE to the community.

Please register by calling 262/605-6761 or visit us online at [www.JaneCramerFoundation.org](http://www.JaneCramerFoundation.org)

*Our program this year features Dr. David Knight,*

*Medical Oncologist/Hematologist with United Hospital System.*

*Dr. Knight will discuss ovarian/uterine cancer treatment updates made in the past decade.*

*As doors open GTC Nursing students will provide blood pressure screenings and Physical Therapy students will give free chair massages to guests.*

*Culinary Arts students will also demonstrate how to prepare healthy recipes.*

*Ms. Keeshia Jones, our Mistress of Ceremonies, will guide us through an evening that includes easy exercises for all and a beneficial Snippet of Health to wrap up our program.*

*Healthy refreshments will be served.*

*This program is FREE, please register on-line or call 262 605-6761 today!*

### Tuesday, February 21, 2012

Madrigano Auditorium, Gateway Technical College Campus, 3120 30th Avenue,  
Kenosha, Wisconsin

# Mind in the Making: The Seven Essential Life Skills Every Child Needs

## Skill Five: Critical Thinking

Does anyone have to be convinced that critical thinking is an essential life skill? There are so many examples of the overwhelming lack of this skill that it is frightening. One need only look to our contentious federal and state governments for evidence. We are being asked to believe outrageous claims about opposing candidates and when a little critical thinking is applied, the claims are unfounded. Children need to be taught to reflect, analyze, reason, plan and evaluate. As Ellen Galinsky states, "At its core, critical thinking is the ongoing search for valid and reliable knowledge to guide our beliefs and actions." (pg.204).

As parents, we can use the following suggestions to help children think critically and make thoughtful decisions.

**Watch your child forming theories about how things work.** When adults want to understand something new, we might go through different ideas or theories in our minds. Children act them out through play. A parent highlighted in the book writes about her young son who became fascinated with hinges. She watched as he looked for them everywhere and seemed engrossed in researching just how they work.

**Promote your child's curiosity.** Children are born seeking to understand the world around them. They become particularly curious when things do not turn out as they expected or when they are trying to determine the cause behind why something happened. Be slow to solve all the problems. Encourage and ask questions, but let them do the discovering. If a child wants to understand why some things float in the bathtub and other things sink, give him ample opportunities to test his theories. Will the plastic bottle float? Will it float if it's full of water? Will a boat float? What happens if it is full of rocks? Let your child draw the conclusions.

**Be an expert.** Make every effort to provide your children with accurate information. Children ask tough questions or ask questions about things we do not know. Keeping in mind their developmental level, try to give them a real answer. Be comfortable enough to say, you do not have an answer and will have to look it up. That is a lesson in itself. Turn to other experts, other family members and friends to share their knowledge and passions with your children.

**Promote critical viewing skills.** When you watch television with your school age children teach them to look for the messages being sent. What is the commercial trying to sell? Why is it packaged in a certain way? Who is the intended audience? When watching a show, ask the kids how the producer is getting his point across. Is it scary because of the music or the lighting? Is the show based on reality or stereotypes? Are the actors/actresses on "Glee" a fair representation of high school students and their teachers?

Equipping our children with the tools to think critically helps them to decode all the messages that will bombard them every day and help them decipher truth from fiction.

(The information in this article comes from the book referenced in the title, by Ellen Galinsky. One skill a month is being highlighted in these newsletters.)

## A Problem Solving Process that Draws on Critical Thinking Skills

Think of a current problem you have or one of the New Year's resolutions you have already broken. Do you have an action plan in place to work through the problem, or does it seem insurmountable? Having a process to solve problems and modeling that process for your children enables them to carefully analyze any situation, consider solutions and repeat the process if it doesn't work.

First **identify the problem** or issue. Maybe you are juggling multiple projects at work and do not feel you are making progress on any of them. Start by asking yourself some questions. How many projects do I have? Where am I in each one? What are the deadlines?

Second, **determine the goal**. A problem cannot be solved until you identify the goal. Is it to finish all the projects on time? Is it to delegate? This is very helpful for children to learn. Sometimes the goals are ambiguous and identifying them helps focus. If your son wants to be on the basketball team, but cannot play basketball, then what is his real goal behind this dilemma? Is it the popularity behind being associated with a team? Is there a friend who will likely make it so he wants to join also? Different goals suggest different solutions.

Next **create a list of solutions**. Let your imagination run wild, and inhibit the tendency to do things as they have been done in the past. Even if the solution does not seem feasible at first, write it down anyway. It might spark another thought. This is especially important when you are working with children. They may come up with a ridiculous idea that might also relieve stress and get them thinking.

After a list is made, it's time to **explore how these solutions might work**. Now the silly ones are weeded out and potential solutions are analyzed from different angles or perspectives. If getting on the basketball team is the goal, then having Michael Jordan over for some tips, is not feasible, but installing a basketball hoop might work.

**Select a solution** to try. Selection of any kind requires critical thinking, reflection and analysis.

**Evaluate the outcome**. Is the solution working? If not, what needs to change? Was there another solution on your list that you want to try next?

If you implement a process like this for any problem, children will begin to learn the routine. When they come to you for problem solving help, you can help them work through the issue. Critical thinking like this breaks down a large problem into workable steps. Considering alternative solutions fosters creativity and the ability to assess issues from another's perspective. Solutions that don't work don't become failures they merely result in further analysis and the selection of an alternative solution. This is the basis of all scientific thought and is a solid outline for any problem solving, big or small.

(Some material for this article comes from Ellen Galinsky's book, *A Mind in the Making*, pgs. 245-246.)



# Women's Circle : Essential Life Skills

**Are you free for lunch on Thursdays?**

**Do you enjoy meeting new women and talking about what is important to you as a woman?**

If you answered yes to these questions, then you are a perfect candidate for Women's Circle.

NJM Management Services, Inc., a partner agency in the Prevention Services Network, is hosting Women's Circle. Women's Circle is a facilitated discussion group that centers on the belief that women gain strength and friendship through conversation.

Women's Circle is offered from 12:00-1:00 beginning on Thursday February 23, 2012 , for six weeks, ending on Thursday March 29, 2012.

The title of the series is Essential Life Skills. Topics for these sessions include Focus and Self Control, Perspective Taking, Making Connections, Critical Thinking, Challenges, and Engaged Learning. (Topics based on the book Mind in the Making by Ellen Galinsky)

Call Robyn Smerchek at 697-4536 to register.

\*You must call register even if you have participated in past Women's Circles. Space is limited.

Lunch is included at no charge.

Upcoming Women Circle dates:

- \*Monday 4/16/12- 5/21/12
- \*Thursday 6/21/12- 8/2/12  
(Topics TBD)



café  talk™



the game that gets  
to the heart of family



**Parents need to be strong and flexible**



**Parents need friends**



**Being a great parent is part natural and part learned**



**We all need help sometimes**



**Parents need to help their children communicate**



**Parents need to give their children the love**

El Segundo Martes de cada mes a las 10:00 para Café Talk en  
Español – Feb. 14

The English sessions are held the fourth Tuesdays every month at  
10:00 am—next Café Talk will be held Feb. 28.

You can share your own wisdom and learn something you  
never thought of before!

Pastries, coffee and tea will be served.

Café Talk is held in the PSN Family Resource Center,  
8600 Sheridan Road, Kenosha

For more information, please call Marie at (262) 697-4689 or Mary at (262) 697-4605  
or para mas información llame a Jomarie al (262) 658-3508, ext. 121

The mission of the **PSN Family Resource Center** is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.

**The PSN Family Resource Center**,  
located in the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha,  
is open every **Tuesday and Thursday afternoon from 2:00 to 4:00**  
for parents to drop in and talk to someone about parenting concerns,  
pick up information about community resources,  
and find out about programs and services of the PSN.

*Partnering with the community to strengthen families...*  
*Supporting families to achieve optimum success...*  
*Nurturing parents to be strong caregivers...*

## PREVENTION SERVICES NETWORK



### Spotlight Series

Tuesday, February 7, 2012

Kathy Sullivan, KAFASI, will provide information on.

**Talking with Your Kids**

Tuesday, February 21, 2012

Liza Schultz, PSN, will present information on,

**Teaching Family Model**

**12:00 Noon to 1:00 PM**

PSN Spotlight Series is held in the  
PSN Family Resource Center,  
8600 Sheridan Road, Kenosha.

Lunch will be provided. **Registration is required.** Call 697-4520.

Come join us!



**COME LEARN GROW**

## **Parent Talk Lunch**

Parent Talk Lunch is in its ninth season of bringing topical information, nutritious meals and lively conversation.

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February 1st A Child's Place will present information on  
**"Are You a Perfect Parent? Celebrating Parenthood"**

February 8th  
No Lunch Today

February 15 A Child's Place will present information on  
**"Parent Connections"**

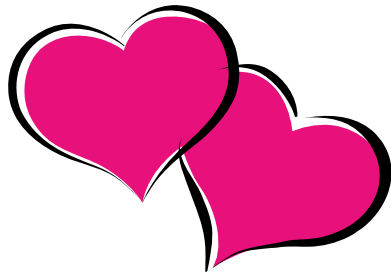
February 22nd Kenosha Co. Division of Health  
will present information on  
**"Heart Health"**

February 29th UW Extension will present information on  
**"Making Ends Meet"**

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Lunch is held from 12:00 to 1:00 PM at the  
Kenosha County Human Services Building, Room North Two  
8600 Sheridan Road, Kenosha

**Lunch is free**, but you must **pre-register** by stopping in or calling  
A Child's Place Child Development Center  
697-4754



# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. National Freedom Day.	2. Ground Hog Day. It's been a mild winter so far. Will we get six more weeks?	3. "The day the music died." Ricky Valens, Buddy Holly and the Big Bopper died in a plane crash in 1959.	4. Halfway point of winter. Yippee!!
5. National weatherman's day. We've come to depend on these forecasts, right or wrong.	6. American Heart Month. Eat right, exercise and get your blood pressure checked.	7. Full Moon. It's a gift of nature every month.	8. *Harriet Tubman, former slave, helped others escape through the Underground Railroad.	9. Toothache day. Get to a dentist before your teeth hurt.	10. *Ezra Jack Keats, was a pioneer in depicting African American children in books.	11. Thomas Edison was born in 1847. We'd be in the dark without him.
12. Abraham Lincoln and Charles Darwin were both born this day in 1809.	13. *Sojourner Truth was an abolitionist and former slave who had three of her children sold into slavery.	14. Happy Valentine's Day. Surprise someone with a valentine that isn't expecting one.	15. Hate Valentine's Day? You're not alone. Today is single awareness day.	16. Canned food month. Donate some food to a local food pantry.	17. Random Acts of Kindness Day. Doing something kind makes you feel great.	18. *Beginning in 1877,"Jim Crow" laws were passed, to separate Blacks and other "persons of color" from attaining equal rights.
19. *Blacks boycotted the Montgomery bus system for 361 days after Rosa Parks refused to give up her seat in 1955.	20. Presidents' Day. Established in 1968. Notice that both Lincoln and Washington were born in February.	21. Fat Tuesday, the start of Mardi Gras.	22. George Washington's Birthday. He was our first President.	23. *Learn about scholar, historian, writer and activist, W.E.B. Du-bois.	24. Winslow Homer, the painter, was born in 1836. Check out an image of one of his seascapes.	25. Renoir was born in 1841. His paintings are timeless.
26. Buffalo Bill Cody was born this day in 1856.	27. Polar Bear Day.	28. National tooth fairy day.	29. Leap Year. An 'extra' day every four years.			