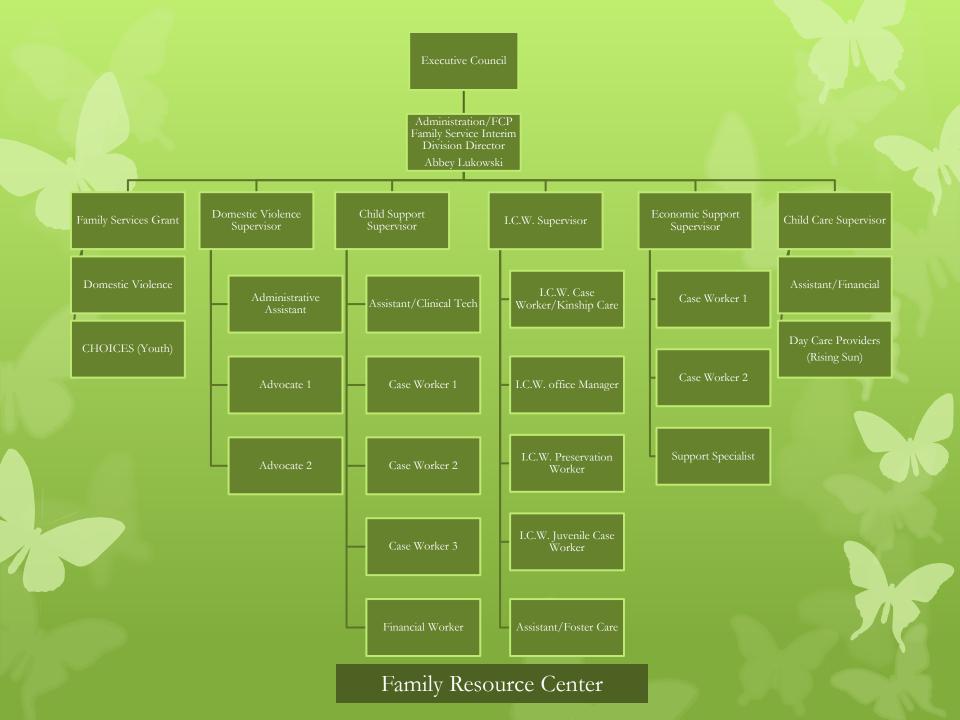
Forest County Potawatomi Family Resource Center Honoring Our Families By Honoring Our Traditions



The Forest County Potawatomi Community Family Resource Center (FRC) offers an array of services in it's coordination of Tribal TANF and Child Welfare Services grant. The FRC represents a collaborative effort to increase the participation of Tribal members in programs that emphasize family togetherness. FRC'S main goals are to provide holistic services to families involved in mandatory TANF/ICW programming and to reduce the number of families-at-risk of entering these programs.



Family Services Team is a partnership that serves as a bridge to strengthen and build foundations for families through unified services by sharing and exchanging data Collection resources and reporting mechanisms while ensuring and preserving Forest County Potawatomi culture.



A peek into our work week



Healthy Relationships

This Curriculum and Training evolved from the Native Wellness Institute. It combines Traditional teachings and contemporary issues. It encourages balance in mind, body, and spirit by creating and strengthening healthier relationships with partners, families, and communities.



Play Shoppe

Play Shoppe is an opportunity for children to learn valuable developmental and Social interaction skills. It is also a time for parents to nurture that special bond by "participating" in activities with their children.

Such as:

- Read with me
 - **Physical Activities**
 - Music Garden



"Thank You for everything you did for me and my son. You really teach and lead a great program and were such a joy to be around and my son loved it as well" *~ participant ~*

Read With Me

Promoting Literacy- Parenting Future Readers



Physical Activity

The gym is set up as a obstacle coarse

- Preschool children are developing their basic gross motor skills. This will assist in developing muscles, develop coordination, help motor planning and the benefits from opportunities to practice these skills before they attend Head Start
 - Great time to develop the ability to play with other children in a social setting



Music Garden

Early experiences with Music Garden and Movement can have a positive impact on a child's language development, which also have a positive impact on school readiness



Play Shoppe Themes







Nurturing Fathers Program

It is a 13 week fathering training course designed to teach parenting and nurturing skills to men. It is structured to provide fathers with experiences that allow the self new cognitive (thinking) and affective (feeling) responses, thus providing the opportunity to change parenting attitudes and behaviors.



Remember: "you're the first man your daughter will ever love and you're the example your son will remember for rest of their lives." The PIP curriculum is a model training program that is presented in manual form and draws on the cultural strengths of Native child rearing. The curriculum is endorsed by the Native **Indian Child Welfare** Association.



Positive Indian Parenting

Honoring Our Native Fathers

National Native American Fatherhood Day: It is a special day to honor and celebrate the importance of fatherhood and the great contribution fathers bring to strengthening families.

- Talking Circle
- Drumming/Honor song
- Feast



Understanding the Purpose of Life-12 teachings for Native Youth White Bison Curriculum

It is a 10-12 week session curriculum. The goal is to promote the importance of education. It also implements problem solving tools, cultural capacity building, and program activities. The youth have an increased sense of confidence, know their identity and succeed.



White Bison Program Activities



Young Men's overnight Wellbriety Expedition

Medicine Garden



Life Skills

Life Skills groups are held weekly for adult Tribal community members interested in learning how to overcome everyday challenges. The presenters are from the community.

Classes encourage healthy behaviors and encompass issues such as nutrition, budgeting, homecare, job readiness, child development, Foster Care, and communication & family relationships.

ZUMBA is also an bi-weekly option! Zumba is a Latininspired dance-fitness that covers a range of dance styles: mambo, cumbia, merengue, cha-cha and, sometimes belly dancing and hip hop!



Other activities

Beside our regular programming we collaborate with other FCP Departments and offer:

TrANS: free

 120-hour Road
 Construction
 Training

 Family Fun Day
 Child Abuse

 Awareness walk



Visitation

Visitation is offered for Indian Child Welfare reunification. Supervised visits are preformed by the Family Resource Center staff. Documentation is forwarded to appropriate program supervisor.



Kerry Fox – Family Resource Center Coordinator

Flora Tracy- Program Aide/Child Care Teacher

Joe Chaney-C.H.O.I.C.E.S Worker

Brooks Boyd – Domestic Violence Advocate



Migwetth for your attention