



New Staff—WELCOME!



Hi, I'm Jennifer Hartling! I'm thrilled to join Lakeland as the School to Home Liaison serving both Spooner and Northwood schools. I'm a lifelong Wisconsin resident. I grew up in Minong, spent many years in Superior, and currently live in Hayward. I enjoy spending time with my husband, grown children, and grandson. I also love reading and curating the collection of books in the Little Free Library in my front yard.

Joining Lakeland has been a privilege. The people in this organization genuinely care about the people and families in our communities. I'm proud to be part of the team. The role of a School to Home Liaison is meant to bridge the gap between school, families, and students. I hope to be someone that people come to with questions or concerns of all types. Through Lakeland, I'll be able to offer life skill building, mentoring, parent education, tutoring, and much more. I'm also happy to provide a safe space and a pair of listening ears.

Hi! My name is Jenni Hughes and I am the part-time Family Program Assistant with LFRC. I live outside of Shell Lake with my husband Aaron and two kiddos Rylee and Emmitt. Rylee is in first grade and Emmitt is experiencing school for the first time this year with 4K. In my free time I enjoy reading, crocheting, hunting, fishing and just being outside. I look forward to getting to meet new families at playgroups and story times.



I love how Lakeland serves the community in so many different ways including playgroups, free events, community outreach, school to home and educational events to name some. They do so much more than I realized they did and help so many more people than I ever knew. I am so thankful to be a part of a group that has such a passion for helping everyone in their community.



My name is Amy Lang and I am the new Home to School Liaison- Birchwood Schools. My new position is not only a change for myself but one for Lakeland Family Resource Center! We are going to be teaming together to help, support and hopefully make a positive difference in many children's and their families lives.

By providing resources through collaboration within the community, four counties and Birchwood schools, I hope to see and become part of a successful change. My personal and professional background includes Communicative Disorder experience, Pediatric Medical Assisting, Nannying and raising two amazing children! I am incredibly excited to have been chosen for such an amazing position and can't wait to help strengthen families within my role!

Upcoming Events

All programs are at Lakeland Family Resource Center unless otherwise noted

Family Fall Hike

Thursday, October 3—5:00—7pm

Trego Lake Trail

Enjoy the Fall colors as a family with a hike on the Trego Lake Trail. We will explore the trails that wind through scenic property along the Trego Flowage. Meet at the Trego Lake Trail Parking lot at 5:00pm for a picnic dinner before enjoying the hike. Call 715-939-1151 to reserved your spot today!

Jack o' Lantern Festival

Saturday, October 19—10:00am—2pm

Downtown Spooner

Join us downtown for another year of fun at Jack o' Lantern Festival in the civic center parking lot. Lakeland will have pumpkins and fun supplies for decorating. Be sure to stop by the Mom's Club table to satisfy your sweet tooth with delicious homemade baked goods. Proceeds of Mom's Club fall bake sale are split with Lakeland; thank you Mom's Club!

Strengthening Families October 3—November 21—5:30—8:30pm

Lakeland Family Resource Center

The *Mindfulness-Enhanced Strengthening Families Program* invites parents and youth ages 10-14 to attend this program proven to increase positive family relationships and lower rates of substance use in youth throughout high school. Register now by calling Amy at 715-635-4444 or by visiting the online <https://forms.gle/uUqgwM9f1oaz9kgr7>. All families are invited, including single-parent, two-parent, foster, adopted, blended, step-parents or grandparents. Dinner and child care provided. Questions call Lakeland 715-939-1151.

Family Night Glow Party!

Thursday, October 24—4:30—7pm

Lakeland Family Resource Center

Bring your children for a night of festive glow in the dark fun! Dinner and activities will be provided free of charge to all families. Costumes, glow in the dark clothing and/or fall apparel are encouraged.

Santa's Visit

Saturday, December 7—9am—12pm

Lakeland Family Resource Center

Please join us on Saturday, December 7 from 9:00 am-12:00 pm for Santa's visit. Families will be greeted at the door and given information on how to participate in the events. Each family will have individual time with Santa and each child will be given a gift. This event is free and open to the public, no pre-registration is required. This event was also made possible by Mom's Club of Northwestern Wisconsin donation from Jack O Lantern bake sale.



Health Note

LFRC respects the health of all children and families and encourages participants to do the same. It is the policy of LFRC that parents and children should not attend LFRC programs 24 hours after symptoms of illness occur. Symptoms of illness include vomiting, diarrhea, fever, excessive coughing, sneezing or runny nose.

Thank you for encouraging healthy families!

Ongoing Programs

All families are invited to participate in our programs! All Programs are always Free!

All programs are at Lakeland Family Resource Center unless otherwise noted.

Please visit www.lakelandfrc.com for more detailed information about programs.

Weekly Programs

Mondays	10:00am-12:00pm	Discovery Sprouts	Themed playgroup
Tuesdays	10:00am-12:00pm	Kidz Club	Parent/Child led playgroup stations
	1:45-2:30pm	Storytime	At Birchwood Schools
Wednesday	10:00am-12:00pm	Kidz Club	Parent/Child led playgroup stations
Thursdays	9:00am-4:00pm	Open Play	Call for availability for drop in play
Fridays	10:30-11:15am	Storytime	At Shell Lake Library
	3:30-5:00pm	Flash	Afterschool program

Weekly programs include crafts, stories, activities, play, and healthy snack.

Questions? Contact Jacquie Buchmann, Program Coordinator at 715-939-1151 or Jacquie.lfrc@gmail.com

Monthly Programs

Second Mondays	5:00-7:00pm	Relatives as Parents	Dinner, Education, Support, & Activities
Third Thursday	8:00-9:30am	Relatives as Parents	Breakfast, Conversation & Support at Riverstreet Family Restaurant, Spooner

Please contact Jacquie Buchmann to Register 715-939-1151



Ways to Give

Lakeland relies on donations to operate. Please consider supporting Lakeland in one of the following ways:

- Amazon Smile
- Online Giving at www.lakelandfrc.com
- In kind or monetary donations mailed or dropped off at Lakeland 819 Ash Street, Spooner
- Purchase a wish list item from www.lakelandfrc.com or from the Amazon "Lakeland Wish List"

Lakeland Mentoring

Are you interested in being a mentor or know someone who would benefit from a mentor? Mentoring offers a positive influence, builds resilience, role modeling, enrichment, and friendship to both the mentor and the mentee. All mentors are screened and paired with a mentoring participant with similar interests. For more information visit www.lakelandfrc.com or call/text Kortney at 218-409-6727. Change a life today!

Mud Run Recap!

Mark your calendars for next year!

August 7, 2020

Lakeland had an awesome first year hosting the Jack Pine Savage Days Kid's Mud Run in partnership with the Jack Pine Savage Days crew! This is a fun, fast, and active course! Thank you to the 120 runner who participated! Stay tuned for registration information for the race on our Facebook page. Proceeds help support Lakeland Family Resource Center.



2019 Lake Run & Fastest Kid Race



Lakeland held our annual Lake Run & Fastest Kid Race on Saturday August 31, 2019 at Vitality Villiage in Shell Lake. We had 113 5k runners, 47 nine mile runners and 124 Fastest Kid runners this year. Thank you to all who attended and support Lakeland! We beefed up our swag bags and added Fastest Kid shirts, a bounce house and concessions this year! Congratulations to Tera Busker and Hank Brunclik our first place 5k female and male finishers and Crystal Rohde and Andrew Komp our first place 9 mile female and male finishers. (photos by Mostly Zen Photography)

Thank You to our Sponsors, Donors & Volunteers!

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