

## What is Lakeland Family Resource Center?

Lakeland Family Resource Center is a non-profit organization serving families in Washburn County. We are here to serve all residents of Washburn County through programs, resource coordination, parent education and support, youth support programs, community partnerships and positive family events. Lakeland is available to all families free of charge. Some of the programs we offer are weekly playgroups, story time's, and afterschool programs. Family events throughout the year include family nights, nature outings, parenting classes, and educational events. Lakeland offers support to the youth and children in our communities through Lakeland Mentoring and a School to Home program that works with the students to coordinate resources and bring the family, community, and school together. For parents looking for extra support Lakeland offers one-on-one Parent Education to help parents of all ages and skill levels improve their parenting skills or find new ideas as their children grow. In this newsletter you will find more information about our ongoing programs and seasonal events. There is also more information on our website [www.lakelandfrc.com](http://www.lakelandfrc.com).

We are your resource center. We are here to serve you!

## Family Activity

Summer can be a busy time for families to find time for quick healthy meals to please the whole family. This quarter our Family Activity features a fun recipe you can build as a family that is sure to please even the pickiest eaters. Creating colorful kabobs from meat and veggies on hand or letting your family pick their favorites at the store is a simple way to get everyone involved in the kitchen! Here is the directions on a delicious summer meal:

### Supplies

- Wooden Kabobs
- Your family's favorite veggies
- Your family's favorite meat(s)
- Marinade or seasoning salt (optional)

### Directions

- Chop meat and veggies into bite sized pieces
- Toss pieces in seasoning or marinade of your choice (optional)
- Allow each family member to layer their favorite meats and veggies on kabobs
- Grill, bake, or cook on the stovetop in oil until meat is cooked through

\*optional marinade recipe: whisk together ¼ cup olive oil, 1/3 cup soy sauce, ¼ cup honey, 1 teaspoon minced garlic, salt/pepper to taste.



# Upcoming Events

All programs are at Lakeland Family Resource Center unless otherwise noted

## **Washburn County Family Festival**      **Saturday June 1—11:00am** **Washburn County Fair Grounds**

Washburn County Family Fest is set again for a fantastic day of fun at the fairgrounds. Join Lakeland Family Resource Center and many other community partners as we present Family Fest 2019. A day of family friendly activities will including music, kids activity booths, bouncy houses, DJ, musical chairs, and more. Lunch and refreshments will be provided to all in attendance. This event is FREE and sponsored by an AODA grant from Washburn County for families to engage in fun activities and encouraging a drug and alcohol free lifestyle.

## **Parent Café**      **Mondays June 10, 17, 24—5:00-7:30pm**

Parent Café is a three session parenting workshop focusing where families will have the opportunity to explore and collaborate together on strengthening their families. A complementary family meal and child care will be provided. Attendance at all sessions is highly recommended. Questions and registration call Jacquie Buchmann at 715-939-1151 or visit our website for online registration. Please register one week prior to the sessions.

## **Babysitting Clinic**      **June 24-27—1:00-3:00pm** **Spooner Elementary School**

This clinic is for students to learn all about babysitting: child development, safety, nutrition, age appropriate activities and more. Must be 12 years old or old to attend. Register for this class through the Spooner Schools at <http://spooner.revtrak.net>. Preregistration is required. Questions call Lakeland 715-939-1151.

## **Kids Fishing Night**      **Tuesday June 18—5:00pm** **Minong Kids Pond**

Bring your children for a fun night of fishing at the Minong Kids Pond. Experienced fishermen will be available to help teach kids and parents how to fish. Fishing equipment is provided however you are welcome to bring your own too! Dinner provided. Children of all ages welcome! Call 715-939-1151 to register today!

## **Family Nature Hike**      **Thursdays July 18—5:00pm** **Trego Nature Trail**

Enjoy time as a family on a nature hike along the Trego Nature Trail. Nestled along the Namekagon River scenic river way, the Trego Nature Trail is located within the St. Croix National Park System. The trail is approximately three miles and offers incredible wildlife viewing along the river. We will meeting at the Trego Lake Trail Parking lot before enjoying the hike. A picnic dinner is provided. Call 715-939-1151 to reserved your spot today!





## Geocaching

**Tuesday July 23—5:00pm**

Bring out the whole family for a fun evening of Geocaching. Geocaching is a real-world, outdoor treasure hunt using a GPS-enabled device. Participants navigate to GPS coordinates and then attempt to find the geocache (container) hidden at that location. Dinner will be served at Lakeland before we head out to embark on an adventure to find treasure using the GPS on a smartphone. Families with smartphones are encouraged to bring their device however it is not required. Plan for walking about 1.5 miles over the course of the evening. Call 715-939-1151 to reserve your spot today!

## Family Night

**Thursday August 15—4:30-7:00pm**

### Shell Lake Beach Pavilion

Enjoy a night out as a family and celebrate the end of Summer! Join us for a fun evening at the Shell Lake beach. Dinner and activities will be provided. Bring your favorite blanket, camping chair, beach toys and swim suits! Help us plan for dinner, call us at 715-939-1151 to make a reservation for your family!

# Lake Run & Fastest Kid Race

**Saturday, August 31, 2019 • 8:00am**

Lakeland invites you to participate in our annual Lake Run and Fastest Kid Race as part of the 2019 Shell Lake Town and Country Days. This event features a 5k run/walk and 9 mile run (full loop around Shell Lake). This is a fun, fast, and flat course! Register for the race at [www.lakelandfamrc.com](http://www.lakelandfamrc.com). The kids run is a 40 yard dash beginning at 10:30am! Register for the kids race morning of the race. All proceeds support Lakeland Family Resource Center.



# 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**



## Discovery Sprouts

**Mondays 10:00am—12:00pm**

Discovery Sprouts offers parents/caregivers and children to enjoy time together while discovering and focusing on a different theme each week, such as kids in the kitchen, animal themes, art exploration, and more. Storytime, songs, crafts, and snack provided.

## Kidz Club

**Tuesdays & Wednesdays 10:00am—12:00pm**

**Tuesdays at Spooner City Park, Wednesdays at Lakeland**

Parents and children participate in prepared activities to engage in learning and play together. Drop in anytime from 10:00am to Noon. This program will offer a space for parents and children alike to meet new friends, engage with other families while learning and growing together. This program meets at the Spooner City Park on Tuesdays and at Lakeland on Wednesdays June 4-August 27. Snack provided.



## Story Time

**Thursdays 10:30am—11:15am**

**Shell Lake Public Library**

Moms, dads, grandparents, daycare providers, aunts, uncles, and even neighbors are invited to bring their preschoolers to this special sharing time of storybooks, crafts, and snacks. This program is geared to preschool age children; however children of all ages are welcome!

## Exceptional Needs Playgroup

**Fridays 1:00—3:00pm**

Lakeland is excited to offer a flexible new playgroup for parents/caregivers of children with exceptional needs. This group will have a fun and safe environment for parents and their exceptional children to play and meet new friends—siblings are encouraged to attend too. Support staff from various local agencies will be offering materials on their services once per month during this group. Optional activities and snack will be available .



## Relatives as Parents Group

**First Monday 5:30pm at Lakeland**

**Third Thursday 8:00am at River Street Family Restaurant**

Relatives as Parents Program (RAP) focuses on providing services to adults who have taken on the responsibility of parenting a relative child due to the absence of parents. Please call the Lakeland office to let us know you plan to attend. 715-939-1151

## 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](http://www.lakelandfrc.com) or call our office 715-635-4669. We are looking for people like you to join Lakeland Mentoring and make a difference today!



## Ways to Give

As a non-profit organization Lakeland relies on grants and donation to operate. Whether a donation be monetary or in kind we are happy to accept any donation to help us continue to offer free programs and services to our communities. Below is a wish list of some of our most needed items used daily in our programs.

Did you know you can support Lakeland while shopping on amazon? Visit [smile.amazon.com](http://smile.amazon.com), log into your Amazon account and select Lakeland Family Resource Center as your non-profit of choice. When you shop Lakeland will receive 0.5% of your eligible purchases at no cost to you!

### Wish List

#### Snacks

- Gold Fish
- Pretzels
- Apple Sauce
- Ritz Crackers
- Cheese Crackers
- Fresh Fruit
- Dixie Cups

#### Supplies

- Copy Paper
- Colored Copy Paper
- Toilet Paper
- Paper Towels
- Construction Paper
- Glue Sticks
- Sanitizing Wipes

## Parenting Tip

### 101 WAYS TO PRAISE A CHILD

These comments are not only good to share with your children, but they are also good for you to say to the inner-child inside you.

- |                          |                          |
|--------------------------|--------------------------|
| WOW                      | YOU'RE CATCHING ON       |
| OUTSTANDING              | REMARKABLE JOB           |
| NEAT                     | HURRAY FOR YOU           |
| I KNEW YOU COULD DO IT   | YOU'RE ON YOUR WAY       |
| NICE WORK                | THAT'S INCREDIBLE        |
| BEAUTIFUL                | YOU'RE UNIQUE            |
| NOW YOU'VE GOT IT        | I LIKE YOU               |
| BRAVO                    | YOU'R DARLING            |
| HURRAY                   | HIP, HIP, HURRAY         |
| HOW SMART                | YOU'RE IMPORTANT         |
| DYNAMITE                 | SUPER WORK               |
| NOTHING CAN STOP YOU NOW | YOU ARE RESPONSIBLE      |
| BEAUTIFUL WORK           | WHAT AN IMAGINATION      |
| GREAT DISCOVERY          | YOU'RE GROWING UP        |
| YOU FIGURED IT OUT       | OUTSTANDING PREFORMANCE  |
| MARVELOUS                | I TRUST YOU              |
| YOU'RE SENSATIONAL       | YOU MAKE ME HAPPY        |
| CREATIVE JOB             | I RESPECT YOU            |
| YOU'R A REAL TROUPER     | YOU MAKE ME LAUGH        |
| YOU ARE EXCITING         | YOU MEAN THE WORLD TO ME |
| WHAT A GOOD LISTENER     | YOU'RE PERFECT           |
| YOU CARE                 | YOU MADE MY DAY          |
| YOU'RE A GOOD FRIEND     | I LOVE YOU               |
| YOU MEAN A LOT TO ME     | YOU'RE SPECIAL           |
| YOU BRIGHTEN MY DAY      | GOOD                     |
| YOU'RE A JOY             | I'M PROUD OF YOU         |
| YOU'RE WONDERFUL         | SUPER STAR               |
| A+ JOB                   | SPECTACULAR              |
| A BIG HUG                | HOW NICE                 |
| WAY TO GO                | HOT DOG                  |
| EXCELLENT                | GOOD FOR YOU             |
| WELL DONE                | YOU'RE A WINNER          |
| LOOKING GOOD             | YOU'RE PRECIOUS          |
| NOW YOU'RE FLYING        | BINGO                    |
| YOU'RE INCREDIBLE        | MAGNIFICENT              |
| YOU'RE FANTASTIC         | PHENOMENOL               |
| YOU'RE ON TARGET         | SUPER JOB                |
| GOOD JOB                 | YOU ARE FUN              |
| TERRIFIC                 | YOU TRIED HARD           |
| EXCEPTIONAL PERFORMANCE  | YOU'RE IMPORTANT         |
| YOU LEARNED IT RIGHT     | THAT'S CORRECT           |
| BEAUTIFUL SHARING        | AWESOME                  |
| YOU'E GOT A FRIEND       | THAT'S THE BEST          |
| GREAT                    | YOU'RE A TREASURE        |
| REMARKABLE               | YOU'RE A-OKAY-MY BUDDY   |
| FANTASTIC                | A BIG KISS               |
| YOU'RE ON TOP OF IT      | SUPER                    |

P.S. REMEMBER, A SMILE IS WORTH A THOUSAND WORDS  
<http://www.montrose-child-advocacy.org/articles/101WaysToPraiseAChild.pdf>

# 2019 Frozen Fundraiser and Chili Cook-off



Lakeland held our annual winter fundraisers on Saturday March 9, 2019 at the Spooner Civic Center. The Frozen Fundraiser was a fun day filled with ice skating, bouncy houses, delicious chili, and silent auction items. Thank you to all who attended and support Lakeland! Congratulations to Shelly Heup, our 2019 Chili Cook-Off Winner!



## Thank You to our Sponsors and Donors!



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