

February 2023 • Volume 15 • Issue 2

# PSN Family Resource Center NEWSLETTER

## Valentine's Day

Candy, flowers, heart-shaped notes—what's not to like about Valentine's Day? This sweet celebration, which happens every year on February 14, is all about spreading the love.

### ROMANTIC RULE BREAKER

The holiday we know today got its name from a man named Valentine. While a few different stories are told about what he did to inspire the holiday, many people believe he's celebrated for his role as a Roman priest who helped couples secretly get married.

As the story goes, Emperor Claudius II of Rome—who reigned from the year 268 A.D. to 270 A.D.—banned marriage because he thought unmarried men made better soldiers. Valentine thought this was unfair and decided to break the rules and perform marriages anyway. He kept the ceremonies quiet, but he was eventually caught and later killed on February 14 of the year 270 for defying the emperor. Right before he died, Valentine supposedly wrote the first-ever "valentine" to his jailer's daughter, with whom he'd fallen in love. Later, in the 5th century, Pope Gelasius I declared the day of his death as St. Valentine's Day.

### ANCIENT MATCHMAKERS

The celebration surrounding this day actually has roots in an ancient pagan festival that started centuries before Valentine was even alive. Held in Rome each February, part of the event focused on bringing new couples together.

During the festivities, it's said that boys drew the names of girls from a container. The pairs would stay together during the festival, and some would actually get married when the festival was over. After Pope Gelasius I created St. Valentine's Day, the festival turned into a Christian celebration that focused on the saint. The Catholic Church doesn't recognize St. Valentine's Day on its calendar anymore, but people throughout the world still celebrate the day.

### CHANGING TRADITIONS

Valentine's Day traditions have evolved a lot over the years. For example, in the Middle Ages—which lasted from the 5th to 15th centuries in Europe—people started exchanging handmade cards with love notes inside. Today billions of dollars are spent on Valentine's Day cards and gifts each year around the world.

In a tradition that's also tied to the Middle Ages, South African women actually wear their hearts on their sleeves ... sort of. Girls pin the names of their crushes on their shirtsleeves, sometimes revealing themselves as secret admirers to their sweethearts.

No matter how you celebrate Valentine's Day, one thing's for sure: This is one totally aww-some holiday.

<https://kids.nationalgeographic.com/celebrations/article/valentines-day>

*What's Inside:*

**Diaper Distribution**

**Parent Cafe**

**Triple P Seminars with  
KUSD**

**Thankful Hearts**



8600 Sheridan Road  
Entrance B  
Kenosha, WI 53143  
262-697-4651



**FREE DIAPERS TO  
FAMILIES IN NEED!**

## DIAPER DISTRIBUTION

February 16  
3:30-4:30

## FREE diaper distribution!

No registration necessary.

**Diapers are first come-first served  
with limited supplies.**

Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center  
8600 Sheridan Road  
Drive up to Entrance B

Contact Alison at 262-605-6545 or  
[alison.haas@kenoshacounty.org](mailto:alison.haas@kenoshacounty.org) for  
more information.



# Parent Café

☪ share ideas ☪ make new friends ☪ discuss your family's hopes & dreams ☪

## SAVE THE DATE!

In-person  
sessions starting  
in March at the  
PSN Family  
Resource Center.

# Triple P Parenting Program Series



*for every parent*

**Join us for one... or all...  
of the sessions below!**

**All sessions run 5:00 pm - 6:30 pm  
at Chavez Learning Station (6300 27th Ave)  
A light meal will be served and free childcare is provided.**



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**Raising Confident, Competent Children**

**Tuesday, January 31, 2023**

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**Balancing Work & Family**

**Tuesday, February 7, 2023**

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**Raising Resilient Children**

**Tuesday, February 14, 2023**

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**Registration is strongly encouraged  
by scanning the QR code here:**



## **Questions?**

Contact Julie King  
jaking@kUSD.edu  
262.359.7790

Presented in partnership with  
KUSD's Community School Relations Office and  
Kenosha County's PSN Family Resource Center

<https://www.psnfamilyresourcecenter.com> Website  
<https://www.facebook.com/preventionservicesnetwork/> Facebook Page





# PSN Family Resource Center

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.



## Meet Our Staff

Erin Morey, Director of Operations  
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**facebook®**

Like us on Facebook or visit our website:  
[www.PSNFamilyResourceCenter.com](http://www.PSNFamilyResourceCenter.com).



## Thankful Hearts

Together with your child, write on the hearts and decorate them.

**On the hearts, write:**

- \*things you are thankful for
- \*things you love about each other

