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PSN Family Resource Center NEWSLETTER

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Preventing Stress

Stress is a normal part of life for everyone. But too much stress can have serious consequences for your health. Some stress is good and can trigger your fight-or-flight mechanism to help you handle emergencies. Everyone responds to stress differently so it's important to know what stresses you out and how to handle it. Stress is an unavoidable reality of life. But stress isn't always a bad thing. It's a natural, physical response that can trigger our fight-or-flight response. Stress can increase our awareness in difficult or dangerous situations, allowing us to act quickly in the moment. Without it, humans wouldn't have survived this long!

But if stress is constant over time, it can be detrimental to your health. Preventing stress is important!

What can you do?

- 1) Identify your stressors!
 - a. Everyone responds to stress differently and identifying what stresses you out can be easier said than done. In most cases, it's fairly obvious: a bad relationship, a poor work environment, or health concerns, for example. In other cases, finding the root of your stress and anxiety may be more challenging.
 - b. Learn to know how you react to stress and what specifically stresses you out. Keep a daily journal and record when something causes you undue stress or anxiety. Then try to answer these questions when stress arises: o Is it a particular person or place that causes the stress?
 - c. When do I feel the most "on edge" during the day?
 - d. Do I make bad decisions as a result of feeling stressed or overwhelmed?

When you start to see patterns, you'll be able to recognize what triggers stress for you, and you'll be better equipped to handle it.

2) Change stressors when you can:

- a. Some stress is unavoidable and the best you can do is to manage it. Some things are within your control. For example, if you know that grocery shopping on Sunday evening stresses you out because the lines are always long and everyone's picked through the best produce before you get there, change your schedule and shop on another night.

- b. Changing simple things in your life can add up and greatly reduce your overall stress.

3) Set limits:

- a. Sometimes you may bite off more than you can chew and before you know it, you're overwhelmed. It can be hard to juggle the many activities and people in your life. Learning how to say "no" is important so you don't stretch yourself too thin.

- b. It might be hard to turn someone down or not participate in a certain event, but saving your energy and having time for yourself is important. You'll be more rested and less irritable. And you'll be able to enjoy other people and activities more.

- c. Be realistic and know your limits and be firm with them. You'll be healthier and happier for it.

4) Try not to get overwhelmed

- a. So much to do.. But where do you start?

- b. First, make a list. This helps you see what's on your plate so you can prioritize what needs attention now and what can wait. Number the items in order of importance and complete them one at a time. Stress prevention and stress management are important, and will help you juggle the many things going on in your life.

Remember, the goal isn't to completely get rid of stress, but to eliminate unnecessary stress and help you cope with unavoidable stress!

Click [here](#) to read the full article.

Free Income Tax Assistance

If you earn up to \$57,000, the Kenosha County VITA program can prepare your basic tax returns for **FREE!**



United Way
of Kenosha County
VOLUNTEER INCOME TAX ASSISTANCE

2021 Free Income Tax Assistance

Service is available starting in February

Choose the option that works best for you!

For more information, please visit
www.kenoshaunitedway.org/VITA or call
262-960-9178 to learn about our multiple
filing options!

Option 2

Schedule an in-person interview to drop off your tax documents with VITA volunteers who will prepare your return. Visit:

www.kenoshaunitedway.org/VITA

Appointments and face masks are required!

Option 1

Try our new contact-free service. Simply upload your tax documents to GetYourRefund.Org

Connect with your trusted IRS-certified Kenosha County VITA tax preparers online.

An internet connection, email address, and images of your tax documents are all you need to get started.

Option 3

File your own tax return at
www.MyFreeTaxes.com

Due to the Federal required deadline of April 15, 2021, priority will be given to those filing both their Federal and State returns.

Coalition and our sponsors:



TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



for every parent

Triple P Virtual Small Group

- **March 17 10am—noon Dealing with Disobedience**
- **March 24 10am—noon Developing a Good Bedtime Routine**
- **March 31 10am—noon Hassle Free Shopping with Children**
- **April 7 10am—noon Managing Fighting and Aggression**



CHILD ABUSE & NEGLECT
Prevention Board



Registration is required: <https://tinyurl.com/yybbng9d> or contact Alison at 262-605-6545, alison.haas@kenoshacounty.org to reserve a spot.

Are you a parent or guardian looking for parenting classes or one-on-one parenting support? Triple P has a variety of levels to suit your family's needs. Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org to find out about upcoming sessions and offerings.

Check out our facebook page for more information: facebook.com/preventionservicesnetwork/

April is Child Abuse and Neglect Prevention Month

SAVE THE DATES! Help the Turn the Town Blue Committee spread awareness and participate in one of the many exciting VIRTUAL events happening throughout the month!



April 01—Wear Blue Day—Wear blue all day to show support for Child Abuse and Neglect Prevention Month! Post the photos of you wearing blue to [facebook.com/TTTBKENO](https://www.facebook.com/TTTBKENO).

April 01—Blue Ribbon Anthology Viewing—Learn more about the services for children and families and how you can be a part of protecting children from abuse and neglect by viewing the Blue Ribbon Anthology at <https://youtu.be/LYkgA9y-xLE>.

April TBD—VIRTUAL Family Craft and Snack —Join us on facebook live for an interactive craft and snack. Supplies can be picked up ahead of time. Stay tuned for registration details.

April 23 & 24—VIRTUAL 5K Family Fun Run Walk—Complete your 5K and post to a photo at facebook.com/TTTBKENO to be entered into a drawing! Register for a t-shirt at <https://forms.gle/wDTDdDPRSTRPKgR4A>.

April 26 through 30—Strong Family Awards presented via facebook videos! www.facebook.com/TTTBKENO.

Nominations for the Strong Family Award are due by **April 9th**. Submit online at <https://forms.gle/qCHj6RBMrDTtPf1T7>.

More exciting events and opportunities to get involved will be announced on the Turn the Town Blue facebook page at www.facebook.com/TTTBKENO.



Kenosha County has a great need for new foster families for all ages of children!
Please contact us to find out how you can help children in our community
by becoming a foster parent!

Contact Us!

Email: fostercare@psgcip.com

Phone: 262-654-1004 – Select “Kenosha Foster Care” from menu

Website: <https://www.psgcip.com/becomeafosterparent>

Facebook: <https://www.facebook.com/foster.carekenosha>

or search: Foster Care Kenosha

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

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Find us on:
facebook®

Like us on Facebook or visit our website:
www.PSNFamilyResourceCenter.com

Watching for Signs of Stress in Children

During tough times, when there is a lot of change and uncertainty, children may just not be themselves. Just like grown-ups, kids experience stress. If changes in their behavior continue or affect their everyday life, it might be time to reach out for help. Here are some common reactions to stress and helpful ways parents can respond:

- If children are super-clingy or scared of being alone, use gentle words to reassure them that you'll keep them safe and you will not disappear. Little ones feel comforted and safe when there are things they can count on each day. Try to create at least one daily routine that will stay the same no matter what, like reading a bedtime story or having an afternoon snack together.
- If children have trouble sleeping, offer a comfort object, like a stuffed animal or special blanket, to help them soothe themselves and calm down. Say, for instance, "Blankie will keep you company all night, and I will see you when you wake up in the morning."
- If children are talking less or shying away from social situations, they may be keeping lots of big feelings inside. Ask how they are feeling and if they have questions. Give them words describing feelings, such as angry, sad, scared, or worried.
- More frequent meltdowns can be kids' way of coping with a lack of control over a situation. Try activities that help them feel calmer and in control of something, such as molding clay, doing a puzzle, or building with blocks.
- If bed-wetting, thumb-sucking, or baby talk are reappearing, try to offer love and affection, and understand that these are normal behaviors in stressful times, and it can take time for them to get better.

