



NETWORK NEWS

June-Sept. 2019
Vol. 37 - No. 2

Quarterly resource publication for single mothers

Call or email to be added to News mailing list: 262-251-7333 admin@hopenetworkinc.org

Offering Greater Milwaukee single mothers connections, resources, and opportunities to build self-reliance and strong families.

HOPE Network awards eight scholarships, totaling \$21,800

We are proud to announce the winners of HOPE Network’s 31st annual Edmund Springman Educational Grants, and the 2nd annual Rachel Holley Sciortino Educational Grant. Grant funds may be used for tuition or for childcare while the mother is in school. Photos of the winners on page 8, along with profiles of two of the winners.

Congratulations to the 2019 Edmund Springman Educational Grant Winners listed in the right column, along with their field of study.

The Edmund Springman Educational Grant is named for HOPE Network’s first active volunteer to pass away. HOPE Network founder Gail Grenier Sweet says, “Ed was an angel with a broom at our Network potluck suppers. He was always quick to work on clean-up, when most volunteers were tired of working.” Ed’s tireless dedication to serving single mothers made him the ideal namesake for HOPE Network’s educational grants.

Congratulations to the 2019 Rachel Holley Sciortino Educational Grant Winner: Margie Albizures, Criminology & Law, Marquette.

In 2018, HOPE Network’s board created the Rachel Holley Sciortino Educational Grant with memorials received following the tragic death of our beloved executive director. In her short time with HOPE Network, she brought to us her zest for life, wonderful new ideas, and community connections. We continue to honor Rachel with this grant through the generosity of her family and friends.

Thank you to our hardworking scholarship committee for undertaking the important task of evaluating the many qualified applicants and make the difficult selection of this year’s winners. Committee Chair: Joan Shanley; Jenni Block; Alison Kriegel; and Leah Pounds.



Melinda Gayle, a grant winner, with daughter, Melaya

Edmund Springman Educational Grant Winners

- Kayla Davis, Community Engagement, UW-Milwaukee
- Jessica Derosier, Biological Science, UW-Milwaukee
- Melinda Gayle, Nursing, Alverno College
- Kiya King, Business & Management, Cardinal Stritch University
- Joana Lozano, Registered Nurse, MATC
- Nigeria Smith-Beckom, Registered Nurse, MATC
- Chassidy Sparkman, Dental Assistant, MATC

On behalf of all of the recipients, we would like to thank our generous donors who made this year’s Springman grants possible:

- Elm Grove Junior Guild
- GFWC Woman’s Club of Greenfield
- Gary Springman and Stephen Springman, in memory of Suzanne Springman
- AJ Star, in memory of Mark Clausen
- P & J Stroud
- Townsend Foundation
- Trackside Services
- John Weber, in memory of Sandra Stockdale Weber
- Patricia and Hans Seuthe, and other individual donors.

Each winner will receive \$2,400, with the exception of Melinda Gayle. Melinda will receive a \$5,000 scholarship, thanks to a generous grant from the Elm Grove Junior Guild.

Congratulations to all of our winners!
Best of luck in your studies!



HOPE NETWORK NEWS

Quarterly community resource publication
by HOPE Network for Single Mothers

Phone: 262-251-7333 **Fax:** 262-251-2088

General inquiries info@hopenetworkinc.org

Membership & business admin@hopenetworkinc.org

Website: www.hopenetworkinc.org

Mailing address: PO Box 531, Menomonee Falls, WI 53052

Office location: Room #201, Good Shepherd Church,
N88 W17658 Christman Rd., Menomonee Falls, 53051

Office hours: 9am-2pm Mon-Thurs.

Staff: Liz Beaudoin, Executive Director
Jo Ann Durrett, Office Manager
Pauline Beck, News Editor

Editorial Researchers: Brad Klages, Alison Kriegel, Amanda
Parsons, Jackie Palank, Ben Pliskie, Barb Schmit, Karen, Pat Wille

Writers: Gail Grenier Sweet, Pam Oberg-Sutton, Emily Perkins

Board of Directors

Pauline Beck, director	Pamela Oberg-Sutton, director
Sarah Rigel, treasurer	Ally Spaight, director
Crystal Hearvey, vice president	Gail Grenier Sweet, secretary
Lisa Lopacinski, president	Judith Romelus, director
AJ Star, director	Nadiyah Groves, director

Mobile Legal Clinic

One-time consultation with an attorney offering free, brief legal advice on civil matters (family law, landlord-tenant issues, small claims, large claims, credit-consumer issues. Run by Marquette & Milw. Bar Assn. www.mkemobilelegalclinic.com

June 15 Despensa de la Paz, 1615 S. 22, 9-11am

June 24 Sixteenth Street Clinic, 2906 S. 20, 5-7pm

June 27 St. John's, 5500 W. Greenfield, 8:30-10:30am

July 8 Next Door, 5310 W Capitol, 3-5pm

July 9 All Saints Family Health Center 2400 W. Villard, 3:30-5:30pm

July 11 Bradley Crossing. 4375 W. Bradley Rd. 10-noon

July 12 Milw. Rescue Mission, 830 N. 19, 2-4pm

July 13 Mitchell St Library, 906 W. Historic Mitchell St, noon-2pm

July 19 Mill Rd. Library. 6431 N. 76, 2-4pm

July 20 Hope House, 209 W. Orchard, 10-noon

July 22 Sixteenth Street Clinic, 2906 S. 20, 5-7pm

July 25 St. John's, 5500 W. Greenfield, 8:30-10:30am

Aug. 2 Mill Rd. Library, 6431 N. 76, 2-4pm

Aug. 9 Milw. Rescue Mission, 830 N. 19, 2-4pm

Aug. 12 Next Door, 5310 W Capitol, 3-5pm

Aug 13 All Saints Family Health Center 2400 W Villard, 3:30-5:30pm

Aug. 17 Despensa de la Paz, 1615 S. 22, 9-11am

Aug. 22 St. John's, 5500 W. Greenfield, 8:30-10:30am

Aug. 24 Mill Rd Library, 6431 N. 76, 2-4pm

Aug. 26 Sixteenth Street Clinic, 2906 S. 20, 5-7pm

Sept. 6 Mill Rd. Library, 6431 N. 76, 2-4pm

Sept. 12 Bradley Crossing, 4375 W. Bradley Rd, 10-noon

Sept. 13 Milw. Rescue Mission, 830 N. 19, 2-4pm

Sept. 14 Mitchell St Library, 906 W Historic Mitchell St., noon-2pm

Problems with public benefits?

Legal Action of Wis: free legal assistance for W-2, food stamps, medical assistance, childcare, or other public benefit problems. Also: family law, landlord/tenant, school problems. Call 278-7722, 888-278-0633 for times/location. Other help: Repairers of the Breach, 934-9305; Welfare Warriors Helpline: 342-6662

Table of Contents

Pages 2-3 HOPE Network office information, emergency help, legal resources.

Pages 4-5 Nutrition, fitness

Page 6-7 Waukesha Co. events, grandmother's column

Pages 8-9 Scholarship winners

Pages 10-11 Fun things to do

Pages 12-14 Art, nature centers, Zoo discounts, museums

Pages 15-17 Family centers, parenting & breastfeeding

Pages 18-19 Pregnancy & parenting programs

Pages 20-21 Training for childcare providers, Head Start, job training, education, computer & home buyer classes

Pages 22-24 Trading Post/clothing bank, free or low-cost clothing, food pantries

Page 25 Single Mother Want Ads

Pages 26-27 Donor/volunteers

Deadlines for news items for upcoming issues:

Nov. 25, Feb. 25, May 25, Aug. 25 email: pbeck@sbcglobal.net

Keep our list updated

Even though you notified the post office with your address change, please call us with your new address! It's very important, and will allow us to continue sending this publication to you for free! Thanks!

Call us at 262-251-7333 or email admin@hopenetworkinc.org

See this newspaper on our web site

Have it at your fingertips, in your computer, for reference! A .pdf of the paper is on our site: www.hopenetworkinc.org

Go green! We can e-mail this paper

Contact us at admin@hopenetworkinc.org

Legal help, walk-in clinics

Centro Legal: attorneys provide free or low-cost representation for family law, criminal misdemeanor cases. Free short consultations for divorce, paternity, child placement, or child support issues every Wednesday afternoon; you must call 384-7900 for an appointment. Additional services are on a sliding fee scale. 611 W. National

Legal Aid Society free legal assistance for bankruptcy, civil rights, consumer problems, SS/SSI disability claims, healthcare power of attorney, wills, eviction, foreclosure, Municipal Court matters, IRS problems. Walk-in Intake 1:30-3:30pm Mon. & Wed. at 728 N. James Lovell St. Call for other locations: 727-5300

Marquette Volunteer Legal Clinics: Attorneys assisted by Marquette law students provide free, brief legal advice & referrals for non-criminal matters on a walk-in basis. Closed in Dec.

House of Peace 4-6pm Tues. Child support: 5-7pm 1st/3rd Tues 1702 W Walnut, 933-1300

United Comm Center 5-7pm Wed. Spanish/English. Child support: 5-7pm 2nd, 4th, 5th Wed. 730 W Washington. 384-3100

Milw Justice Center: 901 N 9. Rm G-9. Th 1:30pm and Fri 8:30am sign in; list fills fast; for Milw. Co. only. Th. 2-3pm landlord tenant matters 278-2910



HOPE Network Board of Directors: AJ Star, Lisa Lopacinski, Gail Grenier Sweet, Pauline Beck, Pam Oberg-Sutton, Judith Romelus, Sarah Rigel. Not pictured: Crystal Hearvey and newest directors Ally Spaight and Nadiyah Groves

Consumer Rights Clinic with Legal Action of Wisconsin
Free legal clinic for people who have unresolved debt issues, have frequent contact with debt collectors, or are considering bankruptcy as a debt solution. Consumer rights attorneys are on site to educate on consumer rights and answer debt-related questions. There are income restrictions to participate.

Call 278-7722 to learn more and schedule to attend a session.

June 18, 3-5 pm, Zablocki Library, 3501 W Oklahoma
July 16, 3-5pm, Washington Park, 2121 N. Sherman
Aug 20, 3-5 pm, Zablocki Library, 3501 W Oklahoma

Ride a Bublr bike for only \$8 all summer!

Milwaukee County residents who have a valid WIC or Quest card can apply for an \$8 Annual Bublr Bikes membership. (\$80 regular value!) Those in Housing Authority City of Milwaukee (HACM) residences also qualify.

Riders can take out a Bublr bike at any station, using their annual membership, and return the bike to any station. Must be age 14 or older. Bikes offer healthy exercise, easy transportation for short jaunts, and a chance to see your neighborhood close-up.

Apply at www.bublrbikes.org Info: 931-1121.

Where to call for food, help

24-hour helpline: IMPACT 2-1-1 To find food pantries, shelter, meal sites, family resources, health & social services: Dial 2-1-1 (at pay phone, dial free: 1-877-211-3380) or Search online resource directory 211wisconsin.communityos.org/ Available by phone 24 hours a day, 365 days a year

Domestic violence 24-hr. hotline: 933-2722
(Sojourner Family Peace Center, which also has a shelter)
Also, Milw. Women's Center Emergency Shelter: 671-6140
Waukesha: Women's Center 24-hr. Crisis Line 262-542-3828

Parent Helpline, 671-0566
Support groups & classes and confidential phone counseling about any parenting issue. Referrals to parent education, support programs, home visiting, and community resources

Legal information & referral services -- also see page 2:
Legal Action of WI 278-7722. For MATC students 297-6630
Nonprofit Legal Services of SE WI/Milw & Wauk: 839-8899

Community Advocates: May help with rent, housing, prescriptions, security deposits, utility bills. 449-4777.

Bureau of Milw. Child Welfare, 24-hr. emergency no. to report child abuse for Milw County: 220-SAFE (7233)

Central City Churches Outreach, 9:30-3 M-Th. Resource referrals. See: "Emergency Food" listing on page 22. Our Savior's Lutheran Church, 3022 W. Wisconsin. 342-1522

Cudahy and St. Francis, zip codes 53110/53235 744-0645
South Milwaukee, zip code 53172 only: 764-5340
Waukesha resources are listed on page 6.

See p. 22-24 for food pantries, clothing banks

Are you pregnant, just had a baby or have children under 5? WIC can help you

WIC provides food, as well as nutrition information, to help keep families healthy. WIC supplies food vouchers for pregnant women, mothers with babies under 6 mos., and breastfeeding women of babies up to one year and their children up to age 5. Must meet income guidelines to qualify. 1-800-722-2295

Call 286-8820 to make an appointment at these City of Milwaukee Health Dept. WIC clinics:

Northwest Health Center, 7630 W Mill Rd.;
Keenan Health Center, 3200 N 36th St;
Southside Health Center, 1639 S 23rd St.

Other area WIC clinics:

Sixteenth Street Community Health Center WIC Program, 1337 S. Cesar Chavez Dr, 643-7554
MLK-Heritage Health Center, 2555 N. King Dr. 267-6650
Aurora Health Care, 1218 W. Kilbourn, Ste 207 219-3210
Seeds of Health, 1445 S. 32, 385-5611
Wee Care Day Care WIC, 3882 N. Teutonia, 449-8460
Wee Care Day Care WIC, 5825 W. Capitol, 449-8470
Wee Care Day Care WIC, 4630 W. North Ave. 873-8801
Cudahy Health Dept., 5050 S. Lake Dr., 769-2229
Greenfield Health Dept., 7325 W. Forest Home, 329-5243
West Allis Health Dept., 7120 W. National, 302-8642

Waukesha County WIC, 514 Riverview Ave., Waukesha, 262-896-8440

Keep active, stay healthy!

World's Largest Swim Lesson: 10am-noon June 20, South Division High School. Coincides with lessons across the globe, spreading the word that "Swimming Lessons Save Lives." Free, followed by free Family Open Swim 11am-noon. Swim caps required; available on site: \$2. Milw. Rec. Dept. 475-8180

For city of Milw. residents: 7 swimming lessons \$32, classes for 6 mos. to 16 yrs. Call 647-6050 for more info. Milw. Rec. Dept.

Yoga & dance: increase strength, endurance, flexibility

Sowful Yoga & Dance at Fondy Park 9-9:45am on select Saturdays by Zen Butterfly. June 15, 22; July 6, 13, 27; Aug. 3-31. Fond du Lac Ave & Meinecke Ave. near Fondy Farmers Market. Free.

Free yoga & dance at Cathedral Square Market on Saturdays. Yoga: 9-10am thru Oct. 12; Zumba: 10:15-11:15am thru Aug. 24; Barre: 11:30am July 6, Aug. 3, Sept. 7; Latin Dance 11:30am-12:30pm June 29, July 27, Aug. 31. Free concerts every Sat. (not July 13).

Yoga at the Market: 8:30-9:30am Saturday at Hart Park by Inner Light Yoga Studios. Bring mat or practice on the grass. Free; donation accepted. Sponsored by Tosa Farmers Market

Monday Yoga: 6-7pm Mon. through July 29 (no class July 22) \$5 per class, or \$25 for six classes. No need to register. Neighborhood House, 2819 W. Richardson Place, 933-6161.

Saturday Morning Yoga at Urban Ecology Center, Menomonee Valley: 10-11am Sat. for adults and teens. Not June 22 or July 6. Sliding fee starts at \$5. 3700 W Pierce St, 431-2940

Free Yoga in the Park Morgan Triangle: 9-10am Sundays through Sept. 29. Led by Healium Hot Yoga. 3404 S. Kinnickinnic Ave.

Free yoga, workouts in Bucks Plaza

Fiserv Forum Plaza, 1111 Vel R. Phillips Ave. Thru last week of Sept. (except Barre thru Sept. 15) Info: deerdistrict.com/events

Yoga 7-8am Tues. & Thurs. All levels; beginners welcome.

Zumba Fitness 6:30-7:30pm Thurs. Mix low-intensity and high-intensity moves to Latin and World rhythms.

Barre District: 6:30-7:30pm Mon. Blends ballet, yoga, and Pilates for a hybrid full body workout. No dance experience needed. **45-minute** dynamic interval training workout, 7-8am Wed.

Bootcamp By Ambrose: 7-8am Mon. Cross-training session..



Ciclovía 2019

3-6pm Sept. 14

Ciclovía closes the street to automobiles and encourages moving by bike, walking, dancing, wheelchair, and more. This 5th annual event is family friendly, fun, and free. The route covers S. Cesar Chavez Dr. between National & Greenfield Ave., and has two west extensions along Washington St. (from Chavez Drive to S. 20th) and along Greenfield Ave. (from Chavez Dr. to S. 20th)

Twilight Centers Safe places for teens to hang out with their friends; open to students 12-18. On Sat. eves. families may attend (all ages, but enrolled in school). Free. Check mpsmke.com/twilight for summer sites, hrs. Drop-in activities may inc. open gym, game room, digital music production, pop-up art studio, college/career corner, writer's workshop, fitness, cooking classes, fashionWEEKLY, mentoring, dodgeball league, open swim (at select locations). 475-8811.

Walking and Biking Club: 10-11:30am Saturdays through Sept. 28. Walk or bike on the beautiful Hank Aaron State Trail. Get outside and enjoy nature while exercising with your family and community. Free. Meet in Mitchell Park Domes parking lot. 897-5187.

Walking Club at Burnham Park, 6-7pm Tuesdays through Aug. 27. Meet at corner of 35th and Burnham, across from El Rey. Walk for 30 minutes; then 30 min. of Zumba, salsa, or aerobics. Info: Delia 897-5293. *Sixteenth Street Community Health Center programs.*



June 29

11am-2pm

**Kosciuszko Park,
9th St. & W. Lincoln**

Fun family health event. Giveaway raffles of hundreds of bikes, locks and helmets while supplied last. Special guest appearances by Brewers players & wives. Kids' games, bike tune-ups, Zumba, salsa show, free healthy food, resource info. Sponsors: Sixteenth Street Community Health Center & the Brewers 897-5158.

Fitness in the Parks: 45-minute free outdoor classes by Milw. Rec. Dept. No need to register; just show up! Info: Erica, 475-8775. or mkrec.net/wellness Ages 6 and up welcome.

BOOT CAMP: Trick your body by having fun as a family while doing cardiovascular & strength exercises. Meet at park Field House.

- Burnham Park, 4-4:45pm Mon. June 24-July 29

- Custer 4-4:45pm Tues. June 25-July 30

- Playfield, 1345 W Columbia St, 4-4:45 pm Wed. June 26-July 31

- Emigh Playfield, 495 E Morgan, 10:15-11am Fri. June 28-Aug. 2

YOGA at Wick Field, 4929 W. Vliet. Meet on west side of park near MPS Office. Sat. 10-11am July 13, 27, Aug. 3, 17, Sept. 7, 14

ZUMBA: workout with dance steps synched to Latin music routines. Burnham Park Field House. Wed. 4-4:45pm June 26-July 31

WALKING CLUB: Each week you will start at a different coffee shop, walk the distance listed (1+ hrs.) and end back at the shop for a coffee. See Milw. Rec. Summer Guide, p. 65, for details. www.milwaukee recreation.net 10am-noon Tues. June 25-July 30

Free Community Swim

Children 7 years and under *must* be accompanied and supervised in the water by a responsible adult. At Twilight Centers, ages 12 & under must be with adult. Must have a towel, suit and swim cap. Swim caps available for purchase at pool for \$2,

Bay View High School Twilight Center Swim; Mon, Wed, & Sat; June 22-Aug 10; 6:05-7:15pm and 7:25-8:35pm

Gaenslen Elementary Family Swim Session; Wed; June 19-Aug 7; 6:55-8:25pm

Riverside Community Center Swim for All Ages; Tues & Thurs; June 25-Aug 8; 1:05-2:15pm & 2:25-3:35pm

South Division Twilight Center Swim; Mon-Thurs & Sat; June 22-Aug 10; 6:05-7:15pm & 7:25-8:35pm

Looking In, Looking Out

A column by
HOPE Network
founder
Gail Grenier Sweet



Visiting Uncle Jerry

Last fall, Jerry Hoerig went into hospice for stage four lung cancer. Jerry was 90, my favorite uncle, my godfather. Before the cancer, he lived about an hour away from me so I didn't see him other than at family reunions every July.

When I was a kid, I saw him often. He was a best friend and fishing buddy to my dad. Since Pop died in 1978 when he was 51, it was a kind of pleasure for me to watch Uncle Jerry grow old. He was handsome at every age, much like I'm sure my father would have been. Those two guys were physically good-looking, but more than that, they had a sparkle in their eyes and a charisma that drew people to them. That sparkle was full of good-natured teasing . . . and love.

Uncle Jerry was the only carpenter I knew when I was a kid. He built our basement rec room in about 1960. I loved to watch him work. He had huge hands, which at the time I didn't understand was a result of holding a hammer and hitting thousands and thousands of nails. That was before they used air compressors to drive nails.

It was no secret that Jerry was my mother's favorite brother, and she had three to choose from. They lived on a farm in tiny St. Michaels, Wisconsin. The two of them worked as a team mowing the grass between and around all the gravestones in the cemetery of St. Michael's church, where their dad was custodian. They also worked together milking cows by hand before and after school. Put a baseball bat in Mum's hands and she'd smack any ball so loudly it would hurt your ears. I'm sure her talent came from spending summers hitting balls back and forth with her brother Jerry. Jerry lost his sister Audrey, my mother, decades ago; he was devastated at her funeral.

When Uncle Jerry needed hospice care, my cousins chose a place close to where we all live. Now instead of a one-hour drive to visit him, I could stop by on my way home from work once a week. I was happy to do that; I like to visit people when they're ill, I don't know why. But with Uncle Jerry, things were a bit more difficult than with other elderly friends and relatives I'd visited. Maybe it was because they had all been female. Jerry was the first male I visited at the end of life, and like many I've known (including my dad), he was a man of few words. I stretched my imagination for what to talk about, especially because my aunt and cousins told me that his medicine made it hard for him to answer questions. I didn't want to make him feel frustrated. The Brewers were doing well, but he wasn't interested in talking about baseball.

But I kept visiting, and I found that touch was a good way to "talk." Once I scratched his back for 45 minutes and he said, "I could purr." We laughed.

Over the months, he went steadily downhill, from sitting in a wheelchair to mostly lying in bed. He got terrible bedsores that caused him great pain. He became sleepier.

I last visited him on the Wednesday before he died. It was the quietest – but most powerful – visit of all. The massage therapist

was giving him a hand massage on his right hand, and she let me join her. I worked on his left hand. She showed me how to move my fingers and instructed me not to press too hard. She wore rubber gloves. Uncle Jerry, moving in and out of wakefulness, said, "Take 'em off," but she didn't.

When it was time for her to go, I continued massaging Uncle Jerry's hands. Suddenly he grabbed both of my hands. His big fingers were entwined in mine. He opened his eyes and looked right into my eyes. He said, "Audrey" – my mother's name. I felt something like I've never felt before. I don't have a word for it. It was a sort of electricity stemming from our hands, but at the time all I felt was love like I've never felt before – almost like we were both on fire with a love that enveloped us.

Many people say "I hate to go to hospitals." I'm writing this little story to encourage you to visit your loved ones in hospitals, in hospice, in home care. You never know what will happen. Take your child along!



Uncle Jerry with
his sister, Audrey, on
a tandem bike.



Founder's book sales benefit nonprofits

Gail's books are on Amazon.com: *Calling All Horses*, *Dessert First*, *Dog Woman*, *Don't Worry Baby*, and her latest: *Young Voices from Wild Milwaukee*. News editor Pauline Beck said: "Her books have benefited HOPE Network, and her newest book helps the Urban Ecology Center." For more information or to have her speak at your book club, church or civic group, contact her at gsweet@wctc.edu



Select us as your charity, shop at AmazonSmile, and they'll donate 0.5% of the price of your purchases to us. It's the same as shopping with regular Amazon, except we benefit each time you purchase! Go to smile.amazon.com. When prompted for the charity name, enter our IEN number: 39-1475304. You may also enter HOPE Network but there are other charities with the same name.

Toddler boys' clothing needed

Maybe boys are rougher on their clothes, or maybe girl clothes are just more fun to buy. With summer on the horizon, our Mothers Trading Post is particularly in need of new or gently used *clean* toddler boys' clothing (sizes 2T-5T). Bring donations to our office: Room 201 at Good Shepherd Church, N88 W17658 Christman Rd., Menomonee Falls. For other Trading Post needs, check out our wish list: <https://amzn.to/2HhyOdf> Don't forget to select HOPE Network as your Amazon Smile charity!

Resources in Waukesha County



Retzer Nature Center fun: p 13

La Casa De Esperanza Early Head Start

Free program for pregnant mothers, and for families with infants to age 3; 410 Arcadian Ave. Call Mary Beth 262-225-9091

Get OSHA 10 & Forklift certified in 2 weeks -free! Introduction to Construction Training will help you gain entry into construction, manufacturing & warehouse/distribution. Construction math, tools/materials, and safety training. June 10-19 & July 15-24. La Casa de Esperanza, 134 Wisconsin. Vanessa, 262-899-6790

Waukesha food, clothing, resources

Waukesha Co. only: Hope Center, 502 N. East Ave.; furniture, nurse, clothes, household items, 5:30pm meal M-W-F 262-549-8726 Hebron House of Hospitality: families/single women shelter, 812 N East Ave, 262-549-8722. Hebron, Siena & Jeremy Houses, no-interest loans, housing specialist, transitional living apts., expedite SSI/SSDI disability 262-549-8720.

Waukesha The Clothing Shop has casual clothing & career-type clothing. For residents of Waukesha Co. M-F noon-4pm, Tues. & Sat. 9:30-11:30am, and Wed. 6:30-8pm. HOPE Center 502 N. East Ave., 53186. 262-549-8726

Waukesha Co. Food Pantry: 1301 Sentry Dr. 1-3pm M-F, 6-8pm Th, 9:30-11:30am Sat for Waukesha County only 262-542-5300. 1st Call for Help crisis line: 262-547-3388

Waukesha St. Vincent de Paul Thrift Store, S30 W24836 Sunset Dr., 9am-8pm Mon.-Sat.; 11am-6pm Sun. 262-547-3281

Sussex-Area Outreach Services (SOS), in Civic Center Bldg, N64 W23760 Main St., Sussex. 5:30-7pm M 1-2:30pm W 10-noon Sat. Clothing bank household & small appliances. Must live in Hamilton school district. Food pantry/emergency services. 262-246-9860

Lake Country Caring: only for residents of Waukesha, Washington, Dodge & Jefferson Counties. Free clothing, hygiene products, household items, furniture and appliances. Must meet with intake volunteer to determine eligibility. 603 Progress Dr., Hartland. 262-367-6670

Housing Resources Inc., a HUD approved organization, offers workshops for homebuyers or homeowners (listed below). For more information, call 262-522-1230 or visit www.hri-wi.org.

Homeworks Workshops for first-time homebuyers. Real estate experts help buyers avoid common pitfalls when buying homes. Learn to improve credit, maintain savings, and budget. Hear about grants to help with down payment & closing costs. June 15 or July 20 or August 17 at 217 Wisconsin Avenue #411, Waukesha, 10am-4pm.

Child health & parenting services are provided free by the home visiting nurse program of the Waukesha Co. Public Health Dept.. Nurses can make referrals and help you with health care, dental care, counseling, transportation, and WIC nutrition. 262-896-8430
Prenatal care coordination Waukesha Public Health: 262-896-8430

Parents Place - Waukesha

1570 E Moreland, Waukesha. Register for classes, free childcare, Fees may be reduced or waived. Call for other classes 262-549-5575
Understanding Anxiety, 5:30-7pm June 19 & 26, or Aug. 7 & 14. For teens and their parents.

Dealing with Disobedience, 5:30-7pm June 24

Self-Regulation, 5:30-7pm July 8 & 15, helping kids develop healthy coping skills to use when stressed; ages 5-11 & their parents

Love & Logic, practical, effective parenting techniques, 5:30-7pm July 16, 23, 30, Aug. 13.

Teen Anger, 5:30-7pm Aug. 5, 12, 19. Parent & child class.

Adult Anger, 5:30-7pm Aug. 6, 13, 20.

Fun in the Park, 10-11:30am June 19 & July 17. Yard games, nature crafts, face painting, bubbles, ice cream, and more.

Creative Crafts for Kids, 10-11:30am June 29 & July 24. Parents & children work together to create bird feeders, suncatchers, slime...

Playgroup for parents, grandparents, primary caregivers & children. 9:30-11am every Wed. (Spanish group 9:30-11am Tues.) Free.

Triple P (Positive Parenting Program): Sit down with a Triple P accredited parent coach to problem-solve & get advice on a specific behavior problem. One-on-one or small group. Call for appointment. For parents of ages 2-12.

Also: **Eating Smart, Being Active** -- see info on bottom of p. 26.

The Women's Center - Waukesha

505 N. East Ave, Waukesha. 262-547-4600

24-Hour Hotline: 262-542-3828 or 888-542-3828

Open to all, including adult, child, & teen survivors of domestic & sexual violence. *Family Support Project* provides free counseling for stress/anger management, child development, positive parenting & life skills. Free childcare available. Call for workshop and support group topics, 262-547-4600, or visit www.twcwaukesha.org

Group for Survivors of Interpersonal Violence, 6-7:30pm June 26, July 10, July 24 (every 2nd & 4th Wed.) Join other survivors of domestic and sexual violence to learn, share and grow in order to move beyond trauma. Instruction on a healing topic, and time to share and process with other group members. Free childcare, by appt.

Positive Parenting: How to Cope with Anger in a Healthy Way, 6-7:15pm June 18 & 25 (1st session was June 11). Program for parents with separate session for ages 6-10. Parents who wish to have their children participate must first speak with a facilitator. Register: Anna B. or Rachel at 262-547-4600. Free childcare, by appointment.

- See **Employment & Life-Skills** on p. 21

Low-cost dental care in Meno Falls, Waukesha includes service to 5 Milwaukee zip codes

Waukesha County Community Dental Clinics provide dental care to area low income individuals at:

- N81W15062 Appleton Ave, Menomonee Falls

- 210 NW Barstow St., Ste. 305, Waukesha

Service is provided to those whose income falls below 200% of the Federal Poverty Guidelines, and do not have dental insurance, or have Medicaid insurance. Patients without insurance pay between \$25 and \$35 for the initial exam and cleaning.

Patients must live in the Community Memorial Hospital service area, which in addition to nearby communities in Waukesha and Washington Counties, also includes Milwaukee zip codes 53218, 53222, 53223, 53224, 53225. wccdc.dentalclinic.org 262-522-7645

Lead poisoning prevention:

Free water filters based on priority

Check a list to see if your home has lead laterals at WIC, at this website <http://bit.ly/2Xlfg3c>, or by calling Milw. City 286-2830

Water filters are being distributed through the City of Milwaukee Health Department (841 N. Broadway) and the Social Development Commission based on priority.

- The top priority is for the following individuals and locations, with or without a lead service line, in the City of Milwaukee: infants who are bottle-fed, children with reported elevated, blood lead levels greater than 20 ug/dL, and State of Wisconsin Licensed or Certified childcare facilities.

- The second priority for filter distribution will be the following populations living in the City of Milwaukee served by a lead service line: children under 6 years of age, children with blood lead levels greater than 5 ug/dL, pregnant women or women who may become pregnant, and breastfeeding women.

Water filters are also available to families that qualify for WIC at the following WIC locations: MLK Heritage, Wee Care, Seeds of Health, Sixteenth Street Community Health Center, and West Allis (City of Milwaukee residents only).

Boerner Botanical Gardens

9400 Boerner Dr. Hales Corners. Admission is free first Tuesday of the month to Milwaukee Co. residents. Regular admission if Milw. Co. resident: adults, **\$6.50**; ages **6-17**, **\$4.50**. **525-5653**

Enchanted Evening: 6:30-8:30pm July 28. Children and parents will enjoy whimsical crafts, treats, and entertainment all evening long. Visitors are welcome to dress as a favorite fairytale character and join the fun! Free.

Children's Craft & Story Time Mondays in July, 1-1pm, free with garden admission. A different craft and story each week!

Wed. Night Garden Walk w/gardening expert. 6-7:30pm thru Sept. 11. No walk July 3/Aug. 14. \$5

Boerner by Moonlight Walk, 6:30-8pm Sept. 6. Families will be guided around Boerner for this special nighttime walk. Discover what nocturnal creatures come out at night in the Gardens! \$5.

Free Concerts: 6:30-8:30pm Thursdays through August. Free admission to gardens after 6pm.

Make Music Milwaukee is a live, free musical celebration on June 21, with concerts on streets, sidewalks, and parks across the city. Event is held on the longest day of the year in 750 cities throughout the world. A collection of pop, blues, rock, Americana, bluegrass, jazz, hip-hop, or indie-folk performances at:

Rebecca's Front Porch, N Hackett Ave 5:30-6:30pm
Center Street Library, noon-1:45pm, 2:30-3:45pm
Harbor Chase, 1111 E. Capitol Dr, 2-3pm
Riverwest Radio, 824 E. Center St, 3-4pm, 5:30-6:30pm
Saint John's on the Lake, 1840 N. Prospect 11-noon, 1-2:15pm
Lakefront Brewery, 1872 N. Commerce St, 5-8pm
Fiserv Forum Plaza, 1111 Vel R Phillips St, 4:30-5:30pm
Milwaukee Ale House, 233 N Water St, 3-4:30pm
Beulah Brinton House, 2590 S Superior St, 3-8:30pm
Sabrose Café & Gallery, 3216 S Howell Ave, 10am-noon
Also at these libraries: Capitol, MLK, and East
Details at www.makemusicday.org/milwaukee

See what's new at hopenetworkinc.org

Our revitalized website launched in mid-April. Thank you to Tammy Poppie at Renovate Digital for developing the beautiful – and functional – site and facilitating a flawless transition.

Check it out today!

You can now:

- Become a member online
- Find links to the resources in HOPE Network News
- Use any device to visit our site
- Read our new blog (seeking contributors!)
- Much MORE!

Online only! Blog posts featuring updates from past scholarship winners.



Shana Douyette, 2009 scholarship winner, pictured with son Caleb, shares 10 years of news with blog readers.

Free Saturday Clinic for the Uninsured

(1121 E. North Ave.) provides free health care through a team of physicians, pharmacists, & students at Columbia St. Mary's Family Health Center every Saturday from 8-11am. Walk-ins (1st come/1st served) with many registering by 7am. Care includes pharmacy, lab services, mammograms, well-women visits, referrals to specialists, dental hygiene services, diabetic eye screenings, psychiatry, dermatology. Call 588-2865 for pediatric appts (<18 yrs) or information.

First Breath: Helps pregnant women, new moms, and their family members quit smoking. Participants receive free one-on-one counseling and support from a First Breath Quit Coach. Services include: home visits, phone calls, text message support, and smoking breath tests (to monitor progress). Participants receive Wal-Mart gift cards for completing sessions.

Interested in joining First Breath? Ask your doctor or nurse or contact the Wisconsin Women's Health Foundation at 1-800-448-5148 www.joinfirstbreath.org, or text "FB INFO" to 97779.

Healthcare providers interested in referring their patients or clients to First Breath should view www.providefirstbreath.org.

A healthy, alcohol-free pregnancy: My Baby & Me participants receive free education and text message support from a trained pregnancy educator. Women who need extra help can receive free one-on-one coaching from a trained specialist.

Interested in joining My Baby & Me? Ask your doctor or nurse, or call the Wis. Women's Health Foundation at 1-800-448-5148

Philippine Center Health Fair. 10am-3pm Aug 17, Zablocki Park. Free family health screenings, including allergy, asthma, BMI, dental, breast & skin cancer, diabetes & hypertension. Also: games for kids, music, dance and safety resources.

With advance registration to nievesc.soriano@gmail.com or mgm_rn@yahoo.com, free cholesterol screenings and physicals for school, sports and camp are also provided.



Grant winner: Chassidy Sparkman

My name is Chassidy L. Sparkman, and I'm a 23 year-old mother of a one year-old daughter, Lauren R. Harrington. Having Lauren is one of the best things that has ever happened to me. Another is having the opportunity to go to college to pursue a career. I've always dreamed of becoming a dental hygienist, so I decided to apply for the dental assistant program at MATC. After successfully completing the first semester, I know I have what it takes to continue this journey.

My daughter keeps me motivated. When I don't feel like studying, she brings me books to read to her. Reading together is one of many things we like to do together. We also enjoy going to the park, singing and playing dress up.

Having her encourages me to stay focused and push through, even when the days seem rough. I've overcome many obstacles, depression and stress. I've learned when the road seems rough, you must press your way through. I got through many things by praying and knowing that God would see me through them. I also have a good support team. My mom, brother and boyfriend have supported me through my ups and my downs. Whenever I need to talk to them, they are there for me without criticism.

When I am not in school, I try to relax and unwind. It is doable even with a small child. Once that child is down for a nap or even for the night, take some time for yourself. I set small weekly goals to keep myself going like making sure the laundry is done, meal prepping and staying on top of keeping my house clean. When you set goals for yourself, big or small, try to keep them. But never beat yourself up for what you couldn't or didn't finish that day. Know that the next day is already ahead of you and that you must keep your strength for things ahead.

Every issue we publish profiles written by our scholarship winners.

Thanks to all of our donors to the scholarship fund listed on page 1. This is an ongoing program of HOPE Network, since 1988, and donations are accepted at any time.

You can see how much this grant means to our winners. One winner replied to the good news via email:

"This is wonderful news! Thank you so

much! You made my day! I was just worrying at work about whether I would have the funds available in my bank account for the first installment of my tuition payment, and dreading purchasing my textbook for my summer course.

"This puts my mind at ease a great deal! Thank you again!"

HOPE Network scholarship winners

Top row:

Jessica Derosier, Biological Science, UWM
Joana Lozano, Registered Nurse, MATC
Kayla Davis, Community Engagement, UWM

Bottom row:

Nigeria Smith-Beckom, Registered Nurse, MATC
Kiya King, Business & Management, Cardinal Stritch
Margie Albizures, Criminology & Law, Marquette
Chassidy and Melinda are shown in their profiles.



Scholarships for GED or HSED grads

The Wis. Literacy SE Regional Scholarship offers awards to GED/HSED graduates who plan to attend college or technical school.

Scholarships of \$1,000 may be awarded, which may be used to offset the additional expenses of a college education such as childcare or transportation costs. Applicants must have received a Wisconsin GED or HSED within the last 5 years. Apply by any of these deadlines: July 1, Nov. 1, or Mar. 1.

Check www.wisconsinliteracy.org under "Events & News" then "News" for the application form. Info: Marsha Connet, 262-930-3465.



Grant winner: Melinda Gayle



My name is Melinda Gayle. I am the single mother of a beautiful princess. I became a mother at the young age of 17, during my junior year of high school. When I found out I was pregnant, I thought my life was over because of the stigma that surrounded teen-

age parents. Many nights I cried myself to sleep. Many nights my daughter and I cried together.

Even though I knew this road was not going to be easy, I was determined not to break or give up. My last years of high school, I challenged myself to persist as a student and as an athlete.

I received a scholarship to attend UWM and run track as a collegiate athlete, which was my dream. I am very thankful for the opportunity!

Four years and three transfers later, I am now a senior in nursing school. I also serve as the president of the Black Student Nurses of Alverno organization, and am a tutor for multiple nursing courses.

I'm thankful to the man above and to my family. They stuck by my side every step of the bumpy road and believed in me even when I didn't believe in myself. I am thankful for the trials and tribulations I went through to become the woman I am today. I know there are many more storms to come, but I am ready because I have the Lord by my side.

My daughter is my motivator! I want her to see that, even though I was young when I had her, I still achieved my goals.

My advice to other mothers is to NEVER GIVE UP! Your child or children look up to you and watch your every move. You must be strong for them, even when you think you can't make it. Take risks and step outside the box. ANYTHING IS POSSIBLE if you put your mind to it!

MATC Promise for Adults

Provides eligible students up to 75 credits of free tuition – after other scholarships and grants are applied – to complete an in-demand associate degree. Apply by July 26 (priority deadline is June 28) at matc.edu/promise to get started this fall. The Promise also provides support to help students stay on track to graduate and connect to a career.

Eligible students:

- Are 24 years or older as of Dec. 31, 2019, and live in the MATC district
- Have an annual family income of \$56,000 or less, based on fed. student aid application
- Have earned at least six college credits but have not earned an associate or bachelor's degree – students must have been out of college for at least two years

Info: 297-6668 or matcpromise@matc.edu

Anthem 

Looking for ways to stay healthy?

Ask the Anthem experts.



Add vegetables to your plate. Get more tips at www.anthem.com/wisconsin.

Anthem Blue Cross and Blue Shield is the trade name of Compcare Health Services Insurance Corporation, an independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

AWIMKT-0264-19

Gilbert Brown All-Pro Football Camp

Fun and football instruction, led by a host of coaches who have extensive football knowledge and experience working with children. Free. Sign up any day on site or register at gilbertbrownfoundation.org 943-3366.

North Division High School, July 9, 10, 11. Ages 8-12: 8:30am-noon with lunch; high school students: 2-5:30pm with meal.



National Nights Out provide family fun & strengthen neighborhoods

Brookfield, Civic Plaza, 2100 N. Calhoun, Aug 7, 5-9pm. Kids' activities, food, entertainment, dunk tank, K-9 unit, kids' ID kits, Community Walk Against Crime, Free t-shirts. 262-787-3700

Cudahy, Cudahy Library Parking Lot, 3500 Library Dr, Aug 1, 4-8pm. 769-2204

Franklin, Franklin Library, 9151 W. Loomis, Aug 5, 6-9pm. Fire and police vehicles, free safety materials.

Greenfield, Konkel Park, 5151 W Layton, Aug 6, 5:30-8pm. Free brats & hot dogs (while supplies last), Dunk the DARE Officer, inflatable rides, games, entertainment, sky divers (weather permitting)

McGovern Park, 5400 N 51 Blvd, June 18, 4-8pm, 461-0839

Muskego, Veterans Memorial Park, W182 S8200 Racine Ave. Aug 1, 5-9pm.

Oak Creek, American Legion Hall, 9327 S. Shepherd Ave. Aug 6, 6-9pm. Displays, interactive exhibits, performances & food.

South Milwaukee, 2424 15th Ave, Aug 14, 5:30-9pm. Demonstrations, games, raffles, food, prizes and fireworks. 768-8060.

St. Francis: Vretnar Park, 4230 S. Kirkwood Ave. Aug 7, 6-9:30pm. Police and fire equipment, resource booths, inflatables (bounce house) for kids, facepainting. Free giveaways: ice cream bars and kids' blinkie. Concludes with fireworks. 481-2300

Washington Park Bandshell, 4434 W Washington, live entertainment, free food & beverages, games, inflatables, raffles, prizes & giveaways, community resources Aug 6, 2-6pm, 344-5460.

Wauwatosa: Milwaukee Co. Zoo, July 31, 4-8pm. Health & safety displays, music, coloring contest, scavenger hunt. Registration \$8 per person (under 2 free) includes admission to Zoo & free parking, T-shirt. Register and pay at Little Read Book Store, 7603 W. State. Form can be downloaded at www.tosasnightsout.org/event-register/

Waukesha, Frame Park, Rotary Bldg. grounds, Aug 7, 5-8pm. Safety info, free food, kids' carnival games and prizes, inflatable jump house, live music (DJ Ricky Z) 262-524-3831.

Wedgewood Park 7201 W Wedgewood, July 29, 6-8:30pm.

West Allis, West Allis Farmer's Market, 65th & National, July 22, 5-9pm. Music, games, inflatables, face painting, food and health fair

Free admission, discounts to summer festivals



With donation of canned peaches or pears in 100% juice for Hunger Task Force, at these festivals at Henry Maier Festival Park
Polish Fest June 16, 2-7 FREE with 3 or more cans
Summerfest June 26, 12-3 FREE with 3 or more cans and
June 30, 12-3 FREE for 1st 2,500 people donating 3 or more cans
Festa Italiana July 21, 9-11 am with at least 1 can
German Fest July 28, 12-3 pm with 3 or more cans
Irish Fest August 18, 8-11 am with 3 or more cans
Mexican Fiesta August 24, 12-3pm with donation

Below are festivals on Summerfest grounds; see right for fests/events at other locations.

Festa Italiana July 19-21: Fri noon-3pm those w/physical challenges +1 caregiver free, but must get ticket in advance at Italian Community Center. On Sun., free for firefighters, law enforcement, teachers, military + 1 guest, with ID. On Sun. free with entrance for Mass BMO Harris Pavilion with food donation; gates open at 10:15am for 11am Mass, Summerfest grounds. 233-2808

German Fest July 25-28, FREE to active military and families w/ ID. Fri \$3 admission for all, free for veterans w/ ID. FREE 12am-3pm those w/physical challenges +1 caregiver free. Sat. free admission for Tri City Customers w/ debit/credit card noon-3pm (first 100 customers). Sunday FREE South Gate 11:30-noon, free with 3 or more cans peaches or pears in 100% juice.

Black Arts Fest mke Aug. 3, noon-8pm Summerfest grounds. Festival honors African and African American culture. Entertainment, kid's activities, marketplace, food. Open to all, no matter what ethnicity. Kids 7 and under free. Save 30% on an adult ticket, at the website: <https://blackartsfestmke.sfgrounds.com>

Irish Fest: Aug. 15-18. All days free to kids 12 & under. Thurs. \$5 or free with school supply donations (Preview Night, so only a portion of Fest open). Sat. 12pm-4pm free for first responders and military & veterans + one guest, w/ ID. Sun. free w/food donation at least 3 non-perishable (canned peaches or pears in 100% juice preferred) by 8-11am (9:30am Mass), \$3 discount for college students w/ ID 2-7pm. Summerfest grounds. 476-3378

Mexican Fiesta Aug 23-25, noon-midnight. \$17, ages 8 and under FREE w/adult. Free admission Aug 23, noon-3pm. Free admission Aug. 24 & 25 noon-1pm w/military ID, seniors, and people w/disabilities. Music, cultural village, dance. Summerfest grounds 383-7066

Free driver's permit class helps adults obtain a driver's permit and drive legally. Classroom instruction helps you understand the rules of the road and driver safety while preparing you for the written state driver's exam. 10am-1:30pm Aug. 12-15. Must attend all 4 days. You must have no unpaid tickets; bring a pen & paper and a Wis. DOT Motorists' Handbook (get at the DMV); and a state of Wis. ID card. Save \$15 off the \$35 permit fee if complete program & pass the test. New Concept Self-Development, 1531 W. Vliet. 344-5788

Free Summer Camp ages 9-12, noon-3pm Weds thru Aug. 21. Games, hiking, explore Pulaski Park, and learn about the KK River. Swim lessons. Pulaski Park, 2701 S. 16. For info or to register, call Elizabeth at Sixteenth Street Community Health Center, 897-5622.

Fun things to do

Milw. Co. Parks Information: 257-7275

Free or reduced admission days for Milwaukee County residents with proof of residency:

- The Domes: free on 1st Thursday of the month 9am-5pm.
- Zoo: see Zoo article on p. 14 for reduced rates
- Boerner Botanical Gardens: 1st Tues. of the month starting in May

Free to anyone; need not be Milw Co. resident:

- Milw. Public Museum: Free 1st Thursday of month (closed July 4)
- Art Museum: Free 1st Thursday of the month (open July 4)

3rd Annual Promise Zone Bike Ride, 1:30-3:30pm June 22, Garden Homes Park, 2600 W Atkinson. Free. Slow-paced, family-friendly 7-mile bike ride features a stop at Sherman Phoenix. Free mobile repair station by DreamBikes for tune-ups. We also have a limited number of bikes available to rent for the ride, free of charge. Reserve by contacting Sarah at 444-8200 x.8104. We will also have snacks & giveaways.

Civil war camp, battle re-enactment: July 20-21, Old Falls Village, Meno. Falls, Pilgrim Rd/Hwy Q. Battle re-enactment at 2pm both days. Storytelling, cooking demos, scavenger hunts, weapons drills, games, food and ice cream social. Adults \$6, under 12 \$2, under 5 free., Sat. 10am-5pm/Sun. 10am-4pm. 262-250-3901.

Kids Bowl Free Registered kids receive 2 free games of bowling each day of the KBF program. Must register on website. <https://www.kidsbowlfree.com/> See website for dates, times and age requirements. Bowling shoes required, rentals available. Milwaukee: Brown Deer Lanes & JB's on 41. Menomonee Falls: Kruegers & Village Bowl. Sussex: Sussex Bowl. Cedarburg: Circle B Recreation. Muskego: Alpine Lanes.

Events at Alice's Garden range from meditative to fun to educational

Alice's Garden: A two-acre, urban, community garden nurturing families and organizations to reclaim and nourish cultural and family traditions connected to land and food. All events are free. Bring chair or blanket. 2136 N. 21 St. 687-0122. Also see Facebook sites.

- Artisan Market food, craft/designer items 5-8pm Tue thru Aug 27
- Yoga in the Garden: Tues. thru Sept 24, 6-7pm. Free. All skill levels welcome. Children should be accompanied by adults.
- Guided Labyrinth Walks, Wed. thru Aug 28. Drop in between 6-8pm for walking, reflecting, searching, renewing.
- Brown Boys Bonding Thru Books: 6-8pm June 20, July 11 & 25, Aug. 8 & 22. Games and activities to enhance reading, grammar, and writing skills. For boys of African, Latino, Asian, African American, and Native American heritage.
- Cooking with Joya: 5-8pm June 25. Famous chef Adjoa Courtney and plant-based cooking. Soul food, Afro Caribbean, French cuisine
- A Healing Grove, Aug 1-8, 11am-1pm, 6-8pm. A week of remembering, honoring & celebrating our historical & present journey with land, food & one another. Speakers, film, yoga, African dance,
- Learn from Master Gardeners, 6-7:30pm. June 25 July 23 Aug 27
- Sacred Circles of Healing: Reclaiming & Nourishing Family Tra-

Family Kite Festivals

Fireworks Kite Festival July 3, Veterans Park, 11am-6:30pm then 7:30pm until fireworks start at 9:25 pm. Bring kites to fly.

41st Annual Mots Kite Fest, Sept 7 & 8, Sat 10-6pm, Sun. 10-5pm, Bring kites to fly; grand launch

Sat noon. Info: 273-5483 or 425-9993 Sponsors: Gift of Wings at www.giftofwings.com, Kite Society of WI & IL, and others



Discounts or free events in area

Downer Classic, June 29. Cyclists from around the world compete in races 10:05am-7pm. Family fun. Downer Ave. Free to spectators

Bastille Days 11am-11:30pm July 11-13; 'til 8pm July 14. Street performers, roaming minstrels, music, international marketplace. Kid's Day 10am-3pm Sat. Kilbourn/Jefferson St. Free. 271-1416.

African Cultural Festival July 13, 11am-8pm Brown Deer Park. African music, drumming, dance, poetry, ethnic food, kid's activities, fashion show, health fair. 7835 N Green Bay 737-9837. Free.

Waukesha Co. Fair July 18: noon-10pm \$1 adult, \$1 park, \$1 ticket rides at 1pm; July 19: \$5 until 5pm. Free admission for Boy/Girl Scouts when scout leaders submit form to Fair by July 12. July 20: \$5 off until 5pm w/coupon from donation July 2-19 to Wksh or Ocon St.Vincent de Paul. July 22: \$5 until 1pm. From I-94 Hwy. J exit: south to Northview Rd., west to fair. 262-544-5922

Brady Street Festival July 27, 11am-midnight. Magic, art station, BMX bike stunt team, pro wrestling, cave & rock climbing wall, music, jewelry & pottery crafters, food. Free. Brady St. between Van Buren St. and Farwell Ave. 272-3978.

Puerto Rican Family Festival Aug 4 11-7pm. Traditional music, food, dance, home run derby, salsa dance contest, car show, drum circle, health fair, children's area, free. Humboldt Park 3000 S. Howell

Indiafest: Aug. 17, 11am-9pm. Food, traditional music, costumes, dance, cultural shows, family fun. Humboldt Park, free. 243-9397

TosaFest Sept 6: 6-11:30pm; Sept. 7: 11am-11:30pm. Music, fine arts, petting zoo, rides, kids activities, food. 70th & State Sts. Free. On Fri., balloon art (6pm-8pm) and Sat., face painting (1-3pm).

ditions. Thurs. 6-8pm. June 21: Restoring our relationship with the Earth, July 11: Living with sorrow, July 25: Strengthening relationships Aug 22: Discernment. Open conversation, deep connection with your Self and others. Led by Demetrius Brown, Venice Williams

-- Bembe' Drum & Dance in the Garden. 7:15-8:15pm, Drum circles with Bembe' youth performance groups and special guest performances. June 18, June 25, July 2.

All Together: A Milwaukee Sing-In on June 22

-- At Victory Garden Initiatives Farm, Concordia & Palmer: 9:30am-5pm workshops and smaller song circles. \$70-\$85 with the eve. Sing-in included. Work and scholarships exchange available.

-- At Alice's Garden, 2136 N. 21: 5-6:30pm Potluck. Bring your own dishes/utensils & something to sit on. 6:30pm-9:30pm All Together Milwaukee Community Sing-In Bring a lawn chair or blanket. Suggested fee: \$15-25. Children under 16, with an adult, are free.

Per the organizers: "We are creating this event to empower, inspire, and to feed what we want to grow... and heal cultural and racial divisions and inequities within our communities. This event is for everyone. No one who wants to sing will be turned away for lack of funds." Info: Pink House Studio, 975-2521 MKEsingIn.org

ART workshops ART free classes ART camps

Walker's Point Center for the Arts

839 S. 5 St. www.wpca-milwaukee.org 672-2787.

Eight camps for ages 6-12, focusing on a different theme or medium: **Multimedia** June 18-21, 1-5pm; **Ceramics** June 25-28, 1-5pm; **Textile /Teen Digital Art** July 2 & 3, 1-5pm; **Printmaking** July 9-12, 1-5pm; **Dance** July 16-19, 1-5pm; **Botany & Art** July 23-26 1-5pm; **Lynden Sculpture Garden** July 30-Aug 2, 9am-5pm; **Storytelling:** create contemporary folk art Aug 6-9 1-5pm. Most 4-day camps are \$40 for residents of zip code 53204, \$80 for Center members; \$125 for nonmembers. Partial scholarships & payment plans are available. Contact oscar@wpca-milwaukee.org or 672-2787

Free family pass to Art Museum

HOPE Network has a limited supply of free family passes from the Milwaukee Art Museum. If you are a single mother and would like one, email or call us with your postal mailing address: 262-251-7333 admin@hopenetworkinc.org The pass is valid for free admission for up to two adults IF there is a child age 12 or under with you. (Children are always free.) It can be used multiple times through Sept. 2.

"Eight reasons you & your kids will love the Milwaukee Art Museum"

This blog by HOPE Network's executive director, Liz Beaudoin, is a "must read"! Filled with practical, fun tips to get the most out of your visit. On HOPE's website at <http://bit.ly/2XqU0TE>

Milwaukee Art Museum

Free to all 1st Thurs. of the month 10-8pm. including July 4. Reg. admission: \$19 adult; ages 12 & under free. Wis. K-12 teachers free

Family Sunday: 10am-4pm July 21 **Brush with Greatness.** Explore contemporary painting, with a focus on the giant, gestural works of artist James Naess, and even meet the artist himself! Create your own paintbrush, experiment using a machine to make a painting, and "act out" brushstrokes with help from guest dancers.

Family Sundays are free for Boys and Girls Club members & their families with membership card or invite sheet. Also free to ages 12 & under, but must be accompanied by adult paying \$19 admission. Or, ask HOPE for a free family pass (see above)!

Kohl's Art Generation Studio: 10am-4pm (Thurs 'til 7pm). Create art inspired by works in the Museum. A different exhibition is featured each month; activities are always changing.

Also: **Haitian Art Lab's** music, photography, family activities. **Story Time in the Galleries** 10:30am every Sat. Children hear a story that relates to a work of art, and then make their own drawings.

Family Free Days at Lynden Sculpture Garden

10am-4pm June 22 and July 27. See the 50 monumental sculptures sited across 40 acres of park, pond & woodland. Meet artists from the Call & Response program. "Home" is the theme June 22, celebrating Milwaukee's refugee communities through art, food, and performance. July 27 features family-friendly activities and performances.

Check closer to events re: shuttle schedule to grounds at website www.lyndensculpturegarden.org as the Lynden parking lot may be reserved for handicap access. 2145 W. Brown Deer Rd. 446-8794.

Above the Clouds free classes

Held at various community sites through July 27. Offers free Christian-based arts education programming for ages 5-17. 344-3019. www.abovethecloudsmilwaukee.com

-- **Greater Life Community Center**, 2432 N Teutonia, starts July 8 Martial Arts; July 8 - 9; 2:30-3:30pm; ages 8-12 Beginning Ballet; July 22-25; 10-11am; ages 5-9 Also five upper level classes of ballet; June 10 - July 22; see website for details & ages

-- **Journey House**, 2110 W Scott St. Beginning Ballet; July 8-11; 1-2pm; ages 5-9

-- **New Beginnings Are Possible**, 6100 N 42 Hip Hop; June 24-27; 9-10am; ages 9-11

-- **Holton Youth + Family Center**, 510 E Burleigh Drama; July 22-25; 10-11am; ages 5-9



Make art in the parks

AWE Truck Studio offers free drop-in art activities. Ages 4-14 collaborate with community artists to create imaginative take-home projects ranging from sculpture to painting to mixed-media collage. AWE: Artists Working in Education. Also at the Washington Park Wed. eve. concerts. Info: awe-inc.org.

Truck Studio schedule, Mon-Fri noon-3pm

June 24-28 Carmen Playfield, 7320 W. Carmen; Burnham Park, 1755 S. 32; Walker Square, 1031 S. 9; Washington Park at Sherman Blvd & Lloyd St (by playground)

July 1-3 (no program July 4 & 5) Lindbergh Park, 16th & Nash; Burnham Park, 1755 S. 32; Walker Square, 1031 S. 9; Merrill Playground, 461 N. 35.

July 9-12 Lindbergh Park, 16th & Nash; Modrzewski Playground, 1020 W. Cleveland; Mitchell Park, 22nd & Pierce (by playground and wading pool); Merrill Playground, 461 N. 35.

July 15-19 Moody Park, 22nd & Auer Ave; Kosciuszko Park, 9th & Lincoln (by playground); Mitchell Park, 22nd & Pierce (by playground and wading pool); Wahl Park, 4750 N. 48.

July 22-26 Columbia Playground, 1354 W. Columbia; Clarke Square, 2330 W. Vieau Place; Smith Park, 5462 N. 33; Kern Park, 3614 N. Humboldt Blvd

July 29-Aug. 2 Columbia Playground, 1354 W. Columbia; Clarke Square, 2330 W. Vieau Place; Franklin Square, 2643 N. 13; Rose Park, 3045 N Martin Luther King, Jr Dr.

Sculpture Milwaukee: The city's annual outdoor art exhibition features 23 artworks thru Oct. 27. The sculptors used a range of materials, come from diverse backgrounds, and provide commentary on the world we live in. On Wisconsin Avenue, from lakeside west to 3rd St. Some are near Betty Brinn Children's Museum and the Milw. Art Museum; check them out after Museum visits. See a map locating these world-class sculptures at sculpturemilwaukee.com

Family nature fun

Havenwoods Environmental

Awareness Center 6141 N Hopkins/1 block west of Sherman on Douglas/527-0232 All events are free. Most are not for day care centers or organizations. Call to arrange group program.

Drop-Ins: nature activities, crafts, games for families and youth groups, 9am-3pm. June 15: Alien EAB Invasion; July 13 & July 20: Shadow Flyers – bats; Aug 10 & Aug 17: Prairies & Pollinators

Family Hikes 7:30-8:30pm July 17: Firefly; Aug 16: Full Moon

Nature Time for Preschoolers: 9:30-10:30am. July 18: Twinkle, Twinkle Little Bug; July 2: A Pond Full of Cattails; July 16: Green Giants; July 30: Snails & Slugs; Aug 13: In the Tall, Tall Grass; Aug 27: BEEuties & BEEsts

Shakespeare in the Park June 21 5:30-6:15pm workshop, ages 8+; 7-8:15pm performance of *Romeo & Juliet* and July 29: 7-8:15pm performance of *Romeo & Juliet*

The Beautiful World of Butterflies; 10-11am Sept. 7

Hiking: Come for your own walk in the park any day 6am-8pm. tional park. Apply online at www.everykidinapark.org

Retzer Nature Center, Waukesha Co. Parks

S14 W28167 Madison St, Waukesha. Register ahead at waukeshacountyparks.com or 262-896-8007

Register for all programs at waukeshacounty.maxgalaxy.net.

Wild Wednesdays: Ages 5-12. \$6 each program. Bring lunch to enjoy on patio. Register by Mon. prior to program for 10am-12:30pm or 11:30am-2pm. Outdoor fun & planetarium show.

June 26: Summer Solstice & Seasons July 10 & 24: Flight Aug. 7 & 21: Sun -- Discover solar energy, build a solar oven

to toast s'mores, watch a planetarium show.

Register by Friday prior to program; kids must be with adult:

Wee Wonders Ages 2-4; 9:30-10:30am; \$4/class; Water Play: July 9/10; Let Your Nose do the Walking: Aug 13/14

Retzer Rangers: Ages 5-7; 4:30-5:30pm; Arrive by 4:20pm; \$4 per class; Beetlemania: July 8; Prairie Wildflowers Aug. 12.

Kids Discover Your Parks Summer Series: Hands-on activities for ages 8-12 to explore natural areas, the creatures that live within them, and how we can help them thrive. End the day with either a supervised swim (Fox Brook & Menomonee Parks) or planetarium show (Retzer). \$35 per day 8am-4pm. Bring your own lunch. Register 2 weeks ahead. June 27 at Fox Brook Park; July 11 at Menomonee Park and Aug. 7 at Retzer Nature Center.

Green Alliance Sustainability Fair: 9:30-2:30pm Aug. 24. Retzer Nature Center. Interactive exhibits, expert presentations, and guided activities for children and adults.

Free family year pass: Riveredge Nature Center

Free family pass to Riveredge Nature Center to ALL fourth graders, good thru Aug 31. Includes access to all trails, programs & festivals, discounts on camps & rentals, day passes for 6 friends/family, 4 free day passes to YMCA (Port Washington) & admission to 140 nature centers in the US. . Located outside Saukville, 30 mins from Milw. 262-375-2715. Register riveredgenaturecenter.org/4thgrade



FREE admission to Betty Brinn Children's Museum 5-8pm June 20, July 18, Aug. 15

Enjoy access to all of the Museum's hands-on exhibits, and stop by the Be A Maker space to find tools, equipment, and materials that make it fun to tinker and create.

June 20: Literacy Night will encourage reading together by providing free books for families. Hands-on activities, story time & themed maker program in the Be A Maker space. Sign up for Milwaukee Public Library's Super Readers summer reading program.

Sendik's Day July 27: Starting July 6, shoppers can visit a Sendik's Food Market and purchase select products, then show their receipt at the Museum on July 27 to receive one FREE admission per product. Visit bbcmkids.org in early July for details. Example of a past product purchase: 8 oz. of shredded cheese (worth one \$9 admission).

Weekly programs encourage caregivers and young children to interact and have fun together. Learn tips about supporting your child's development during the critical years from birth through age 5.

Big League Fun: Baseball exhibit features fun hands-on activities, simulated game experiences, and trivia challenges that promote educational concepts for children and engage fans of all ages.

WaterStone Bank Day Aug. 24, highlights financial literacy. Children can explore the pretend bank exhibit and families will receive a kit with pretend money and activities to do at the Museum and at home that promote good money management.

Be a Maker space: drop in to craft, tinker, and create 10-noon & 2-4pm M-F; 2-4pm Sat. Outfitted w/real tools, materials, technology - **Tot Time** for ages 1-3, 10:30-11am Thurs. songs, stories, games.

Adults, children age 1 & older: \$9. Younger than 1 year: free. Parking lots that have discounts are shown on bbcmkids.org; get voucher at museum desk. 929 E. Wisconsin Ave. 390-5437

Wehr Nature Center

Whitnall Park, 9701 W College Ave; \$3.50/day to park; 425-8550. 8:30am-4:30pm daily (closed July 4 and Labor Day).

Critter Club: Drop-in between 1-2:30 pm Aug. 17. Get to know Wehr's resident turtles, snakes, salamanders, and other cold blooded critters. You may even get to touch a turtle or snake! Free. \$3.50 for parking.

Night Flyers: 7-9pm June 28. This lively campfire program highlights bats, owls, flying squirrels, and other night fliers. Inc. short hike. Suggested for ages 5+. Register by June 26. \$10 Milw. Co. residents. \$3.50 for parking.

Pop-Up Nature 1-3pm. Naturalist-led activity from 1-1:30pm, followed by self-guided activities you can enjoy at your own pace. \$5 per family. Must register 2 days ahead. June 24: Bodacious Bumblebees; July 7: Summer Symphony; and July 26: Blooming Prairies.

Free annual pass for national parks

For all 4th graders, thru *Every Kid in a Park* initiative. Good thru Aug 31 of 4th grader's school year. Pass also admits siblings age 16 & younger, plus 3 adults; entire family is free. Also national forests & nearby Indiana Dunes, our newest national park.



Zoo discounts & special events

Regular admission: Adults \$16.25; Ages 3-12 \$13.25; 2 & under free; Sr. Citizen (60+) \$15.25. Parking \$12. Hrs: 9-5pm. 771-3040

Reduced admission on Wed for Milw Co. residents with ID is Adults \$10; Ages 3-12 \$7.50. **Other days**, Milw. Co. residents w/ID save \$1.75 off regular admission.

Reduced rates at Sunset Zoofari: 6-9pm Jun 26 & July 3, 10, 17, 24, 31. Movies & music, besides all the Zoo animals! Adults: \$8.50; ages 3 to 12: \$7; age 2 and under: free. Rate inc. parking.

Father's Day: June 16. All fathers admitted free; Parking \$12

Military & Veterans Family Day June 30: free admission, parking for military service members, veterans & families (10 ticket limit).

Aug 30: free to seniors 55+. Parking \$12.

Aug 9: World Elephant Day. See the new elephant exhibit area; interactive activities A la Carte at the Zoo: Aug 15-18. Food for sale from local eateries. Live music.

Sept 7 & 8: Family Farm Weekend

Brick Dinos: May 25-Sept 2; Meet dinosaurs from the air, land & sea built from Lego bricks; become a paleontologist & uncover dinosaur secrets; \$3 extra per person.

Buy discount tickets to Zoo, Six Flags

at Milw Recreation 5225 W. Vliet, Rm 162, 8am-5 M-F thru Aug 30

Must buy tickets in cash, in person. 475-8180

Discount tickets for Milw. Co. Zoo are \$12 for adults; \$10 for ages 3-12. For Six Flags: \$53.25 (save \$30). On June 29-July 7 special rate of \$40.25. Also, Wis. Dells discounts. The tickets from Wis Park & Recreation Assn. are also available in Greenfield & other areas.

Urban Ecology Center

At all 3 branches

Evening Bio blitz - Songs after Sunset: Explore the park while we conduct wildlife surveys for singing insects, fireflies, frogs and bats. Dress for the weather and bring a flashlight. Free.

8-10pm July 22 at Washington Park

7:30-10pm Aug. 19 at Riverside Park

8-10pm Aug. 21 at Menomonee Valley

UEC - Riverside Park 1500 E. Park Place. 964-8505

Climbing for Beginners: learn how to climb the three story open-air rock wall. For adults and accompanied children. Sliding fee starts at \$14. 2-4pm July 7 & Aug. 4

Night Hike & Campfire 6:30-8pm June 21, Aug. 30. For adults & kids with adults (under age 2 are free) Sliding fee starts at \$10 each.

Firefly Monitoring Kick-off Celebration: 7:30-9:30pm June 27. Joint project with the Milwaukee Public Museum. Monitoring continues 7:30-9:30pm July 17. Register in advance for both events. Free.

UEC - Washington Park 1859 N. 40, 344-5460

Young Scientists Club Outdoor adventures, science experiments, cooking, gardening, field trips 4-6pm Tues-Fri. 1-4pm Sat. For ages 5-12. \$15 annual membership. Not June 15, as UEC is closed.

Family Paddle: 2-3:30pm July 20. Enjoy guided canoeing trips and family fun. All canoeing skill levels welcome. For adults and accompanied children ages 4 and up. Sliding fee starts at \$10 per person.

Family Fishing Adventure: 2-4pm Aug. 10. Enjoy guided fishing expeditions around Milw. area. Meet at Washington Park. Gear and transportation provided. Fishing licensed required for ages 16 and up.



UWM Planetarium

Physics Bldg Rm 139, 1900 E. Kenwood Blvd.

How Space Exploration Impacts Our Life on Earth: 7-8pm June 19. Lynn Garrison, NASA small business technical advisor, will discuss technology at NASA and how it impacts our daily lives. Free.

Moon to Mars: 7-8pm July 5, 12, 19, 26. Learn about how humans plan to get to Mars. Purchase \$5

tickets at www.uwm.edu/planetarium, or in person half an hour before show starts. Shows sell out so online purchase recommended.

Lunar Party: noon-3pm July 20, Physics building courtyard. Music, food and fun activities for all ages to celebrate the 50th anniversary of the historic 1969 Apollo Moon landing. Free.

Stars & S'mores: 7:30-10pm Aug. 28, Physics building courtyard. Enjoy s'mores while getting a chance to see summer constellations both in the Planetarium and through outdoor telescopes. S'mores kits are free (one per person while supplies last).

Telescope observing sessions 8pm July 20, 7pm Aug. 24. In Whittall Park, at the overlook parking lot east of Mallard Lake. On Parkway Road just south of College Ave. Cancelled if cloudy. Join members of the Wehr Astronomical Society for sky viewing, 425-8550. Also: 8pm Aug. 13 Family Sky Gazing at Hales Corners Library.

Free movies at Fiserv Forum Plaza: 40-foot-high outdoor screen; bring lawn chairs or blankets; no outside food or beverage allowed. Starts around 7:30pm. June 25: Field Of Dreams July 9: Top Gun Aug. 6: Raiders of the Lost Ark Aug. 20: Frozen Sept. 3: Aquaman Sept. 17: Dumbo

For adults and kids w/adults ages 4 and up. Sliding fee starts at \$14.

The Washington Park Lagoon is a beautiful, calm and spacious body of water – a great place to learn the basics of paddling! After instruction, practice with guidance from one of their trained educators. For adults kids w/adults age 6+. Sliding fee starts at \$10 per person, per session. - Kayaking for Beginners: 10:30-noon July 13.

- Canoeing for Beginners: 6-7:30pm June 26, July 27, Aug. 24

Healthy Cooking Demo: 5:30-7pm July 10. Meet a local chef, Ms. Jackson, who will make reasonably-priced nutritious dishes, and join in the tasting. For adults and teens. Sliding fee starts at \$10.

UEC - Menomonee Valley 3700 W Pierce St, 431-2940

Young Scientists Club Outdoor adventures, science experiments, cooking, gardening, field trips 4:30-6:30pm Tues & Thurs; 1-4pm Sat. for ages 5-12; \$15 annual membership.

Yoga 10-11am Sat. for adults and teens. \$5. See page 4 for details

Fishing Fridays: Guided fishing lessons for kids & families. All equipment provided. Fishing licenses required for ages 16+. 5:30-7:30pm June 21, July 19, Aug. 16. Sliding fee starts at \$14 each day

Family Night Out: Night Hike at Three Bridges Park & Campfire, 6:30-8pm Aug. 2. For adults and accompanied children (under age 2 are free). Sliding fee starts at \$10 per person.

Bike Tour: Murals. The south side is filled with outdoor art inspired by tradition, hope and pop culture. Ride with us as we search buildings and alleys to find the murals. Bring a bike and helmet or borrow ours. 5:30-7pm June 28 or Aug. 23. Sliding fee starts at \$10.

Introduction to Mindfulness: 5-6:30pm June 26, July 24, Aug. 28. Learn strategies to deal with stress and emotions, mindfulness concepts, and breathing techniques. For adults. Free.

Parenting groups, fun activities at family centers

The Parenting Network



The Parenting Network works to empower anyone in a parenting role to provide a safe and nurturing home for their children -- parents, grandparents or other relatives raising children. Programs are held throughout Milwaukee County and at our home site, 7516 W Burleigh St. Check website for additional sites and dates: www.theparentingnetwork.org To register for classes call 671-0566.

Welcome, Baby! the first years of your child's life are the most important. For expectant moms, caregivers and grandparents with children under age two. Provides weekly group support, education and resources. Additional one-on-one sessions address individual parenting concerns. Childcare provided. Free. At The Parenting Network 7516 W Burleigh. 10-11:30am Thurs. Registration is ongoing.

Effective Black Parenting Nationally acclaimed parenting skill-building program teaches parents how to raise African American children to become healthy, proud and capable people. Child care provided. Meal. FREE. Six Thurs. June 27/ July 11, 18, 25/ Aug 1, 8; 5:30-8:30pm, 7516 W Burleigh.

Triple P Parent Support Coaching you love your kids, so why is it sometimes so hard to love being a parent? Sit down with a Triple P accredited provider for thoughtful advice on a specific problem. Call for an appointment, 671-0566. For parents of ages 2-12. FREE

Positive Parenting enhance your parenting knowledge through focused discussions on child development, nurturing family routines, self-esteem, non-violent discipline and techniques to manage stress. \$30 fee. Child care provided. Ongoing 10-week sessions, offered 3 times each week:

- St. Josaphat Basilica, 2322 S. 7 St., 6:30-8pm, Thurs.
- The Parenting Network, 7516 W Burleigh, 6-7:30pm Wed.
- The Parenting Network, 7516 W Burleigh, 10-11:30am Tues.

Dad Matters 24/7 Every child has a place inside that only a dad can fill. Ongoing 10-session series, 10-11:45am Sat. at The Parenting Network, 7516 W Burleigh, \$30. No child care available.

Stewards of Children: Workshop provides you with the tools to help prevent the sexual abuse of children. Free to parents; call for childcare. July 8, 6-8:30pm Parenting Network, 7516 W Burleigh.

Parent Café's Join us for conversations with other parents! We believe in strengthening, supporting and celebrating parents. These peer-to-peer support and learning groups are offered in Muskego Way, Metcalfe Park & Harambee neighborhoods. For info: Andrea Libber 671-5575 x12 or alibber@theparentingnetwork.org. Cafés are FREE and open to the public. Registration required for childcare.

Strengthening Families internationally recognized program designed to strengthen family relationships, reduce problem behaviors, and alcohol/drug abuse in children. For parents, caregivers and ages 10-14. You and your youth will enjoy a meal, activities & conversations designed to bring you closer. Call to get on list -- fall program

Parent Helpline free confidential phone line for parents and caregivers. Contact Parent Helpline for parent support, resources or to register for programs, 671-0566.

COA Youth & Family Centers

- *Riverwest Family Resource Center* 909 E. Garfield

Contact Shay Knox with questions and/or concerns: 290-7908
All programs are free.

Family Drop-In 9:30-11:30 a.m. Mon-Fri. Join us for free play, a healthy snack, an art activity, and finish off the morning with circle time filled with nursery rhymes.

Lunch Bunch, 11:30-1 pm Monday, Tuesday & Thursday. Bring your own lunch, eat with other families, play afterwards.

- *Gill Family Resource Center*, Goldin Center 2320 W. Burleigh See Professional Development p. 21. For more information or questions: LaDonna Walton, 265-7698, lwalton@coa-yfc.org

Daily Family Drop-In Mon-Fri 9:30-11:30am. Free playtime, snack, arts & crafts, and opportunity for new parent connections.

Summer Food Program Providing nutritious meals to the community noon and 3pm Mon-Fri

CenteringParenting and PregnancyCare Groups

Are you or your partner pregnant? Wish you had more time with your doctor? Have questions about pregnancy, delivery, or having a newborn? Join us for CenteringPregnancy: Prenatal care in a group setting & CenteringParenting: Family centered care in a group setting. To register or for info: 444-0077 or Centering@aurora.org

Our Daily Bread Community Outreach Center

6040 W Lisbon #203, 301-3732. *Prenatal/new moms p. 18-19*

Community free Pampers program. Emergency diapers. Call 755-0535 to schedule appt. Speak clearly. You must pick them up.

Community Baby Shower. Aug. 2, 12-3pm. Villard Ave. Library. For pregnant moms and moms with children up to 3 yrs. Food, door prizes, games. Register by July 27. 755-0535.

A Better Us Support Group for Mothers: Group helps with resources and support for expectant mothers and new mothers with AODA/mental health issues (depressions, family addiction, loss of child, etc). Facilitated by therapist from AMRI Counseling Services. 6-7pm 2nd & 4th Mondays of every month (sign in by 5:45pm and receive free diapers). 6040 W. Lisbon, #203. Info: 301-373

Neighborhood House

2819 W. Richardson Place, off 27th St., one block south of W. State

Free Family Camping Trips, June 22-23, July 20-21 Spend a great weekend in the outdoors! We'll leave Neighborhood House at 9am Sat. and return at 1pm Sun. Meals & camping supplies provided. To RSVP, call 933-6161 ext. 173 or alantz@nh-milw.org. FREE!

Summer Slam Block Day 3:30-6pm July 26; free neighborhood-block party; fun for the whole family! Featuring the Milwaukee Flyers, a farmer's market, free food, a live DJ, arts & crafts, and more.

Clinic in the Park 11am-2pm June 22. Live your healthiest life with free resources from compassionate, knowledgeable professionals. Blood pressure & cholesterol screenings, women's health resources, HIV/STD tests, snacks. Garden Park, 27th & Richardson Pl

Yoga, 6-7pm Mon thru July 29 (not July 22) \$5 or \$25 / 6 classes

Teens On The Move for ages 13-19. \$5/week. Helps youth make healthy lifestyle choices, hone study and time-management skills, plan for their future. Rollerskating, sports, leadership opportunities, community service, field trips. Contact Norm, 933-6161 ext. 129.

Healing Waters

A sacred gathering for families experiencing pregnancy and infant loss

10-11am on the first Saturday of the month

Childcare provided

Sojourner Family Peace Center, 619 W. Walnut St.

Facilitator: Deeanna Brown, RN
Nurse and Grieving Mother

Over the last decade, the African American Breastfeeding Network has celebrated the beauty of birth and breastfeeding with more than 1,000 families. Unfortunately, we have also heard the many voices of despair from families who have lost infants.

We've made a commitment to end suffering in silence due to infant loss. Healing Waters supports families who have experienced infant loss of a pregnancy at any stage or death of a baby up to 12 months of age. The pain families experience is insurmountable, traumatizing, and unbearable. Our trained facilitators and volunteers welcome families to join with others who share in grief. Healing Waters is a safe space to help mothers and their loved ones begin or continue their healing journey. For more information, contact Dalvery Blackwell, 617-3441 or visit AABNetwork.org

The Community Doula Initiative will hold workshops this summer for Black Doulas who are interested in working collectively to address maternal infant health and interested in increasing community awareness of the value of doulas. Workshops: 10am-2pm July 13 and 5-8:30pm Aug. 2 at Aurora Sinai Rapkin Auditorium, 960 N. 12 St. Lunch and child care provided. Registration encouraged. Info at aabnetwork.org/about-cdi or from Dalvery Blackwell at the African American Breastfeeding Network, 617-3441

Learn about becoming a doula; connect with other doulas. Are you interested in becoming a doula birthworker? Do you have questions about what a doula does?

Are you a currently a birthworker who is interested in connecting, sharing, and building with other dynamic birthworkers? **"Let's Talk: Doula 101"** will be hosted by A Miracle Happened Wellness and Birth Services, LLC. Dates are July 10 at 6pm and July 21 at 3:30pm; location TBD. Follow www.facebook.com/nurturingmiracles.com

Breastfeeding resources

African American Breastfeeding Network Community Breastfeeding Gatherings for pregnant mothers or mothers breastfeeding newborns younger than six weeks. Dads encouraged to attend; that discussion led by father leader. Registration encouraged, but not required: 617-3441. Two monthly educational sessions:

Every 2nd Thursday: Northside YMCA. Program and dinner, 1350 W. North. 5:30pm.

Every 3rd Saturday: All Saints Family Health Center, 2400 W. Villard. Program and lunch. 11:30am

Breastfeeding Chat Room for mothers providing breastmilk to babies 6 weeks & older. 2nd Saturday of the month. Drop-in 11:30am-12:30pm at All Saints Family Health Center, 2400 W. Villard. Safe space for mothers of color to gather and share concerns or tips for breastfeeding success.

- **Columbia St. Mary:** *Breastfeeding Getting Started* 6-8:30pm Wed. July 10, Aug 14, Sept 11. \$20 (scholarships available). Attend while pregnant. *Working Women & Breastfeeding* 1:30-3pm Wed. June 26, July 31, Aug. 28. \$15. 2323 N. Lake Dr. Register: **585-1025**. If not sure baby is getting enough milk or if mom is in pain call 291-1440 ASAP; don't wait for class.
- **St. Joseph Hospital** *Breastfeeding with Confidence* 6-8:30pm Mon July 8, Aug 19, Sept 16. Best if attend at 7th/8th mo. \$20 fee waived for WIC moms. Register: healthcare.ascension.org 477-2622 Classes also at Elmbrook Hospital, Brookfield, St. Francis.
- **16th St. Community Health Center** at 1032 Cesar Chavez Dr. Every Thurs. breastfeeding class 11am-noon. Spanish. To request set-up for English, call 897-5289
- **Mothering the Mother, Inc.** www.motheringthemothertinc.org
Free breastfeeding help can be scheduled online: see *Services* tab Breastfeeding & childbirth classes, see website for dates. Classes in person or virtual. All classes on a sliding scale: \$10-\$40 (pay what you can afford). 1588 S. 81 St. West Allis. 378-9524
- **Waukesha Co. classes:** Breastfeeding with Confidence classes \$15 6:30-8:30pm at Waukesha Memorial Hospital June 18, July 9, July 29, Aug 19 or Sept 5; at Oconomowoc Hospital June 26 or Sept 9
- **Waukesha:** Breastfeeding class 12:30-2:30pm July 23 10am-noon Aug. 12, and 4:30-6:30pm Sept. 10. Also in Spanish. Register, Waukesha Co. Public Health Dept: 262-896-8440.
- **Breastfeeding groups** at Pewaukee ProHealth Westwood Health & Fitness 1-3pm Wed; Oconomowoc Hospital 1-3pm Thurs. Breastfeeding helpline: 262-928-7650

Big Latch On Event: 9:30-noon Aug. 2, West Allis Farmer's Market, 6501 W. National. Sponsored by the West Allis/West Milwaukee Breastfeeding Coalition. Global Big Latch On events take place round the world, where people gather together to breastfeed and offer peer support to each other. Their friends, family and community join this celebration to promote and support breastfeeding. Register at: <https://biglatchon.org> or by calling 302-8642



Babies are safest when they sleep alone, on their backs, and in a crib free of blankets, pillows, or toys. Home should be smokefree. Exposure to smoke raises risk of sleep-related deaths.

If you are in need of a safe place for your baby to sleep, contact the Milwaukee Health Department, 286-8620, or HOPE Network.

Bay View Community Center

1320 E. Oklahoma. www.bayviewcenter.org Register ahead: 482-1000
*Scholarships & reduced fees are available.

Drop-in playgroups, for newborn to age 6 (*see exceptions) \$1/day
Mon.: Tiny Tot* (3 yrs & under) 9:30-12:30pm; Tues. 9:30-12:30pm
Wednesday: 9:30am-12:30pm
Wednesday: After Lunch Bunch* (3-8 Yrs) 1:30-4:30pm
Thursday: 9:30am-12:30pm Friday: 9:30am-12:30pm
Saturday: 9:30am-12:30pm

Intergenerational Story Club: 2-3pm June 25, July 23, Aug. 27.
Adults, families with children will meet at various senior living communities in Bay View. Register 1 week ahead. Story, snack, activity. Free.

Multicultural Family Kitchen: 10-11:30am June 15, July 20, Aug. 17. Series cost: \$45 per family for up to 4 members (ages 2 & up). Families work together to prepare meals highlighting different cultures and regional ingredients. Try new foods, learn about various cultures.

Family Language Lab Spanish, 10-11am June 25 & July 9. \$6 per family (ages 2 & up). Learn basic Spanish words and phrases through hands-on activity and toddler-friendly exercises. Snack.

Family Art Al Fresco: 9:30-10:15am June 25, July 9, July 23, Aug. 6. Series cost: \$30 per family. Incorporates literacy, nature, and art theory elements, while taking in the sights and sounds at one of Bay View's most beautiful natural resources: South Shore Park. (NOTE location)

Crazy Wacky Science Club: 6:15-7pm June 26, July 10, July 24, August 7. Series cost: \$45/family up to 4 members (ages 3-8). Hands-on workshops that engage families with science.

Babywearing meet-up; try on baby carriers 2-4pm 4th Fri of mo.

Baby Sign Language Workshops 5:30-7pm June 19, July 17, Aug. 14. Cost: \$15/ family per session; \$40 for all 3. Register 1 week ahead

Youth Game Night: 6-8pm June 18, July 16. Register a week ahead. \$10 each event. Ages 7-13. Demo a new board game from local game store or play other games, enjoy snacks, movie.

Fiber Fun Club ages 8-13; projects may not be completed in class but supplies will be sent home. 1-4pm, \$15 each. Register 12 days ahead. Tapestry: June 19, make a mini loom, use art to create art works. Dye Class: June 26. Bring pre-washed T-shirt. Embroidery: July 10. Textiles Design: July 24. Batik & screen-printing; bring pre-washed T-shirt

Black Arts MKE: free youth performing arts all-day camp

July 8-Aug. 2. Musical theater experience for low income City of Milw. youth ages 12-18. 9am-4pm. Marcus Center downtown. Teachers from Bronzeville Arts Ensemble and Black Arts MKE. 270-4494.
To apply: email info@blackartsmke.org



Thanks to all who donated to annual Mother's Day Appeal

With your help, we raised more than \$4,000 for all of HOPE Network's programs. Congratulations to our grand prize winner, 13-year-old Amir, son of HOPE Network member Aliyah Clark.

Thank you to all of the young artists who participated in the art contest. Our volunteer judges had a challenging job choosing this year's winner but felt that the words used in his design made his artwork stand out.



Strong Baby Sanctuary

Are you pregnant or have you recently given birth? Contact a Strong Baby Sanctuary to learn about community resources to support you and your family. The Strong Baby Sanctuaries embrace pregnant women and their families and offer information and resources, mentorship and spiritual support to create stronger babies in the Milwaukee community.

For information or to schedule an appointment, please call:

- Ascension Fellowship Church, 4925 N. 24 Place, 378-4031

- Bethel CME Church, 3281 N. 26 St., 315-0272
- Bethel Temple Church of God in Christ, 2576 N. 5 St., 397-5833
- Bountiful Harvest Church of God, 3300 N. 39 St., 871-3881
- Bradford Memorial AME Church, 4260 N. Teutonia, 445-2189
- Calvary Baptist Church, 2959 N. Teutonia, 372-1450
- Capuchin Community Services/House of Peace, 1702 W. Walnut, 933-1300 ext. 11
- Catholic churches/eastside/St Hedwig 1716 N Humboldt 271-6577
- Divine Temple C.O.T.F.B., 5532 W. Hampton, 617-3300
- Ebenezer Church of God in Christ, 3132 N. King Dr., 793-0328
- God's Hands Outreach Ministry, 6151 N. Sherman, 687-1888
- Greater Bethlehem Temple World Ministries, 222 E. Center St., 264-5350
- Hephatha Lutheran Church, 1720 W. Locust, 264-0238
- Holy Cathedral Church of God in Christ, 2677 N. 40, 447-1965
- Lamb of God Missionary Baptist Church 8415 W Bradley 355-0931
- Little Community C.O.G.I.C., 2025 W. Hampton, 514-5151
- Mt. Zion Missionary Baptist Church, 2207 N. 2, 372-7811
- New Covenant Baptist Church, 2315 N. 38, 873-1221
- Newport Missionary Baptist Church, 2237 N. 11 St., 265-5881
- Northwest Baptist Church, 4373 N. 92, 463-3630 ext. 603
- Pilgrim Rest Baptist Church, 3456 N. 38 St., 873-1045
- Reformation Lutheran Church, 3806 W. Lisbon, 444-0440
- Silver Spring Neighborhood Center, 5460 N. 64, 463-7950 ext. 70
- St. John Concordia CME Church, 300 W. Concordia, 264-9881
- St. Joseph Campus (Ascension), 5000 W. Chambers, 793-0328
- St. Martin de Porres Catholic Church, 128 W. Burleigh, 372-3090
- St. Matthew CME Church, 2944 N. 9 St., 213-5091
- Trinity CME Church, 1601 W. Clarke St, 204-9528
- True Love Missionary Baptist Church, 210 W. Keefe, 264-6869
- Unity Gospel House of Prayer Apostolic Church, 1747 N. 12 St. 574-1245
- Unity Lutheran Church, 1025 E. Oklahoma Ave., 744-6311
- Village Ministries Inc., 2614 W. Center, 535-8227

Consider joining the Sanctuary program

This program in the faith-based community does important work to ensure that more Milwaukee babies are born strong and can thrive through their first year of life. Contact: Penelope 465-4587

Local resources help you be a better parent

PREGNANCY –

Counseling and prenatal care

City of Milw. Health Dept. home visits: offers several nurse home visit programs for parents-to-be who are City of Milwaukee residents. Call 286-8620 to speak with a nurse.

Waukesha: Childbirth education classes on Tues. in July 12:30-2:30pm Free. Participant receives free baby gift after each class attended. 514 Riverview Ave. Register: 262-896-8479 www.waukeshacounty.gov/pregnancy

UWM Community Nursing Centers Prenatal care coordination services. Contact our PNCC Liaison at Silver Spring Community Nursing Center, 5460 N. 64; call 535-0432 for info or to schedule at appointment. Family Planning Only Services are also provided at this site.

Next Door Head Start and Early Head Start home visitation provides weekly home visits for pregnant moms & families with children up to 5 yrs. Site-based programming for children 6 wks. up to 5 yrs. Services available for special needs children. 2545 N. 29 St. & 5310 W. Capitol 376-8902 x2534 www.nextdoormke.org

16th St. Community Health Center At 1032 Cesar Chavez Dr: Every Tues. car seat class English/Spanish 10-11am. Parenting Skills Class, 10am-noon Thurs. Call Sarahi to schedule: 897-5296

Welcome, Baby! for expectant moms, caregivers & grandparents with children under age 2. 10-11:30am Thurs. ongoing at The Parenting Network, 7516 W. Burleigh, 671-0566.

Mommy & Baby-Live Well Be Well supports expectant mothers & mothers with newborns (30 days or less). AODA/mental health assistance, parenting classes, nutrition education, community activities, breastfeeding training, lifestyle management (stress relief techniques) clothing incentives, and \$25 client referral program. Our Daily Bread Community Outreach Center, 6040 W Lisbon, #203. 301-3732.

Encompass Solutions: confidential support to help expecting mothers and mothers with newborns obtain the services they need to have a healthy pregnancy/baby as a free benefit through Wis. Medicaid (BadgerCare). Coordinated Child Care program for children 60 days-7 yrs. PNCC/CCC services inc. childbirth/parenting education, nutrition/breastfeeding support, baby items, housing/employment/community resources, parenting support. 722-3274 www.encompass-solutions.org

Kingly Community Resource Center provides information, resources and support to pregnant women & mothers of newborns (2 mos. or younger) who receive Medicaid/BadgerCare. Referrals given to financial resources, quality healthcare, quality childcare, computer lab, resume prep, and parenting classes. 4200 N Holton St Ste. 110. Contact: Ms. Torrie Moffett, 933-6768

Mothering the Mother childbirth & breastfeeding education. Classes in person or virtual, on a sliding fee scale: \$10-40; pay what you can afford. 1588 S. 81 St., West Allis. 378-9524. www.motheringthemotherrinc.org.

Prepared Childbirth classes at Columbia-St. Mary's Hospital See www.healthcare.ascension.org/Events \$80, but partial or full scholarships available. Must register. 2323 N Lake Dr. 585-1025

Childbirth Preparation series at St Joseph Hospital and Elmhurst are listed at: www.healthcare.ascension.org. \$80 fee waived for WIC moms. Call 447-2622 for information.

Childbirth education: free classes (**Easter Seals Safe Babies Healthy Families**) at **Aurora Sinai**, 960 N. 12, 4:30-6:30pm 4 Thurs Call for dates. Receive diapers by attending all 4 classes Register: 449-4444

Inner Peace Doula Services provides birth and postpartum doula services along with non-judgmental support, resources. Will work with you on various payment options. Contact Tonia, 915-0308 or Innerpeacedoulas@gmail.com to set up free consultation

A Miracle Happened Wellness and Birth Services offers prenatal, birth, and postpartum education, workshops, and support. Various payment options. Contact Vanessa Johnson, RN, Doula, 768-2268 vanessajohnson@nurturingmiracles.com

Prenatal care coordination from health insurance companies includes help to find baby supplies, local resources, childcare, and provide info on nutrition, breastfeeding, parenting:

Managed Health Services Start Smart: 1-800-496-5803. Includes free home visits from nurse or social worker.

If you have *Dean Health Plan*, call 608-830-5908 re: the Strong Beginnings program

UnitedHealthcare 1-800-599-5985 free to anyone with Medicaid. Provides ongoing prenatal support over phone re: Healthy 1st Steps

Healthy Mom, Healthy Baby Prenatal care coordination program free to *Children's Community Health Plan* members (HMO for families w/Badger Care Plus). Get support & services needed to have a healthy pregnancy, healthy baby. Incentive program to earn baby items & gift cards, welcome mom kit, breastfeeding kit, home visits. 266-3751

iCare for Mom and Baby: free prenatal program for pregnant iCare BadgerCare Plus and Medicaid SSI members. Help to find a health care provider and obtain baby supplies. Independent Care Health Plan (iCare): 1-800-777-4376.

Care Net Pregnancy Center of Milwaukee 10am-4 pm Mon-Fri Pregnancy tests, ultrasounds, free prenatal vitamins, maternity clothing, baby clothing, diapers & items. Post abortion support & options counseling. Call for an appointment. Free, confidential. 2917 N Oakland. Call or text 962-2212

Pregnancy counseling & resources & Family Resource Center: Children's Hospital. 453-1400.

Coalition for Children Youth & Families provides information to those thinking about adoption for their child and to prospective adoptive parents, professionals & others interested in adoption information. www.wiadopt.org 1-800-762-8063

Lutheran Counseling & Family Services adoption, birth parent counseling, resources, and education services. 3800 N Mayfair Rd. 536-8333

Milwaukee Birthright, free pregnancy tests. Layettes given 3-4 wks before due date; bring photo ID, pregnancy statement. Clothing newborn to 4T. Always call before coming. 2025 W. Oklahoma Suite 125. 672-5433 (24 hr. line)

New Beginnings long-term program w/ housing that guides new, single mothers towards self-sufficiency with opportunities to continue education, grow spiritually, learn parenting skills; also financial classes, and counseling. 376-0595

Women's Support Center: 100% free services. Pregnancy tests, ultrasounds, breastfeeding & childcare classes, fertility care, material assistance for mothers with babies & small children, and natural family planning. 2051 W. Wisconsin Ave. 934-8888

Women's Care Center, free pregnancy test, free limited Ob/ultrasound (appointments required), medical & social service referrals, childbirth & parenting classes, material assistance when enrolled in Center services. 634 W Historic Mitchell St 645-4050, bilingual. 1441 N Farwell. 223-2610

APS Medical unintended pregnancy consultation, free pregnancy tests, limited ultrasounds. Loving Parents Incentive Program, newborn gift pack, diapers, post-abortion support. 8501 W Lincoln. Call helpline for walk-in hrs or appt. 727-8177

Adoption Choice, Inc: Confidential, supportive and caring private agency offering free pregnancy counseling, emotional support & adoption support services. Education, resources, home visits. 500 W. Silver Spring, Ste. K235. 24 hr hotline: (800) 255-6305

Pregnancy/Parenting Hot Line confidential line for Waukesha & Milw. Co. Pregnancy & parenting info, referrals for insurance, doctors, WIC, housing, etc. 8am-4pm M-F 262-548-4000

Catholic Charities Pregnancy Support Program assists expectant mothers and new mothers with emotional support, community resources, education for pregnancy and parenting. Also works with parent wanting to make an adoption plan. Home visits available. Free. 2021 N. 60. 771-2881

Pregnancy Support Services of ECFA provides free in-home services inc. pregnancy counseling & support, goal setting, community resource referrals, safe sleep, car seats & other baby needs, parenting support, adoption services. Evangelical Child & Family Agency, 1617 S. 124. 262-789-1881 24-hr. emergency line

Bethany Christian Services free pregnancy counseling, information on all options, confidential support, adoption & voluntary foster care services, parenting resources. N14W23755 Stone Ridge Dr Waukesha. In-home visit if have no car/Wendy: 262-547-6557

Waukesha/ Tomorrow's Choice Family Resource Center Mon 4-7pm, Wed & Sat. 9-noon Free, confidential counseling re: pregnancy & post-abortion stress related issues. Baby supplies are also distributed (diapers: size NB-5, wipes, clothing up to 24 mos.) Not a medical facility. 912 N Barstow, Waukesha, 262-513-9590

Easter Seals, Safe Babies Healthy Families pregnancy & parenting home visits for Waukesha and Milwaukee Counties (plus some areas of Walworth Co.) Education, support, resources, adoption information. English/Spanish mom's groups. Baby Buddies, Childbirth education class in Milw Co. 262-548-4000

BABIES and CHILDREN

Welcome, Baby! for expectant moms, caregivers & grandparents with children under age 2. 10-11:30am Thurs. ongoing at The Parenting Network, 7516 W. Burleigh, 671-0566.

Mommy & Baby Live Well Be Well Care coordination (CCC) for mothers with newborns (30 days or less). Continued CCC services until child is age 7. Access to AODA/mental health educational classes, social activities, employment, clothing incentive for both mom & baby, \$25 client referral program, community resources. Our Daily Bread Community Outreach Center, 6040 W Lisbon #203, 301-3732

Mommy & Baby Project: free emergency diapers, by appt. only. Call 755-0535 and leave your name and phone no. (speak clearly). Also see support group (2nd & 4th Mon. from 6-7pm) and other events at Our Daily Bread Outreach Center on p. 15

My Morning with Mom 10-11:30am Thurs mothers & babies, discussion with health care professional. Aurora Women's Pavilion 8901 W. Lincoln. Info: 888-863-5502

New Parents Network Newborns & infants 11am-1pm Wed. Toddlers 9-11am Wed. Registration not required. Columbia St. Mary Hospital/Nicholas Family Education Cntr, 2323 N Lake Dr

Moms Chat 10-11:30am Tues. Ascension Brown Deer campus inside Y. 9252 N Green Bay Rd 447-2622 Registration not required

Infant Massage 9-10:30am June 22, July 20, Aug. 24; 1:30-3pm July 8 Bring baby 4 wks to pre-walker. \$21 (includes Loving Touch Massage booklet), but can ask for scholarship. Columbia St Mary, 2323 N. Lake Dr. 585-1025

Women's Care Center Material assistance (diapers, car seats, cribs, etc.) when enrolled in Center services. Classes: one-on-one birth preparation, baby care basics, breastfeeding, & goals 634 W Mitchell St, 645-4050/1441 N Farwell 223-2610

New Concepts 8-wk parent series Wed 10-noon or Th 5-7pm Register 1st day; only 30 in class. 1531 W Vliet 344-5788 x22

Children's Hospital Community Services adoption services, foster care, parenting programs 620 S 76, Ste 240. 453-1400. Child & family counseling, 620 S. 76, Ste 120, 292-4242.

Baby Connection 10:30-noon Wed. free mom's group Elmbrook Mem. Hospital's Pavlic Center, 19305 W. North Ave. 447-2622

Safe Families for Children Provides a secure, temporary home for children whose parents are in a crisis situation. May provide housing assistance to teen moms and their children. Families in need may also be connected to Family Friends and Family Coaches. Info: 345-8715 8:30-5pm M-F

Are you pregnant, just had a baby or have children under 5? WIC can help you

WIC provides food, as well as nutrition information, to help keep families healthy. See listing of WIC clinics on page 3.

Postpartum resources, support

Not feeling yourself while you're pregnant, or after the birth of your baby? Are you feeling depressed, anxious, not sleeping, isolated and overwhelmed? You're not alone! Here are resources that can provide a safe and caring place for connection and recovery.

Vent Wednesday support group: 1:30-3pm first Wed. of the month. Drop-in. Free. Columbia St. Mary's, 2323 N. Lake Dr 585-1025

Mindful Moms Group, Authentic Birth Center/Wellness Collective, 530 N. 108th Place, Ste. 100, Wauwatosa. Participants will feel supported as they share their struggles & successes. Free. www.authenticbirthcenter.com 231-9640

Call the Postpartum Support International HelpLine: 1-800-944-4773 or text 503-894-9453.

Well Badger Resource Center 1-800-642-7837 7am-6pm M-F Referrals to health resources, inc. support for postpartum depression

Classes for child care providers, budgeting, home buyers

Tier 2 Early Childhood Continuing Education

FREE childcare provider continuing education Tier 2 by Milw. Public Library. Required early registration begins about one month before workshop, Registry ID required; classes fill up fast: call 286-3011 or register online at www.mpl.org/childcareworkshops

Six Skills for Early Literacy: Learn what children need so they can learn how to read when they enter school. Leave with fun ways to expand lessons with books to include the skills. CE: 3.0 hrs. Capitol Library, 10:30-1:30pm July 20

Start Right, Finish Bright: Building Foundations in Your Infant & Toddler Classroom: Learn how to create an optimal environment for healthy brain development in babies and toddlers. Leave with a list of great books and activities that promote early literacy skills. CE: 3.0 hrs. East Library, 10:30-1:30pm Aug. 10

Lesson Planning @ MPL: We will teach you how to use the computer to conduct internet searches, explore the library catalog, locate library materials and create a lesson plan you can use the next day. Must have prior understanding of lesson planning to get the most of the workshop. CE: 3.0 hrs. Central Library, 10:30-1:30pm June 29

Letter Knowledge College: Teaching the Alphabet: Learn different ways to help children recognize the differences between how letters look, their names, and their sounds---all while having fun! CE: 2.0 hrs Wash-ington Park Library, 10:30-1:30pm Aug. 3

Fundamentos de las horas de cuentos: Aprenda sobre los Story Time Kits (Kits de la hora de cuentos) de la Biblioteca Pública de Milwaukee. Se ha creado nuevos kits para los bebés/ niños pequeños y los niños preescolares y muchos kits estaban reacondicionados. CE: 2.0 horas. Biblioteca de la Calle Mitchell. 10:30-12:30pm el 24 de Agosto

Free Head Start for infants & toddlers

- **Milwaukee Public Schools** Free Head Start for ages 3 & 4. Families supported with services in education, health, dental care, mental health, disabilities. Children w/special needs are an enrollment priority; those in foster/kinship care are automatically accepted. 26 sites with half-day K3, full-day K3 & full-day K4. To enroll: 252-0350

- **Neighborhood House** has full day, full year Early Head Start program. Ages 6 weeks to 3 years. Special needs children welcome. Diapers provided in class. 2819 W Richardson Place. 933-6161 ext 139

- **Acelero Learning** states they have achieved some of the highest assessment scores in the country, with more Five Star centers in SE WI than any other program. Diapers & meals are inc. if enrolled. 10 sites in Milw. Co listed at www.acelero.net. To enroll, call 616-5000

- **Next Door Head Start** offered at various sites, or as home visits. To enroll you child, call 376-8902 x2534 or complete an interest form at www.nextdoormke.org and a staff member will contact you. Walk-ins welcome for enrollment at 2545 N 29 & 5310 W. Capitol

Wis. Women's Business Initiative classes ----

To register or view other classes: wwbic.com To register for online classes, call 263-5450 or email cassandra.aranda@wwbic.com

- **Business Empowerment for Success**, 6-part series starts July 9 5:30-8:30pm, Resurrection Power Ministries, 3131 S. 100 St. \$50 (scholarships available)

- **WWBIC 101**, 6-7pm July 31 online – Free

- **Start, Run, and Grow Your Business** 10 week series **Orientation** is Aug. 5, meets 6-7pm Weds., Schlitz Park, 1555 N. RiverCenter Dr. \$275 (scholarships available)

- **Business Planning for Success**, 6-7:30pm Aug. 6, Online. Free

- **Mission Business: What You Need to Know**, Greenfield Library, 5310 W. Layton Ave. 6-7:30pm Aug. 15. Free.

Home buyer workshops

Housing Resources, Inc., a HUD approved organization offers workshops for homebuyers or homeowners below.

For more information, call 461-6330 or visit www.hri-wi.org.

Homeworks Workshops for first-time homebuyers. Real estate experts help buyers avoid common pitfalls when buying homes. Learn to improve credit, maintain savings, and budget. Hear about grants to help with down payment and closing costs.

- 5:30-7:30pm July 2, 9 & 16 or Aug 6, 13 & 20 at Central Library

- 10am-4pm July 13 or Sept. 14 at Journey House, 2110 W. Scott

- 10am-4pm Aug. 10 at Light House Youth Center, 5641 N. 68

- 9am-noon July 9 & 16 at Dominican Center

- 9am-noon August 6 & 13 at Northcott

"I bought a house! Now What??" workshops: maintenance basics, home retention tips, how to get involved in the community, and learn how to qualify for local home improvement or foreclosure prevention resources. 9am-noon July 13 & 20, Aug. 3 & 10 or Sept. 14 & 21 at Housing Resources, 7830 W. Burleigh.

Homebuyers Seminars United Community Center. Learn the process of buying, get pre-qualifies for a mortgage, loan, home-buyer certificate, learn about grants. 6-10pm. 1028 S. 9, 384-3100

English Part 1 July 11, Aug 1, Sept 5, **Part 2** Aug 8, Sept 12

Spanish Part 1 June 20, July 18, Aug 22, Sept 19

Part 2 June 27, July 25, Aug 29, Sept 26

4C For Children

Training for existing and new child care providers and helps parents find quality child care. It's the official Child Care Resource & Referral Agency for this six-county area.

Child Care Info Sessions: for those interested in becoming a regulated child care provider. Learn about the different types of regulated child care in Wis. and the steps you need to take. \$10. Held at 4C office: 1736 N. 2. Call for date of next session. 562-2650.

For info about **child care trainings or child care continuing education**, see class listings under the "Training" tab at the website: www.4C-forchildren.org

Referral Line: 562-2676 for parents seeking child care options. Or, start a search at above website. 4C maintains a database of regulated child care programs. Along with a list of customized child care referrals, families will receive resources and tip sheets on selecting quality care, sample interview questions, and a checklist to help families with their search. 562-2650

- **Spending Plans: Make Every Penny Count**, 6-7:30pm Aug. 19, Dominican Center, 2470 W Locust St., Free

- **Strong Women, Strong Coffee**, 7:30-9am Aug. 21, 88.9 Radio Milwaukee, 220 E Pittsburgh Ave. \$10

- **Group Home 101**, 12-1:30pm Sept. 12. Online. Free

Culinary 101 Job Training/ Food Mgr Certification

learn skills for work in food service: hands-on culinary labs, job preparedness training, job placement help. Receive Servsafe Food Safety Mgr Certification. HeartLove Place, 1927 N. Vel R. Phillips Ave. For Milw. Co. residents, 18 or older. Info: 372-1550 x128

Computer help

Milw. Public Libraries: free 2-hr. hands-on computer training; register at www.mpl.org or 286-3011. Walk-ins welcome if space is available. Computer basics, Internet, e-mail, beginner & intermediate Word, PowerPoint, Excel Day, evening, and Sat. a.m. sessions.



Free adult education

By Literacy Services of Wis. thru MPS: GED prep, HSED alternative (No. Division only), reading, writing, math, ELL, citizenship, basic computer skills, resume prep, skills for helping children with homework. One-on-one or in small groups, classes or workshops at North Division High School, 1011 W. Center, Rm 158, 267-5171 & South Division High School, 1515 W. Lapham, Rm 111, 902-8509.

Adult Summer Camp

Learning through Conversation, Exercise, Nutrition & Music at Journey House. 11am-1pm classes every Tues. & Thurs. Session 1 June 18-July 11; Session 2 July 16-Aug. 1; Session 3 Aug 6-22. Sign up for one session or all three. Onsite childcare provided for kids walking to 6 years old. Free. Registration required: 647-0548. 2110 W. Scott.

Career Online High School offers adults the opportunity to complete their high school education and gain career training. Scholarships for this accredited online program are available through the Milwaukee Public Library. To be eligible, applicants must be at least 23 years of age, City of Milwaukee residents, and have completed 8th grade. For more info, visit MPL.org/cohs or call 286-8475

Neu-Life serves ages 3-20 with educational and recreational programs during school, after school and throughout the summer. Neu-Life aims to empower children and youth with skills and strategies to make better life choices. Paid work opportunities for middle school through teenagers. 2014 W. North Ave. 933-3924. Neu-life.org

FREE home visit & items provided for child-proofing your home. Must live in City of Greenfield. Appt required, 414-329-5275

Want a GED? New skills can mean a better job

Beware of scams: GED tests are never offered online; they can only be taken in person at official testing centers, such as these:

SDC: HSED & GED classes have a rolling admission process with classes held throughout the year. Apply online at cr-sdc.org Classes at SDC office: 1730 W. North Ave. 906-2750.

Adult Learning Center, 1916 N. Vel R. Phillips Ave. Classes for students of all learning levels, from 3rd grade reading level thru high school. Call 263-5874 to sign up for test for new students (\$1 fee).

The Dominican Center is accepting enrollment in free adult education classes. 9-11:30am Mon-Thurs. at the Center, 2470 W. Locust. Info: Barbara Wells, 444-9930, barbara@dominican-center.org

Next Door provides services to all adults interested in pursuing adult education and achieving their GED. For more info: 376-8902 x2563

Literacy Services of Wisconsin: one-on-one and small groups offered for adults seeking tutoring in math & reading, English language

Job help

Journey House, 2110 W. Scott: Join the THRIVE Workforce Development program and earn certifications in financial literacy, customer service, mental toughness, and job readiness. Graduates receive priority employment consideration with employer partners. Info: Ricardo Galaviz, 647-0548, or rgalaviz@journeyhouse.org

Professional Development at COA, 2320 W. Burleigh: 1-1:30pm Tues/Thurs. Help individuals in becoming employed or one step toward their career goal. Also, help with resumes, cover letters, and other needs will be offered. 265-7689

Goodwill Workforce Center: Free services to help you find a job. No appt. needed. 9-5pm M-F. Job postings, workshops & help with resumes/cover letters, access to computers, Internet, printer, fax; drivers's license recovery program. 3903 N. Richards, 962-4148; 6055 N. 91, 847-4960; 153 W. Oklahoma, 847-4740; 5400 S. 60, 847-1500.

YWCA Career Opportunity Center resume & job search help, interview practice, on-the-job training. Walk-in, need to fill out intake form. 8am-4pm Mon. & Wed.; 8am-4pm Tues., Thurs. Fri.; 8am-4pm Sat. 1915 N. Dr. Martin Luther King Jr. Dr. 374-1800.

Other programs at YWCA- Professional Image Program: helps women gain employment. Offers image guidance, free professional attire, and interview preparation. Call for appointments. 1915 N. Dr. Martin Luther King Jr Dr. 267-3970

Auto Loan Access: Provides \$6,000-10,000 loans with 6% interest rate to eligible applicants. Plus, 6 week financial wellness program. Call to hear requirements to begin process. 267-3240.

Personal Financial Management Provides free finance workshops one-on-one budget & credit coaching. Email: jcarter@ywcawis.org

Employment & Life-skills - The Women's Center 505 N. East Ave. Waukesha. Call for topics for free monthly workshops. Additional 1:1 help with resumes, cover letters, interviewing. Free computer use for job search by appt. Free childcare by appointment: 262-547-4600

Pet Fair, Meno. Falls Rotary Park 9-4pm, Aug 17. Pet products, talk to pet experts, games, raffles, adoptable pets from rescue groups, Benefits Humane Animal Welfare Society (HAWS)

learning, GED/HSED preparation, basic computer skills, and citizenship at 1545 S. Layton Blvd. (643-5108), and downtown at 555 N. Plankinton (344-5878)

Journey House Adult School offers Adult Basic Skills and GED in English & Spanish, prep class for 509 HSED program, ELL (English Language Learners), citizenship, & bilingual computer classes. Morn., aft, or eve. classes start in June, Sept., or Jan. Small fee for classes. Free childcare for children (walking to age 6) a.m or p.m.. Info or to sign up for orientation: 647-0548.

New Concept Self-Development Center: adult education/GED prep free 9am-noon T/W/Th. Individualized class, transition to higher education at MATC. Visit class to register. 1531 W Vliet 344-5788

Waukesha WCTC campus provides free programs: Adult High School (credit recovery), High School Equivalency Diploma (HSED) & GED, English as a Second Language classes, and more. Programs are available to everyone. To get started, call 262-695-6500 for info.

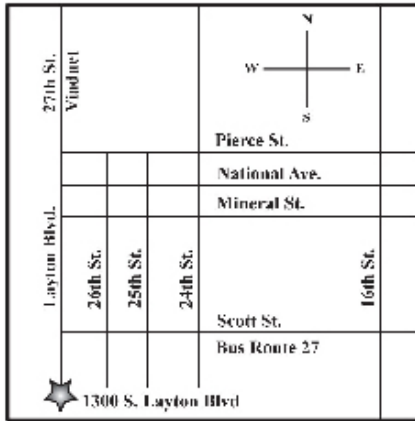
Free clothing at Southside Mothers Trading Post

If you need infant or children's clothing, visit our Mother's Trading Post, Ascension Lutheran Church, 1300 S. Layton Blvd.

- Used clothing. Now has a limited supply of older children's sizes. You may bring clothing your children have outgrown.
- Each mother may take 1 bag of clothes and wipes and disposable diapers for each child in diapers.

The used clothing is free, but mothers are asked to bring 1 or 2 cans of food for the local food pantry (if getting diapers, it's a requirement). Co-sponsors: HOPE Network & Ascension Lutheran Church

When: 9:30-11:30am (**MUST arrive by 11:15**) NO Post July 4
1st & 3rd Thurs: June 20, July 18, Aug. 1 & 15, Sept. 5 & 19



Ascension Lutheran

1300 S. Layton Blvd.
(S. 27th St. turns into S. Layton Blvd, south of the Domes)

On east side of Layton, one block south of Scott St. Bus # 27

In church south wing; enter southernmost entrance marked by a brown canopy and number "1300." Upstairs; take elevator.

Neighborhood Share Fair

11am-3pm July 20

7265 W. Center St. Wauwatosa

Bethany-Calvary Church

Helpful resources - Healthy ideas

Activities for kids & adults - Music

Free lunch and clothes give-away 258-2868

Smoke detectors: Proven to save lives The City of Milwaukee continues to see tragic fires in which smoke detectors were removed or not operating. A working smoke detector can give you and your family those extra seconds that count, when faced with smoke and flames. Check your smoke detector on a monthly basis.

If you need one, you can request one to be installed by calling the Milwaukee Fire Department Smoke Detector Hotline: **286-8980**



*Havin' fun
at a
Safe Babies
Healthy
Families
activity*

A Community Partners Profile Safe Babies Healthy Families

By Emily Perkins

Because single mothers are often overwhelmed by life's hardships, HOPE Network works with the Easterseals Southeast Wisconsin program, *Safe Babies Healthy Families*. This program provides them with education, support, and resources to make certain that their children are safe and healthy. It aims to ensure children's school readiness, end cycles of neglect and abuse, and create stable families.

To ensure school readiness, it focuses on parent/child interaction by teaching families activities to help children reach their developmental milestones. Then it conducts screens for early detection of any developmental delays or health issues, and if needed, parents are directed to services such as outpatient therapy. The program also improves parenting skills through classes and other forms of education and provides prenatal services, childbirth education, and play groups, and even assists with the well-being of parents through social supports.

Caring professionals help mothers build parenting skills through home visits. Families remain in the program voluntarily until their child is kindergarten-ready. All services are free.

Safe Babies Healthy Families serves 300+ families annually, with 99.5% of children becoming free of neglect and abuse and 98% becoming on track developmentally. Most children exit the program ready to start school on track with their kindergarten peers.

After one single mom prematurely delivered a two-pound baby boy, the program helped address the infant's health issues by connecting the mom with public health and other resources. By his second birthday, the child was a healthy, happy, active toddler.

Another single mom who had difficulties providing for her four children received

help accessing necessary items like formula, diapers, and wipes. Pointing out how Safe Babies Healthy Families uses a holistic approach, she says, "Allie [her case manager] has always welcomed me with open arms and has kept not only her focal points on my two-year-old who the program targets, but also includes all of my children and myself in treating us all the same." She adds that, without the program's help, people in her situation would have no place to turn during life's many struggles.

To single moms, program manager Karen Villareal says, "Everyone needs help at some point. If you feel like this would be an appropriate program for you, reach out and ask for help. If you feel like something else would be a better fit, we can connect you with the right resources." For pregnancy and parenting info or to register for free labor and delivery classes, call 262-548-4000.

Sources for free or low-cost clothing

Reformation Lutheran Church Neighborhood Store 3806 W. Lisbon, high quality/low-cost clothes, household, 10am-2pm Tues. & Wed; 1-4pm & Sat 444-0440

Atonement Lutheran Church, 4521 N. 42, clothes for children, youth, women, & men, 9am-noon Sat. (or appointments: 431-2086)

United Methodist Children's Services 3910 W. Lisbon, noon-4pm 2nd & 4th Wed; kids' & adult clothing. Photo ID for adults (report card, etc for kids); proof of address (recent mail). Serves all Milw. County. 344-1818

JLH Women's Mentoring Services, 3846 W. Wisconsin Ave, Ste. 109. For single mothers ages 18+. Limited infant clothing, emergency diapers available. Need Wis. ID & ID or med cards for babies needing diapers. 11am-2pm 2nd & 4th Sat by appointment. 934-0216

Father Gene's HELP Center, 5919 W National. For clothes, call 9:30-11am M, W, or F & tell them sizes needed. You can go a week later to pick up your order. May use every 6 mos. 258-4357.

Casa Maria, 1131 N 21 St. garage in back. 10am-1pm Mon. & Wed. Call 1st, to be sure volunteer is there to help you. 344-5745

Bethany-Calvary Clothes Closet, 7265 W. Center (use east side door). Free clothes for your family (good condition). Open 10am-noon Wed. Closed in July, except on July 21, when clothes will be available during their Share Fair 11am-3pm. 258-2868

House of Peace Clothing Bank 1702 W. Walnut. Bring photo ID, bags. Need appointment. 1-4pm Mon-Fri. 933-1300

Northcott Neighborhood House, adult & children's clothing 11am-2pm M, T, W. 2460 N. 6 St., 372-3770

COA Goldin Center 2320 W Burleigh. Call for appointment. Bring ID & proof of address. For zip 53206. 449-1757

Risen Savior 9505 W Brown Deer Rd. for zips: 53223, 53224, 53225 2-4pm 2nd & 4th Sat Must call 1st for appointment. 839-5630

Children's Clothing Bank, newborn to size 12; diapers, wipes, a few toys: 10-noon Tues & Th or by appt. 762-0552. St Stephen Family Life Center in Oak Creek, 1441 W Oakwood Rd. Serves these zip codes: 53110, 53129, 53130, 53132, 53154, 53220, 53228, 53235

Scott Christian Youth Center, 263-3177, 2741 N Teutonia. clothing/limited supply/unsorted. 11-3:30pm Mon.-Fri. 1st come, 1st served

Good Samaritan Outreach 5924 W Burnham, 10-2pm T, W, Th. Need address proof (current piece of mail), photo ID for everyone in household. Food & clothes pantry. 541-7668

Bargain Center North, 8401 W Lisbon, 9:30-3:30pm Tues.- Sat 463-2595; **Bargain Center South** 5005 W Howard, 9:30-3:30pm Tues-Sat 327-2529. Both have clothing, household goods; cash only. South location also has furniture.

Women's Care Center: Crib Club coupon incentives if enrolled in class for crib, car seat, stroller, clothing, diapers. See class info on p. 19. 634 W Mitchell St, 645-4050 and 1441 N Farwell 223-2610

Milwaukee Birthright 2025 W. Oklahoma Ste. 125, newborn clothing to 4T, layettes: must call 1 mo. (for appt.) before due date. For layettes, need photo ID and pregnancy statement. Toddler clothing

every 6 months. Mon. 12:30-6pm, Tues. noon-4pm, Wed. 10- 2pm, Thurs. noon-4pm, closed Fri, Sat, Sun. See p. 18 for pregnancy services. Always call before coming. 672-5433

Blessed Again Resale, 7624 W. Hampton, 10am-4pm Mon-Sat, low-cost children's, maternity, adult clothing, shoes, furniture, electronics, housewares, etc. 464-9099

Well-Rounded Maternity Center 2455 S. Howell Ave, Bay View Maternity clothing resale and classes. See info on p. 18. 744-7001

Economy Center 7814 W Burleigh 9:30-4pm T-F; 'til 3 Sat. Clothes, household, books, toys, some small furniture for sale. 442-2272

Resale Shop run by Christ Child Society on Our Lady of Good Hope Church campus, 40th & Good Hope. Women, men, children's clothing. Reasonably priced housewares. Use parking lot facing Good Hope. 9:30-3:30pm Tues/Th, 9:30-12:30pm 1st & 3rd Sat. 540-0489

Wellington Park Lutheran Church 10-11:30am 1st Sat. of mo, Clothing is free, but \$1 donation appreciated (or bring 1 non-perishable food item). Food pantry on Sat. is by appointment only. 7017 W Medford (1 blk. north of Hampton). 461-4061.

St. Hyacinth, 1414 W. Becher, 4-6pm Wed. serves zips 53204 & 53215. All clothing sizes; blankets, towels, sheets, hygiene supplies, toys, winter items later. Available for visit every other month.

RePurpose, 8211 W. Brown Deer Rd., is stocked with donations that have been repurposed for sale: household furnishings, office furniture, clothing, gift items. 11am-7pm M-F and Sat 10am-5pm, 977-4250 Proceeds help fund the nonprofit's initiatives to train at-risk youth for the workforce. St. Charles Youth/ Family Services program

St Vincent Thrift Store 2320 W Lincoln, 9am-7pm M-F, 9am-6pm Sat. Clothes, shoes, housewares; pay with cash or voucher. 672-2040. (To see if you qualify for a voucher, call intake: 462-7837)

St. Vincent de Paul Society: In Milw, call 462-7837. May have help for you if you live in area of a donating parish w/funding.

In Waukesha, call 262-547-3281 and you'll go through a church for a voucher. In Ozaukee Co, call 262-284-4637 re: a voucher.

Interview attire for women/men in need: DIVA/DIVO in Bay View & northside: Must have referral from case worker, job trainer, etc. e-mailed on letterhead with a signature to michele@diva-divo.org. See criteria at www.diva-divo.org

Bottomless Closet: interview clothes for men & women & help with communication/interviewing skills. M-F by appt. only. 270-2984

UMOS Back to School Fair Sat. Aug. 10, 9am-1pm. Free activities, free haircuts, free school supplies for grades 1-8 while supplies last. 2701 S. Chase Ave

Milwaukee Public Museum Free admission to all on July 11, Aug. 1, and Sept. 5. (Note that the Museum is closed July 4) Open 'til 8pm that night (although butterfly wing closes 4:30pm) Milw. County residents with ID get \$2 discount every day. Free to: dads on Father's Day. 800 W Wells. 278-2728.

Moon Day, 11am-3pm July 20: FREE out-and-indoor demonstrations and activities for all ages. Look to the skies using professional telescopes outside and launch your own balloon rocket in MPM's courtyard. Free; does not inc. reg. Museum admission. www.mpm.edu

Emergency Food Pantries

It's best to call 2-1-1 to find a food pantry in your area. They will know which have adequate supplies that day to help you, and which have baby formula in stock. Also see p. 3.

53202, 53203, 53211

Village Church Interchange Food Pantry, 130 E Juneau, 1 block west of Water. 2-4 pm Tues; 4-7pm Wed; 9-11am Thurs; need photo ID. 273-7617

53206, 53209, 53210, 53212, 53216, 53218, 53222 to 53225

Trinity Presbyterian, 3302 N Sherman, 8:30-10:30am Tues. (or until nos. are gone); closed 1st Tues. of mo.; visit 2X per mo. 871-9440

53205, 53206, 53208, 53210, 53212, 53213, 53233

Spirit of Peace Lutheran Church, 5505 W Lloyd. 8:30-10am Thurs. (or until nos. are gone); closed 1st Thurs. of mo.; visit 2X per mo. 476-3189

53205, 53208, 53210, 53233

Central City Churches Outreach Ministry, Our Savior's Lutheran Church 3022 W Wisconsin. 9:30-11:30 M-Th. Photo ID w/address for area residents. Also, baby formula. 342-1522

53205, 53206, 53233

House of Peace, 1702 W Walnut, M-F 8:30-noon and 1-3:30pm; can use 1X every 30 days; bring photo ID, proof of residence, ID for each household member. Clothes 1-3pm with photo ID. Also, free legal clinic 4-6:30pm Tues. (but best to call for appointment). 933-1300

53206

COA Goldin Center, 2320 W. Burleigh. 4-6pm Wed. 9:30-11:30am Sat. Bring ID & proof of address. 449-1757

53206

Emmaus Lutheran Church, 2818 N 23, 9:30-10:30am Wed 1st come/ 1st served; need photo ID, proofs of address & kid's ages (e.g. report card or Medicaid card) 444-6090.

53206, 53209, 53210, 53216

All Saints Parish, 4051 N. 25, 9am-noon Tues & Fri. Identification needed for 1st visit. Meals: 5:30-6:30pm M, T, Th. 292-0532

53206, 53208, 53210

Good Samaritan Church of God in Christ, 5526 W. Burleigh. Bring ID & proof of address. Tues 10am-noon; Wed 1-3pm. 444-6955

53210, 53216

Jewish Community Pantry: address on building is 2930 W. Center, but pantry is at 2900 W. Center. 9am-2pm Thurs.; 10am-2pm 3rd & 4th Sun. ID & proof of address (current mail) required. Infant formula: need proof of child's birth date. ID for all household members required by 2nd visit. 447-8901, answered only when pantry is open

53209, 53218, 53225

Silver Spring Neighborhood Center, 5460 N. 64. Food pantry: 11am-2pm M, T, W. Also, Strong Baby Sanctuary with formula and sometimes, car seats. 463-7950 ext. 70.

53212

Northcott Neighborhood House 10a-2pm M,T,W; bring proof of residence/photo ID for you, other ID for household members 372-3770

53206

Scott Christian Youth Center: 2741 N Teutonia noon-2pm 2nd & 4th

Tues. Hot meals: 10-11am M-Sat; 3:30-4:30pm M-Th & Sun. For pantry, need photo ID; age verification for kids. 263-3177

53204

Christ Lutheran Church 2235 W Greenfield, 10am-noon (lines form at 9am; may close early if supply is gone) 2nd Sat of mo., food pantry, free clothes. Bring ID. 645-5138

53204, 53215

Hope House/Friedens 209 W Orchard, 12:30-2:30pm Tues/Th 10am-noon Sat. Bring ID & proof of residency for self & kids. 645-2122

53204 (south of Greenfield Ave.), 53215

St. Hyacinth/St. Anthony food pantry, 1414 W. Becher, 4-6pm Wed; need ID of everyone in household & proof of address. Can receive to a certain amount of food (value) per month. Nurse available for medical advice; social worker on hand; and personnel to register patrons for FoodShare.

St. Peter Lutheran Church, 1214 S. 8th (Scott), 3rd Sat. 10am-noon. 763-6435.

53204, 53215

Milw Christian Center, 807 S. 14 St. 1-3pm M-Th, 10-noon Fri. Must be in zip code 53215 or live within service area between 13th & 43rd Sts, from Pierce to College. Need ID of all in household & proof of address. 645-5350.

53205

Coggs Center (Friedens) 1220 W. Vliet St. Mon-Fri 8:30am-4pm. Bring ID & proof of residency for self & kids 289-6030

53208, south portion of 53210

United Methodist Children's Services 3910 W Lisbon, noon-4pm M, W. Photo ID adults (report card, etc for kids); proof of address for adults & kids. 344-1818

53223, 53224, and 53225

Risen Savior, 9505 W. Brown Deer Rd. 11:45am-1:30pm 2nd & 4th Sat. 839-5630

South side: live in area south of Wisconsin Ave., north of Ryan Rd between 27th & 124th Sts. **Good Samaritan Outreach Center** 5924 W Burnham, 10-2pm T, W, Th. Need address proof (current piece of mail), photo ID for everyone in household. 541-7668.

South side: 53207, 53221, 53235, & part of 53215 south of Becher, east of 27th St. **Bay View Community Center**, 1320 E Oklahoma 4-6pm Tues; 2:30-5:15pm Wed; 2:30-5:15pm Fri. Photo ID, proof of residency (such as utility bill or piece of official govt. mail within past 30 days), proof of income. 482-1000.

St. Stephen Family Life Center in Oak Creek 1441 W. Oakwood Rd 53110, 53129, 53130, 53132, 53154, 53220, 53228, 53235 for adults, children. For formula, need WIC folder. Bring proof of address, photo ID. 10am-noon Tues. & Th. or call for appt. 762-0552

ReStore Milw. Habitat resale stores often have great bargains. They post their latest arrivals on Facebook. **Greenfield:** 4150 S. 108 St. **West:** 3015 N. 114, Wauwatosa, 316-5650; this is the only store open Mondays. **East:** 420 S. 1, 316-5682. **South:** 4150 S. 108th St., 257-9078. **Waukesha:** 2120 E. Moreland Blvd. 262-662-6061

Single Mother Want Ads

Single mothers may place an ad here or in bi-monthly Updates for \$1. Free to HOPE members. Send ad to admin@hopenetworkinc.org

NOTE: HOPE Network does not do background checks on childcare providers or clients.

PROVIDING CHILDCARE

My Memories, My Moments Family Daycare. Providing stable care for families for ages 6 wks to 10 yrs. Affordable private pay, and state-certified. Also, after school and weekend care. Tanika, 807-8147

Lady Bugs Little Angels 3118 N. 7 St. Owner: Glenora, State Licensed. Now enrolling 1st and 2nd 6am-11pm, 6 weeks-12yrs. Hot nutritious home cooked meals, loving environment, educational programs (reading, math, science and art). I also participate in YoungStar CPR & First Aid certified. I have a loving and spacious home and yard. Call or make an appointment for a tour. 892-3719

Need a babysitter? I am very good with children and will give 100% of my attention to your kids. I am trustworthy, reliable, loyal, responsible, and a great, loving person. I can do simple housework. I am looking forward to working with you. Megan, 628-6812.

A Joyful Noise Childcare is currently enrolling. Our center focuses on the social/emotional, cognitive, language & physical development needed in order to be successful in life. Stop in, follow us or call to schedule a tour! 9700 W. Appleton Ave. Call Mrs. Rachel: 393-9786 M-F 5am-midnight & weekends 6am-8pm Transportation is offered (inquire about details). www.Facebook.com/Ajoyfulnoisechildcare

Little Miracles Family Daycare: 10 weeks-12 years. Weekends only; 1st & 2nd shifts. Private pay only. Nutritious meals; clean, safe environment; free transportation. 519-2345.

Explorers of Truth Child Development is accepting enrollment for 2 wks-8 yrs of age. 6am-6pm Mon-Fri. Accepts Wis. Shares and private pay. Warm, home-away-from home family setting. Safe and clean environment, healthy meals and snacks, weekly lesson plans. North side of Milwaukee Contact Ms. Kee-Kee 455-3156.

Safe-N-His Arms home-based childcare services: Where we care for the little people. Nutritious meals, snacks, educational training, field trips. Safe, clean, loving environment. 2nd & 3rd shifts available. 2-11pm M-F. Call Cheryl Johnson: 336-5930

Safe-N-His Arms Support Services. Prenatal & childcare coordination, infant massage, & screening for high blood pressure, glucose, or breast health. 2821 N. 4, Ste. 207. Cheryl 336-5930

Rose's Tiny Town Family Childcare: licensed, CDA & administrative credentials, Young Star rating: 3 stars. Educational environment, nutritious meals, nurturing provider (20+yrs. experience). 6am-10pm M-F, 6 wks-12 yrs. W-2 or private pay. Call Ms. Rose at 466-6914.

Destiny's Child Christian Academy Daycare, educational activities, quality childcare. Enrolling all ages. Group center with homelike one-on-one attention. Recently received Four Star certification. 535-1733

SERVICES & NETWORKING

Imani Marie Beauty: LASH EXTENSIONS | TRAININGS | SUPPLIES, *Group & private trainings offered weekly* 803-6704
@Imani_Marie_Beauty www.ImaniMarieBeauty.com (Mention ad for 10% discount!)

Clean your home - That is me! I do a walk-through before doing the

work on your home. Each room is \$50 and the kitchen is more. Looking forward to hearing from you soon. Megan, 628-6812.

Do you need CPR, AED or First Aid training? Would you like training in your facility? No class too big or too small, we teach them all. Continuing education, completion card & certificate at the end of training. Classes in a.m., p.m., 7 days a week. No need to take time off of work, we can come to your facility during nap time, lunch time, etc. We offer a DISCOUNT on certification classes for 10 or more participants.

FREE non-certified CPR/First Aid classes for mothers, grandmothers, or anyone who doesn't need certification but would love to learn the skills to keep their family safe.

Other training offered: SIDS (sudden infant death syndrome), Shaken Baby Syndrome, blood borne pathogens, CPR Pro, Medication Administrator. Call Heart_2_Heart Basic medical training today at: 933-2323.

Face Painting Art Designs by Ms. Gabrielle Howard-Brown for birthday parties \$60 (larger events may cost more), reunions, church events, holidays. Water-soluble, non-toxic paint. For special circumstances price is negotiable. Text to 921-8609 or email gabrielleandson1@yahoo.com

Aisha Event Planning offers services for graduations, family events, birthdays, etc. Reasonable prices. Call Aisha, 519-2345.

Character Parties: Are you planning a party for your child and want to add that special touch? Call *Let's Party* and invite one of our characters to party with your child & guests! Teenage Mutant Ninja Turtles, Frozen, Mickey & Minnie, & more. Call today for booking and prices 366-1118

Tammy does **hair weaves** (sew-ins) for \$30. 988-4467.

Party Coordinator I'll make your party fun with games and prizes to keep your guests entertained. Call me for birthday parties, baby showers, bachelorette parties, etc. \$60 per hr./ \$40 for 30 mins. Renee 899-0973

Marlita Media Photography for every stage of life, inc. maternity, newborns, families, weddings, birthdays, reunions, graduations. I love producing beautiful pieces of art for my clients that preserve their precious memories. Affordable; flexible schedule. Marlita 394-5565

Free workshops, rain barrels, canoeing

Kinnickinnic River free workshops: learn about the changes to the River and neighborhood and new ways to enjoy the River at Pulaski Park and the Jackson Park Lagoon. RSVP to Elizabeth at the Sixteenth Street Community Health Center, 897-5622

Free rain barrels at workshops: 5:30-6:30pm June 25, Pulaski Park, and June 27, Jackson Park.

Gardening 101: 5:30-6:30pm July 9 Pulaski and July 11 at Jackson.

Biking in Our Neighborhood: bike along the KK River Trail or Parkway. Bikes and helmets will be provided. 5:30-7:30pm Aug. 6 at Pulaski and Aug. 8 at Jackson.

Canoe Trip along the KK River or paddle the Jackson Park Lagoon; canoes will be supplied. 5:30-7:30pm at Pulaski and Aug. 22 at Jackson.

Native Wellness Garden: Garden Club 3:30-6:30pm Tues. & 10am-noon Sat. Come enjoy orchard & vegetable areas, medicine wheel, pollinator garden, 3 Sisters Bed, and ceremony circle. Cooking demos & samples 1st Tues. of mo. by nutritionist.

Bloom in June: 11am-1pm June 22 (rain date: June 29). Garden tour, seed planting, refreshments, blessing & song. Garden volunteers are welcome and we share our harvest with our hard working volunteers and community. 3780 S. 6th St. 316-5005. Gerald L. Ignace Indian Health Center/UW-Extension project.

WIC farmers market vouchers matched

Vouchers can be used to purchase fresh fruits, vegetables, and herbs from farmers at the Fondy Farmers Market and Oak Creek Farmers Market (see info below for dates, location). Show your WIC farmers market vouchers at the information booth before you start shopping, and they'll be matched up to \$10 while funds last.

Buy \$20 worth of food for \$10 on Quest card

Four local farmers markets will match the amount you take off of your Quest card at the market, up to \$10 each market day. That means if you take \$10 off of your Quest card, you'll get an additional \$10 to shop for fruits, herbs, and vegetables, a total of \$20 to buy farm-fresh food. The matching program will go until funds run out, at these markets:

- Fondy Farmers Market (see info below)
- Tosa Farmers Market, Sat. 8am-noon, 7720 Harwood Ave
- Near West Side Farmers Market, Thurs, 3:30-6:30pm June 20-Sept. 26, 3600 W. Juneau (one block north of 35th & Highland, on Harley-Davidson campus)
- Oak Creek Farmers Market, Sat. 9am-1pm thru Oct. 19, Drexel Town Square, 361 W. Town Way

For more info **about using your benefits** at farmers markets, and for a map of locations, visit bit.ly/EBTMKE



2200 W. Fond du Lac Ave.
fondymarket.org | 933-8121

Sat June 15 9am-12pm

June 22-Oct. 31: Sat. 7am-3pm
Sun. Tues, & Thurs 9am-3pm

Nov. 2-23: open Sat. 9am-3pm

Accepts cash, FoodShare EBT/Quest cards & Senior and WIC farmers market vouchers.

Live music and Seasonal Soul Cooking Demos 10am-noon Sat. starting June 22. Free yoga in Fondy Park (details on page 4).

Community partners will be joining us celebrating special themes:

June 22: Play Day June 29: Gardening Day July 6: Critter Day
July 13: Reading Day July 20: STEM Day

July 27: BBQ and Greens Fest Aug. 3 : Family Day
Aug. 10: 53206 Day Aug. 17: Housing Education Day
Aug. 24: Water Day Aug. 31: Arts Day Sept. 7: Bike Day
Sept. 14: Harvest Fest (more dates announced in fall News issue)

Westown Farmers' Market 10am-2pm Wed (not July 3). Zeidler Union Square on Michigan between 3rd & 4th. Produce and flowers, prepared food items, art and jewelry, live music. Aug. 14: Children's Day, 10am-1pm, free entertainment & activities for kids.

Eating Smart, Being Active: Free series for adults at Parents Place, Waukesha. Cooking, conversation, movement, fun. 10-11:15am Thurs. July 25, Aug. 1, 15, 22, 29, Sept. 5, 12, 19. 1570 E Moreland. Register for classes, free childcare, 262-549-5575.

Family Healthy Choices program 5:30-7:30pm Sept 16-Dec. 2 \$30/family for 12 classes. Adults, ages 4+ 16th St. Community Health Center, 1032 S. Cesar Chavez Dr. Register: Delia, 897-5293

Free family-friendly **Greenfield Farmers Market tour:** 9-10 am June 23 Konkel Park. Max. 25 participants; register: 329-5275



Some local businesses

helped make Mother's Day extra special for visitors to our Mothers Trading Post. With a generous donation of personal care items from Bath & Body Works, volunteers from Baird Gives Back assembled 75 gifts for single mothers! Moms also took home new clothing from NewThreads of Hope, as well as goodies prepared by a team of volunteers from Kohl's Cares. Our Trading Post looks a lot spiffier with the new shelves organized by our second set of Baird volunteers. Thank you to all for making Mother's Day memorable for these hardworking mothers!



DAISIE
foundation

Our members also enjoyed some pampering, courtesy of a national organization. Chicago's Daisie Foundation treated 29 HOPE Network members to Mother's Day makeovers. Sessions took place May 5 at the Kimpton Journeyman Hotel. With the help of local hair stylists, makeup artists, and photographers who volunteered their services, the mothers spent the day on some much-needed self-care. Everyone who attended also enjoyed a delicious lunch on the Journeyman celebrated (& heated) rooftop patio and left wearing a brand-new outfit. We are incredibly grateful to the Daisie Foundation for offering this one-of-a-kind experience to our moms.

Single mothers: enrich your children's lives – and your own.

Join HOPE Network for just \$5 a year!

Apply and pay online at: www.hopenetworkinc.org
Or call 262-251-7333, and we will mail you an application.

Get More With Membership:

- Newborn support and crib program
- Email updates with news and occasional opportunities (like recent makeovers from The Daisie Foundation)
- Resource mailings (this summer: Brewers tickets and Milwaukee Art Museum passes)
- Special offers and connection through our online community (Facebook group)
- Free classified advertising in HOPE Network News.

Heartfelt thanks to our volunteers, donors

We're grateful to our many donors from Mar. 1 through May 31. We value all contributions, whether money or goods, time or talent.

Ackeret Family Charitable Funds of the Greater Milwaukee Foundation
Joanna Alfredson
Anonymous
APQ Printing
Ascension Lutheran Church
Bath and Body Works
Pauline Beck & Phil Schumacher
Todd & Patricia Bence
Jean Berenschot
Jim Bickler
Blessed Savior School
Jenni Block
Natalie Boser
Liz Bowman
Brewers Community Foundation,
Brewers Buddies
Brook Falls Organ & Piano Co.
Linda Brundage
Blaine Burlew
Liam Callanan
Meriel Christensen
Karen Cluppert
Christ Child Society of Milwaukee
Church of Jesus Christ of Latter
Day Saints
Jason Collins
Community League of Menomonee
Falls
Daisie Foundation
Michael Dahm
Carol Deming
Divine Saviors Holy Angels
Steven & Lois Dobrzynski
Ellen Drewry
John Dunn
Lynn & Peter Engel
Terri Enghofer
First Bank Financial Centre
Matthew Follett
Arlene Foti
Bill and Mary Freisleben
Mary Friedrich
Good Shepherd Catholic Church,
Meno. Falls
Frances Glowienka
Lois Graff
Lisa Graveen
Greater Menomonee Falls
Foundation
Mary Grenier
Fr. Ralph Gross
Nadiyah Groves
Sarah Harenke
Shirley Hawk
Crystal Hearvey
Karen Hebert
Dyan Inhoff
Maureen Janosch

Kathleen Kershek
Herb Kohl Philanthropies
Brad Klages
Knights of Columbus Charities,
West Allis
Tom & Sue Kress
Alison Kriegel
Jane & Edward Kyle
Christine & Jeffrey Lodl
Judy Lohmann
Lisa Lopacinski
Lydia's Treasure
Mary Ann Lynch
Tim & Jessica Martin
Angela Meinen
Natalie Merkel
Nancy Moews
Karen Murphy
NewThreads of HOPE
Mary Nitzsche
Robert Nelesen
Pam Oberg-Sutton
Jackie Palank
Dorothy Parks
Amanda Parsons
Emily Perkins
Mark & Mary Jane Peschmann
Ben Pliskie
Mary Pionke
Linda Pletta
Leah Pounds
Sarah Rigel
Joline Robertson
Jennifer Rogers
Judith Romelus
Krista LaFave Rosolino
Holly Ryan
St. Agnes Congregation
St. Dominic Catholic Parish,
Super Seniors
St. John United Church of Christ
St. John Vianney Congregation,
Outreach
St. Paul's United Church of Christ,
Women's Fellowship
Janet Schiedemeyer
Barb Schmit
Kristen Schmitz
Alice Schultz
Anthony Sciortino
Barb Seidl
Joan Shanley
Mary Smith
Ally Spaight
A.J. Star
Erin Steiner
Jerad Steinfeld
Gail & Michael Sweet
Gabriel Tawil
Paul & Debbie Tews
Kathy Thomas
Nancy Thompson
Ray J. Thornborough
Maija Trujillo

Katherine Umhoefer
Urbaninitiavemke
Versona
Mary Wallenfang
Kathy Wambold
Beverly Washcovick
Waukesha County Community
Foundation/Tempo Waukesha Fund
Chris Wendt
Pat Wille
Val Williams
Angela Wilson
James Wilson
Mike & Lisa Wimmer Fund
Jodie Winkler
Mary Witzlib
Sue Yenter

In Memory Of:

Bob by: Sylvia Starke
Rosemary by:
James & Sandra Lembke
Bernie Beck by:
Pauline Beck & Phil Schumacher
Pearl Boivin by:
Patricia De Guzman
Lucille Buechner by:
Holly Buechner
Stephanie Bova by:
Michael & Gail Sweet
Lavone Cederberg by: Karen Hebert
Jennifer Flora by:
Mary A. Schueler, her mom
Jeanne Fons by: Mary Ciha
Marion Gehring by: Elaine Gehring
Audrey Grenier by:
Michael & Gail Sweet
Gerald Hoerig by:
Claude Hoerig
Marlyce Hoerig
Michael & Gail Sweet
Sally & Dale Yakel
Ann Wallace
Judith & Vincent Zangara
Jeri & Mark Schlatter
Colleen Barnett
Cynthia Donahue
Allan & Jane Lorge
Craig & Nancy Holdmann
Susan & Jeffery Boardman
Charlotte Heinrich by:
Mary Ann & Mike Lynch
Bob Kersten by: Mike & Gail Sweet
Sue Kubicek by: Sue Yenter
Dr. Monte H. Liebman by:
Lori Liebman

Dorothy Lynch by:
Mary Ann & Mike Lynch
Frances Marquardt by:
Jim & Bev Cline
Helen Nazda by: Jim & Bev Cline
Marilyn Nettesheim by:
Margaret Leonhardt
Margret Pankau by: John Pankau
Leona Pfister by:
Patricia De Guzman
Frances Pionke by: Mary Pionke
Nancy Reinsvold by:
Greg & Helen Reinsvold
Suzanne (Sue) Springman by:
Stephen Springman
Mary Witzlib
Karen Von Stockhausen by:
Oliver Von Stockhausen
Lenora Sweet by:
Michael & Gail Sweet
Nelly Tawil by:
Gabriel Tawil

In Honor of:

The 50th Jubilee of Sister Myra
Smith by: Marilyn Schultz, James
Wilson and Pauline Beck
Carol, Ines, Eydie, Hannah,
Katherine, Jule and Carol Weber by:
Mary Chris Kult
Nancy Hibben by: Ramona Petry
Katie Kershek by: Wendy Kershek
Ann Marie Foster by:
Kathy Wambold
Lisa Lopacinski's birthday by:
Mary Witzlib
Alva Roessler by:
Randy & Beth Gonstead
Krista Rosolino by: Elaine Gehring
Gail Sweet by:
Brian, Rachl, Liam and Isaac
Angela Wilson by: JoAnn Walch

Remember HOPE Network

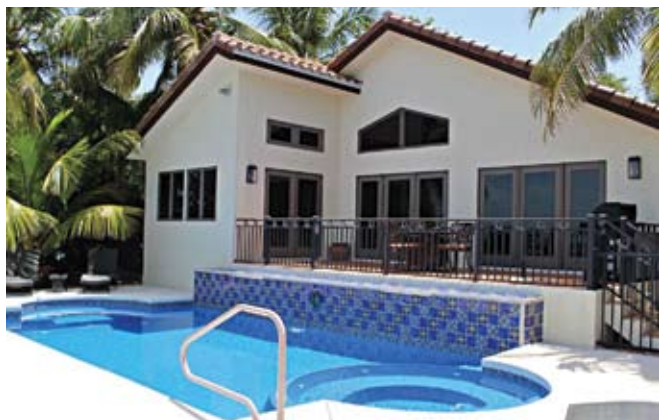
Please consider including HOPE Network in your estate planning, or in a directive to your family. Estate bequests, both large and small, play a vital role in supporting HOPE Network.

CHANGE SERVICE REQUESTED

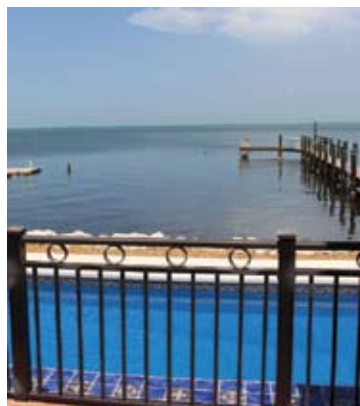


Win big at An Evening of HOPE October 4!

For tickets call 262-251-7333 or email admin@hopenetworkinc.org
Drawing held October 4. Need not be present to win.



Spend a week at Casa Agua, a spacious vacation rental on secluded Grassy Key, midway between Key Largo and Key West. This 3 bed 2 bath home boasts accommodations for 6! Includes one-week stay & \$1,000 in travel money! More photos and details at: <https://bit.ly/2nTklnu> and on the HOPE Network website www.hopenetworkinc.org



Spend a week in the Florida Keys!

Buy your tickets today!
Tickets: \$25 each, 3 for
\$50 or 10 for \$100

*View from porch:
Swimming pool,
dock, and Gulf.*

Join us for HOPE Network's Fall FUNdraiser...
in a NEW place (just down the road) with a NEW theme! We'll still have our incredible silent auction - plus raffles, games, dinner, program and more! Details will follow in the Sept. issue of the *News*.

Can't wait to celebrate HOPE Network? Join our planning committee! This fun night requires many helping hands. Our lively team of volunteers is always looking for new members.

No time to plan? Consider donating a silent auction or raffle item. Our unbeatable silent auction depends on the generous support of our many local friends. We are accepting silent auction donations at our office in Good Shepherd Church, Menomonee Falls - or give us a call, and we can pick up at your convenience! We are also seeking event sponsors. Your tax-deductible gift to support our mission will be recognized in event materials. For details on any of these opportunities, call 262-251-7333 or email admin@hopenetworkinc.org.

What is HOPE Network?

HOPE Network is a partner on the parenting journey of any woman raising a child alone. With our help, single mothers:

- Start strong. They receive cribs, layettes, and safe sleep education when expecting or after baby arrives.
- Stay strong. Moms can access infant supplies, gently used clothing, and news and information.
- Grow strong. HOPE Network's educational grants for tuition or childcare advance equity.

---- Here's my donation to HOPE Network ----

____ Please put my donation where you need it most!

Or: I'm passionate about: ____ Cribs/safe sleep education

____ News magazine ____ Scholarships

Check enclosed or Charge \$_____ donation to credit card:

__ VISA __ Mastercard __ Discover (Or use Paypal on our www)

Name as it appears on card _____ + _____

Credit card number _____

Expiration _____ 3-digits on back _____

Address, and MUST include Zip code _____

Signature _____ Email _____

HOPE Network, P.O. Box 531, Menomonee Falls, WI 53052