

Hi Hintgen Families,

As the holidays get closer and closer, I wanted to make sure you have some awareness of resources the community offers for families in need, whether it's gifts for your kids, clothing, winter gear, food, etc. Please take a moment to look through this list. I also included a list of resources for families and children as it relates to Covid-19. As always if you have any questions, please feel free to reach out to me at rschmidt@lacrossesd.org or 608-789-6807. Thank you!

-Mr. Schmidt, Hintgen Elementary School Counselor

PREPARING YOUR CHILDREN FOR FACE TO FACE SCHOOL:

After an extended time at home, some children may require more preparation than usual to transition back into the school year. It's not too early or too late to listen to your child's hopes and fears, practice a goodbye ritual for drop-off, and preview changes in school procedures. Here are a few resources that may help. Please be in touch with me if I can help support you or your child(ren).

Talking With Children about Coronavirus:

- [How to Make Your Conversation Reassuring and Age Appropriate](#)
- [My Hero Is You:](#) A fictional book developed by and for children aims to help families understand and cope with COVID-19.
- [My Hero Is You: VIDEO](#)

Returning to School:

- [2 minute video for parents/guardians--Talking to your child about returning to school](#)
- [6 minute video for parents/guardians: 6 tips to help you prepare you children for back to school during the COVID-19 Pandemic](#)

Separation Anxiety:

- [Sesame Street Separation Anxiety Toolkit](#)
- [What is Separation Anxiety and How Is It Treated](#)
- [Back to School 2020 and Separation Routines](#)

General Anxiety:

- [Helping Your Anxious Child](#)
- [Headaches and Stomachaches](#)

SELF REFERRAL HOLIDAY PROGRAMS

Salvation Army:

- Angel Giving Tree for kids 0-14 years old; Toys for Tots for kids 0-12. The Salvation Army is planning to help the 13 & 14-year-olds with extra gifts because they may be too old for Toys for Tots.
- No proof of income, but proof of residence is required.
- Registration is open now and needs to be completed by November 9th, 2020 online at: <https://centralusa.salvationarmy.org/lacrosse/> if unable to register online call 608-782-6126.
- Families who sign up for Angel Giving Tree & Toys for Tots will also receive a Holiday Food Basket.
- If you would like to register for just a FOOD BASKET sign up at: <https://thesalvationarmywi.regfox.com/la-crosse-county-angel-giving-tree-registration-food-only>
- Distribution day is 12/12/2020.
- Contact: Christina Knudsen: christina.knudsen@usc.salvationarmy.org.

Catholic Charities:

- La Crosse County Kwik Trip stores are collecting Winter Wear during the month of October. (new & gently used: coats, boots, gloves, scarves, hats, etc—WATERPROOF preferred)
- Needing winter gear for your family? Catholic Charities can help. Families in need of coats, hats, mitten, boots, snow pants, etc., can call to schedule an appointment with Catholic Charities starting November 9th, 2020. Call 608-782-0710 to schedule an appt. Appts are needed this year due to limiting the amount of people in the building at one time.
- Holiday Project (Adopt-a-Family) & Christmas store sign up is open now at: <https://cclse.org/christmas-program/> Once the online application is removed people can call: 608-782-0710 for more information or **possible** late sign up.
- Contact: Shannon Parker: sparker@cclse.org.

Holiday programs that are more internal (have to have connection to agency or be invited, not self sign up).

New Horizons:

- Current clients are referred to this program by their New Horizon Advocate.
- Already identifying clients to participate.
- Contact: Jen Scaccio: youth@nhagainstabuse.org

Couleecap:

- Internal holiday project for those clients in their housing program.
- Contact: Becky Koske: Becky.Koske@couleecap.org

Everyone needs a Helping Hand:

- Local facebook group that provides gifts for children (they participated last year to partner and avoid duplication).

- Contact: Delania: delaniaflysatlse@gmail.com

BGC:

- Internal project for BGC kids, they do sponsor-a-family or a child as well as sponsor a membership.
- Contact: Tiegen.Haye@bgclax.org

Family & Children's Center:

- Must be a client participating in FCC programming.
- Case managers nominate clients to participate.
- Contact: Nancy Sedbrook: Nsedbrook@fccnetwork.org

La Crosse County Health & Human Services:

- Must be invited by HHS staff and be an active/open case.
- Paperwork to be turned in by 11/02/2020.
- Contact: Lindsey Schwarz-Nichols: lschwarz@lacrossecounty.org