

















'This is their place' How ETP became a safe place for two siblings by Brittany Lewis	4
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A LETTER from the **LEADERSHIP**

Welcome to Issue 7!

In this edition, you'll meet incredible people living extraordinary lives—each in their own way making the world brighter and better. At Friendship Circle, we are blessed to witness lives touched and transformed every single day. These stories remind us that the true beauty of our world is found in the people around us.

What amazes us most is the soul that shines within every person—regardless of background, age, or ability. Each of us has a unique mission and purpose in this world. As the Lubavitcher Rebbe taught, when we focus

on the soul, the external details fade away, and we begin to see one another for who we truly are: a light, a spark, a divine gift.

As you read through these pages, may you be inspired to look a little deeper, to discover the spark in yourself and in others. When we choose to see the soul, we open the door to genuine love, connection, and unity. Let's keep searching for the soul in each other new letter.

With gratitude,

Levi & Leah Stein & The Friendship Circle



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BY BRITTANY LEWIS Spotlight

EMPLOYMENT TRAINING PROGRAM

"This is their place" **HOW FRIENDSHIP CIRCLE'S EMPLOYMENT TRAINING** PROGRAM BECAME A SAFE **PLACE FOR TWO SIBLINGS**

There is an instant feeling of love the moment you sit down with the Donovan family. The mutual respect they have for each other is evident within seconds of meeting them. It could be the way they speak so highly of each other, or the way their smiles light up their entire faces when sharing stories about each other, but all of it makes for a family you want to spend time with.

"We're like best friends," said Danny Donovan.

"We go everywhere together," added Izzy Donovan.

Danny and Izzy are two of the five kids Mergee Donovan has adopted through the foster care system.

"Danny was shaken as a newborn," said Mergee.

The traumatic brain injury he suffered as a baby didn't reveal itself until he was in second grade.

"That's when the doctor told us, 'He's not going to read, he's not going to be doing math," Mergee said. "We found out at the end of the school year, in the summer, and



it was the most difficult summer of my entire life, most difficult."

"It's been hard, and it's been a little bit confusing," said Danny. "I just see things in a different way."

Izzy was also injured as a newborn, not long after Mergee went to visit her in the hospital after she was born.

"We had adopted her older brother so we went to see Izzy when she was born. She was the cutest little baby. Her mom had hurt other children and at the hospital she asked if I could take Izzy if she hurt her."

"I want them to have a life full of fun and love, which I will tell you, this place gives them."



Mergee said she suggested taking Izzy right away, but no one at the hospital listened.

"And then I got a call from the NICU and she had been smothered, and then I got to take her home, but then she was a limp little baby."

Through tears, Mergee talked about the heartbreak she felt for both children. "I want them to have a life full of fun and love, which I will tell you, this place gives them." The place she's referring to is Friendship Circle.

"It has given Danny a place where he feels loved and included," said Mergee. "He acts more comfortable like the Danny we see at home instead of trying to be cool. Because he wants to be cool because he wants to fit in. And this is not a fit in place because you just are here and you all belong."

Danny is a current participant in the Employment Training Program. Izzy graduated last year.

"My teacher told me about it, and I really like to cook a lot and then my mom thought it would be a good idea," said Izzy. "I really, really liked it."

She loved cooking and making new friends and has taken what she learned through



the program to her job at North Shore Doggy Daycare in Glendale.

"I clean up after dogs, brush them, make sure they're behaving, make sure they're not getting into fights and stuff," she said.

Danny also has a job. You may have seen him bagging groceries or putting away carts at the Sendik's in Whitefish Bay.

"He is a go-getter and kind to everybody so when he's at Sendik's working, everybody knows it's Dan. He's well loved," said Mergee.

For Danny, the employment training program reiterated his respect for other people's disabilities.

"Just meeting new people and having meaningful relationships with other people," he said.

"Both of them have grown so much. Izzy's pretty fun and wild and very happy, most of the time, except in the morning. So with Izzy, it was helping her feel more confident and doing other things and reaching out. This

"the employment training program reiterated his respect for other people's disabilities"

has given her a lot more confidence," said Mergee.

"Where Danny is an out and about kind of guy, but with Danny's disability, he really struggled and, as you can see, Danny doesn't look like he has a disability and so it's been a struggle throughout his entire life."



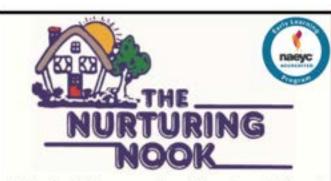
One thing neither Danny or Izzy have struggled with are their kind hearts. An instant warmness to them, evident when in the middle of this interview at Friendship Circle, they stopped to talk to friends.

"Have you met my sister?" Danny asked someone walking by.

A place where they have grown and built friendships. A place where they can belong. "They haven't had a place," said Mergee, tearing up. "This is their place."

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Bright Beginnings, **BRIGHTER DAYS FOR FAMILIES**



At the finish line of last year's Bike4Friendship, riders were treated to quick adjustments from chiropractor, Dr. Beau Blakeley. Dr. Blakeley was getting ready to open the doors to a new business: Bright Beginnings Chiropractic in Glendale, when he discovered Friendship Circle on social media. "I was new to the area and looking to connect with different businesses to create a resource center

for the families that I was going to be taking care of once we opened," Dr. Blakeley recalls. "Levi (Stein) said, 'Let's meet, come into the cafe. I'll show you around and tell you a little bit more about what we do.' I thought Friendship Circle was such a cool concept. And it's literally six minutes down the road from my office, so I told him I would love to get involved in any way possible," Dr. Blakeley adds.



"Designed to make it as easy as possible."

"Any way possible" meant a tent and table at the Bike4Friendship finish line. But that was far from a typical day at the office for Dr. Blakeley. "What I did that day could not be more opposite from what I actually do every day," Dr. Blakeley explains. "That day I was acting like what most people would think of as a 'normal' chiropractor; I was trying to help them after an athletic activity, whether they were having back pain or leg pain or tight muscles," Dr. Blakeley says. "When I'm working in that type of situation, I'm not able to run all the nervous system tests that I would do. I'm not able to do big long exams or have them fill out paperwork," he adds.

What does a typical day look like for Dr. Blakeley and his team at Bright Beginnings? "I'm a nervous systemfocused pediatric chiropractor. So I could

be working with a kiddo who has ADHD, autism, or social and emotional struggles. They might not be sleeping well and they might have a sensory processing disorder," Dr. Blakeley explains.

ASSESS THE PATIENT

The process begins with a comprehensive assessment. While a typical chiropractor focuses on the musculoskeletal system, Dr. Blakeley focuses on the patient's nervous system. "We have awesome nervous system tests that we run on every patient we can run them on. We see little babies who are struggling with colic or reflux or constipation, all the way up to adults. Oftentimes we end up treating the parents of the kids that we're treating," Dr. Blakeley explains. "Once the parents see what's happening with their kids, they think we could also help them with exhaustion or whatever it may be."



Step one is a phone call. "Our new patient experience is three steps: a twenty-to-thirtyminute phone consult, just for the parents and then they fill out paperwork; it's incredibly detailed because we're asking questions that go all the way back to fertility," Dr. Blakeley says. "After the phone consult and the paperwork are completed, they come in for the nervous system scans, and then the third visit is our review of findings. All three of these could be done within a two or threeday period," he says.

The scans are painless and relatively easy but they offer Dr. Blakeley important insights in creating a treatment plan. "The scans are all non-invasive and sensory, so nothing's going into the body. It's not like an x-ray with radiation or anything," Dr. Blakeley explains. "The first one is a heart rate variability scan. This measures the balance between the sympathetic nervous system which is the stress mode or gas pedal, and the parasympathetic nervous system, the regulation side of the nervous system or brake pedal" Dr. Blakeley says.

"These scans give me the ability to look deeper inside"

"We're looking to see if there's an equal balance of these two or if a patient is way too much into stress mode and the gas pedal, which oftentimes is the case for adults and kids in the United States," he adds. "So many kids are locked into the stress mode and before you know, it just becomes their normal state of being."

The other two painless, non-invasive, scans provide additional diagnostic information. "They're both quick, little, scans that we do up the back and kids don't feel anything. One of them tickles a little bit and one of them is a little bit cold," Dr. Blakeley explains.

"These scans give me the ability to look deeper inside and not only see for myself, but also show parents what's going on and why it's so difficult for your kid to focus or regulate their emotions or sleep through the night, or have a bowel movement every single day," he adds.

GOOD VIBES ONLY

Dr. Blakeley has a keen understanding of how important it is to create a kid-friendly environment. Bright Beginnings is an informal, welcoming space, intentionally designed NOT to feel like a medical practice. "Everything is designed to make it as easy as possible for the parents of kiddos that may be struggling, to get in and get out as efficiently and easily as possible," Dr. Blakeley says.

The office is very non doctor's office-y

"The office is very non doctor's office-y. We do everything we can to make it not be clinical or sterile because most of these kids go to a lot of doctor's appointments and it's usually not their favorite place to be. So we make it feel very homey, almost like a coffee shop, but with a kid's play area," Dr. Blakeley explains. "Families come in and we let the kids get comfortable, we meet them and let them hang out for a little bit, and then we do the scans," he says. "We know it can be hard for kids to sit still. Maybe they're unsure about the technology, so we take our time and work together with mom or dad to make them feel comfortable," Dr. Blakeley explains.

You won't find this doctor in a white coat. "Every day, I wear a tee shirt that says, either 'Expect Miracles,' 'Experience Miracles,' or 'Healing Happens Here," Dr. Blakeley explains. Like any treatment, there are no guarantees but Dr. Blakeley's positive approach, combined with his proven track record are giving families glimmers of hope and light on a regular basis. "There are kids that you can kind of call it a miracle with things that happened crazy fast," Blakeley recalls. "After a couple adjustments, we treated an eight-year-old who has never slept through the night and they are sleeping through the night forever forward. We had a kiddo in here the other day who is on the spectrum and after, maybe two months of care said 'Mama' for the first time ever." Dr. Blakeley recalls.

Dr. Blakeley wants to have a presence at Friendship Circle's biggest annual event again. Dr. Blakeley plans to offer his service to tired and sore riders. "After a long bike ride, especially for people who are not usually doing long bike rides, I'm able to help with the recovery process, help them feel a little bit better and stretch them out," Dr. Blakeley says. "I really just want to show my support for Friendship Circle and everything they have going on," he says.

Check out Dr. Beau Blakeley and Bright Beginnings at Brightbeginningschiro.com or call at 414-292-9585.



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Lonely, but Not Alone

By Dr. Scott Linton

The young woman in my office was crying. She was pregnant, didn't know who the father was, had dropped out of school and was living with her parents with whom she was fighting daily. She was cutting herself, and came to see me after she had attempted to overdose with pills. Her parents said she needed to see someone, and reluctantly, she agreed.

We talked through her tears over many weeks, and gradually she rebuilt her life. She chose to complete her pregnancy, and found a good adoption agency that placed her baby with a loving family. As she healed, she stopped cutting herself and ultimately returned to school and found a meaningful part-time job. She and her parents built a better relationship. She formed a new circle of friends.

Although we explored many difficult memories as she shared her feelings, her story is not an example of a young adult successfully completing individual therapy, because the story of her healing is not about an individual.

Often when a person faces a mental health crisis, they feel alone and isolated. Often it was that overwhelming feeling of isolation which brought on the crisis. Yet when I meet with a distressed client. a larger view shows that they are at the center of a web of relationships — with family, with friends and with other people who matter to them — that has broken down. Helping my clients make the journey from crises to thriving is not about taking a long hike alone with them, but about rebuilding broken bonds.

For all of us isolation is traumatizing and secure connection is healing. All of us need at least one person in our lives who sees us, someone with whom we can be ourselves, someone who won't judge us, someone we can trust. Often we are fortunate to have secure connections with more than one person. For a teen it may be their parents, also a best friend or a romantic relationship, perhaps also a teacher or a coach. We feel well when we know there are people in our lives who understand and support us.



When we are in crisis, although we may have made some poor decisions, taken some unnecessary risks or suffer from low self-esteem, there are often many people who could have been there to support us if only those relationships had been stronger and safer. Helping someone in those first moments and in the first sessions requires an individual focus to allow room for their feelings to emerge and to help them sort out their thoughts. But ultimately, we have to rebuild the broken bonds.

A larger view usually shows that the "identified client" is just one member of a family that isn't communicating well, and perhaps also a community of friends who are not supporting

"All of us need at least one person in our lives who sees us"

each other. "Fixing the problem" isn't "fixing the client" because my clients aren't broken. They are usually just the most sensitive person in a network of poorly functioning relationships. That's why although we begin therapy individually, we eventually expand our sessions to include the most important people in my client's life.

I'm a family therapist. I work with families because we live in families. The young woman in this story got to a much better place after her parents also started coming to her sessions. We met as a family, and I also met with her parents separately as a couple. There was a lot that hadn't gone well in their life together before she had fallen into a dark place. There had been breakdowns in their communication: there had been difficult situations in school where she had needed her parents' support but didn't get it. Her journey back from the dark place wasn't about fixing her problems, but about rebuilding their bonds.

Individual therapy can be essential for a person in crisis. But ultimately to thrive, we need to feel connected to the people we love. Rebuilding secure connections rebuilds healthy families, and our connections with each other bring us back to mental health.

Dr. Linton is a physician and a Licensed Marriage and Family Therapist. His office is in Mequon, Wisconsin. He can be reached at (262) 404-7889.





NAVIGATING AUTISM one family member at a time By Brittany Lewis

Sit down with the Martins and you will find a family who is an open book. Open to their experiences as a mom, dad, daughter, and son, open to the way they approach life, and open to their experience as a family where everyone is living with autism.

Mom Sara Martin-Henak was diagnosed with autism when she was a child.

"It was something that I was kind of aware of throughout most of my life," she said. "I'm actually one of the very few women that I know with autism in my age range who actually did get a diagnosis in childhood and it's because my mother, although she's a career attorney now, started out as a special educator and she knew exactly what she was looking at with me."

It was also her mom - and aunts - who suggested Sara get her son, Reuven, evaluated when he was three.

"One of the big triggers we had a big family event where the extended family got together and we've got my mother, the former special educator there,

my aunt, who has a son who has autism, and my other aunt, who is like a professor of psychology, all coming to me individually and going, have you gotten him evaluated yet? And I was like okay, that needs to move to the front burner for sure."

"It's been a lot of balancing different needs"

At the time, Reuven, who is now 13, was not speaking very many words and was hard to understand. He got very overwhelmed by sensory stimuli and did not like any changes to his routine.

"When he wanted to play with one of us, it would be like he would have a very set script. It wasn't imaginative play, it was, we are going to act out this scene or do these actions and then we're going to do them again, and then we're going to do them again, and it's not going to change," said Sara.

"For hours," added dad, Richard Martin.

It was only once Reuven was evaluated for autism, that Richard realized he, too, had autism.

"They give a criteria, of these are the things, and if you have these things, it's highly likely that you have autism. I looked at it and I was like, 'I've got all the things, all of them.' And it would explain a lot of the idiosyncrasies in my childhood," he said.

The youngest family member, 7-year-old Liora was diagnosed with autism last year. A lover of art, her quiet nature did not immediately stand out as someone with autism, but her parents knew.

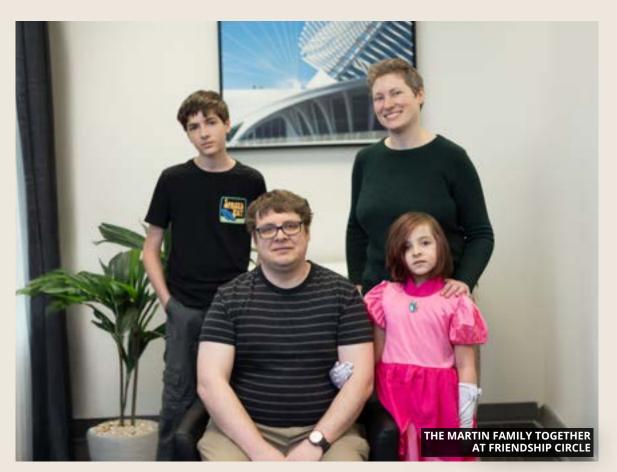
As a family, they navigate the needs one another has.

"It's like our needs don't exactly line up and sometimes it can be an issue because if one

of us is feeling the need to make loud noises and one of us just can't deal with loud noises, it's like which is a situation that has happened on more than one occasion, we have to try and balance it. As adults, we have to take a step back. Maybe I need to remove myself from the situation if I'm getting overwhelmed by it, but in general, it's been a lot of balancing different needs," said Sara.

Sara and Richard have different skill sets and they use that when parenting.

"One of the hardest parts of parenthood is there are so many situations where something happens that you did not expect. It's having to learn flexibility and to set aside my own needs or feeling of being overwhelmed because the kids are the priority. I can take time for myself after the crisis is over to kind of calm back down," said Sara.



While they don't tell everyone they meet about their autism, Richard believes it's nothing to hide. "I think almost nothing is taboo, so you should be able to talk about it all," he said. And while they may not do things other families do, they understand each other.

"We have a lot of behavior that is just accepted and not even commented on. Like, 'Oh, you need that particular toy to fidget with, play with' or you need clear instructions before the transition stage between this event and this event, that's normal for us. Sensory issues, and so on," he said.

A family balancing the needs of one another while navigating the world one day at a time.







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The Kacmarcik Center for Human Performance (KCHP), might be one of Grafton's well-kept secrets, but it shouldn't be. This 16,000 square foot facility, opened in October of 2022 and is owned and managed by Kacmarcik Enterprises, parent company of Kapco Metal Stamping. KCHP was created to house programs and events geared to Kapco employees, but this multi-purpose space and many of its programs are also open to the community.

Kapco Metal Stamping started in 1972 and currently employs over 500 people at eight Wisconsin facilities, with its corporate and manufacturing headquarters on a campus setting in Grafton that includes the KCHP.

From cooking to yoga, and from story telling to financial literacy, KCHP offers a variety of programs designed to help people achieve their full potential. It all started when Kapco/Kacmarcik Industries Chairman and CEO, Jim Kacmarcik, wanted to offer another resource for the company's employees.

"He wanted to figure out how we could impact each employee's mind, body, and spirit..."

Maddy Kacmarcik is a third generation Kapco professional, she currently serves as a Business Intelligence Analyst for the organization. KCHP is near and dear to Kacmarcik's heart; she started her career there as a Corporate Wellbeing Consultant. "My dad came up with the idea years ago. He wanted to figure out how we could impact each employee's mind, body, and spirit, and give them opportunities to try things that they haven't tried, learn things they want to learn, and develop different skills to better themselves," Kacmarcik says.

"The Kacmarcik Center came alive from that idea and we started by offering classes to our employees and then expanding that to the community. We bring in community members to host and teach different classes, and we open the doors to more than just our organization. And it's evolved to now helping with our training and development of our employees on a much larger scale," Kacmarcik adds.

The space is welcoming and modern, with a variety of co-working and meeting spaces, audio/visual capabilities and a teaching and demonstration kitchen. Tiffany Coris serves as Director of Partnership and Strategic Initiatives for Kacmarcik Enterprises; Coris and her team also have offices in the building. "The building houses our nonprofit entity, Camp Hometown Heroes and under that umbrella, we also run the Kids2Kids Toy Drive during the holidays and this facility (KCHP) serves as home base for that massive program," Coris adds.

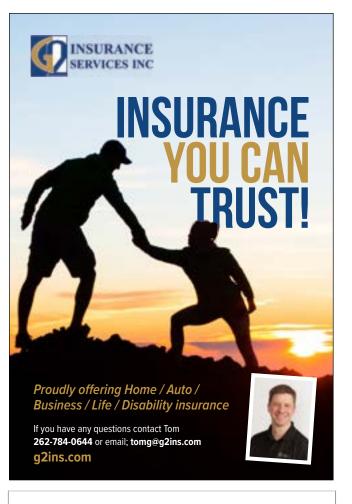
"All of our classes have some type of wellness component to them"

Employees can pick and choose their own KCHP adventures from a menu of programs and classes. "We held a wellness class taught by River Edge Nature Center for our employees about maple sugar tapping. And in the kitchen, we've done cooking classes, primarily focused on healthy eating. We had a cancer survivor teach a cooking class about meal planning with a specific diet related to illnesses and taking care of yourself. All of our classes have some type of wellness component to them," Coris explains.

Kapco Employees also participated in a Maker's Market in March to showcase



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their side gigs and talents. "We have a lot of people that do things on the side, like crocheting or artwork or DIY. We even have an employee who makes dehydrated foods. So people came on their lunch hour and after their shift to check out what their employees made," Coris adds.

Kapco employees from all departments had the chance to attend a SafeTALK Suicide Prevention course provided by the Friendship Circle, at KCHP. Fifty employees learned to recognize the words and actions that could potentially signal a person at risk for self-harm. They also learned techniques about what to say and do in these sensitive, but vitally important situations.

The KCHP team organized optional opportunities for all employees to participate in SafeTALK training. "We were asking 'what are unique things that we can offer to employees that they may not be able to get elsewhere?' I'm certified in suicide prevention, but we thought that if it's right here on campus, where employees can take an hour of their day and get something experiential, it will help develop their potential and their learning experience," Coris explains.

KCHP's mission to enhance employees' lives, and the ongoing progress around that mission, perfectly aligns with Kacmarcik's academic pursuits. "I am currently studying neuroscience, and I have a great personal passion for mental wellbeing and physical health, and all dimensions of wellbeing," she says. "I started working with our other enterprises to prove through data, how the things that we're offering in all areas of our wellbeing classes at the Center, and in all our training and development for Kapco employees, how that is all working for the business and for the individuals' wellbeing overall, at home or outside of work," Kacmarcik adds.

For more information on the Kacmarcik Center for Human Performance, visit their website kacmarcikcenter.com



Pedaling with a purpose

WISCONSIN BIKE RIDE FOCUSES ON INCLUSION, BENEFITS THE FRIENDSHIP CIRCLE



By Aaron Maybin and FOX 6 News Digital Team

FOX POINT, Wis. - Bike riders in Milwaukee County went the distance on Sunday, July 20, to raise awareness for those living with disabilities and mental health challenges. It was the 5th Annual Bike4Friendship.

WHAT WE KNOW:

Nearly 200 bicyclists and even more walkers and supporters turned out in Fox Point on Sunday to celebrate a bike ride highlighting adventure and inclusion. It's called Bike4Friendship.

Friendship Circle is based in Fox Point. The organization provides jobs and programming for kids and young adults living with disabilities.

WHAT THEY'RE SAYING:

"Today, we are biking for friendship. Today, people of all ages, all abilities, are coming to the Friendship Circle to ride in support of people with disabilities and in support of people struggling with mental health," said Rabbi Levi Stein, President and CEO of The Friendship Circle of Wisconsin.

"My kids have been involved in Friendship Circle programming the last three years now," said Molly Sandock.

Hundreds rode bikes and walked to show support – and there was plenty of entertainment throughout the morning.

"It's a great cause for everyone to be a part of," said Sari Vineburg.









VARIED ROUTES

Some riders tackled 30, 60 and 100-mile routes to help raise money for the organization.

Erin Hochevar completed a 5K ride.

"It's just a heartwarming day," Hochevar said. "It sparks the conversation and helps them understand where they fall in the spectrum of people and that

everybody is different and everyone has value."

Bike4Friendship is Friendship Circle's largest fundraiser. It's a ride that is fueling the future and promoting positivity.

"This will keep us fueled for the rest of the year to keep doing programming for all that we serve," Stein said.





Scan for news coverage on Bike4Friendship on:











FINAL STOP OF "We Can Save Lives Tour" HONORS ALDERMAN JONATHAN BROSTOFF

by Nazir Spencer **620WTMJ**



MILWAUKEE – A statewide suicide prevention effort came to a close Wednesday with an emotional ceremony in Milwaukee, honoring the life and legacy of Alderman Jonathan Brostoff.

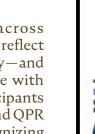
The final stop of the "We Can Save Lives Tour" was held at Milwaukee High School of the Arts, Brostoff's alma mater, on World Suicide Prevention Day. The initiative was launched in December 2024 by Friendship Circle president Levi Stein, who wanted to keep Brostoff's passion for community alive through accessible, life-saving training.

"When we started the We Can Save Lives tour, people signed up in big numbers because they wanted to do something in memory of Jonathan," Stein said. "And this was a really tangible thing to do. But it's grown way beyond that. It's not just friends of Jonathan who are showing up to these trainings. It's much more than that."

The tour spanned 41 stops across Wisconsin — a number chosen to reflect Brostoff's age when he passed away - and provided more than 1,000 people with suicide prevention training. Participants learned skills through SafeTalk and QPR programs, both focused on recognizing warning signs and responding in crisis situations.

Wednesday's ceremony brought together community leaders, family, and friends. Among the speakers were Diana Brostoff, Lt. Governor Sara Rodriguez, Milwaukee Mayor Cavalier Johnson, Milwaukee Public Schools Superintendent Dr. Brenda Cassellius, and Stein himself.

Mayor Johnson said Brostoff's influence continues to shape Milwaukee, and meeting him was one of the more remembering times of his tenure.



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Thank you Levi and Leah Stein for all your efforts with The Friendship Circle.



















I had known Jonathan going back a little more than 15 years. I remember he's one of those people who. You remember the moment you met him," Johnson said. "I certainly remember the exact moment, the exact place where we were when we first met all those years ago."

Attendees also had the opportunity to take part in additional prevention trainings held before and after the ceremony.

Stein said he hopes the tour will spark long-term change across the state.

"Get trained and host a training," Stein said. "Don't just get trained yourself. Get all of your friends, your family members trained. We'll come to you. We now quadrupled our capacity to be able to do trainings. So give us a call at friendship circle. Schedule training and get everyone that you know trained."



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