

Family Education and Support Centre

Facilitating growth and development in families and communities by responding to the need for information, education, resources and support since 1971

To find out more please contact us at reg.familyed@telus.net or 22554 Lougheed Hwy., Maple Ridge (604) 467-6055

www.familyed.bc.ca

Find out what we can offer you...

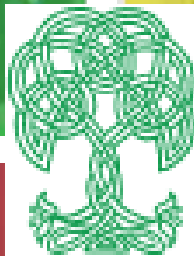


Parent Education Program:

Providing a wide variety of information and discussion based groups designed to support the unique needs of families in our community. Parent Education programs feature topics such as parenting through different ages and stages, personal development for everyone in the family, anger management, self esteem for youth, effects of bullying and cyberbullying, communicating with your teenager, and many more. For more information please call Christina Shearme or email familyed@telus.net

Families Supporting Families:

A free support group for parents and care-givers can meet and discuss the issues and challenges of raising children in today's busy world. Our self-help groups are led by trained facilitators and provide parenting information in a non-judgmental atmosphere. This program features day and evening classes, some on-site childminding, guest speakers, and lots more. For more information please call Jenny Earley or email fsf.familyed@telus.net



Immigrant Settlement Services:

Providing immigrants and refugees with information about Canadian society, guidance and support on personal adjustment issues and helps bridge newcomers with the community. In addition to regular services, ISS also offers a selection Diversity resources, support groups, multicultural events, Community Education Workshops, Anti-Racism Programs and After-school Multicultural Programs. For more information please call Jassy Duggal or email iss.familyed@telus.net

Adult Mental Health Resource Centre:

The AMHRC provides information on mental illnesses and good mental health through education forums and private speaking engagements. AMHRC also offers cognitive mindfulness based psycho-educational groups. This free service is funded through the Fraser Health Authority. For more information please call Tammy Stott at 604-467-6034 or email amhr@telus.net

Programs Offered @ Family

Youth Education



Self Esteem for Girls

Girls age 8-11 and 12-15 will learn skills of how to see themselves in a healthy way, the influences of media, friends and much more.

Price: \$65 4-2hr sessions

Course runs October and February

It's a Guy Thing

Guys age 8-11 and 12-15. It's difficult learning how to be a healthy, well adjusted male in today's world. This male lead group offers guys a chance to learn about their strengths in a variety of different settings.

Price: \$65 4-2hr sessions

Course runs October and February

Parent Education

STEP- Systematic Training for Effective Parenting, is a research based parenting program based on the work of psychologist Alfred Adler. This program uses common sense and is full of practical, do-able strategies that incorporate democratic parenting methods to support parents raising great kids and enjoying the process from birth to the teen years. **All STEP course prices include course book.**

STEP-E: Parenting Young Children

Price: \$100 8-2hr sessions

Course runs September and April

STEP-M: Parenting Middle Years

Price: \$100 8-2hr sessions

Course runs October and February

STEP-T: Parenting Teens

Price: \$100 8-2 hr sessions

Course runs October and April

Parenting for Separated and Blended Families:

This is a shared course with Families Supporting Families that combines support and education and is designed to create a safe environment for people to share their experiences and gather solutions that fit their families unique needs.

Price: TBA 12-2 hr sessions

Course runs October to January

How to Talk So Kids Will Listen

Based on the best selling book by Elaine Mazlish and Adele Faber, this course includes topics such as: helping children identify and deal with their feelings, cooperation without nagging, and alternatives to punishment.

Price: \$70 7-2 hr sessions

Course runs October and February

Parent's Pick

Parent's of children ages 0-7. Sign up for all of the courses or just one, it's your choice.

Week 1: The Roots of Behaviour

Week 2: Talking and Listening to kids

Week 3: Yelling & Threats; Alternatives

Week 4: Toddler Time; ages and stages

Week 5: Praise and Encouragement

Week 6: Positive Discipline/ Limit setting

Price: \$15 / 2 hr session

Course runs October and March

Child and Parent Education Together

My Anger Monster: Anger Management for School Aged Kids

Does your child need help controlling his/her temper? This practical course offers your child the tool they need to understand and identify their angry feelings, as well as alternative ways to express themselves.

Groups offered for ages 6-9 and 10-14

Price: \$55 3-2 hr sessions

Course runs November and March

My Child Has An Anger Monster...

This is the companion course to Anger Monster for parents. Parents will learn how to support their child's efforts to tame their anger monster, skills for keeping yourself calm while your child has a temper tantrum and much more.

Price: with your child -\$85; individuals \$55

3-2 hr sessions

Course runs November and March



Home Alone: Skills for Kids and Parents

An opportunity for parents and children to gain information and learn and role play new skills for being safe when staying home alone. For 9-12 year olds and their parents.

Price: \$25/ parent and child

\$10/extra person 1-2 hr session

Course runs September and May

Connection Point: Reconnecting with your Teen

This interactive and experiential course is designed to get you and your teen talking again. Held outdoors in the community parents and teens will have a chance to work together, connect with each other, and take a look at what is getting in the way of them communicating. Park Location.

Price: \$65/ family 1-4 hr session

Course runs October and April

Stick Up for Yourself: Playground to Cyberspace

9-12 year olds and their parents.

Kids are facing challenges that didn't exist a few years ago, like high tech bullying. Parents and children will both learn about all the different forms of bullying, options for dealing with a bully, and time role playing different situations.

Price: \$45/parent and child; \$15/ extra person

1-2 hr session

Course runs in December

Personal Growth Education



Conflict Resolution for Couples

Being part of a couple is hard work. Give your relationship the foundation it needs while you learn new communication skills and find out what you are really arguing about.

Price: \$175/couple 2-6 hr sessions

Course runs in December

Anger Management: Mens and Womens

This practical skill based group discusses the complex and confusing nature of anger and teaches how to recognize triggers, alternative methods of expression, and how to diffuse anger. Separate Men's and Women's groups

Price: \$125 5-4 hr sessions

Course runs October and March

Education and Support Centre

Families Supporting Families

Being part of a group can:

- Increase problem solving skills
- Improve self esteem
- Increase positive self concept
- Strengthen social support networks
- Increase independence
- Decrease need of formal supports from Social Service Programs
- Enhance self care skills

The program provides weekly groups for parents in Maple Ridge and Pitt Meadows neighbourhoods. Information about pregnancy and parenting, child development and other concerns relevant to parenting will be central themes. All groups provide parents with a non-judgemental environment and the opportunity to connect with other families who share similar experiences.

Families Supporting Families offers a variety of free services, including:

- Weekly parents groups
- Support for child minding
- Resources and referrals
- Information and guest speakers
- Support from group members

Parent Support Groups

Parents of AD/HD children: Support and discussion for parents regarding AD/HD.

Single Moms: being a single mom has it's own unique challenges, come and meet other moms like you.

Eric Langton's Coffee Morning: This is an on-going support group for parents of children attending Eric Langton Elementary School.

Parenting for Separated and Blended Families:

This is a shared course with Parent Education that combines support and education and is designed to create a safe environment for people to share their experiences and gather solutions that fit their families unique needs.

Breakfast Club: A chance for parents who are currently working on their parenting with an outreach worker, to get together over a light breakfast and discuss parenting.



Parenting Young Children: Parents of children age 0-7 meet regularly to support and learn from each other

Young Parents: This on going support group for young parents up to the ages of 25

Adult Mental Health Support Groups

Adult Mental Health provides individuals in the community who have mental illness as well as their families, supporters and caregivers with a wide range of information, referrals and support groups. These groups include the following:

Perinatal Support Group

This 8 week group is designed to meet the needs of women experiencing symptoms of depression and anxiety during pregnancy and or postpartum. The model is based on psychoeducation, social interaction and cognitive behavioural therapy and is facilitated by two experienced reproductive mental health therapists.

Acquired Brain Injury Support Group

Support for individuals who have suffered brain injuries that have effected their lives.



Relaxation and Therapeutic Touch

This course is designed for individuals suffering from anxiety disorders, anger problems, difficulties dealing with stress, and some affective and sleep disorders.

The program covers topics such as; the nature of stress, diaphragmatic breathing, progressive relaxation, passive relaxation, cue-controlled relaxation and imagery.

Assertivness "Being There"

This group is appropriate for individuals who may have difficulties such as depression, anger control problems, anxiety disorders, adjustment disorders, marital and child rearing issues.

Topics covered include: defining assertivness, non-verbal behaviour styles, giving your opinion, coping with criticism, saying "no" making effective requests and much more.

Alzheimer Caregivers Support Group

A facilitated support group for family and loved ones of persons suffering from Alzheimer disease and other dementing disorders. Contact the Centre for more information about this group.

Changeways Core Program

This eight week program is designed for clients experiencing major depression, dysthymia, bipolar disorder, generalized anxiety disorder and adjustment disorder. This group may also be applicable to those experiencing major life stressors or life transitions such as retirement, immigration or dealing with chronic illness. This course includes topics such as; identifying problems and transforming them, learning about stress, assertiveness skills, balanced thinking, social skills, prevention techniques.

Other Programs Hosted by the Centre

You Make the Difference

A chance for both parents and Children to learn parenting skills in an informational and non-judgemental environment. This practical skill based program gives parents to try out new skills in a supportive and non-judgemental environment. For more information contact Soraya Mohajeri at the Centre.

Strong Start

This is a free program for parents/caregivers with children 0-5 yrs. Children and parents/caregivers participate in activities such as snack, early literacy and information sharing. join us at Eric Langton Elementary School Mon-Fri. 8:30-11:30am.



Family Education Support Centre

Multicultural Services Centre



The Family Education and Support Centre is pleased to announce a new Multicultural Services Centre in Maple Ridge! Our free services to immigrants and the community have expanded to include several new components to better meet the need for the types of services requested. We are located in Family Education building housed in the former West Coast Family Resource side of the building. Our programs serve the community in a variety of ways.

Immigrant Settlement Services

Providing free assistance and support to immigrants, newcomers, and refugees to help understand and adjust to life in the community. Registration required.

Services provided include:

- Information and Referral
- Orientation Services
- Settlement Support
- Workshops
- Assistance with applications/ forms
- Translation/Interpretation Program
- Labour Market Services (resume, job finding, credential assistance)
- Groups (English Classes and Multicultural Women's Group)



ਇਮੀਗਰੈਂਟ ਸਥਾਪਨਾ ਸਹਾਇਤਾ

ਇਮੀਗਰੈਂਟ ਸਥਾਪਨਾ ਸਹਾਇਤਾ, ਇਮੀਗਰੈਂਟਸ, ਨਵੇਂ ਆਉਣ ਵਾਲਿਆਂ ਅਤੇ ਰਿਫੂਜੀਆਂ ਨੂੰ ਸਮਾਜਿਕ ਜਿੰਦਗੀ ਨੂੰ ਸਮਝਣ ਅਤੇ ਅਪਨਾਉਣ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸਹਾਰਾ ਦਿੰਦੀਆਂ ਹਨ। ਪਰਾਪਤ ਸੇਵਾਵਾਂ ਵਿੱਚ ਸ਼ਾਮਲ ਹਨ :

- * ਜਾਣਕਾਰੀ ਅਤੇ ਸਬੰਧ ਜੋੜਨ
- * ਮੁੱਢਲੀ ਸੇਵਾ
- * ਸਥਾਪਨਾ ਸਹਾਇਤਾ
- * ਅਰਜੀ ਅਤੇ ਫਾਰਮ ਭਰਨ ਲਈ ਸਹਾਇਤਾ
- * ਤਰਜਮਾ ਅਤੇ ਦੋਭਾਸ਼ੀਆਂ ਪਰੋਗਰਾਮ
- * ਵਰਕਸ਼ਾਪਸ
- * ਗਰੁਪ (ਇੰਗਲਿਸ਼ ਕਲਾਸਾਂ ਅਤੇ ਮਲਟੀਕਲਚਰਲ ਇਸਤਰੀ ਗਰੁਪ)

Child Subsidy ~ The Child Care Subsidy is a monthly payment that helps British Columbia families meet the costs of child care. A calculation that takes into account your income and family size determines your eligibility. The child care subsidy can be used to help pay for eligible types of care if you qualify. Immigrants can receive free help filling out the forms and information.

ESL (English classes)~ Practice speaking English in a relaxed atmosphere! Learn about Canadian culture, pronunciation, grammar and much more. Classes are held for beginner/intermediate levels and are now being offered for advanced students. Registration is required to attend.

Multicultural Women's Group~ Meet women from around the world and learn about different community services, programs, and issues. A great place to practice your English in a relaxed atmosphere. Meets every two weeks on Wednesdays for two hours. Registration is required to attend. Transportation and childminding provided

Diversity Education

Youth for Diversity

Diversity Education programs are focused on providing youth with multicultural enrichment activities, events and clubs to increase the awareness of the benefits of Multiculturalism. Watch for unique diversity programs throughout the year for high school students including: Multicultural Game Show, Youth Diversity Training, Multicultural Club, Peer Youth Mentorship Program, Diversity speaker series and the Diversity Photography contest.

Safe Harbour

The Safe Harbour program provides businesses, agencies, institutions, and municipal governments with an opportunity to take a leadership role in creating an environment where support is given to work collaboratively to build safer, more welcoming communities that support diversity and reject discrimination. Watch for more information coming soon on this new project!



For more information:



If you would like more information about any of the programs offered at Family Education and Support Centre, please call us @ 604-467-6055 or visit us at 22554 Lougheed Hwy., Maple Ridge.

www.familyed.bc.ca

Family Education and Support Centre would like to thank its many funders for their continued support of our mission to provide quality service to the Ridge Meadows community. If you would like to show your support for us, please consider our free memberships. Forms are available at the Centre.