



Family Education and Support Centre

September - December 2007 Programs

22554 Lougheed Highway, Maple Ridge, BC V2X 2V1
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Visit Our Website At: www.familyed.bc.ca
~ encouraging effective family living skills since 1971 ~

STEP (Systematic Training for Effective Parenting) offers parents the tools to tackle the special challenges of parenting through all ages & stages. **Parenting Young Children (ESTEP)** focuses on the care of infants, toddlers & preschoolers. **Parenting Teens (STEPT)** provides information and tools for the unique & challenging issues of raising adolescents. These tried and true ideas have been used by parents for decades.

1. Parenting Young Children (ESTEP) This eight week course offers parents the opportunity to fill their tool box with new and effective tools. Parents will have time to brainstorm solutions as well as share adventures parenting. Topics covered include:

- *Understanding Young Children*- Alternatives to "NO", insight into the roots of your child's behaviour
- *Self Esteem*- building self esteem, mutual respect, skills of encouragement
- *Communication & Cooperation*- reflective listening, "I" messages, family meetings & "Who owns the problem?"
- *Effective Discipline*- rights of parents & children, promoting self discipline, developmental stages
- *Special Challenges*- bedtime, mealtime, crying, lying & temper tantrums

Course: \$75, book \$25 - 8 Thurs Oct 11-Nov 29, 7-9pm; MRSS

2. Parenting Middle Years (STEPM) An in-depth eight week course, everything you wanted to ask about parenting the middle years and more! Sessions include time for parents to share experiences from daily life, as well as exploring options for the future. Topics covered include:

- Discipline that makes sense
- Understanding beliefs and feelings
- Self-confidence and self-esteem
- Helping children cooperate

Course: \$75, book \$25 - 8 Wed Oct 3-Nov 28, 7-9 pm; MRSS

3. Parenting Teens (STEPT) An in-depth eight week course, everything you wanted to ask about parenting teenagers and more! Sessions include time for parents to share experiences from daily life, as well as exploring options for the future. Topics covered include:

- Independence with responsibility
- Mutual respect and cooperation
- Self-confidence and self-esteem
- Democratic relationships

Course: \$75, book \$25 - 8 Tues Oct 2-Nov 20, 7-9 pm; MRSS

How To Talk So Kids Will Listen

The tried and true methods of Elaine Mazlish and Adele Faber, includes: helping children deal with their feelings, engaging cooperation, alternatives to punishment, encouraging autonomy, praise and freeing children from playing roles.

Courses: \$70, 7 Thur Oct 4-Nov 15, 7-9pm; LOCATION TBA

Facilitators Training

This 10 week course covers the basics. Learn to facilitate a variety of groups and workshops:

Participants will have the opportunity to develop an understanding of group dynamics, explore styles & techniques, gather tools for handling challenges through experiential exercises. Group participants will also experience co-facilitation, sole facilitation, practice listening & encouragement skills, and become familiar with assessment and evaluation skills.

Course: \$300, 10 Mon Sept 24 - Dec 10, 7-9pm; FESC

Family Issues and Personal Growth

**Parents, Families, Caregivers,
Professionals:**

We Want To Hear From You!

Don't see what you want?

Let us know what you would like to see offered here at the Centre, and we will work towards meeting the needs of the community.

Children

Anger Management for School Aged Kids

A course that gives kids the tools to tackle the special challenges of dealing with their anger.

Course: \$55 10-12am; FESC
3 Sat: Sept 29-Oct 13

Building Social Skills

An interactive play based group for elementary aged children. Come and practice taking turns, managing your emotions, and getting along with others in social situations.

Course: \$100 1-3pm; FESC
3 Sat: Sept 29-Oct 13

Children & Parents Together

Stick Up For Yourself: Assertiveness And Self Esteem

Children are faced with many challenges today. This workshop will help kids learn to stand up for themselves in meaningful ways and develop personal power and self esteem. Parents will learn how to reinforce these skills.

9-12 yr olds & their parents
Course: \$45, 9 am-2 pm; FESC
1 Sat : Sept 22 (bag lunch)

6-8 yr olds & their parents
Course: \$20, 3-5pm ; FESC
1 Sat : Sept 22 (bring a snack)

On Your Own: Skills for Kids Home Alone

An opportunity for parents and kids to gain information & learn skills for kids being safe at home when alone.

9-12 yr olds & their parents
Course: \$25, 9 am-12 pm; FESC
1 Sat : Oct 27

Parents

Kids With Incredible Potential: Parenting Children with ADD/ADHD

A positive program that focuses on communication and cooperation, anger management, preventing misbehaviour, solving family problems, promoting creativity.

Course: \$70, 7-9pm; MRSS
6 Tue Oct 16-Nov 20

Caught In The Middle/Co-parenting Through Separation & Divorce

Focuses on the effects that divorce and separation have on children at different developmental stages, signs to look for when your child is having difficulty, and strategies for helping children cope.

Course: \$85, 7-9 pm; MRSS
8 Tue: Oct 2-Nov 20

Children and Anger: How Parents Can Help

This course provides practical skills & strategies to help you defuse the energy behind anger & teach your children to express it in helpful ways.

Course: \$70, 7-9 pm; FESC
2 Sat: Nov 10 & 17

My Tween and Me

Parents have the opportunity to talk about healthy development, life at school, family & peer relationships, influences in today's world and building community for 7-12 year olds & their parents

Course: \$55, 7-9pm PMSS
6 Wed: Oct 3-Nov 14

Personal Development

Anger Management

Explore the positive side of anger, build communication skills in terms of preventing harmful anger, and learn how to handle trying situations effectively. Learn to identify your triggers, your method of expression, and learn ways to defuse your anger safely. * Men's and women's groups meet separately.

Men's Course: \$125, 7-9 pm; MRSS
10 Wed: Oct 3-Dec 12

Women's Course: \$125, 10-4:30 pm; FESC
3 Sat: Nov 3- Nov 17

Self Esteem & Assertive Communication - for Women

Learn about the effects of life experiences on self esteem and how to improve your self image.

Course: \$100, 7-9 pm; MRSS
8 Thur: Oct 11- Nov 29

Sexual Health Education

Not sure what to say to your children? Our experienced facilitator will guide you through developmentally appropriate information for three age groups: middle childhood, pre-teens and teens.

Course: \$70, 7-9 pm; FESC
3 Dates: TBA

Conflict Resolution For Couples

Learn to appreciate the value of conflict, distinguish between fair and unfair persuasion tactics, identify and assess your influencing style, avoid being defensive, manage anger, and communicate more effectively.

Course: \$175/cpl, 9:30 am-3:30 pm; FESC
2 Sat: Oct 13 & 20

Stopping the Cycle of Abuse: A Program for Men.

There is more than one kind of behaviour that is abusive. This 12 session educational group will help define when behaviour becomes abuse, what the triggers are that lead to violence, how to be assertive instead of aggressive. Participants are challenged to examine their own behaviour and actively supported to do the work. These are practical skills that men can use to enhance their relationship.

Course: \$275, 7-9 pm; FESC
12 Mon: Sept 24-Dec 10

New Beginings: Building your Stepfamily

Being part of a blended family has unique challenges and joys. Topics covered include: boundaries, discipline, communication, encouragement, and creating connection.

Course: \$100/cpl, 9-3 pm; FESC
2 Sat: Oct 27-Nov 3

Special Programing Options

Call for more information or to book a specialized workshop including :

Parents & Teens: *We Can Work It Out*: an experiential workshp for parents and teens that develops relationship & communication skills.

Five Good Minutes: Quick and easy ways to increase relaxation & enhance well being, decrease the effects of stress & chaos in our lives. This workshop can be tailored to your special interest group, school or corporate environment.

Smorgasbord: For the Early Years, or the Teen Years, these workshops cover it all, from communication to limit setting and boundaries.

Families Supporting Families ~ Do You Wish That Being a Parent Was Easier?

It can help to talk with others who share the same concerns. Come and check us out!

The Program offers:

- Free support
- Day and evening times
- On site child minding
- Trained facilitators
- A resource library
- Referrals
- Guest speakers
- Refreshments
- Parenting information

What is the Program?

It's a place where parents and caregivers can meet and discuss the issues and challenges of raising children in today's busy world.

Our self-help groups are led by a trained facilitator and provide parenting information in a nonjudgmental atmosphere.

We have groups for parents of Teens, Toddlers, Babies, and School-aged children.

Current Groups:

- Young Parents (up to age 25)
- Parenting Young Children
- Single Mom's
- Parents of teens
- AD/HD Support

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 service is free, funded through the Fraser Health Authority. Call 604-467-6034 or email amhrc@telus.net for more information.

Upcoming Groups and Speakers:

- Relaxation Group: 7 sessions: Sept 24-Nov 12 (skip Oct 8) , 7-9pm. Pre-screening required, call for an appointment.
- Coping with Depression and Anxiety: 10 sessions, Sept 26-Nov 28, 1-3pm. Pre-screening required, call for appointment.
- Effectively Coping with Anxiety, and the effects of AD/HD on the family, location & dates to be announced.
- Alistair Moes speaks on "Anger", constructive vs. destructive responses, anger as a cover for primary emotions, and what happens when anger becomes rage. Free, no registration required, October 24, 7-9pm Seniors Activity Centre, 12150 224th Street, Maple Ridge.

Immigrant Settlement Services

Immigrant Settlement Services provides assistance and support to immigrants, newcomers, and refugees to help understand and adjust to life in the community.

Services provided include:

- Information and Referral
- Orientation Services
- Settlement Support
- Assistance with applications/form-filling
- Translations/Interpretation Program
- Workshops

- **Multicultural Women's Group** - for women interested in meeting other women from around the world, while practicing English in a comfortable environment, and learning about Canadian culture and the community. Group meets every two weeks from 9:45 - 11:45 am. Transportation and child minding services provided.
- **ESL Conversational Classes** - practice speaking English in a relaxed atmosphere! Learn about Canadian culture, pronunciation, grammar and much more. Classes are free and are designed for Beginner to Intermediate levels. Classes held every week.



Become a Member

of The Family Education and Support Centre

The Family Education and Support Centre provides information, education and encouragement to enable people to make healthy choices relative to their personal, family and community lives.

Your decision to join us as a member of The Family Education and Support Centre is a positive way for you to show your support for the ideals of the FESC, and in turn allow the FESC to continue providing quality programs and services.

I wish to become a member of the Family Education and Support Centre. Benefits may include notice of FESC programs and sponsored events, as well as voting privileges at the AGM. *

Name: _____ Signature: _____ Date: _____

Address: _____ Postal Code: _____ Email: _____

How did you hear about the FESC? _____ Phone: _____

I wish to make a donation to the FESC
Amount enclosed: _____ Tax receipt will be mailed. Charitable tax #: 107663403 RR0001

*Membership subject to board approval. More membership information available at www.familyed.bc.ca

Contact Us:

Executive Director ~ execdir.familyed@telus.net

Office Manager & Accounting ~ acc.familyed@telus.net

Immigrant Settlement Coordinator ~ iss.familyed@telus.net

Families Supporting Families Coordinator ~ fsf.familyed@telus.net

Parent Education Program Coordinator ~ familyed@telus.net

Coordinator of Volunteer Services ~ fescvolunteers.familyed@telus.net

Adult Mental Health Resource Centre ~ amhrc@telus.net

Child Development Coordinator ~ capc.familyed@telus.net

Registration & Reception ~ reg.familyed@telus.net

Program Location Key

- **FESC** – Family Education & Support Center ~ 22554 Lougheed Highway, Maple Ridge
- **AMHRC** – Adult Mental Health Resource Centre ~ 22554 Lougheed Highway, Maple Ridge
- **MCE** – Mount Crescent Elementary ~ 21821-122nd Avenue, Maple Ridge
- **MRSS** – Maple Ridge Secondary School ~ 21911-122nd Avenue, Maple Ridge
- **PMSS** – Pitt Meadows Secondary School ~ 19438-116B Avenue, Pitt Meadows
- **HPE** – Highland Park Elementary School ~ 18961 Advent Road, Pitt Meadows
- **WVSS** – Westview Secondary School ~ 20905 Wicklund Avenue, Maple Ridge

THANK YOU

To our funders, grant providers, donors, partners and sponsors.

We couldn't do it without you.

A complete list may be found on our website:

www.familyed.bc.ca

“Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the thing that ever has.”

~ Margaret Mead ~

A heartfelt thanks to our volunteers.

For information about volunteering please call 604-467-6055.

Registrations, Cancellations, Refunds & Subsidies:

Pre-registration is required and may be done in person, by telephone or fax. We accept MasterCard, Visa, cheque or cash. Hours are Monday to Wednesday, 8- 5 pm and Thursday, 8- 4 pm.

- **Please let us know you're coming!** The Family Education & Support Centre reserves the right to cancel classes if enrollment is insufficient. Should this occur a full refund will be given. Please register early. **Call 3 weekdays prior to start date for course status.**
- Fees can be refunded up to 7 days before the start of a program - an administration fee of \$10 will be charged.
- In the event of unforeseen circumstances transfers may be available in lieu of a refund.
- Dates and times of programs are subject to change.

Register Early to Avoid Disappointment

