

# Family Education Centre Newsletter

Parent Information and Support

A United Way Funded Agency

Summer 2007



## Message from the Chair

The FEC has a new Executive Director – Diane Myers – who the board believes brings great skills, enthusiasm and wisdom to this role. We all look forward to working with Diane in the upcoming years.

A very successful AGM was held on June 9, 2007 at Diane's house. Four board members retired: Judy Gast, David Capek, Roger Tang and Claire Peters. David had been our Treasurer for several years and has been one of our longest serving board members. Roger was our most recent Treasurer and together with David provided excellent financial oversight to the FEC. Judy worked extremely hard as the FEC Chair and did an excellent job in rejuvenating the board. As Vice Chair, Claire has also been a contributing member of the executive with Judy. I would like to recognize the contributions of all four, and give a special thanks to David and Judy for their many years of hard work and dedicated service.

Anita Ardekani and Palwinder Kahlon remained on the board at the AGM and were joined by eight new members. The current board is listed on page 3.

The FEC now has five standing committees. These are:

- Finance and Audit
- Governance and Planning
- Human Resources and Recruitment
- Program
- Marketing

Each committee is developing work plans for the remainder of 2007 and for 2008. Diane is also creating operating plans for 2008, along with the budget. So at both the staff and board levels we intend to have complete plans for 2008 in place before 2008 starts. Diane is also implementing a new set of fundraising initiatives with the board.

If you have any questions or comments for the board please email me: [cameronbeheshti@yahoo.com](mailto:cameronbeheshti@yahoo.com)

Cameron Beheshti  
Board Chair & President

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## MANY THANKS TO OUR GENEROUS SUPPORTERS



Deirdre Martin  
Memorial Fund

Our Private Donors

## An Evening with Alyson Schafer– Breaking the Good Mom Myths by Cynthia Mason

Speaker: Alyson Schafer

Presented by: 2007 Rainbows Speaker Series

Date: Tuesday April 24<sup>th</sup>, 2007

Location: Mississauga Living Arts Centre, RBC Theatre

6. Good Mothers Manage Sibling Conflict
7. Only the Best Education for My Child
8. Good Mothers Make Life Fun and Entertaining

To an audience of mostly moms, Alyson Schafer delivered a humorous, energetic and encouraging parenting talk around the concept “there’s no such thing as a perfect mom and that’s ok.” She began by challenging our brains to muse “When did neurotic become normal?” then spent the rest of the evening cleverly “de-bunking” (her word) eight myths she believes we, as modern moms, tend to embrace. Based on her book, “Breaking the Good Mom Myth: Every Modern Moms Guide to Getting Past Perfection, Regaining Sanity, and Raising Great Kids,” the eight myths are as follows:

1. Self-Care is Selfish
2. My Children Are a Reflection of Me
3. My Marriage Can Wait
4. Good Mothers Are All-Caring and All Protecting
5. Good Mothers Are in Control

The evening became quite a treat when, included in her animated de-bunking of each myth, were some good old Adlerian based parenting strategies! It was truly enjoyable listening to these familiar skills being delivered with such humour and spunk.

Each myth provided the opportunity to introduce democratic ways of handling general parenting challenges with the goal of inviting more respect and cooperation from our kids. She spoke of “power struggles,” “modeling,” “reflective listening,” and “sibling rivalry,” to name a few. But, the main message I think she wanted to leave us with that evening was to stop putting so much pressure on ourselves! Stop buying into those myths of motherhood that have us frantically flying around trying to measure up, be in control and strive for as close to perfection as possible while simultaneously depleting all our energy in the name of being a “good mother.”

Finally, since Alyson’s talk was as much about parenting as it was about motherhood, perhaps she’ll consider writing a book of “de-bunkable” myths for Dads too! (Mmmm... wonder what those might be!)

*To learn more about Alyson Schafer visit her website at [www.Alyson.ca](http://www.Alyson.ca)*

Alyson Schafer is a psychotherapist, parent coach and public speaker. She has been featured in articles in Today’s Parent, Chatelaine, Canadian Living and Reader’s Digest and has made various television appearances.

Alyson’s work is based on the teachings of Alfred Adler. Her father and grandmother co-founded the Alfred Adler Institute of Ontario.

“Rainbows is a not-for-profit, international organization with charitable status in Canada that offers training and curricula for establishing peer support groups for children, youth and adults grieving a death, separation, divorce or other painful loss in their family.” (Excerpt taken from [www.rainbows.ca](http://www.rainbows.ca))

To learn more about “Rainbows,” visit their website at [www.rainbows.ca](http://www.rainbows.ca)



## Introducing the 2007-2008 FEC Board of Directors

**ANITA ARDEKANI**, *Treasurer*, Financial Manager, Larden Muniak Consulting Inc.

**CAMERON BEHESHTI**, *Chair & President*, General Counsel, GMAC Residential Funding of Canada

**CYNTHIA MASON**, *Secretary*, Parent Educator

**EMILY DING**, Human Resources Advisor, CHRP, Halton Regional Police

**HARRY QI**, Human Resources Assistant Technicolor Home Entertainment Services

**PALWINDER KAHLON**, Student Recruitment/ Site Coordinator, Inter-cultural Neighbourhood Social Services (ICNSS)

**ROSEMARY HOOD**, *Vice Chair*, Program Supervisor – RISE and SEED Programs, Associated Youth Services of Peel

**SANDY KANG-GILL**, Sr. Manager Product Marketing, Nortel

**SHAHMA ZAHID**, Staffing Specialist, Ingersoll Rand

**SHAMIM JUNEJO**, Account Manager, Commercial Financial Services, Royal Bank

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

*Margaret Mead*

## The Family Education Centre Happenings

Since our last newsletter, the staff of the Family Education Centre have been busy as usual. Some highlights include:

- Endorsed the Joint Statement on Physical Punishment of Children and Youth.
- Successful grant of \$11,000 from United Way Phase II Funding to implement *Discovering Me!* at Interim Place II Shelter.
- Family Matters is being launched at Angela’s Place Family Shelter.
- Contacted eleven new corporation and implemented 3 workshops at a new corporation, Biovail.
- A very special thank you to **Valerie Nicholls**, our dedicated administrative office volunteer, who quietly and efficiently appears every Tuesday to support office staff.
- Jacqueline broke her ankle and thanks to **Cynthia Mason** and **Gay Routhier-Paige** for pitching in to ensure that our Shelter program continued to run smoothly.
- Many, many thanks to **Marlene Van Esch** for dedicating so much time to draft six new policies. Staff and

board will be finalizing with these drafts over the next few months

- FEC’s Annual General Meeting and Volunteer Appreciation was a relaxing, social event with the most wonderful food! Special thanks to **Adam Wood**, Chef Extraordinaire and **Celia Scuffil**, Assistant Extraordinaire
- Millers Grove Public School, Parents Reaching Out Project was overwhelmingly successful. Four parenting workshops brought together 90 parents to discuss a variety of parenting issues and strategies. On one very busy night 24 students also came together to discuss self-esteem issues.
- Harold M. Brathwaite Secondary School completed it’s 2nd Chew and Chat self-esteem series for grade 8 and 9 students.
- Michael, our IT guy, donated two printers– **Thanks Michael!**
- Robert Case, Senior Researcher, Centre for Research and Education in Human Services (CREHS), conducted a full-day logic model training for FEC staff. We also completed a SPSS– data and report

writing training with Andrew Taylor from CREHS.

- Family Futures started it’s second year of programming
- One summer parenting course is running. It is a combination of Raising Responsible Children and Parenting Teenagers.
- 2006-2007 Volunteer statistics indicated that we had 69 volunteers who completed 2782.5 hours of volunteer work. **Thank You to all of our Volunteers!**
- Re-joined the Heal Network
- Joined the Youth Violence Prevention Committee – Working With Families Working Group, a new Peel initiative.



The art of developing logic models!

## Parenting Courses September 2007 to February 2008

The Family Education Centre is a non-profit, charitable organization striving to enrich the quality of life for families through community-based, parent-to-parent education, support and training. The following parenting courses are being offered at Central Public School, 24 Alexander St., Brampton. The cost is \$80.00 per person unless otherwise specified. A text, approximately \$25.00 (cost is not included in the registration fee) is a necessary component of most parenting courses and may be purchased the first night of instruction. For information and to pre-register, please call the Family Education Centre at 905-452-0332. For more information, please go to our web site at [www.familyedcentre.org](http://www.familyedcentre.org). Our administrative office is at 24 - 50 Kennedy Rd., S., Brampton ON L6W 3R7.

Payment by VISA is now available. *Subsidy is available; please inquire.*

### **ANGER MANAGEMENT FOR PARENTS**

**7:00 – 9:30 p.m. for 6 weeks**

Understand what triggers your anger. Learn skills to deal with conflict and anger. Explore expectations, communication styles as well as learn how to deal with power struggles. Your anger can be dealt with in a manner that leaves everyone feeling ok.

**Tuesday, September 25 – October 30/07**

### **PARENTING YOUNG CHILDREN**

(For parents of children ages 1 through 5)

**7:00 - 9:00 p.m. for 8 weeks**

Explore how a child's personality, social skills, belief systems and lifestyle develop. Learn the purpose of misbehaviour and how to deal with it. Learn ways to handle crying, temper tantrums, jealousy and public misbehaviour.

**Wednesday, October 3 – November 28/07**

### **HOW TO TALK SO KIDS WILL LISTEN**

(For parents of children ages 3-12)

**7:00 – 9:00 p.m. for 8 weeks**

A practical approach to help parents: improve listening skills; help children deal with their feelings, engage co-operation. Learn alternatives to punishment, how to encourage responsibility and communicate with your kids.

**Thursday, October 11 – November 29/07**

### **PARENTING TEENAGERS**

(For parents of children ages 12 and up)

**7:00 – 9:00 p.m. for 8 weeks**

Building responsibility and improving the relationship between parents and teenagers will be the focus of this series of discussion sessions. Topics to be covered will include: parenting styles, goals of misbehaviour, personality development, emotions, encouragement, listening skills, expressing feelings, discipline, development of responsibility and selecting appropriate approaches to discipline.

**Thursday, January 17 – March 6/08**

### **RAISING RESPONSIBLE CHILDREN**

(For parents of children ages 6 - 11)

**7:00 – 9:00 p.m. for 8 weeks**

Create more satisfying, productive relationships with your children. Learn practical discipline methods, guidelines for building self-esteem, better family communication, and much more!

**Wednesday, February 13 – April 2/08**

## Helping Democratic Parenting live on, even after course completion!

Family Futures is a concurrent Parenting and Child Development Program exclusively for CAS families. The program is funded by the Ministry of Children and Youth Services and run in partnership with Peel Children's Aid Society, Brampton Neighbourhood Resource Centre and the Mississauga Parent Child Resource Centre

In year one, we held three Parenting Young Children courses and served 33 parents and 25 children. We recently completed a two-month post survey and were able to contact 1/3 of the original participants. Two refused to participate in the survey but the rest had great things to say and even more importantly, are still using some of the parenting skills they learned and are still feeling the positive impacts of the program.

Here's just a small sample of their post-

course comments:

**What parenting skill(s) you learned during the program do you use on a regular basis?**

*" Discouraging fighting and listening to them.", "My husband now explains things to my child instead. He talks about the consequences to our child instead of yelling.", "Encouragement, when writing alphabets he gets discouraged and gives up when he cannot do it, I try to encourage him and help him to rite. When he writes one or two letters by himself, he feels happy."*

**How has the Family Futures Program helped you and your family?**

*"Yes, a lot in taking care of my child. I would recommend it to anyone.", "OK. The family atmosphere has improved.", "It*

*brought me and my kid closer.", "It helped me with my confidence level to realize that 'I can do my parenting' and it also encouraged me.", "Brought my family closer.", "I listen to my child more.", "We now as a family talk when we need to solve a problem. We have family meetings sometimes and try to solve our problems."*

**Have you enrolled in any other programs for yourself or your children after Family Futures?**

*"Yes, OEYC every Thursday."*

**...and just one other comment**

*"I didn't feel comfortable in any other program as in FF because I was sure everyone was on the same page and we opened more in the group. It was a fun experience."*

## Fundraising Initiatives

Thanks to our generous supporter GMAC Residential Funding, the Family Education has been able to hire a fund development consultant for a one year period. Mo Davies, CFRE, started with the Family Education Centre in March and has already moved us through much of our action plan to increase our unrestricted funds.

Progress to date:

- Developed a concise fundraising action plan
- Conducted foundation and corporate research
- Conducted a connections exercise at the Board retreat
- Discussed potential fundraising roles of the Board and Board members
- Drafted fundraising policies and procedures
- Developing a foundation proposal for undesignated funds
- Initiating a bequest program
- Conducting a training/coaching session on how to ask for money
- Developing a recognition/ stewardship programme.

**YES! I want to help parents help their children.**

**Please accept my tax-receiptable gift of:**

\$105   
  \$80   
  \$55   
  \$35   
  other \$ \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address (including postal code) : \_\_\_\_\_

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Please return this coupon with your donation to:  
 Family Education Centre  
 50 Kennedy Rd S. Unit 24  
 Brampton ON  
 L6W 3R7

**Watch the FEC website for the introduction of Canada Helps... a safe way to donate to FEC on-line!**

**CanadaHelps.org**  
Giving made simple.



**Parent Information and Support**

50 Kennedy Rd. South  
Unit 24  
Brampton ON  
L6W 3R7

Phone: 905-452-0332  
Fax: 905-452-0717  
Email: [info@familyedcentre.org](mailto:info@familyedcentre.org)



**Staff Phone Directory**

LORIE ANN CHAPMAN Program Coordinator.....	221
FATHIMA BUTOOL Program Administrator & Volunteer Coordinator.....	223
LYNN HAND Bookkeeper.....	300
DIANE MYERS Executive Director.....	224
PAULA NUNES-HAGGETT Family Futures Coordinator.....	225
JACQUELINE STANTON Parent Information and Support Coordinator.....	226

**A child... a family... the world...**

What do these have in common?

Yes: the Family Education Centre.

Our parenting courses and workshops assist parents with their children. The children have more chances to grow their self-esteem, to learn positive ways to communicate, to develop self-discipline, and more. In short, children have better chances to grow into their full potential.

Families benefit from more cooperation, better communication, less stress, fewer fights and kids who become more and more capable as they grow older.

And the world benefits from more capable young adults, less crime, fewer social problems, and more people – parents, young adults and children – who naturally seek creative “win-win” solutions to problems, instead of seeing conflict as the only answer.

We know the benefits our courses and workshops bring to parents and children. We can also remember the social and worldly benefits they bring to all humanity.

You may have heard this: “What kind of world are we leaving our children?”

Someone at the FEC asked this: “What kind of children are we leaving the world?”

The staff and volunteers at the FEC make a huge difference to children, to families and to the world.

It is an exciting mission.

**Websites of Interest:**

Joint Statement on Physical Punishment of Children and Youth  
<http://www.cheo.on.ca/english/4220.shtml>

[RaisingSmallSouls.com](http://RaisingSmallSouls.com)

The Impact of Fathers  
[www.workandfamilylife.com](http://www.workandfamilylife.com)

November 19-21, 2007  
*Putting it all Together - Halton Hamilton National Conference,*  
HAMILTON, ONTARIO  
[www.puttingitaltogether.ca](http://www.puttingitaltogether.ca)

Repeal 43  
<http://www.toronto.ca/health/children/>