



Family Meetings

Through the courses at the Family Education Centre we encourage families to use family meetings to support and encourage everyone within the family.

Getting into the habit of having family meetings and making them work sometimes takes time, but they are truly worth it!

The purpose of a family meeting is to recognize that everyone's opinion matters. The meeting allows the family to share their opinions, seek understanding, and find resolutions to problems. Family meetings help to build cooperation and responsibility and it is a time to share love, develop unity, and to build trust. The social skills and attitudes that children develop within the family circle are the skills and attitudes they will carry with them the rest of their lives

Some guidelines for Family Meetings (by Don Dinkmeyer, Jr. www.steppublishers.com/article-meetings and presentation notes from Stan Shapiro and Karen Skinulis, Ontario Parenting Education Centre)

Meet at a regular time. A regular time might be once a week. Plan to have the meeting last from twenty minutes to an hour.

Make a list of topics. Some people call this list of topics an agenda. Post it on the refrigerator. Then people can add to it during the days before the meeting. This helps you deal with the things that are important to each person in the family. Sample agenda:

- What is going well. What are the positive contributions of each family

- member
- Weekly planning. Any events, special occasions, menu's etc. (what do we need to get through the coming week)
- Jobs – What are we going to take care of. Dividing work for coming week. Should we change jobs?
- What needs to be improved. Problem solving without griping. This should be a solution orientated sessions.
- Personal problems.

Plan the time. Regularly scheduled meetings provide everyone with the opportunity to know when the meeting is and can schedule accordingly. Decide how much time makes sense for each item on the list. Stick to the time limits.

Take turns being the leader. The leader reads the meeting list and keeps things on track. Letting each person in the family have a chance to lead is important. Younger children will need help to do this. That's okay.

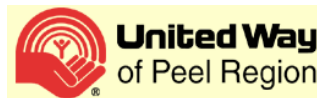
Take notes. Write down the agreements and plans made in the meeting. These written notes are the minutes. Take turns doing the job of note-taking.

Con't on page 2

Inside this issue:

Family Meetings	1
Family Meetings, con't	2
Thank you and Welcome	2
FEC's Annual General Meeting	3
Parenting Courses Fall 2010	4, 5
FEC's 1st Annual Golf Tournament	6
Community Workshop	6
Our Fund Development Challenge	7
Websites of Interest	8

MANY THANKS TO OUR GENEROUS SUPPORTERS



The Catherine and Maxwell Meighen Foundation



THE FOUNDATION

Our Private Donors



Brampton Community Service Foundation - Hall Charity Association

Rotary Club of Bramalea

Family Meetings, con't

Find a place to post the notes so everyone can read them. Some families put them on the refrigerator near the next meeting's agenda. Ask teens and older children to read the notes to younger children who don't read yet.

Let everyone take part. When talking about something on the list, let the young people in the family speak first. If someone hasn't talked, ask, "What do you think?" If someone talks too much, stay respectful. You could say, "It sounds like this is important to you. We need to hear how everybody else feels about it." If someone is not showing respect, use an I-message: "When I hear name-calling, I get concerned that we won't be able to cooperate." Children have the choice to attend meetings, however, they then have to accept any decisions made without them.

Limit complaining. Lots of complaining can turn meetings into gripe sessions. This won't solve problems. It won't help families enjoy each other. If complaining is a problem, ask, "What can we do about it? How can we solve the problem?" Remember to listen for feelings and to share yours. When problems arise, explore alternatives.

Cooperate to choose chores. To start, the parents might want to volunteer for a chore no one likes. As time goes on, expect others to do some of the unpleasant chores too. Some families take turns doing different chores. Others use a job jar.

Do what you agree to do. Stick to agreements until the next meeting. If people want to change the agreement, they can do it then. Children, teenagers, and parents are expected to do what they agree to do. What if you forget and break an agreement? What if one day you don't have time to do something you agreed to? Tell your family you are sorry. Say you will work to do a better job. A teenager might sometimes forget or not have time too. No one is perfect. If agreements continue to be broken, review the agreement and continue problem solving.

Take time for fun. Meetings are a good way to solve problems and choose chores. But that's not all they are for. To add fun to meetings, talk about good things. Thank each person for some help given during the week. Ask each person to do the same. Ask people to talk about what is good for them right now. This sets a positive tone. It also teaches your children to encourage other people - and themselves. At the meeting, plan together to do something you all enjoy. You might plan to make home-made pizzas together on Sunday night. Maybe you'll plan to watch a football game together on TV. Some families spend time having fun together right after the meeting. Respect people's busy schedules, though. Teenagers may have other plans for after the meeting.

Thank you Cameron!

It is with great sadness that the Family Education Centre's Board of Directors has accepted the resignation of Cameron Beheshti from his post as Chair and President of the Board of Directors. Cameron has been an active member of the Family Education Centre for ten years. Cameron first joined the FEC Board in 2000, he resigned for a short period of time to allow his wife, Marlene to accept the role of FEC Interim Executive Director. Upon the end of Marlene's term, Cameron returned to the Board in 2007 and eagerly accepted the position of Chair and President. He has lead the organization in a thoughtful and respectful manner over the past 3 years. Due to health reasons, Cameron submitted his resignation on June 6, 2010. We all wish Cameron the very best and a speedy recovery. Thank you Cameron for your inspirational leadership, your wisdom and your dedication to FEC. We look forward to your return to FEC when you are ready.

Thank you Binoy!

Binoy joined the Board in 2010 but had to recently resign due to the pressures of his Masters program. We all wish Binoy the best, thank him for his participation and support and hope he will return soon.

Welcome Kirstin, Mayer and Shiv!

Please join me in welcoming **Kirstin Carruthers, Mayer Elharar and Shiv Sivanathan** to the Board of Directors. Mayer and Shiv have joined the Governance & Planning Committee and Kirstin has joined the Marketing Committee.

Welcome Tope and Moez!

Please join me in welcoming **Tope Falade** and **Moez Bawania** to the Finance and Audit Committee. Both of these gentlemen bring dedication and experience in the area of finance to the team. **Welcome Tope and Moez!**

Welcome Kolleen and Lindsay!

Please join us in welcoming **Kolleen McIlveen** in the position of Community Development. Kolleen brings with her a passion for parenting, marketing experience and a true dedication to supporting and encouraging healthy families.

We are also pleased to welcome **Lindsay Smith** as a new member to our Finance Team. Lindsay and Lynn are now sharing the Bookkeeping responsibilities. Lindsay brings with her extensive knowledge in simply accounting and a keen eye for numbers. **Welcome Kolleen and Lindsay!**

FEC Annual General Meeting — June 9, 2010

The Family Education Centre's Annual General Meeting was held on June 9, 2010 at the Mississauga Convention Centre. The meeting began with a testimonial from Parveen. Parveen gave a heart-felt testimonial on the importance and impact of the FEC Parenting courses. She described her situation as a single mother with four children and how the FEC parenting courses provided guidance and techniques to help her navigate through the challenges of parenthood.

Diane started the ED report presentation by reading an excerpt from Rev. Dr. Patrick T. O'Neill's article about the Mighty Masai tribe in Africa that always use the following greeting "Kasserian Ingera," – "And How are the Children?" It is still the traditional greeting among the Masai, acknowledging the high value that the Masai always place on their children's well-being. Even warriors with no children of their own would always give the traditional answer, "All the children are well." Meaning that peace and safety prevail, that the priorities of protecting the young, the powerless, are in place. That Masai society has not forgotten its reason for being, its proper functions and responsibilities. "All the children are well" means that life is good. It means that the daily struggles for existence do not preclude proper caring for their young.

Diane concluded by asking: "Imagine how our children would be if they are taught and cared for in our country the same way?"

She described key FEC accomplishments in 2009. In 2009 the Family Education Centre concentrated on maintaining current partnerships and projects, seeking new partnerships, reviewing and testing our evaluation processes, training and supporting 12 new Parent Educators, reviewing and improving our Parent Educator recruitment, training and support program and developing and implementing our three year Business Plan, as well as the Vision statement. We were able to reach more parents, children and youth through our core programs; the Malton Community Building Project, which has recently received another \$375,000 over five years to implement the project for the South Asian Community in Malton. Another Community Development Coordinator was hired two weeks ago. This project is being lead by the Punjabi Community Health Centre; The Afghan Women's Organization Project; Middle Years Parent and Youth Project; Parent Education in Schools; and Family Futures. In 2009 we reached 2115 parents, children and youth.

Shamim presented the Board Chair Report on behalf of Cameron. He talked about Cameron and his dedication, strength and wisdom as the Chair of FEC and thanked him for his commitment and hard work in spite of the

personal health challenges he has faced. He described his feelings of pride to be associated with this wonderful organization and learning from dedicated team of people

He talked about the process the Family Education Centre went through in 2009 to develop our first vision statement. He described how our new vision statement is our inspiration, it describes the impact we want our programs to have on families, children, our community, our country, our world.

Nurturing families raising responsible, caring and successful children.

He described the purposely intended dual perspectives. One perspective reflects our desire to nurture, encourage and support families along their parenting journey of raising responsible, caring and successful children, and the other reflects our vision of a community of families who are, themselves, strong, supportive and nurturing while raising responsible, caring and successful children.

Shamim and Diane thanked all the Staff, Contractors, Parent Educators and Volunteers, including current and past Board Members, and Funders for all their hard work, support and dedication to the Family Education Centre.

This year the Board of Directors decided to honour and recognize Lorie Ann Chapman for her significant contribution and service to FEC.



Lorie Ann joined the FEC team in 1981, 29 years ago!! After 29 years with the Family Education Centre, Lorie Ann certainly deserves this recognition! Lorie Ann is the heart and soul of the Family Education Centre, as well as, the keeper of all FEC historical knowledge. Lorie Ann, we love you, appreciate you and intend to keep picking your brain.

We also welcome our 2010 to 2012 Board of Directors: Sandy Kang-Gill (Chair and President), Shamim Junejo (Vice Chair), Gyanna Cyrus (Treasurer), Kirstin Carruthers (Secretary), Kashmira Dave, Mayer Elharar, Hasan Halloum, Hyder Hassan, and Shivanker Sivanathan.

A special thanks to the Mississauga Convention Centre for, again, providing us with such a wonderful location

Parenting Courses Fall 2010

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 various locations. Please see each course description for location and registration information. 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 when registering and will be provided the first night of instruction. For information about the current fee schedule, please call the Family Education Centre at 905-452-0332, **Ext. 226**. For more information please go to our web site at www.familyedcentre.org. Our administrative office is at 4 Sir Lou Drive, Suite 102, Brampton ON L6Y 4J7.

Subsidy is available; please inquire.

(These courses are not appropriate for parents experiencing severe difficulties with their children)

PARENTING COURSES

ANGER MANAGEMENT FOR PARENTS

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.

Frank McKechnie Community Centre & Library

Saturday, October 16 – December 4/10

3:00 – 5:00 p.m. for 8 weeks

310 Bristol Road East, Mississauga, L4Z 3V5

Pre-register on line at www.mississauga.ca, click on Connect2rec bullet, click on Search by Activity, then enter Barcode 505871.

FAMILY FUTURES PARENTING MIDDLE AGE CHILDREN (PMAC)

A ten week program (geared for children 7-12 and their parents) held exclusively for referred Peel CAS clients consisting of a parenting component and a concurrent children program offered in partnership with the Boys & Girls Club of Peel. A light meal is included and transportation assistance is available, if required. The parenting program includes topics such as parenting styles, dealing with misbehaviour, communication, dealing with discipline challenges, and an introduction to anger management. Most of these topics are also presented in the children's program through related interactive and fun games, activities, role plays and discussions.

Location to be confirmed, Brampton

Monday, September 27 – December 6/10

6:00 – 8:00 p.m. for 10 weeks

Pre-register by calling the Family Education Centre at 905-452-0332, Ext. 225

MIDDLE YEARS PARENT & YOUTH (ages 7 –12 years) PROGRAM

This eight week program focuses on building strong and positive relationships between parents and their 7 to 12 year old children. The parenting group will be led by a Parent Educator while the children ages 7-12 participate in the youth group with two Child and Youth Workers. Topics explored will include Positive Communication, Effective Discipline, Consequences, Character Building, Bullying, Alcohol and Drug Education and Anger/stress Management. A light supper, child minding for children under 7 and a home club for children over 12 are available. Developed and implemented in partnership with the Peel Youth Violence Prevention Network's Family and Education Working Group

St. Ursula Elementary School

Tuesday, October 5 to November 23/10

6:00 - 8:30 p.m. for 8 weeks

11 Dwellers Road

Brampton ON, L6X 5C1

Pre-register by calling the Family Education Centre at 905-452-0332, Ext 303 or emailing lorry@familyedcentre.org

Holy Cross Separate School

Wednesday, October 6 to November 24/10

6:00 - 8:30 p.m. for 8 weeks

3615 Morning Star Drive

Mississauga ON, L4T 1Y4

Pre-register by calling the Family Education Centre at 905-452-0332, Ext 303 or emailing lorry@familyedcentre.org

Parenting Courses Fall 2010

PARENTING TEENAGERS (For parents of children ages 12 and up)

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.

Family Education Centre

Thursday, October 14 – December 2/10

7:00 – 9:00 p.m. for 8 weeks

4 Sir Lou Drive, Brampton, L6Y 4J7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226

PARENTING YOUNG CHILDREN (For parents of children ages 1 through 5)

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.

The Brampton Centre - Ontario Early Years Centre

Wednesday, September 15 - November 3/10

9:30 – 11:30 a.m. for 8 weeks

8C – 180 Sandalwood Parkway East, Brampton, L6Z 4N2

For information and/or to register call 905-495-3430

Frank McKechnie Community Centre & Library

Sunday, September 26 – December 5/10

2:00 – 4:00 p.m. for 8 weeks

310 Bristol Road East, Mississauga, L4Z 3V5

Pre-register on line at www.mississauga.ca, click on Connect2rec bullet, click on Search by Activity, then enter **Barcode 505574**.

Central Public School, Recreation and Arts Centre

Wednesday, October 6 – November 24/10

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

24 Alexander St., Brampton, L6W 1M7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226

SEPARATION AND DIVORCE

This video based program written by family therapists Susan Boyan, M.Ed., and Ann Marie Termini, Ed.S., helps divorcing parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery, while establishing a positive, long term relationship with the child's other parent. Parents will learn practical skills to manage anger, increase impulse control, resolve conflict and learn how to communicate effectively.

Family Education Centre

Tuesday, September 28 – November 16/10

7:00 – 9:00 p.m. for 8 weeks

4 Sir Lou Drive, Brampton, L6Y 4J7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226

PARENTING WORKSHOPS

In partnership with the Region of Peel, the Family Education Centre facilitates FREE [Workshops for Parents](#) at a number of licensed child care centres located throughout Peel. All workshops begin at 6:00 p.m. Child care is available, with a fun literacy and numeracy-based program for children to enjoy. A light meal will be provided for adults and children. Topics include: Anger Management for Parents, Your Parenting Style, Homework Survival Strategies. For more information, call 905-791-1585 or register online at www.peelregion.ca/children/programs/parenting-workshops/index.htm

FEC's 1st Annual Golf Tournament

The FEC's 1st Annual Golf Tournament still has a few spots for golfers. Please let us know if you are interested in golfing. If you are not a golfer, please consider joining us for dinner.

Golf — \$150 per golfer (includes cart and dinner)

Dinner Only — \$45

FEC's 1st Annual Golf Tournament

2010

August 28th



Lionhead Golf and Country Club

8525 Mississauga Rd, Brampton

Registration & Putting Contest - 11:00 a.m.

First Tee Off Time – 12:00 p.m.

After Golf – Dinner, Awards, Prizes & Silent
Auction

FEC would like to thank our
Hole-in-One Contest Sponsors



Francisco Fonseca, RBC Dominion Securities Inc

Hole-in-One \$10,000

Brampton Chrysler

Hole-in-One New Car



Thank you to our Golf Tournament Sponsors!

Platinum Sponsors

Furfari Paving
Policaro Auto Group

Silver Sponsors

Gary Bhinder, Sales Representative, Remax Performance Realty Inc.

Hole Sponsors

Randall A. Longfield
City of Brampton
Royal Taxi
Gaio Fabricating Inc.
Lord Dufferin Centre
Sandy and Manjinder Gill

Entertainment Sponsor

Walter Biscaia - Heritage Brampton Inc

Cart Sponsors

Hansen Automotive and Towing
Forest Contractors
The Mane Wave
Perform Management Consulting Ltd.

Mark Your Calendars

FEC's Community Workshop

Staying Home and Staying You

A Mom's Guide

FEC will be offering a workshop to the community featuring our very own Parent Educator and recent published author **Cynthia van Romondt-Mason**. This workshop will take place in Brampton in November, (date and location to be confirmed). Cost per person will be \$20.00. Family Education Centre members will receive a discount of \$5.00. Cynthia will be speaking about parenting issues as well as featuring her new book "Staying Home and Staying

Our Fund Development Challenge

2010 Fund Development Plan

The Fund Development Committee needs your help to reach their fundraising goals. Your ideas, connections and especially donations are all welcome. Volunteers are needed to assist with their many initiatives.

Fund Development Committee Update

Through the two events planned to date we have raised almost \$900.

Thank you to **Trina's Cakes** for donating a wonderful and yummy cake. The cake was raffled at the AGM and raised \$110. Please see more about **Trina's Cakes** at www.trinascakes.com, or contact Trina at mycrazylittlecakecompany@yahoo.ca

The Wellness Day was also a success raising \$767. Feedback from the day was very good, so we hope to hold more Wellness events in the future. **Thank you** to the Wellness Day Committee: **Lynn, Lorie Ann, Jacqueline and Fathima**. Also, **thank you** to the practioners who donated their services for this event:

- **Lynn Hand, Reflexology**
- **Barbara Gordon, Bowen Therapy**
- **Sue Moore, Reiki**
- **Liz Corbett, Therapeutic Touch**

Thank you to the displays:

- **Nagwa, Joy Jewellery**
- **Laura, Tomboy Tools**
- **Rapinder, Art Therapy**
- **Yvonne, Astrology**
- **Peel Epilepsy Organization**
- **Longo's;**

Thank you to our volunteer helpers:

- **Paula**
- **Donna**
- **Kolleen**
- **Francesca**

2010 Challenge Update ... Getting off to a good start!

Thank you to the following contributors:

The Catherine and Maxwell Meighen Foundation, Geoffrey H. Wood Foundation, Ana Paula Biscaia, Lorie Ann and Wayne Chapman, Liz and Glenn Corbett, Rosemary and Howard Hood, Diane Myers, Lynn, Rob, Kristyn, Laura and Carrie Hand, Sue Moore, Marlene Van Esch, Cameron Beheshti, Hasan Halloum, Sandy Kang-Gill, Lorry Seabourn, Anna Kett, and Brampton and Area Community Foundation.

**Invest now and help
parents help their
children succeed!**



To donate via a safe online system, please go to Canada Helps through www.familyedcentre.org

Look for the logo below on our webpage home page!!

Please consider making a monthly donation via CanadaHelps

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): _____

Please return this coupon with your donation to:

Family Education Centre
102 - 4 Sir Lou Drive
Brampton ON
L6Y 4J7



Family Education Centre

Parent Information and Support

102 – 4 Sir Lou Drive
Brampton ON
L6Y 4J7

Phone: 905-452-0332
Fax: 905-452-0717

www.familyedcentre.org

WEBSITES OF INTEREST:

International Youth Day– August 12, 2010:
International Youth Day will mark the beginning of the International Year of Youth. The theme for the International Year of Youth is Dialogue and Mutual Understanding (12 August 2010 - 11 August 2011).
www.un.org/esa/socdev/unyin/iyouthday.htm

The most aggravating thing about the younger generation is that I no longer belong to it.
- Youth Day Quote by John Dryden

Peaceful Parenting
http://peaceful-parenting.suite101.com/article.cfm/democratic_parenting

Staff, Contractor, Volunteer Directory

Fathima Butool	
Program Administrator & Volunteer Coordinator.....	223
fathima@familyedcentre.org	
Lorie Ann Chapman	
Program Coordinator	221
lorieann@familyedcentre.org	
Paula Nunes-Haggett	
Family Futures Coordinator	225
pnuneshaggett_fec@yahoo.ca	
Lynn Hand	
Financial Officer	300
lynnhand@rogers.com	
Rosemary Hood	
Parent Educator Trainer	
rosemary@familyedcentre.org	
Phil Gallant	
Volunteer Fundraising Coordinator.....	302
Supa D. A. Meikle	
Community Development Coordinator, Malton Community Building Project	304
supa@familyedcentre.org	
Diane Myers	
Executive Director	224
diane@familyedcentre.org	
Kolleen McIlveen	
Community Development	301
kolleen@familyedcentre.org	
Lorry Seabourn	
Parent and Youth Program Coordinator	303
lorry@familyedcentre.org	
Lindsay Smith	
Bookkeeper	305
lindsay@familyedcentre.org	
Jacqueline Stanton	
Parent Education Specialist	226
Jacqueline@familyedcentre.org	