



## Sense of Belonging

Parenting courses and workshops offered by the Family Education Centre are based on the works of Psychiatrist Alfred Adler.

Adlerian theory and practice have proven especially productive as applied to the growth and development of children. Adlerians believe that "a misbehaving child is a discouraged child" and that helping children to feel valued, significant, and competent is often the most effective strategy in coping with difficult child behaviors. According to Adler, when we feel encouraged, we feel capable and appreciated and will generally act in a connected and cooperative way. When we are discouraged, we may act in unhealthy ways by competing, withdrawing, or giving up. It is in finding ways of expressing and accepting encouragement, respect, and social interest that help us feel fulfilled and optimistic.

One of the basic concepts of Adlerian theory is sense of belonging.. Belonging to our family, our neighbourhoods, our community. The feeling of genuine security is rooted in a deep sense of belonging and connectedness. (1)

A feeling of belonging to a country, region, and local community can influence people's sense of identity and the extent to which they participate in society. Generally, a strong sense of belonging is positively associated with better self-reported physical and mental health. A strong sense of belonging

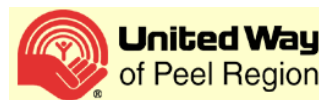
also contributes to individual and community well-being. According to the Indicators of Well-being in Canada website, well-being refers to quality of life and development at both the individual and societal level. (2)

Nexus Health also talks about sense of belonging in regards to determinants of health using the term inclusion. "Inclusion is a sense of belonging – to our families, our places of work, and our cultural and community groups—that helps us feel connected to society as a whole and engaged in our lives and the lives of those around us. Inclusion can be a way of addressing the systemic ways in which different groups and communities face exclusion and marginalization in society, and therefore, poorer health outcomes." (3)

A quick Google search on resiliency and sense of belonging brings up numerous articles on families and education. In one particular article called "The Pedagogy of  
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## *Sense of Belonging (con't)*

Belonging" (4) it was interesting to see the survey results of a group of youth considered at-risk. Although this research was conducted in 1997, we might wonder if this survey was conducted again now if the results would be the same. The participants in the research were asked to complete a survey based on Maslow's Hierarchy of Needs. "All of the respondents gave themselves positive ratings in the lower order needs of security, survival, and safety, they consistently ranked themselves low in the sense of belonging. However, they didn't feel they belonged anywhere —"not in school, in their families, or in their communities" (4). Adler believed that failure in school usually stemmed from feeling unconnected to the teacher, other students, or the school community. Adler's theory of belongingness indicated that when students felt they belonged, they had an enhanced sense of worth and increased self-confidence." (4) In the article they reference Goodenow (1993) and that he found that when children felt they belonged, they were more motivated, had higher expectations of success, and believed in the value of their academic work.

In the past, our families, extended families and neighbours supported a strong sense of belonging. In today's society, we find both parents out working, extended family living far away or in another country, and perhaps people not knowing their neighbours. It is important for parents to instill a strong sense of belonging for their children first and foremost within their family unit... whatever that family unit may look like. Other ways of instilling a sense of belonging is to get families and children involved in their communities, through sport, art, culture, volunteering etc.

How have you instilled a sense of belonging in your children lately? Do you feel a sense of belonging in your community? If not, what might you do to increase that feeling of belonging?

For more information on Sense of Belonging or to read the full articles referenced:

- (1) <http://www.alfredadler.edu/overview/adlerian.htm>
- (2) <http://www4.hrsdc.gc.ca/gl.4ss.1ry@-eng.jsp?wrd=Well-being&iid=71>
- (3) [http://www.healthnexus.ca/index\\_eng.php](http://www.healthnexus.ca/index_eng.php)
- (4) <http://www.cyc-net.org/cyc-online/cycol-0303-belonging.html>

## *Thank you and Welcome*

### **Thank you Supa!**

After 2.5 years with the Family Education Centre and as the Community Development Coordinator of the Malton Community Building Project—Phase I it is with combined sadness and joy to have heard of Supa's decision to accept a position with the City of Brampton. We are sad because Supa has been the instrumental force in all the successes achieved by the Malton Community Building Project. We are also joyful that Supa is able to continue to grow through his new position. Supa's last day with the Family Education Centre was February 3rd.

### **Welcome Niambi!**

We welcome Niambi Martin-John as the new Community Development Coordinator for the Malton Community Building Project– Phase I. Niambi comes to us through the Canadian Cancer Society. She has a wealth of information on community development and engagement. Niambi is also a resident of Malton. Niambi will officially join the Family Education Centre on March 15th.

### **Welcome Rizwan and Lilly!**

Please join me in welcoming Rizwan Mirza and Lily Chen to the FEC Board of Directors. Rizwan has also joined the Finance and Audit Committee and Lily the Governance and Planning Committee. We welcome you both and thank you for your energetic contributions to FEC!

### **Welcome Marcelle and the St. John Fisher Neighbourhood Learning Place**

Please join us in welcoming Marcelle daCamara, Program Coordinator, for St. John Fisher Neighbourhood Learning Place in Brampton. The Family Education Centre became the lead of this community collaborative in October, 2010. Marcelle's primary role is to develop, coordinate and implement free programs and services for children aged birth through six years and their families. In addition, the collaborative is working on funding sustainability, so that this program can continue to address the significant number of children in Wards 3, 7 and 8 who are not on track for school readiness.

## *St. John Fisher Neighbourhood Learning Place—FEC's Newest Program*



St. John Fisher Neighbourhood Learning Place is a collaborative partnership of community agencies that provides families with children ages 0 to 6 with free, inclusive early learning programs and services that support healthy child development and prepare children to be successful in school. Pre-schoolers enjoy our circle time, songs, stories, games and other early learning activities. These activities promote language development, literacy, numeracy, science, physical well-being and school-readiness.

Parents and/or caregivers participate in many of the activities with their pre-school children. They also enjoy meeting others during the group "Hour Together" or they can attend parenting workshops. Some of the services offered include: consultations with the pre-school consultant, speech and language pathologist, and visits by the librarian, Peel public health nurse, literacy specialist and settlement referrals. Active parents are invited to get involved at St. John Fisher Neighbourhood Learning Place when they join one of our committees.

The Learning Place is located in St. John Fisher Catholic Elementary School at 330 Balmoral Drive in Brampton Ward 8. Our learning place also attracts families from neighbouring Wards 3 and 7. Staff reach out to provide information, resources and support to at-risk and isolated families living in the school's neighbourhood.

The partnering organizations include: Success By 6 Peel, Region of Peel, Brampton Library, Brampton Neighbourhood Resource Centre, Malton Neighbourhood Services, Dufferin-Peel Catholic District School Board, St. John Fisher Catholic Elementary School, Peel Children's Services, Family Education Centre, Eri-noakKids and Peel Public Health. A Steering Committee meets monthly to address operational and strategic needs as they arise.

St. John Fisher Neighbourhood Learning Place can be reached at **905-793-8900 ext. 52611**. You can also visit any of these websites for more information: [www.mnsinfo.org](http://www.mnsinfo.org), [www.successby6peel.ca](http://www.successby6peel.ca), [www.dpcdsb.org/JFISH/early+centres/www.peelregion.ca](http://www.dpcdsb.org/JFISH/early+centres/www.peelregion.ca), [www.peelearlyyears.com](http://www.peelearlyyears.com)

### *Dates to Remember—Please Mark Your Calendars*

#### ***FEC's Wellness Day***

Family Education Centre

Saturday, May 14, 2011

#### ***Family Education Centre's***

#### ***Annual General Meeting and Volunteer Appreciation Dinner***

Mississauga Convention Centre, 75 Derry Road West

Wednesday, June 8, 2011

#### ***FEC's 2nd Annual Golf Tournament***

BreaBen Golf Course, 5700 Terry Fox Way, Mississauga

Saturday, June 18, 2011

## Parenting Courses Winter and Spring 2011

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](http://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– March 2011**

#### **MIDDLE YEARS PARENT & YOUTH 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 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 work club for children over 12 are available. Developed and implemented in partnership with the Peel Youth Violence Prevention Networks' Family and Education Working Group.

#### **Ellwood Memorial Public School**

**Wednesday, March 23—May 11, 2011**

**6:00 to 9:00 p.m. for 8 weeks**

35 Ellwood Drive East, Bolton, ON L7E 2A7

Pre-register by call the Family Education Centre at 905-452-0332, ext 303 or email to [lorry@familyedcentre.org](mailto:lorry@familyedcentre.org)

#### **CO-OPERATIVE PARENTING AND DIVORCE**

Separating and divorcing parents will be provided with the tools to shield 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 co-parent. Parents will learn practical skills to manage anger, increase impulse control, resolve conflict and learn how to communicate effectively. This is a power point, video based program written by family therapists Susan Boyan, M.Ed., and Ann Marie Termini, Ed.S. **(This course is not appropriate for families experiencing severe difficulties)**

#### **Family Education Centre**

**Monday, March 21 — June 6, 2011**

**Tuesday, March 22— June 7, 2011**

**6:30— 8:30 p.m. for 10 weeks**

4 Sir Lou Drive, Brampton, L6Y 4J7

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

#### **SPRING 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](http://www.peelregion.ca/children/programs/parenting-workshops/index.htm)

## Parenting Courses Winter and Spring 2011

### **PARENTING COURSES– April and May 2011**

#### **ANGER MANAGEMENT FOR PARENTS**

Understand what triggers your anger. Learn skills to deal with conflict and anger. Explore expectations and 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 okay.

##### **Family Education Centre**

**Wednesday, April 6—May 25, 2011**

**7:00 to 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

#### **HOW TO TALK SO KIDS WILL LISTEN (FOR PARENTS OF CHILDREN AGES 3-12)**

A practical approach to help parents: improve listening skills, help children deal with their feelings and engage cooperation. Learn alternatives to punishment, how to encourage responsibility and communicate with your kids. *(Based on the popular book "How to Talk So Kids Will Listen and Listen So Kids Will Talk")*

##### **Central Public School, Recreation and Arts Centre**

**Thursday, April 21—June 9, 2011**

**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

#### **FAMILY FUTURES-PARENTING YOUNG CHILDREN (AGES 0-6)**

An eight-week parenting course and concurrent play-based children's program offered exclusively to Peel CAS families. Topics include parenting styles, understanding misbehaviour, encouragement, communication, problem solving and discipline. The Family Futures program is run in partnership with the Ontario Early Years Centre and will be offered in Mississauga this spring.

##### **Location to be confirmed**

**Monday, May 2 - June 27, 2011**

**5:30-7:30pm for 8 weeks**

Register through your Peel CAS worker or by calling Family Education Centre at 905-453-0332 Ext 225

**Family Education Centre**

## Three Questions For Parents

What do I want to  
teach my child?

What are they  
really learning?

Is this what I want  
them to learn?

[www.familyedcentre.org](http://www.familyedcentre.org)  
Tel: 905-452-0332 • Fax: 905-452-0717

# FEC's 2nd Annual Golf Tournament Saturday June 18, 2011

## FEC's 2nd Annual Golf Tournament

2011

June 18th

**BraeBen Golf Course  
5700 Terry Fox Way,**

**Mississauga, Ontario, L5V 2W2**

### Registration Form

Please mail cheque and registration form to:  
Family Education Centre – 4 Sir Lou Dr, Suite 102,  
Brampton, Ontario L6Y 4J7.

**Golfer 1:**  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_ Email: \_\_\_\_\_

**Golfer 2:**  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_ Email: \_\_\_\_\_

**Golfer 3:**  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_ Email: \_\_\_\_\_

**Golfer 4:**  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Please attach business card and select one or more below

Sponsorships:

- Platinum \$1500 / \$2000
- Gold \$900/ \$1150 / \$1400
- Silver \$500/750
- Hole \$250/\$400
- Golfers \_\_\_\_\_ @ \$150
- Dinner only \_\_\_\_\_ @ \$45

### SPONSORSHIPS

#### Platinum Sponsor \$1500

- With one foursome \$2000
- Company logo in programme material
- Company Banner displayed prominently
- Sign on TEE or GREEN with company name/logo
- Company name listed on FEC Website

#### Gold Sponsor \$900/\$1150/\$1400

- With one twosome \$1150
- With one foursome \$1400
- Sign on TEE or GREEN with company name/logo
- Company acknowledged in event program
- Company name listed on FEC Website.

#### Silver Sponsor \$500/\$750

- With one twosome \$750
- Sign on TEE or GREEN with Company name/logo
- Company acknowledged in event program and presentation.
- Company name listed on FEC website

#### Hole Sponsor \$250/\$400

- With one golfer \$400
- Sign on TEE or GREEN with Company name/logo
- Company acknowledgement in event program

#### Golf Cart Sponsorship \$25 per Cart

- Sign on cart with Company name/logo
- All listings, displays and presentations will be grouped according to sponsorship level

#### GOLFER (per golfer) \$150

- Includes Green fees, dinner
- Registrations and complimentary gifts
- Door prize entry

#### Dinner Only \$45

The FEC Tournament will be played according to all RCGA rules, with the exception of course rules to be issued on the day of the tournament.

Family Education Centre  
Phone: 905-452-0332

# Its Membership Time!! Please consider a donation to FEC! Nurturing the Next Generation

**Hello Everyone...**

**...a gentle reminder that it is Membership time.**

Membership to the Family Education Centre is only \$20 per year. Your membership entitles you to 3 Family Education Centre newsletters per year as well as the knowledge that you are supporting programs that help parents help their children.

When you join the Family Education Centre please consider an additional donation as well. Please find along with this newsletter the 2011 Family Education Centre membership form. Please be sure to fill it out and return it to the office.

**Please consider a monthly donation via CanadaHelps!**

**Family Education Centre**  
**Problem Solving**

1. Understand the problem
2. Brainstorm ideas to solve it
3. Discuss the idea
4. Choose an idea
5. Use the idea
6. Follow up to see if the idea is working

www.familyedcentre.org  
Tel: 905-452-0332 • Fax: 905-452-0717

**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](http://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](http://www.familyedcentre.org)

## WEBSITES OF INTEREST:

### Resiliency in Action

<http://www.resiliency.com/htm/research.htm>

### Trans4Mind

<http://www.trans4mind.com/mind-development/adler.html>

### Human Resources and Skills Development Canada

#### Indicators of Well-Being in Canada

#### Social Participation—Sense of Belonging

<http://www4.hrsdc.gc.ca/.3ndic.1t.4r@-eng.jsp?iid=71>

## Staff, Contractor, Volunteer Directory

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