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Volunteer Newsletter

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A few words

By Fathima Butool, Volunteer Coordinator

This year's winter and spring were very successful for Family Education Centre with 46 workshops and 21 courses being offered in the community. We have also prepared a line of courses and workshops for fall and are looking forward to our parents attending them. It has been extremely busy for us, and our volunteers wholehearted stepped in to help us out. Thank you all!

I have chosen to include the history of Family Education Centre in this newsletter for all of us to have a glimpse of how this incredible organization started. Also, in this issue you will find some interesting articles about fun family winter activities and health tips for our parents.

As a reminder to volunteers, if you have any questions or concerns, please call or email me and also keep track of the volunteer hours. We appreciate your ongoing support and help, and would also like to hear your ideas/suggestions for the next newsletter.

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"Affiliation with Alfred Adler Institute of Ontario was investigated by several parent study group leaders and in June 1976 the Chinguacousy Family Education Centre was formed."

History of Family Education Centre (FEC)

Insert from: "Family" a newsletter published by Chinguacousy Family Education Centre an affiliate of the Alfred Adler Institute of Ontario

The Chinguacousy Family Education Centre grew out of the parent education committee of Family Life Education Council of Peel. In the summer of 1974, under the able chairmanship of Bev C. of the North Peel Peel Child and Adolescent Clinic in Brampton, the Parent Education Committee was formed. The primary purpose of the committee was to coordinate leadership training through Sheridan College of Applied Arts and Technology, Brampton Campus and formation of parent study groups in the community.

The first leadership course on Effective Parenting using the text "P.E.T." by Dr. Thomas Gordon included Public Health nurses and prospective lay-leaders. The first two co-lead parent study groups were held at Earnscliffe Community School and the YM-YMCA Peel Region.

Please see *History of FEC* on page 2

History of FEC (from Page 1)

Ongoing training of parent education lay-leaders was undertaken through Sheridan and A.A.I.O. In September 1975 the Continuing Education Department of Peel Board of Education accepted sponsorship of “Effective Parenting” courses.

Immediate accessibility to social services if desired was made possible with Louise Y. of Peel Family Services acting as coordinator and representing the parent study group lay-leaders on the executive board of Family Life Education Council of Peel.

Information on parent education activities was disseminated through the social services newsletter info. Peel and in 1976 the Canadian Mental Health Association of Peel became the new information office for family life education programs.

A study of evaluations from parents participating in study groups indicated that parents wanted more than ten weeks of study. Resource material in the form of S.T.E.P. kits (Systematic Training for Effective Parenting) was purchased by Canadian Mental Health and was introduced into operating parent study groups.

Affiliation with Alfred Adler Institute of Ontario was investigated by several parent study group leaders and in June 1976 the Chinguacousy Family Education Centre was formed with the following aims:

1. **Strengthening of family relationships through variety of programs**
2. **Establishment of specific programs including open forum counselling sessions; evening meetings providing enrichment programs in family life; newsletter; advanced programs to meet needs of its members (e.g. parent/adolescent workshops, lifestyle courses, etc.)**
3. **To provide an educational resource for the people of the community and post-secondary schools and for organizations engaged in family life relationships.**

In the spring of 1977, the parent study group leaders elected to withdraw from Family Life Education Council and affiliate with the Chinguacousy Family Education Centre. This amicable separation was arranged by the Parent Education Committee chairman, Carol G.

In addition to its first workshop series “Is Love Enough?” and the currently operating parent study groups under Continuing Education Peel Board of Education, the Chinguacousy Family Education Centre has handled inquiries concerning.

- Parent study group leader who would be willing to conduct a group in Italian
- Leader to conduct parent study group in Erin Mills with eight neighbourhood mothers
- A presentation on family life education/parent study groups to a co-operative nursery school in Caledon
- Parenting
- From an elementary school librarian to conduct parent study group incorporating some Transactional Analysis learning
- From two Montessori nursery schools in Mississauga
- To set up an advanced group for parents in their 2nd year of participation & incorporating a few newcomers
- To set up an adolescent/parent study group

VOLUNTEER APPRECIATION DINNER

This year we have combined Volunteer Appreciation with Annual General Meeting. Here is a glimpse of the night.



One day an elephant saw a hummingbird lying on its back with its tiny feet up in the air. "What are you doing?" asked the elephant. The hummingbird replied, "I heard that the sky might fall today, and so I am ready to help hold it up, should it fall." The elephant laughed cruelly. "Do you really think," he said, "that those tiny feet could help hold up the sky?" The hummingbird kept his feet up in the air, intent on his purpose, as he replied, "Not alone. But each must do what he can. And this is what I can do."

--Chinese Parable



Fun Things To Do in Winter

After a long hot summer filled with outings to the beach, cottage, and parks, winter can seem to be dreary for our kids. They may feel cooped up in the house and they may also feel like isn't much for them to do. As parents, we must always spend quality time with our kids; find activities for them to do, along with making memories with them along the way. Here are some fun ideas to do with your kids during the winter months:

- 1) Games night - the classic night where the family gets together and plays board games such as Monopoly, The Game of Life, Scrabble, Risk and so on. Nowadays, many families are playing video games together such as Nintendo Wii where healthy competition promotes team work and team spirit. So whether its board games or the new trend of video games, putting this family tradition back into our kid's lives on a weekly basis will show them that family time can be fun. And hopefully they can carry on the tradition with their own kids!
- 2) Renting or going out to the movies: movies are a great way for us to connect with our kids. Whether it's a great animated movie, an educational movie, (or both!), there are hundreds of family friendly movies to choose from for renting. If there is a subject your child enjoys, you can look for a DVD on that subject at your local video store or even the library. Or if you are brave enough to venture out there in the cold, then going to the movies is a great way to spend the afternoon together out of the house - but not outdoors!
- 3) Skating - a great family outing which can be done indoors or outdoors. You can rent skates at certain locations if you do not own, but if this is a frequent activity, owning would be the way to go. There are many stores that sell second-hand equipment. Also make sure the kids wear protective head gear as well as for their knees and elbows.
- 4) Tobogganing - this is a great activity that does not require going very far away....all you need is a hill! This is a great and fun way for exercise with the hike up the hill followed by the fun slide down. If you do not have a toboggan, a large garbage bag will do the trick.
- 5) Baking - most kids love to help in the kitchen, especially with baking. It may take some time for them to learn to measure properly, and can even be messier that you would like, but it's a great opportunity to spend time together. Baking can involve making lots of different things such as cookies, cupcakes, muffins, brownies, croissants, etc. And with the kids helping, they realize the time and ingredients it takes to make something which can promote awareness and appreciation for cooking.

"You make a living by what you get, but you make a life by what you give."

--Winston Churchill

"One of the things I keep learning is that the secret of being happy is doing things for other people."

--Dick Gregory

As parents, our days are filled with dropping the kids to school, going to work, picking them up, driving them to soccer practice, making dinner, helping with homework, putting the kids to bed,...the list is endless! Even though we love our kids and want to take care of them, it is just as important for us as parents to take care of ourselves and sleep well. When we are always on the go, it can be difficult for us to relax and get a good night's sleep. The following are some tips to help with this:

What Things Can I do To Help Me Get To Sleep?

--Unknown Author

Tips to get to sleep fast:

1. Read a book. Start reading before you go to bed and continue until you become drowsy.
2. Take a relaxing warm bath.
3. Drink a cup of warm milk.
4. Learn to quiet the mind by focusing on a single thought, but it does take time and practice to achieve success with this technique.
5. Self-Hypnosis. You need to find somewhere quiet and relax, by releasing the tension in your neck, and so on. Then you reverse down three steps of relaxation, and when you are totally relaxed the mind is susceptible to auto suggestion. At this point you need to convince yourself you are tired and want to go to sleep quickly.
6. Stop worrying. Worrying, especially about things and events outside of your control are pointless anyway.
7. Make sure you are getting enough exercise.
8. Listen to some soothing music.
9. Counting sheep. This is an old method, but it helps focus the mind and keeps away those thoughts which insist on popping to the front of the mind where they are not wanted.
10. Oats, as in porridge, apparently are useful for helping to get to sleep.



*"I am a recipient of
unconditional love, I am a
volunteer"*

--Shanterra McBride

Cures For Headaches

--Unknown Author

How to Cure Headaches Without Medicines

We all feel Headache one time or another. Including every day stress, sleeping problem, anger, migraine there might be several other reasons for Headache.

- Cut 5 white potatoes in round or square or cube
- Wrap the contents in a white linens napkin or linens diaper
- Lay the contents on your forehead
- Leave there for about 1/2 hour.
- Results within half an hour.

- Take 2 tea bags. Rinse those in cold water. Squeeze extra water, leaving both tea bags wet.
- Find a relaxing area, preferably bed/couch & no noise. Lay down, close your eyes and put both tea bags on top of your eyes. Turn off the lights as making room dark will be an additional help.
- Wait for 10-20 minutes. Discover your headache is gone! ENJOY!!

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Ayurvedic Remedies Treatment for Headaches

Here are several suggested remedies, many of which are easily made at home:

- Take one teaspoon of almond oil and heat; when it has cooled sufficiently, place two drops of the oil in each nostril
- Rub mixture containing one teaspoon of cinnamon oil and a quarter of a teaspoon of clove powder into the site of the pain
- Place a wet cloth on the neck
- Try an oil massage on your scalp; some suggested oils include sesame and almond
- Do a headstand only if it is before dawn or after dusk and you have an empty stomach
- Diet is also an important component in the fight against headaches

*Please don't forget to fill out
the volunteer logs and
email to
fathima@familyedcentre.org.*

Homeopathic Cure for Headaches

Put away the Tylenol or Advil. You don't need them to cure your headache. You can cure your headache in one minute simply by answering a few questions. You probably wouldn't believe me unless you tried it, but it works. The reason why you haven't heard of this before is because there is nothing to sell. You just answer a few questions and your headache will disappear.

1. Where is your headache? Ask yourself this and answer it. If it is above your eyes, then say to yourself, "It's above my eyes."

2. How big is your headache? Visualize how big your headache is. We all can imagine the size. Say or think something like, "It is about 1 inch wide and 3 inches long."

3. What color is your headache? I can always imagine a color. Sometimes it's dark green or sometimes it's black or it could be another color. Take note of the color it seems to be.

4. How does your headache feel? Take note of the type of pain. Is it a sharp pain or is it dull and achy?

5. Repeat 1 through 4 if needed.

At this point the headache may or may not be cured, but the pain will at least have lessened. To eliminate the rest of the pain, repeat steps 1 through 4. The interesting thing is this is where you will see that your headache has gotten better, because your answers will change. Answer each question again. Each time, you will see that your headache has shrunk in size, has faded in color and feels less painful. After the second or third time answering the questions, you should find that your headache has fully disappeared. Try this the next couple times you have a headache and you will see that this is a simple homeopathic cure for headaches that works in minutes.