



THE FAMILY RESOURCE CENTRE

YOUR MONTHLY PARENTING RESOURCE NEWSLETTER



BETTER PARENTING STARTS HERE

SNAP®

DATES:
DURATION:
13 WEEKS
TIME:
5:30-7:30PM
BOYS/GIRLS GROUP
BETWEEN THE AGES OF 6-11
GROUP SIZE: LIMITED TO 7 FAMILIES

TRIPLE P® TRANSITIONS

DATES
COHORT 2
MONDAYS
MARCH 7TH, 2022
DURATION: 5 SESSIONS
TIME:
6:00PM-8:00 PM
GROUP SIZE: LIMITED TO 10-12 PARTICIPANTS

TRIPLE P STANDARD (INDIVIDUAL)

BY APPOINTMENT;
DURATION:
10 SESSIONS; 1 HOUR

TRIPLE P® TEEN GROUP

DATE:
COHORT 2
WEDNESDAYS MARCH 29TH
DURATION: 8
WEEKS (INCLUDING FIVE 2-HOUR SESSIONS AND THREE 30 MINUTE
INDIVIDUAL PHONE CONSULTATIONS)
TIMES: 6:00-8:00PM

INDIVIDUAL PARENTING SESSIONS

BY APPOINTMENT;
DURATION:
1 HOUR

FAMILY SKILLS SESSION WEBINARS

DATES (THE LAST TUESDAY OF EACH MONTH):
FEBRUARY 22
MARCH 29
APRIL 26
MAY 31
JUNE 28
DURATION: ONCE PER MONTH
TIME: 6:00PM-7:30PM.

DOMESTIC VIOLENCE TRAINING INTERVENTION PROGRAMME (DVITP)

DATES:
APRIL 27 - 29
DURATION: 3 DAYS
TIMES: 8:30AM-5:00PM



WHAT IS YOUR LOVE
LANGUAGE?



**Legal Befrienders has
re-opened for service!**

2022 Service Hours
Every Tuesday from 5-6:30pm
for both the
Walk-in Clinic and Phone Line

Phone Line Number is 945-8869

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SAVE THE DATES

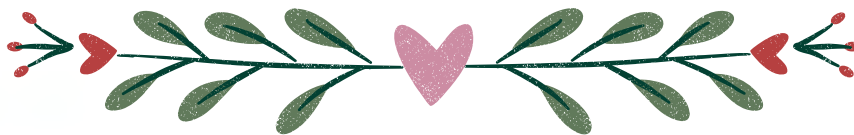
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TRIPPLE P

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LOVE LANGUAGES





What is SNAP®?

SNAP® stands for STOP NOW AND PLAN. It is a proven model that teaches children struggling with behavioural problems and their parents how to make better choices “in the moment”. SNAP® helps children and their parents learn how to effectively manage their emotions and “keep problems small”.

Who should attend SNAP®?

Boys and girls ages 6-11 experiencing serious behavioural problems.

SNAP® includes several components such as gender specific weekly groups for 13 weeks, SNAP® Parenting Groups, Individual Child Counseling, School Advocacy/Teacher Support, SNAP® Parenting: Family Counselling and Crisis Intervention.



TESTAMONIAL:

“SNAP has become a very useful tool that I use every day (sometimes without even knowing). After participating in SNAP, I was able to fine tune skills that I already had and I also learned new skills to keep handy in my parenting “tool belt”. I am now able to identify my triggers and learn how to have better self-control, which is not always easy (for me) and, effective ways to make better choices.



Volunteer Opportunities await you!

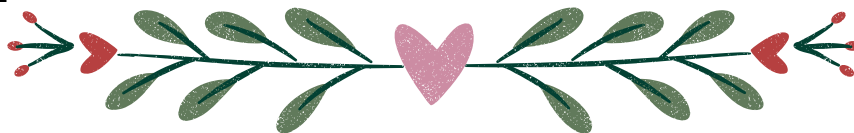
The Family Resource Centre is currently looking for persons to assist with the events taking place in march such as baby supply drive, beach volleyball, color me purple 5k and much more.



For further information regarding our volunteering opportunities and to receive the volunteer application, email: frc@gov.ky

HONOURING WOMEN MONTH

- 1 MARCH: SOCIAL MEDIA CHALLENGE
- 3 MARCH: BINGO NIGHT AT SALTY'S BAR TIME TBA
- 6 MARCH: WOMENS VOLLYBALL TOURNAMENT TIME TBA
- 19 MARCH: STEM GIRLS CAMP TIME TBA
- 27 MARCH: COLOR ME PURPLE 5K WALK/RUN



Family Transitions Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what suits you and your family best.

Who is this for?

Parents who are divorced or separated (with children and/or teenagers)

Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this you?

You're divorced or separated. Your child is caught in the middle. You may have problems with your extended family, your new partner or your ex. Holidays and birthday cause arguments. You may be concerned about your finances. And you're worried about the impact this is all having on your child's behaviour and emotions. If this sounds familiar, Family Transitions Triple P can help.

What is Family Transitions Triple P?

Family Transitions is a group parenting programme for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

What happens at Family Transitions Triple P?

At Family Transitions sessions, you meet other parents going through many of the problems that come with divorce or separation. Your Family Transitions Triple P provider will give you new ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation. These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.

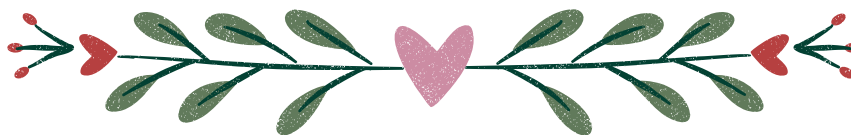
Throughout the sessions, you'll also watch the *Family Transitions* DVD, which shows how other parents have used the ideas to help their families. And you'll also receive the Family Transitions Workbook to support you as you put your new ideas into practice.

How long does it take?

There are five weekly sessions of two hours each. After the five sessions, it's recommended you also do a Group or Standard Triple P programme. This will give you a broader range of positive parenting ideas that can help you calmly manage other behaviour and parenting issues in the home. When you're finished, you'll feel confident you're doing everything you can for your child.

Does my ex-partner need to attend with me?

No. Family Transitions is not a mediation programme so you should attend on your own or, if you want support, with your new partner. If your ex-partner wants to do Family Transitions, you should attend separate groups.



Standard Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of children birth–12

Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this your family?

Other parents don't seem to have it as tough as you. Your child constantly misbehaves. Your family life is full of anger and tears. There's probably a lot of shouting and your child may even be aggressive – perhaps hitting you, the furniture or his or her brothers and sisters. In fact, every day – from breakfast to bedtime – is a battle.

If this sounds familiar, then Standard Triple P can help. Standard Triple P gives you support to help you manage your child's behaviour and prevent the kinds of problems that make your family life stressful.

What happens?

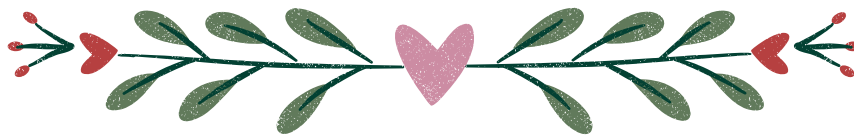
This is a private and very thorough way to find out about the Triple P way of parenting.

Over ten individual sessions with a Triple P provider, you will set your own goals and work out what changes you would like to see in your child's behaviour. You'll learn the strategies you can use and you can adapt them to suit your family's needs. You'll see examples of positive parenting on DVD and you'll show your provider what you've learned. You'll have a workbook to help you record your goals and achievements.

How long will it take and who will I see?

There will be ten meetings altogether. Seven will take about one hour, and three practice sessions will last about 40 minutes each.

When you're finished Standard Triple P you should feel confident to tackle most of the problem situations in your home – and, in fact, anywhere!



Standard Teen Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of teenagers (12–16 years)

Teen Triple P can help

- build a better relationship with your teenager
- reduce conflict
- keep your teenager safe
- be realistic about parenting
- take care of yourself

Is this your family?

You never imagined things would get this bad. Life with your teenager is a constant struggle. There's probably a lot of shouting and your teen's behaviour seems out of control. Perhaps your son is aggressive or violent. Maybe you don't know where your daughter is at night. Whatever the problems are, your family home has become a very unhappy place.

If this sounds familiar, then Standard Teen Triple P may help.

What happens?

This is a private and very thorough way to find out about the Teen Triple P way of parenting.

Over ten individual sessions with a Teen Triple P provider, you will set your own goals and work out what changes you would like to see in your teen's behaviour. You'll learn the strategies you can use and you can adapt them to suit your family's needs. You'll see examples of positive parenting on DVD and you'll show your provider what you've learned. You'll have a workbook to help you record your goals and achievements.

How long will it take?

There will be ten meetings altogether. Seven will take about one hour, and three practice sessions will last about 40 minutes each.

When you're finished Standard Teen Triple P you should feel confident to tackle most of the problem situations with your teenager.

5 LOVE LANGUAGES

“LOVE LANGUAGE IS A WAY THAT PEOPLE RECEIVE AND EXPRESS LOVE IN ANY RELATIONSHIP, KNOWING SOMEONE'S LOVE LANGUAGE CAN BETTER STRENGTHEN THE BOND BETWEEN TWO PEOPLE”



Physical Touch

This primary love language feels loved through physical affection. They feel loved when their partner holds their hand, touches their arm, or gives them a massage at the end of the day. They simply want to be close to you



ACTS OF SERVICE



A person feels loved and appreciated when someone does nice things for them, such as:

- Helping with the dishes
- Running errands
- Vacuuming
- Putting gas in the car

They love when people do little things for them and often can be found doing these acts of service for others.



Words of Affirmation.

Words of affirmation is about expressing affection through spoken words, praise, or appreciation. When this is someone's primary love language, they enjoy kind words and encouragement as well as uplifting quotes, love notes, and text messages. You can make this person's day by complimenting or pointing out what they do well.



Quality Time



With this love language it is expressed through undivided attention. The person feels loved if you are present and focused on them. This means putting down the cell phone, turning off the tablet, making eye contact, and actively listening.

RECEIVING GIFTS



If this your primary love language you treasure not only the gift itself but also the time and effort the gift-giver put into it. People with this love language can often remember every little gift they have received from their loved ones because it makes such an impact on them.

Little one and Me

love languages do not only apply to adult relationships but parent child as well. The next time your child says:

- "Cuddle me! Chase me!" (Physical Touch)
- "Presents, please!" (receiving Gifts)
- "Talk to me!" (Quality Time)
- "You do it for me!" (Acts of Service)
- "Come here! Look at this!" (Quality Time)

Pay attention to your kids interact with you to better improve the relationship.

