



THE FAMILY RESOURCE CENTRE

YOUR MONTHLY PARENTING RESOURCE NEWSLETTER



INTERNATIONAL MENS DAY November 19

Men Leading by Example

Purchase your own International Men's Day (IMD) shirt from our offices and join us on the steps of the Government Administration Building on Friday Nov 18th.

Nov 18

DRESS FOR CAUSE



Get your 2022 IMD shirt!

All proceeds support social programmes for men and boys

\$25

Keep reading to find out about all the ways we plan to celebrate IMD throughout November!

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE

In order to #GetUpStayUp we supported select students from participating schools to become Upstanders.

The Family Resource Center provided upstander training to 8 schools both primary and high, public and private with 229 students taking part in training. These students have made a commitment to support us in preventing and responding to bullying.



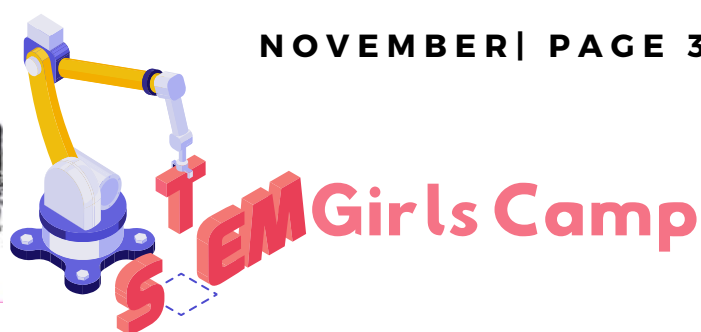
We held our 2nd STEM Girls camp on Oct 29th with Keynote Speaker, Dr. Anne-Marie Imafidon MBE. Read the next page for more.



Thank to those who purchased shirts! Wearing them supports the raising of awareness to end bullying. Funds go towards our parenting and family programming and services for the people of the Cayman Islands!

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE



If our girls are busy engaging in valuable subjects such as STEM, coming together supporting one another, choosing kindness and team work, focusing on goals that are boosting them with confidence, then bullying will be the furthest thing from their minds.

We're so happy to report we hosted our 2nd STEM all girls Camp at the National Gallery of the Cayman Islands with Keynote speaker, Dr. Anne-Marie Imafidon MBE. Dr Anne-Marie Imafidon MBE is a prodigy in every sense of the word. Aged 11, she was the youngest girl ever to pass A-level computing, and was just 20 years old when she received her Master's Degree in Mathematics and Computer Science from the University of Oxford. She is the co-founder of the Stemettes, an award winning social initiative dedicated to inspiring and promoting the next generation of young women in the STEM sectors. Since its inception 10 years ago, it has exposed 60,000 young people across Europe to Anne-Marie's vision for a more diverse and balanced science and tech community and we were fortunate to have her as our keynote speaker.



A big thank you to our sponsors for making this special day possible 345Robotics, CFA Society Cayman Islands, and Enterprise Cayman

Kendra Okonski provided her words of inspiration, as well as instruction in building robots. She is the brilliant mind behind 345Robotics, a robotics programme for young people. To learn more or sign your child up, go to robotics.ky or find them on facebook and instagram.



Thank You!
VOLUNTEERS

*We at FRC are so grateful for your
contributions during October!*

Special thanks to our child care providers, who are volunteering their own time to support our parenting groups. To our STEM Camp Volunteers that made this day fun and safe, specifically Racquel Barnes, Andrea Nixon, Sabriya Seymour, Chloe Laidlaw and Olevia Robinson-Edwards. Your support makes it possible to support our participants in events and programming. Thank you so much!

Raising Resilient Boys

Join us to learn about strategies to support you raising, healthy, resilient boys. This includes supporting their understanding of their identity, their emotions, and how to build healthy relationships.

**TUES NOV 29TH
6:00 PM
ZOOM**



Join Parent Facilitators from the Family Resource Centre

Email frc@gov.ky to sign up or see provided link



Rethink Parenting

On Bobo 89.1 FM
Tuesdays at 1pm

ON AIR



Parent Facilitators from the Family Resource Centre share practical, positive strategies to support families in fostering happy and healthy connections.



NOVEMBER

1st - International Men's Day Launch
8th - Men Leading by Example
15th - Masculinity and Men's Health
22nd - Employment & Edu - A Silent Crisis
29th - Nurturing Fathers & Raising Boys



Also available on Spotify!

Register now for 2023 Programming




for every parent

TRIPLE P – Positive Parenting Programme®
STANDARD

For parents of children 12 years and under aiming to manage difficult behaviours, improve the quality of their parent-child relationship, gain confidence in handling challenges and enjoy parenting.

8 session programme | Delivered Individually or Group Format



Registration for our 2023 programming is available now, including our Triple P services. This includes our **STANDARD Triple P** for parents of children ages 12 and under, **TEEN Triple P** for parents of pre-teen and teenagers, and **FAMILY TRANSITIONS Triple P** for parents going through separation and divorce.

HOW DO I KNOW IT WILL WORK?

Triple P is one of the few parenting programs in the world with evidence to show it works. There are more than 290 trials and studies to show Triple P works for most families, in many different cultures, and in many different family situations. And the UN also says Triple P's evidence base is the largest in the world.

SHOULDN'T PARENTING JUST COME NATURALLY?

You would never think of getting behind the wheel of a car without a few lessons, yet most of us raise our kids without knowing what works best, choosing bits and pieces we have learnt from our parents and friends, or picked up on Google. But Dr Matt Sanders, the clinical psychologist whose research forms the basis of Triple P, believes parenting is the most important job in the world. After decades working with families around the world, he says parents everywhere have similar goals—they want healthy, happy children, they want a little less stress, and they are relieved when they are given a few tips to make those goals happen more quickly and easily.

We provide the best quality services for our families and Triple P is world-renowned for you. Register your interest now.



QUICK TIPS



Give your child lots of descriptive praise when they do something that you would like to see more of eg "Thank you for doing what I asked straight away"

Register now for 2023 Programming



Registration open now.
Space is limited.
Email frc@gov.ky to register.

SNAP®, which stands for STOP NOW AND PLAN is a proven model that helps children with behavioural difficulties and their parents learn how to effectively manage their emotions and "keep their problems small".

If your child is between the ages of 6 and 11 and experiences behavioural issues at home, school or in the community, contact us to register for the next SNAP Programme.

Become a volunteer!

There are many ways we are celebrating International Men's Day and we need your help! We are especially wanting to see boys over the age of 16 years and men sign up to volunteer. Our 4th annual Basketball tournament will be held on November 12th and our 6-A-Side-Football tournament on Nov 19th. Come help us cheer on the boys and men as they play, as well as support the team members, coaches and FRC staff to help the events run smoothly. Email frc@gov.ky to submit your interest and for further details.



For additional information, contact the Family Resource Centre | 949-0006 | frc@gov.ky



For more details contact Family Resource Centre | 949-0006 | frc@gov.ky

Family Resource Centre

FRC needs your help!

*Check out our wish list for the young parents accessing
the*

Young Parents Services.

WISH LIST

Baby Bag

Pampers (size 3,4,5) and

Pull ups

Bath Tub

Baby Towels / Rags

Bibs

Burp Cloths

Receivers, Blankets, Swaddles

Hats

Mittens

Socks

Stroller

Cereal

Playmats

Baby Walker

Baby Hardcover books

Professional attire (various sizes M-XL)

Washing Detergent

**NB: Gently used items are most helpful & clothing items can be for
BOYS or GIRLS**

Office hours : Monday-Friday 8:30am-5pm.

Address: 87 Mary Street, Apollo House West, 2nd Floor, George Town

Phone: +1 (345) 949-0006 Email: frc@gov.ky

DONATE

Piloting A Young Man's Guide to Self-Mastery

It is our 10th anniversary acknowledging International Men's Day (IMD) and we have many initiatives and events to celebrate the special day throughout November. This includes sporting events promoting positive connections, weekly radio segments discussing issues relevant to boys and men, we also encourage the community to join us in Dressing for a Cause, and are partnering with Movember initiatives also. Follow us on facebook and instagram to stay up to date with all our happenings.

International Men's Day was founded in 1999 by Dr Jerome Teelucksingh a history lecturer at University of the West Indies in Trinidad Tobago. We are fortunate to have him join us on our Rethink Parenting show on November 1st at 1pm on Bobo 89.1fm. If you miss it, you will be able to find the recording on our Podcast, Rethink Parenting available on Spotify in November.

The 6 pillars of IMD is 1) To promote positive male role models; 2) To celebrate men's positive contributions to society, 3) To focus on men's health and wellbeing; 4) To highlight discrimination against men; 5) To improve gender relations and promote gender equality; 6) To create a safer, better world. If you'd like to get involved in our events as a volunteer, please reach out to us at frc@gov.ky You can also hold your own events promoting these 6 pillars in November or begin initiatives in support of boys and men at any time throughout the year. International Men's Day provides tips on how to get started:

<https://q9c2d7b6.stackpathcdn.com/wp-content/uploads/sites/7/2018/05/Tips-for-Organising-a-Community-Event.pdf>

In addition to honouring the special day throughout November, the Family Resource Centre team support our local boys primarily through the SNAP Clinical programme, which is an evidenced gender-based programme promoting self regulation skills. This is delivered as a 13-week clinical programme, an annual clinical camp and as a School intervention, based on school referrals. In 2022, we have supported 185 boys and girls through the service. To broaden our services to boys, we will be piloting A Young Man's Guide to Self-Mastery, which targets adolescent males. It is a trauma-informed, gender-responsive treatment program that addresses the impacts of socialization and adverse (traumatic) life experiences and how these contribute to impaired critical thinking, trouble in dealing with emotions, antisocial behavior, and substance misuse. This 14-session program helps participants to understand the effects of adversity and trauma in their lives, develop healthy senses of themselves, understand their emotions, increase their communication skills, better understand their sexual and gender identities, and build healthy relationships. It incorporates grounding techniques, experiential learning activities, discussion groups, and written assignments in an atmosphere of safety and of mutual learning. To register your interest for your son, between the ages of 13 and 16, please email frc@gov.ky

Piloting A Young Man's Guide to Self-Mastery

A YOUNG MAN'S GUIDE TO SELF-MASTERY



Pre-register your interest for this 14-session programme for boys ages 13-16 years

**Coming
2023**

A trauma-informed, gender-responsive treatment program that addresses the impacts of socialization and adverse life experiences. The aim is to support boys in developing healthy senses of themselves, understand their emotions, increase their communication skills, better understand their sexual and gender identities, and build healthy relationships.

Email frc@gov.ky to express your interest and you will be added to our waiting list with further details to follow