

FAMILY RESOURCE CENTRE NEWSLETTER



JANUARY'S UPDATES

CHECK OUT UPCOMING PROGRAMMING ON PAGE 3

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At the Family Resource Centre, we are committed to building people, building families. We offer individual and group family and parenting support services.

Our Department of Counselling Services Values
Trusted | Compassion | Client-Centred



"Triple P has changed my life immensely and I cannot recommend it enough. I am forever indebted to you".

-Client

Consult with a Parenting Professional



making access to parenting advice and support easier



DEPARTMENT OF
COUNSELLING SERVICES
COMMONWEALTH OF THE BAHAMAS



We recognize how challenging it can be to take on something additional as a busy parent and you may not be sure if our services are right for you. If you're having a parenting issue or family concerns, take advantage of our 30 minute free phone consultation now: <https://forms.gle/YXce5KDb94DbhgkZ6> (or see the code to scan)

Complete the consultation request form and a Parenting Practitioner will respond with an email confirming the scheduled phone call or Zoom video consultation.

Following the consultation, should you wish for additional support, you will be invited for an intake appointment and a Parent Practitioner will be assigned to support you further.

JANUARY'S TOP SNAP® PARENT TIP



Try the When-Then technique. Instead of negotiating such as "ok you can watch more TV and then its time to do homework", try "**When** you finish your homework, **then** you can watch TV". It makes expectations clear and encourages follow through.



TOP TRIPLE P PARENT TIP



Look after yourself. It is difficult to be calm, relaxed parent if you are stressed, anxious or depressed. Try to find time every week to let yourself unwind or something that you enjoy!

REGISTER TO BE ASSIGNED A
PARENTING PRACTITIONER



JANUARY KEY DATES

TUESDAYS STARTING JANUARY 10th!

Parenting Children with Anxious Behaviours
(Virtual Lunch and Learn) 12-1

Triple P - Positive Parenting Programme
(5 group & 3 individual virtual sessions) 6-8pm

WEDNESDAYS

Positive Discipline
(Virtual Lunch and Learn) 12-1

THURSDAYS

SNAP (13 week clinical programme) 5:30-7:30

REGISTER NOW!



JANUARY'S FAMILY SKILLS SESSION



2023 Parenting Goals

WANT TO ENJOY PARENTING
MORE? WANT TO HAVE A HAPPIER
OR HEALTHIER FAMILY LIFE?

THEN JOIN US FOR IDEAS TO
SUPPORT YOU SETTING &
ACHIEVING YOUR
PARENTING GOALS.



TUES 31 JAN
6:00 PM
ZOOM

SIGN UP TO JOIN US VIRTUALLY



RETHINK PARENTING RADIO SHOW AND PODCAST

This month's schedule

Jan 10th - How can FRC Help You!

Jan 17th - Setting & Maintaining Goals

Jan 24th - Mentorship in the
Workplace

Jan 31st - "Open Mic" Call in with your
parenting questions



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Rethink Parenting

On Bobo 89.1 FM
Tuesdays at 1pm

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



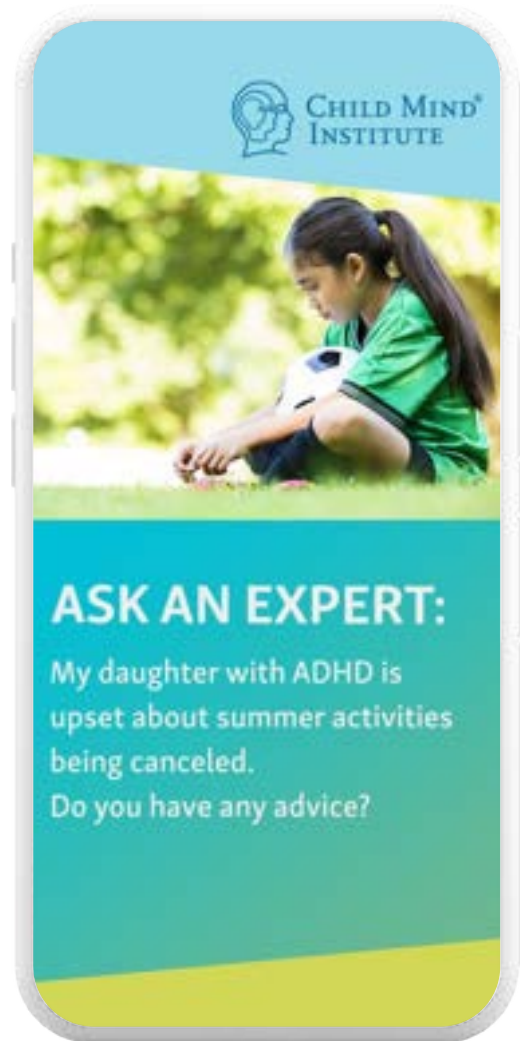
Find our show on Spotify!



FRC RECOMMENDS TOP RESOURCES

Each month, we recommend top parenting resources.

This month's top recommendations are the Child Mind Institute Website and The Happy Child App. The Child Mind Institute is packed with great resources including the 'Ask An Expert' feature and Parenting Guides.



The Happy Child App has several easily digestible lessons on happy hormones, emotions, communication and other strategies to increase your child's wellbeing and support the development of the parent-child relationship.

COMMUNITY HIGHLIGHTS

In community highlights we share news about our own community involvements or updates from our community partners. As January is Mentoring Month, we'd like to highlight our very own Civil Service Mentorship Programme. We reached out to one of our mentors, Marie Pride, a Leadership and Management Facilitator with the Civil Service College, to share her experiences with us as a Mentor.

Empowered Women, Empower Women Civil Service Mentorship Programme

Putting ME into Mentoring #empoweringwomen

Written by Marie Pride, (MInstLM | FInstLM)

Can I share a secret with you?

It feels really really awesome to know that you are valued and are having a positive impact on someone's life. As a Mentor in the CIG Mentorship Programme, this is, but one, of many highlights.

I truly value the relationship my mentee and I are building. Our conversations are both thick and thin. We talk about the heavy stuff - hopes, dreams, wellness, sisterhood, opportunities, problems, barriers, seeing beauty, and of course our fears and feelings. Then there's the equally really important lighter stuff - we laugh at ourselves, our imperfections, frogs, how both giving to others, as well as organising our wardrobes brings us great joy, just the small stuff that keeps our lives interesting. Our relationship is growing organically, it feels authentic and like it matters to us both equally.

We are constantly getting better at focusing on goals and intentionally planning our time, it varies from an hour or two every other week, depending on our workloads. There's unspoken respect and flexibility for how we get together, we use any means - WhatsApp video call, the canteen, lunch on the go, or a swanky restaurant.

What I appreciate about my mentee is our matched energy and eagerness to maintain our flow, we collaborate to keep things interesting, in motion and of course focused yet vibrant - oh....and we usually take a photo. It's just our little thing!

We'll message and email very occasionally, usually around the time we're asked to navigate any paperwork! Yes, we are that predictable!

I know, I know! You're thinking this all sounds way too idealistic and rather exhausting! Like...who has the time and energy for all this on top of their day job?

Confession time, the Mentor-Mentee relationship is subtle and not intrusive and I really must in all honesty confess that the benefits of mentorship, for me as a Mentor, far outweigh the inputs of time and energy. Indeed, I'd go so far as to say that the old adage of 'getting out what you put in' applies here and I'm never one to venture into something without full gusto, my whole self, absolute confidence, trust, care and attention. My mentee deserves no less.



COMMUNITY HIGHLIGHTS

Contd.

For me?

I love all those feel-good vibes, I mean, every time we meet I am humbled and flooded with positive emotions (not just because I feel like a good human for offering my support and guidance to my mentee as she hones in on her goals), it's the contagion of my mentee's discipline, empathy, and drive. After spending time with my mentee I feel; more optimistic and have a higher sense of self-worth, it's truly improving my own self-awareness in the process. I'm far from perfect and I know it and the reflexive nature of mentoring shines light in some dark places I've personally endured – drawing on all the 'good, bad and ugly' experiences of my career and life to date. I'm finding myself as Mentor, afforded new and fresh insights into myself, my motives, my habits, my strengths and my influences.

Then, of course, there's all of the learning!

One of the glorious things about being a Mentor and Mentee are the many additional learning opportunities you're afforded. The integrity with which the programme is run ensures both parties are equipped – but that the journey itself is not prescribed. This programme has been thoughtfully considered and has attracted some world-class players to its intentional design and delivery.

I was asked how I hope my Mentee has benefited. I was hoping she'd say something like 'I'm her no.1 fan'. Take a look (right) with what she messaged me when I asked her.

Are you online right now? If you're still reading then I'm telling myself, that perhaps you too are interested in becoming a mentor or mentee.

My advice? Yes, do it! Some changes are worth making!



JANUARY IS MENTORING MONTH

BE SURE TO ALSO CHECK OUT BIG BROTHERS, BIG SISTERS FOR YOUR CHILDREN, TO BECOME A VOLUNTEER OR TO DONATE!



ARE YOU INTERESTED IN LEARNING MORE ABOUT BIG BROTHERS, BIG SISTERS?

CONTACT THEM

INFO@BBBS.KY

FAMILY RESOURCE CENTRE BLOG

ACHIEVING YOUR 2023 PARENTING GOALS

It's a new year and that means new goals for the new year. We're here to help you set and achieve your goals!



1. Pretend you have a magic parenting wand but can only use it once, what would you use it on? This can be a good starting point when considering goals and prioritizing what's most important. If you were to change this one thing, life may be easier or parenting more enjoyable. Consider what behaviour you would like to change in yourself as opposed to just your child. For example some parents may say "if my child could just listen more, life would be easier". Indeed and we can certainly have goals for our children but we can't control them.

Great news though – we can control how we behave and respond which is the largest influence on their behaviour. So to influence our child to listen more, for example, we need to consider how we currently communicate. Is it in a way we ourselves would want to listen to? It's a useful technique to put ourselves in our child's shoes and consider how we would feel from their end. Encouraging our child's cooperation is a lot easier than we realise and with some small tweaks in our own behaviour, we can see huge results. Simple changes like keeping our directions simple and brief. Simple changes like instead of calling from the other room, instead getting their attention and making eye contact. Simple changes like praising them when they do cooperate. So, going back to that magic parenting wand, what would you like to see improved? Let us know and we'll help you get there.

2. Try our Phone Consultations for 30 minutes of professional parenting support! We recognize how challenging it can be to take on something additional as a busy parent and you may not be sure if our services are right for you. If you're considering parenting goals, take advantage of our 30 minute [free phone consultation now](#). We can help you refine your parenting goals and give some pointers on how to achieve them.

3. Consider further support with individual sessions or our group programmes. Sure, you can certainly reach your parenting goals on your own! But as we all know children do not come with instructions and it can be hard to maintain our goals without help. It's a lot easier to have someone you can bounce ideas off of, who supports you tracking your parenting goals, encourages you to achieve them and offers professional recommendations and information along the way. Think of us as your free Parent Coach (like a gym coach but less sweaty).





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FAQs

WHY SHOULD I CONSIDER PARENT SESSIONS?

Because children don't come with instructions. Luckily, we have information and strategies backed by decades of research and evidence to help support you and your family.

AM I ADMITTING I'M A BAD PARENT COMING TO FRC?

You're admitting you're a parent who cares about your family and wants to see your quality of life improve. Any negative views are an unfortunate misconception of supportive services.

WHAT WILL I GET OUT OF PARENTING SESSIONS?

A parent practitioner who cares about you and your family, supporting you to thrive and reach the parenting goals you want. If you access a group, you also gain great insight into other parents experiencing the same issues and peer support.

DO PARENTING SESSIONS ACTUALLY WORK?

Not only is our work backed by research and evidence, we have years of high evaluations and testimonials from parents who put our strategies into practice and report having a happier and healthier family life.

HOW CAN I MAKE THE TIME AS A BUSY PARENT?

We work with you and your schedule, including meeting during lunch times, before or after work and provide telehealth services as needed. We highly recommend investing in you and your family now - it will make a difference later. In as little as 6-8 sessions, you can see huge results.



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Family Resource Centre

Building People. **Building Families.**

Register for our family and parenting supportive services and information.

REGISTER