

FAMILY RESOURCE CENTRE NEWSLETTER



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

NOVEMBER UPDATES

INTERNATIONAL MEN'S DAY NOV 19TH - JOIN THE CAUSE

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"These sessions were so helpful. Family life feels so much easier and enjoyable now." -Client

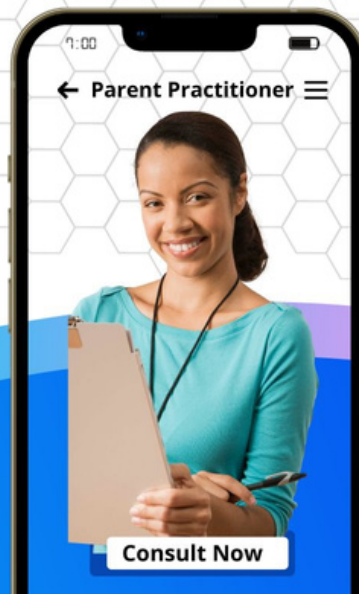
Free 30-minute Parent Phone Consultations



Scan our code or
email frc@gov.ky today!



DEPARTMENT OF
COUNSELLING SERVICES
CAYMAN ISLANDS GOVERNMENT



Are you a busy parent? Do you want professional parenting advice? Do you have 30 minutes to spare? Then our 30-minute parent phone consultations are for you!

If you're having a parenting issue, family concerns, or want to be proactive and prevent issues from arising, take advantage of our 30 minute free phone consultation now:
<https://forms.gle/YXce5KDb94DbhgkZ6> (or see the code to scan)

2023

YOU ARE NOT ALONE: ZERO MALE SUICIDE

CALENDAR OF EVENTS

NOV
1

SOCIAL MEDIA LAUNCH

Follow us on social media for all IMD 2023 activities

NOV
2

CAYMAN BRAC

5v5 Football Competition

Cayman Brac Sports Complex | 5:30pm

NOV
8-29

DISTRICT ENGAGEMENT SEMINAR:

Managing Financial Stress

Nov 8: West Bay | Nov 15: East End / North Side

Nov 22: George Town | Nov 29: Bodden Town

NOV
9

IMD FUND RAISER

Paint & Sip

Art Nest Cayman | 6:00pm

NOV
12

5TH ANNUAL

3x3 Basketball Tournament

ARC, Camana Bay | 9:00am | FREE

NOV
17

DRESS FOR A CAUSE

Photo Op: GAB | 9:15 a.m. | Wear your IMD shirt

NOV
19

INTERNATIONAL MEN'S DAY

IMD CHURCH SERVICE

NOV
21

PARENTING WEBINAR:

Managing Suicide Risk Factors

Register: <https://rb.gy/cklxj>

NOV
24

2ND ANNUAL

State of Men and Boys Forum

Marriott Hotel | 9:00 a.m.

949-0006

frc@gov.ky

www.frc.gov.ky

FamilyResourceCentre

frccayman

Thank you!



Ministry of Health
& Wellness
Cayman Islands Government



Gender Affairs Unit
Cayman Islands Government



COST ULESS



YOU ARE NOT ALONE: ZERO MALE SUICIDE



**DRESS
FOR A
CAUSE**

Organize a Dress Down Day within your organization and celebrate the men and their positive contributions.

Shirts are available for sale by contacting us at frc@gov.ky.

Adults: \$25

All proceeds support The Family Resource Centre male-focused programmes and services.

949-0006



frc@gov.ky



www.frc.gov.ky



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frccayman



NOVEMBER NEWS

NEW PARENTING CURRICULUM FOR EXPECTANT AND NEW PARENTS



Introducing Triple P for Baby

**8 SESSIONS TO SUPPORT YOUR
TRANSITION INTO PARENTHOOD**



**YOU'LL GAIN CONFIDENCE IN UNDERSTANDING
POSITIVE PARENTING STRATEGIES INCLUDING
HOW TO RESPOND TO BABY. YOU'LL GAIN
SURVIVAL SKILLS TO MANAGE CHALLENGES
AND MAINTAIN HEALTHY RELATIONSHIPS.**



WHAT IS COVERED?

SESSION 1: POSITIVE PARENTING

PROVIDES PARENTS WITH AN INTRODUCTION TO POSITIVE PARENTING AS AN APPROACH TO RAISING INFANTS, THINGS THAT HAVE AN IMPACT ON EARLY CHILD DEVELOPMENT, AND SPECIFIC PARENTING STRATEGIES FOR DEVELOPING A POSITIVE RELATIONSHIP WITH THEIR BABY.

SESSION 2: RESPONDING TO YOUR BABY

THE PRACTITIONER INTRODUCES A NUMBER OF STRATEGIES THAT CAN HELP PARENTS TEACH THEIR NEW BABY SKILLS AND BEHAVIORS, SEVERAL WAYS OF RESPONDING TO THEIR BABY AND INFORMATION ABOUT BABIES' CRYING AND SLEEP.

SESSION 3: SURVIVAL SKILLS

THE PRACTITIONER INTRODUCES CHANGES NEW PARENTS MAY EXPERIENCE AND SOME OF THE EARLY PARENTING TRAPS, AND A VARIETY OF COPING STRATEGIES TO MANAGE EMOTIONS (E.G. STRESS, ANXIETY, SADNESS).

SESSION 4: PARTNER SUPPORT

PROVIDES PARENTS WITH INFORMATION ON COMMON RELATIONSHIP CHANGES NEW PARENTS MAY EXPERIENCE AND SOME PARTNER TRAPS. THE IMPORTANCE OF COMMUNICATION AND IDEAS FOR MAINTAINING RELATIONSHIP HAPPINESS ARE ALSO INTRODUCED.

SESSION 5-7: IMPLEMENTING PARENTING ROUTINES

DURING THE INDIVIDUAL SESSIONS, THE PRACTITIONER SUPPORTS PARENTS TO CONTINUE IMPLEMENTING THE STRATEGIES, AND INDEPENDENTLY SET GOALS AND HOMEWORK TASKS.

Coming January 2024
Register your interest by
emailing frc@gov.ky

FRC RECOMMENDS TOP RESOURCES

Each month, we recommend top parenting resources.

This month's top recommendation is **Alex's Place**, which is a comfortable and youth-friendly centre that complements the Accident & Emergency department by providing care and support to children and adolescents (ages 10 – 20) experiencing mental health issues.

A multi-disciplinary team consisting of psychiatrists, clinical psychologists, paediatric/adolescent mental health nurses, social workers, and occupational therapists will provide evidence-based care focused on crisis response in the management of mental health-related risks and community outreach services.

More information Alex's Place

Location: Cayman Islands Hospital (Old General Practice Building)

Hours: Monday – Friday 10 am – 6 pm
(345) 244 7856

one2one
Empowering Youth, Igniting Futures

Open the door to a world of possibilities for your child by enrolling them in one2one, the leading mentorship program in the Cayman Islands. Or become a mentor for a girl or boy and empower the future generation!

One2One is all about providing your child with a trusted mentor who will be their guide, friend, and supporter. Through personalized attention and positive role modeling, your child will gain valuable life skills, boost their self-confidence, and explore new horizons. Our dedicated mentors are volunteers who are passionate about making a lasting impact on young lives.

Contact One2One.ky by emailing info@one2one.ky or call 3453267967



SNAP® FAQs

STOP NOW AND PLAN

13-week Clinical Programme



What is SNAP®?

SNAP® stands for STOP NOW AND PLAN and is a Treatment Programme, which is a 13-week comprehensive service. It is a proven model that helps children and their parents learn how to effectively manage their emotions and “keep problems small”. Parents and children have their own groups offered concurrently with a maximum space for 7 families.



What will children learn?

Children will learn ways to calm their bodies down when experiencing high-intensity emotions as well as how to practice helpful thought processing and effective problem-solving techniques. This is in an effort to support children feeling better equipped to handle challenging situations, to encourage healthy peer-to-peer relationships and keep problems small at home, classroom and community environments.

What do parents learn?

Parents learn the process of SNAP and how to model and coach children's practice at home. They also learn complementary parenting strategies to encourage emotional regulation and strengthen problem-solving skills. Parents report completing the programme feeling more confident in handling difficult situations and behaviours and feel “fully supported in the group”, offering one another peer-support and encouragement.



What do families report?

Families who successfully complete the service continue to provide high evaluations and positive feedback on the impact applying learnt skills has on their quality of family life.

When and where is SNAP taking place?

The next cohort will start Thursday January 11th, 2024 for 13 consecutive weeks from 5:30 – 7:30. The deadline for registration is November 16th, 2023 but as soon as possible is preferable due to demand and administrative processes. It is currently offered at our offices, 2nd Floor Apollo House West, 87 Mary Street, George Town.



Learn more about what we offer

PARENTING & FAMILY SERVICES VIRTUAL INFO SESSION

Learn more about our support services and what is most beneficial for your unique family.

**Wed
Nov 8th
at 12:00**

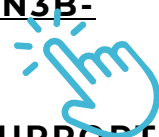


FRC WILL BE HOSTING A VIRTUAL INFORMATION SESSION **WEDNESDAY NOVEMBER 8TH AT 12PM** TO PROVIDE AN OVERVIEW OF THE SNAP AND OTHER PROGRAMMES AND ANSWER ANY QUESTIONS PARENTS MAY HAVE.

TO REGISTER FOR THE VIRTUAL INFORMATION SESSION, PLEASE ACCESS HERE:

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_8AAN3B-SSKCX5LELYPMRA](https://us06web.zoom.us/webinar/register/WN_8AAN3B-SSKCX5LELYPMRA)

OR EMAIL FRC@GOV.KY AND A MEMBER OF STAFF WILL SUPPORT YOU.



BLOG – International Men's Day 2023

By Samuel McDermott, Therapist, The Counselling Centre

FOR QUITE SOME TIME MEN HAVE OFTEN RECEIVED MIXED SIGNALS AS IT RELATES TO HEALTHY EXPRESSION OF EMOTIONS. ON ONE HAND, IT'S COMMUNICATED TO US THAT WE ARE CALLOUS, UNFEELING AND ROUGH, FILLED TO THE BRIM WITH TOXIC MASCULINITY AS A RESULT OF NOT BEING IN TOUCH WITH OUR EMOTIONS. ON THE OTHER HAND, WHEN WE DARE TO BECOME VULNERABLE, THIS VULNERABILITY IS POLICED IN TERMS OF HOW WE SHOULD DO IT, WHEN WE SHOULD DO IT AND TO WHOM. OUR RESPONSE TO THIS IS OFTEN TO SUPPRESS WHAT WE ARE FEELING, OR NUMB IT WITH ADDICTING DISTRACTIONS AND VICES.

THIS YEAR'S THEME "YOU ARE NOT ALONE, ZERO MALE SUICIDE" COMMUNICATES THE SHIFTING ATTITUDE TOWARDS MALE MENTAL HEALTH. AS MEN, WE CAN FIND SAFE SPACES IN THOSE WHO WE TRUST. WE CAN ALSO FIND A SAFE SPACE WHEN WE LEARN TO TRUST OURSELVES, THE AUTHENTICITY AND VALIDITY OF OUR STORY, AND MOST IMPORTANTLY A SAFE SPACE IN KNOWING THAT EXPRESSING OURSELVES IS NOT BEING WEAK.



SELF-EXPRESSION CAN BE DONE THROUGH CONVERSATIONS WITH OUR SUPPORT CIRCLE, REMAINING ACTIVE THROUGH EXERCISE AND SPORTS, BEING CREATIVE WITH OUR TALENTS, SUCH AS SINGING, MUSIC AND OTHER ART FORMS. IN MOMENTS OF ISOLATION AND DESPAIR WE CAN ALSO DO FEELS OPPOSITE TO HOW WE ARE FEELING. FOR EXAMPLE, IF WE FEEL LIKE STAYING HOME AND CLOSING OFF, THAT MAY BE THE TIME TO PHONE A FRIEND, OR ENJOY A SOCIAL ACTIVITY, OR EVEN VISITING THE GYM. WE CAN ALSO STIMULATE "FEEL GOOD" PART OF OUR BRAINS BY FINDING WAYS TO HELP OTHERS SUCH AS VOLUNTEERING, HELPING A SIBLING A PARTNER OR A FRIEND.

LET'S CHANGE THE CONVERSATION SURROUNDING EXPRESSION OF EMOTIONS AS MEN. LET'S REMEMBER THAT WE AREN'T ALONE, WE HAVE A COMMUNITY AND IT IS OK TO BE SUPPORTED BY IT.



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Family Resource Centre



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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Building People. Building Families.

Register for our family and parenting supportive services and information.

REGISTER