

FAMILY RESOURCE CENTRE NEWSLETTER



FEBRUARY UPDATES

DO YOU LIVE IN WEST BAY? CHECK OUT DETAILS ON 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

"Parent coaching should be mandatory for all new parents. I have learned so many useful skills during the course, I feel much more comfortable as a single father. Very helpful!" -Client

Consult with a Parenting Professional



making access to parenting advice and support easier



DEPARTMENT OF COUNSELLING SERVICES
TAINMAN PLAZA 1000 PERTH WA 6000



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.

MARCH'S TOP SNAP® PARENT TIP



Strengthen home-school relations to ensure behaviours expected at school and home are synonymous. Find out the classroom expectations and reinforce positive in-school behaviour at home. Request positive feedback in addition to any reported challenges. Praise your child's effort and let teachers know what works well at home. Children benefit when they feel you and their school are a team.



TOP TRIPLE P PARENT TIP



Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then, prompt your child to speak politely (eg. say "please" or "thank you") and praise your child for their efforts

FAMILY RESOURCE CENTRE
CHRISTIAN ISLANDS GOVERNMENT

REGISTER TO BE ASSIGNED A PARENTING PRACTITIONER



UPCOMING EVENTS

Honouring Women Month

2023

**3
MAR**

Dress for a Cause

HWM Photo- Steps @ GAB
9 am

Self-Defence Class

Crossfit Cayman
11am-12pm

Pre-registration required: wellness@gov.ky

**4
MAR**

**10
MAR**

IWD Breakfast

Kimpton Seafire Resort
8:30am

Tickets available for purchase: IWD@gov.ky

STEM Girls Camp

345 Robotics
9am-3pm

• Registration required: frc@gov.ky

**25
MAR**

**26
MAR**

Colour Me Purple 5K

7 Mile Beach • 6:30am
Registration via Cayman Active →
Scan QR code



RETHINK PARENTING RADIO SHOW AND PODCAST

Tuesdays at 1 pm on Bobo 89.1 FM

- Mar 7th - Sexual Harassment Bill
- Mar 14th - Equity in the Workplace
- Mar 21st - Gender Equality and Social Development
- Mar 28th - Girls and Mental Health



Dr Balang, OceanMed and Miles Ruby, Parent Practitioner (L-R)

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!



COMMUNITY HIGHLIGHTS

Honouring Women Month 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 No Woman No Try Film Screening Cayman Rugby Club 5PM	2 <i>I will maintain a gender equal mindset</i>	3 International Women's Day Dress for a Cause GAB 9:15AM	4 Empower Yourself! Self-Defense Session CrossFit Cayman Camana Bay 10AM FREE
5 Candle Making Workshop Goodness Studio 2:30PM	6 <i>I will celebrate women's achievements</i>	7 HWH Radio Discussion Series: Sexual Harassment Bill in partnership with the Gender Affairs Unit 1PM BOBO 89.3	8 Strike the IWD #EmbraceEquity pose Social Media competition	9 Women in Music Bingo Night Salty's 7PM	10 International Women's Day Breakfast Kingston Seafire Resort & Spa 8:30AM	11 Female-Owned Business Pop-Up Market Camana Bay The Paseo 10AM
12 Soca Fitness Session Kingston Beach Deck 8AM	13 Setting the Stage for Equity Workshop 1:30PM-3:30PM The LOFT	14 Equity in the Workplace Webinar in partnership with Gender Equality Cayman 8PM	15 Women's Health Webinar Session Health City 12PM	16 <i>I will try to influence others actions</i>	17 <i>I will challenge gender stereotypes</i>	18 EmpowerHER Camp Cayman Brac 9AM-3PM
19 Ride for Equity Vital Studio 12:30PM	20 <i>I will try to influence other's beliefs and actions</i>	21 HWH Radio Discussion Series Gender Equality will be impact on Social Development in partnership with the Ministry of Social Development 1PM BOBO 89.3	22 <i>I will help forge a gender equal world</i>	23 Flourish Women's Spiritual Fellowship 7:30PM	24 International Women's Day Networking Social 5:30PM	25 STEM Girls Camp in partnership with 345 Robotics 9AM-3PM
26 Colour Me Purple SK FUN WALK/RUN Public Beach 6:30AM	27 <i>I will challenge gender stereotypes</i>	28 HWH Radio Discussion Series: The State of Girls Mental Health featuring local experts 1PM BOBO 89.3	29 Baby Bonding Therapeutic Art at National Gallery 10AM	30 The Power of Resilience Workshop Girls Edition 6PM	31 <i>I will embrace equity by...</i>	



949-0006
frc@gov.ky
www.frc.gov.ky
FamilyResourceCentre
frc cayman

Proceeds raised will benefit the Family Resource Centre's Young Parent Services.



Choices, Teen Boys Programme at Clifton Hunter High School

Family Resource Centre has started Choices, a teen boys programme, led by Parent Practitioner Andrae Bailey.

Choices is a trauma-informed clinical gender-informed programme that aids in addressing the social and adverse life situation of young men.

The aim is to support boys in developing healthy senses of themselves, understanding their emotions, increasing their communication skills, better understanding their sexual and gender identities, and building healthy relationships.

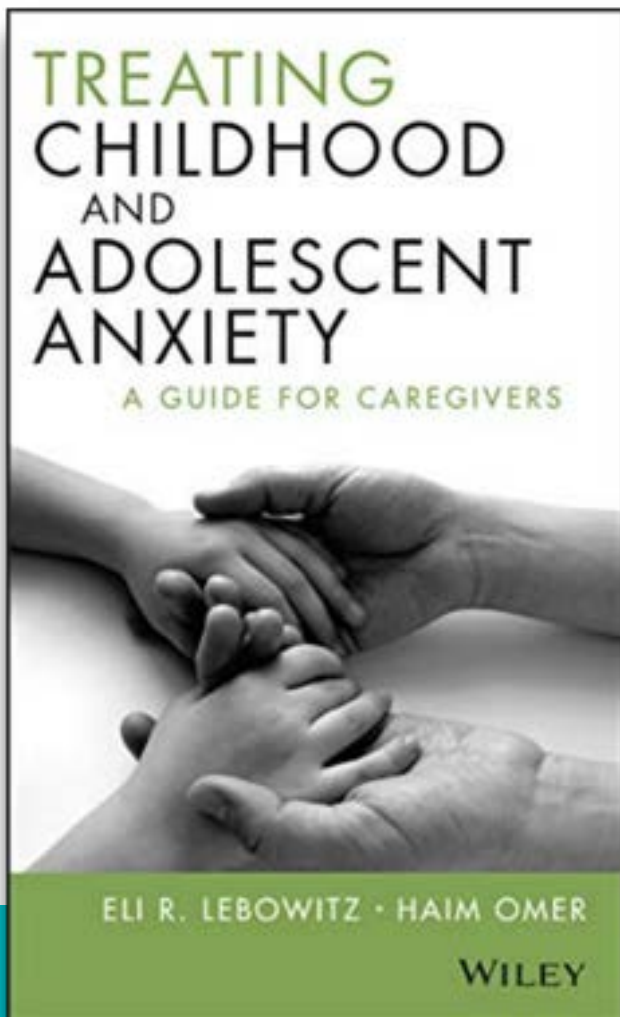


FRC RECOMMENDS TOP RESOURCES

Each month, we recommend top parenting resources.

This month's top recommendations are the CDC Milestones Tracker app and *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* book by Eli. Lebowitz.

The CDC Milestone tracker is great for parents with children between 0-5 years old. Get helpful tips from the CDC app to help encourage your child's healthy development.



Treating Childhood and Adolescent Anxiety: A Guide for Caregivers provides an "inside look" at the nuts and bolts of cognitive behavioural therapy (CBT) for childhood anxiety, the treatment of choice among leading researchers and experts.

Lebowitz and Omer have taken the latest and most relevant scientific research and synthesized it into an essential read for caregivers of anxious children. The book is filled with analogies, examples, and practical advice that professionals and parents will refer back to over and over again.

FAMILY RESOURCE CENTRE BLOG

Honouring Women's Month

Equality Vs Equity



LET'S START WITH A BASIC DEFINITION OF EACH WORD.

EQUALITY MEANS EACH INDIVIDUAL OR GROUP OF PEOPLE IS GIVEN THE SAME RESOURCES OR OPPORTUNITIES.

EQUITY RECOGNIZES THAT EACH PERSON HAS DIFFERENT CIRCUMSTANCES, AND ALLOCATES THE EXACT RESOURCES AND OPPORTUNITIES NEEDED TO REACH AN EQUAL OUTCOME.

EQUITY CAN BE DEFINED AS GIVING EVERYONE WHAT THEY NEED TO BE SUCCESSFUL. IN OTHER WORDS, IT'S NOT GIVING EVERYONE THE EXACT SAME THING. IF WE GIVE EVERYONE THE EXACT SAME THING, EXPECTING THAT WILL MAKE PEOPLE EQUAL, IT ASSUMES THAT EVERYONE STARTED OUT IN THE SAME PLACE - AND THIS CAN BE VASTLY INACCURATE BECAUSE EVERYONE ISN'T THE SAME.

THE CONCEPT OF 'FAIRNESS' CAN GET TRICKY AS IT'S OFTEN ASSUMED THAT 'BEING FAIR' MEANS THAT EVERYBODY GETS THE SAME THING. OFTEN, THIS HAS BEEN TAUGHT WHEN WE WERE GROWING UP, BUT 'FAIRNESS' REALLY ONLY WORKS WHEN WE'RE ALL THE SAME TO START OUT WITH.

EQUITY-BASED VERSES EQUALITY-BASED SOLUTIONS

PEOPLE WHO PUSH FOR EQUALITY-BASED SOLUTIONS TO SOCIAL ISSUES MAY BELIEVE IN IMPARTIALITY, AND THAT THERE SHOULD BE NO DIFFERENCE IN SERVICES AND POLICIES. HOWEVER, EQUITY-BASED SOLUTIONS TAKE INTO ACCOUNT THE DIVERSE LIVED EXPERIENCES OF INDIVIDUALS AND COMMUNITIES, ADAPTING SERVICES AND POLICIES ACCORDING TO THESE DIFFERENCES.

EQUITY IS A LONG-TERM AND SUSTAINABLE SOLUTION, AND IS A PROCESS FOR ADDRESSING IMBALANCED SOCIAL SYSTEMS.

WORKING TOWARDS TRUE INCLUSION

SO MAKE IT YOUR MISSION TO EDUCATE FRIENDS, FAMILY, COLLEAGUES, AND THE COMMUNITY ON THE NEED FOR EQUITY.

IF YOU TRULY BELIEVE IN FORGING AN EQUAL AND INCLUSIVE WORLD, THEN YOU WILL TRULY BELIEVE IN THE NEED FOR THE WORLD TO BETTER UNDERSTAND THE DIFFERENCE BETWEEN EQUITY AND EQUALITY.

LET'S **#EMBRACEEQUITY** - TOGETHER!

REF:

"Equality versus Equity: What's the Difference as We #EmbraceEquity for IWD 2023 and beyond?" International Women's Day, <https://www.internationalwomensday.com/Missions/18707/Equality-versus-Equity-What-s-the-difference-as-we-EmbraceEquity-for-IWD-2023-and-beyond>.

MARCH 10TH, 2023 | KIMPTON SEAFIRE RESORT
8:30AM-11:30AM
RSVP TO IWD@GOV.KY | COST \$50PP, GROUP
RATES AVAILABLE



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COUNSELLING SERVICES
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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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Family Resource Centre

Building People. Building Families.

Register for our family and parenting supportive services and information.

REGISTER