

# NLFRP News

*Newfoundland and Labrador Provincial Association of Family Resource Programs*



## NLFRP Update

During the NLFRP Annual General Meeting which was held on June 9th in Deer Lake, the Board presented its Annual Report. Some of the highlights of the past year that were outlined in the report included the planning, coordination and facilitation of the NLFRP Provincial Conference “Building the Bond—Staying Strong” which took place on May 6-8, 2014 in Gander, NL. The conference was well attended with approximately 160 participants from FRCs across the province.

Planning is now ongoing for a professional development event in the fall 2015/winter 2016 as well as for the

next networking conference in the spring of 2016.

During the fall 2014, the provincial government released the Poverty Reduction Strategy Report and held consultations across the island. Individuals and groups were also invited to submit briefs. NLFRP hosted a consultation

with its members via conference call and submitted a brief on behalf of the Association. The PRS Consultation Brief was submitted to all members via email.

It has been another busy year for the NLFRP. Work is being done to revise the work plan for 2015-2017 .



NLFRP Board Meetings which took place in Deer Lake in June 2015.

September 2015

### *Special points of interest:*

- Positive Discipline Training October 19th—22nd
- NLFRP Membership Renewal due January 29th, 2016
- Nobody’s Perfect Facilitator Training being planned for the Spring of 2016
- NLFRP Networking Conference 2016 will take place in Gander from May 31st to June 2nd. Please keep an eye out for details!

### *Inside this issue:*

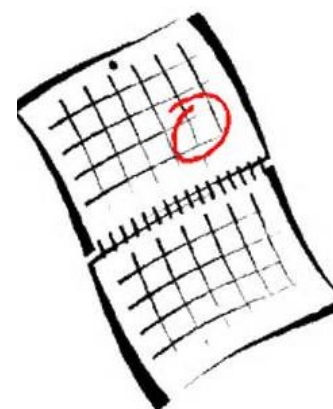
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## NLFRP Membership Renewal—Mark Your Calendars!

Membership renewal for the Newfoundland and Labrador Association for Family Resource Programs is due no later than **January 29th, 2016**. The cost of the initial membership is \$125.00 and then \$75.00 to renew for each year after that. Benefits of membership include discounts on our Provincial Conference

and regional training activities, information on other training opportunities, our annual newsletter and funding assistance to host training events in your region.

We will be sending out a reminder along with the registration forms in December, so keep an eye on your inbox!



**NLFRP membership renewals due January 29th.**

## Positive Discipline in Everyday Parenting

The challenge of parenting is enormous – to take the hand of a brand-new human being and guide her toward adulthood, teaching her all she needs to know to have a happy, successful life. There are times in all parents' lives when the challenge seems overwhelming. Sometimes we lose control of our emotions, or feel helpless, or resort to shouting and hitting. But there is another way. "Discipline" actually means "teaching." Teaching is based on setting goals and finding solutions to challenges. "Positive discipline" is non-violent and respects the child as a learner. It is an approach to teaching that helps children succeed, gives them information, and supports their growth.

This innovative and empowering approach to child discipline was developed by Joan Durrant Ph.D. (University of Manitoba) for Save the Children Sweden in 2007. Positive discipline is based on children's rights to healthy development, protection from violence and participation in their learning. Parents are shown how they can teach their children while respecting their human rights. It is relevant to parents of all children from infancy to adolescence.

Positive Discipline is:

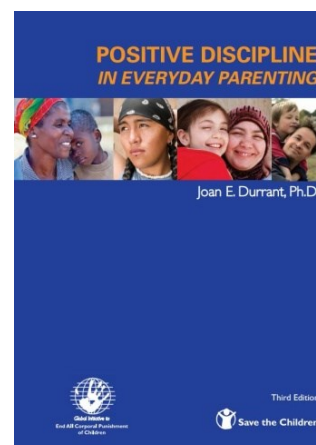
- Non-violent
- Respectful
- Solution-focused

Based on child development principles

Positive Discipline in Everyday Parenting is a set of principles

that can be applied in a wide range of situations. It can guide all interactions with children, not just the challenging ones.

*The NLFRP will be hosting the Positive Discipline Training from October 19th—22nd, 2015 at the Albatross Hotel in Gander. Please contact your regional representative for details.*



## Nobody's Perfect Training



NLFRP has been involved in the revitalization of the Nobody's Perfect Parenting Program in partnership with CYFS, Health and Community Services, Public Health Agency of Canada and FRP Canada. In March 2014, two members of the NLFRP executive traveled to Ottawa to participate in a three day NP Train the Trainer Session and a two-day National Meeting. Other provincial

stakeholders from CYFS and Health and Community Services also attended the national meeting. Funding was also secured from FRP Canada to host a Provincial Consultation held in St. John's on April 29, 2014. The Consultation provided an opportunity for provincial stakeholders to identify priorities and future direction for the delivery of the Nobody's Perfect Program throughout the province. NLFRP has obtained a funding grant of \$9,600 from FRP Canada to support regional and provincial NP activities. PHAC has updated the program resources. It is



hoped that they will be available in the fall 2015 and NP Facilitator's Training will take place in the Spring of 2016. In addition, during the fall, the Provincial NP Steering Committee will be meeting to discuss priorities and begin the development of an action plan for the next 2-3 years.



## Web Makeover

The NLFRP website is being updated, revised, redesigned... and much more. Our current website no longer meets the needs of our membership. We have contracted Lillian Fidler Designs to give us a new look on the "net"! Plans include a revamping of our logo; a newsletter sign-up to ensure all staff, volunteers, and families have easy access to the newsletter; resource links; on-line registration for training and conferences! Please be patient as we move through the design and development of the new site.

**We hope to have the new NLFRP site "live" by December 2015!**



# FRP Canada Resources



FRP Canada has great resources that can be used by Board Members, staff and families involved with Family Resource Centres. Here are some of the resources that you might find helpful:

E-Valuation site:

<http://www.frp-evaluation.ca/>

Parents Matter Website:

[www.parentsmatter.ca](http://www.parentsmatter.ca)

Resources for newcomer families:

[www.welcomehere.ca](http://www.welcomehere.ca)

Clipart :

<http://www.frp-images.ca/>

## Board News!

We would like to say thank-you to Amelia Huskins for her many contributions to the work of the NLFRP Board over the past few years. She will be finishing with her position at the Conception Bay Family Resource Program in August and moving into a new position. Wishing you all the best for the future, Amy!

We are currently looking for another representative on our board for the St. John's Region. This person can be any staff connected with the family resource centre. Meetings are generally held by teleconference several times a year with one face-to-face meeting per year. Please contact Maureen Bethel if you are interested in joining our team.



### NLFRP Board of Directors

#### **St. John's Region**

Maureen Bethel

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#### **Eastern Region**

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#### **Central Region**

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