



# NLFRP

## NEWS

Newfoundland and Labrador Provincial Association of Family Resource Programs

### This Year's Highlights

September 2018

We have been busy throughout the year doing the work of the NLFRP, mainly through teleconferences. Here is an update on what's been happening:

The NLFRP provides up to \$500 per region to assist in the coordination of regional networking and training opportunities for members. The grant is available to each of the five regions on annual basis. During the past fiscal year two applications were submitted and approved. The Labrador Region held a two-day Regional Networking Session in October 2017. Topics included mental health, healthy families and program development. The St. John's Region also held a one-day regional networking event for all FRP staff in October 2017 focusing on workplace wellness, best practices, and sharing of new initiatives and programs. The goal of the regional NLFRP grant is to enhance partnerships and increase shared professional development and training opportunities. All regions are encouraged to access the grant.

During the past year, the Board of Directors of NLFRP has been busy planning and preparing for the

biannual conference entitled "Cheer for Families—Together we Grow" which took place at the Quality Inn in Gander from June 5-7, 2018. Conference preparation included: preparing, distributing, collating and reviewing the FRP needs assessment; confirming the venue and dates for the conference; planning the preconference event; planning social activities; coordinating the registration process; finalizing the agenda and preparing registration packages. Since it had been over ten years since our last visioning session for the NLFRP, this year's conference included a half-day visioning and planning session facilitated by Bobbie Boland. This session gave NLFRP members across the province the opportunity for input into the future direction and priorities of NLFRP. During the past year, NLFRP has continued to partner with the Public Health Agency of Canada; Children, Seniors and Social Development; the Department of Education and Early Childhood Development and Regional Health Authorities in the revitalization of the Nobody's Perfect Parenting Program and

the delivery of Nobody's Perfect throughout the province. Two board members of NLFRP are currently members of the Nobody's Perfect Provincial Steering Committee. Nobody's Perfect was originally developed in the 1980s and since its beginning it has had a profound impact on the development of community-based parenting education in Canada. Its participant-centered approach, based on respect and support for parents, has been adapted by many other programs. The parenting resources were recently revise by PHAC and the program is being delivered through the country. NLFRP will continue to support FRPs throughout the province in the provisions of training for staff and delivery of programs for parents.

It has been a busy and exciting year for NLFRP. We would like to extend a big thank-you to all NLFRP members for the ongoing support and involvement in the Association and for your commitment to young children and families throughout the province. Together we make a difference!



## Contributions from our Members

We welcome submissions from our members.

### Treehouse Family Resource Centre

#### Intergenerational Programs

Intergenerational programming is a fancy way of saying that we help bring seniors and children together to form fun and meaningful relationships. Both groups have so much to teach and learn from each other.

In October, **Bonne Bay North** had a new facilitator join the Tree House team. **Angela Martin** had an amazing year, with lots of exciting programming being offered as she got to know her families. New for the area was the Intergenerational Program at the Bonne Bay Health Centre.



**GROW Garden / Tree House Community Garden**  
**Deer Lake Tree House** saw the **GROW Garden** continue into its second year with 14 families sharing in the excitement of a harvest (Oct 2017) and the new addition of a green house (Spring 2018). The garden has been very successful due to the leadership of Tree House staff Dayna Gillard, the great number of partnerships within our community and our amazing families.  
**HARVEST TIME!!**

## Grand River Family Resource Centre



### Adventures with Kids! Summer Camp!

Welcome to Summer Camp! Grand River Family Resource Centre staff decided to spice things up with a summer camp during July and Aug! The program was offered 2 days a week for children 4-6 years of age. Each week of our summer program was based on a theme filled with new and exciting activities for children. From hiking and exploring the Great Labrador trails to making Elephant Tooth paste and having a PJ party, the staff did not disappoint! This was indeed one of our highlights this summer. Children were beyond excited to see what Adventure was to come next.

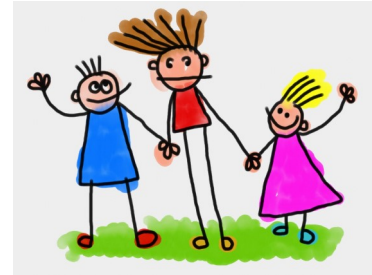
## Vista Family Resource Centre

### Snack Packs Program

Now that we have full-day kindergarten, we wanted to make sure that our 5-6 year-olds could still be involved in our programs, so we brought our program to them! We partnered with 4 schools to offer the Snack Packs program. Our facilitator, Trista Baily, visited the schools for six weeks to show the children how to prepare their own healthy recess snacks and learn about good nutrition. They were given copies of the recipes and information about nutrition to bring back home and use throughout the year!



## Labrador Straits Family Resource Centre



### Circle Time

Parents and children having fun playing a game during circle time at the Labrador Straits Family Resource Centre. They are having so much fun!

## Brighter Futures Coalition of St. John's and District

### GOVERNMENT LEARNING BONDS

I am sure many people working in our Provincial Family Resource Centers are familiar with Registered Education Savings Plans (RESP), Canada Learning Bonds and Canada Education Savings Grant (CESG). According to the Community Sector Council, only 23% of eligible families are availing of this free program for their children's post-secondary education.

For that reason, The Royal Bank of Canada in St. John's, and Brighter Future's Coalition of St. John's and District partnered, to raise parent's awareness, and to provide a venue for parents to receive sound financial advice on these bonds. We decided smaller group settings was the best venue, and incorporated the sessions into existing programs.

Abigail Green, Financial Advisor with the Royal Bank of Canada and her staff, along with Brighter Futures Healthy Baby Club Coordinators, have been running these sessions bi-weekly at our Healthy Baby Clubs, Baby N' Me and Breastfeeding Groups, since May, 2018. The smaller groups seem to work better for discussion, clarification and support with completing documents.

Our realization is that parents attending our programs are just not aware of the Federal Government Learning Bonds. Parents only realized the benefits of this program when they were provided with individual explanations and clarifying information in a small setting, where they felt comfortable asking questions.

Brighter Futures and The Royal Bank of Canada will continue with this partnership, and again run these education sessions during the spring and summer of 2019. This partnership is a win-win for everyone; for our involvement Brighter Futures received a \$1,000.00 donation from the Royal Bank of Canada!



## NLFRP Membership Renewal

Membership renewal for the Newfoundland and Labrador Association for Family Resource Programs is due no later than January 31st, 2019. 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.



## Board News!

We are happy to say that we now have two representatives from each region on the NLFRP Board. At our AGM this spring, we welcomed Maidena Welsh from Neighbourhood of Friends Family Resource Centre as one of the eastern region reps and Renee Hodder from Gander Bay Family Resource Centre as one of the reps for the central region. Thanks so much for joining us!



### 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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#### **Western/Grenfell Region**

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#### **Labrador Region**

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