



# NLFRP NEWS

NEWFOUNDLAND AND LABRADOR PROVINCIAL ASSOCIATION OF FAMILY RESOURCE PROGRAMS

September 2022

## TOGETHER AGAIN

It was great for NLFRP Board Members to meet again face to face after the pandemic prevented them from having their regular annual meetings in Deer Lake. The meetings took place July 4-6th and included revisions to the NLFRP workplan as well as the Annual General Meeting.



## NEIGHBOURHOOD OF FRIENDS FAMILY RESOURCE CENTRE

Another summer has passed by rather quickly. We spent most of our days in the playgrounds with our families enjoying the wonderful weather. The staff took advantage of the last couple weeks of August to do a project, one we've been dreaming about for some time. Understanding that not all moms feel comfortable breastfeeding in the group setting, we decided to dedicate a corner space for a nursing corner. Wide back chair gives mom a little more privacy while still being a part of the group. The fireplace, rug and decals make for a relaxing area for mom to spend some time with her baby and hopefully, she won't feel the need to go home to feed her baby.

We remain optimistic about the fall, hoping that we can spend more time with our families and that Covid will no longer decide our programming for us.



# BOARD NEWS



The NLFRP provides grants of up to \$500 per region to assist in the coordination of regional networking and training opportunities for members and to enhance regional partnerships. During the past fiscal year one application was submitted and approved. All regions are reminded that the grants are available to each region on an annual basis and all regions are encouraged to apply for funding to facilitate a networking and training event in your area of the province.

During the past year the Board of Directors of NLFRP have been busy planning and coordinating the first virtual conference held on November 18-19, 2022. The theme of the virtual Conference was “We Are Family – Supportive and Resilient” and included sessions focusing on Outdoor Play/Back to Nature and Maternal Mental Health, as well as keynote speaker, Lisa Pinhorn, discussing the importance of self-compassion. The conference was well-attended with over 130 people participating from FRPs throughout the province. Feedback was very positive with many comments focusing on the importance of such events during the pandemic as well as the relevance of the topics chosen for the conference with a focus on mental health, self-care, and the importance of outdoor activity and nature in supporting our overall well-being.

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. 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-centred approach, based on respect and support for parents, has been adapted by many other programs. The parenting resources were revised by PHAC in 2016 and the program is being delivered throughout the province and country as well as internationally. Over the past year, due to the pandemic, virtual training was developed nationally to assist experienced and new facilitators in the delivery of Nobody’s Perfect using the zoom platform. As Facilitator Trainers, Maureen and Bernice provided a virtual refresher training via zoom for trained facilitators on February 1, 2022, and training for new facilitators on March 8-11, 2022. NLFRP has also received funding from CSSD to provide financial assistance to FRPs to assist with the delivery of Nobody’s Perfect Parenting Programs. Grants up to \$250 are available to FRPs to offset the cost of expenses related to the delivery of in-person or virtual NP parenting programs. Members of the Board of Directors have continued to promote FRPs and to lobby for additional funding.

In August 2021, NLFRP was invited to make a presentation to Health Accord NL. A power point presentation was developed and presented to the Health Accord on September 3, 2021. The 20-minute presentation was followed by an engaging 10-minute Q&A. The power point presentation is available to all members upon request and may be adapted for local or regional use. Ongoing contact is also maintained with funders and other government partners to discuss priorities and workplans and the need for sustainable multi-year funding reflective of the increased cost of living.





# TREE HOUSE FAMILY RESOURCE CENTRE

The Tree House Family Resource Centre has had an awesome year! We continued to “do what we do” despite the challenges presented by a second pandemic year. Our team always found a way to give families memorable, “normal” moments in another not-so-normal year. If we could give the past year a theme, it would be "Let's Go Outside"!



Photos L-R; (World Oceans Day - Trout River, Fire Prevention/Police Week – Gros Morne)



(Mud Kitchen FUN, Halloween Treat Pickup, Picnic in the Park - Pasadena)



(Storytime on the Trail, Storytime in the Snow, Nap time! – Deer Lake)



(YES!! Community Events; Community Bonfire, Tree House Corn Boil)





# SOUTHERN LABRADOR FAMILY CENTRES

Here at Southern Labrador Family centres everyone was very excited to finally be able to get back to some sort of normal. During this year staff offered virtual learning, special occasion drop off to kids, partnering with special event committees and in person programming. Everyone enjoyed being back at the centres to play, make crafts and be with their friends. Staff reach out to families on a daily basis by social media and telephone to let them know what's happening at the centres. At SLFC we try our best to make all programs and events enjoyable and memorable for everyone.

SLFC consists of 6 sites:

Circle of Friends-Mary's harbour

Miles of Smiles- St. Lewis

Rainbow Family Centre- Port Hope Simpson

Family Ties FRC- Charlottetown

Sunshine family Centre-Black Tickle

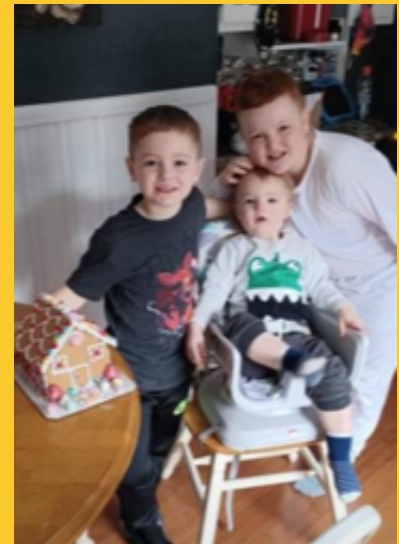
Cartwright Rainbow Family Centre-Cartwright

Pamela Rumbolt, Executive Director, SLFC





# LABRADOR STRAITS FAMILY RESOURCE CENTRE



Clockwise:

- St Patrick's Day
- Family Day at the Playground.
- Multi Culturalism in partnership with Association for new Canadians.
- Gingerbread house contest winners
- Valentine Party

**DON'T FORGET!**

Membership renewal for the NLFRP is due no later than January 31st, 2023. 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.



# GRAND RIVER FAMILY RESOURCE CENTRE

Read all about it! The Grand River Family Resource Centre are seeing rainbows! From the bright beautiful blue skys to the greenest of grass and the colours in between we are busy checking them out! Welcome to our Rainbow! The Grand River FRC provides a learning environment that is designed to meet the overall needs of children, families and caregivers. The flexibility of the programs offered, allows full participation when families need it. Staff facilitate their programs through age-appropriate play while maintaining a safe, healthy and supportive environment. We are making this happy through exploring, dancing, laughing and our imagination!



## HELP WANTED

We are looking for some assistance with setting up a Facebook Page for NLFRP. Anyone who is interested in helping us to create and administer our Facebook page, please contact Jackie at [vistafamily11@gmail.com](mailto:vistafamily11@gmail.com)





# KILBRIDE TO FERRYLAND FAMILY RESOURCE COALITION

What a fantastic year it has been for the Kilbride to Ferryland Family Resource Coalition. As we move towards “normal” we are committed to providing quality programs and services to our families. So many wonderful things happened this past year, it is hard to list them all!

First, we started a Community Garden! With a grant from United Way, this garden, located at our Bay Bulls site, will be used by both our Family Resource Centre and our Childcare Centre to teach children and families about the joys of gardening.

While many programs have moved back inside, we continue to encourage outdoor play. We currently have outdoor playgroups at each of our sites, and plan to continue these into the Fall. Risky Play was the topic of interest by the MUN Nursing students during their community course with us last winter as they explored the connections between risky play and children’s health.

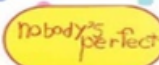
This year we also put a big emphasis on family nutrition and health. With grants from the Community Healthy Living Fund, we were able to continue our Healthy Together program, and start a Family Nutrition Program. We also focused on staff training, and had more staff trained in Healthy Together, Parent Child Mother Goose, Nobody’s Perfect, and as Car Seat Technicians with CPSAC. We are excited to see what the rest of the year brings!



**Car Seat Installations and Checks**  
We now have staff trained as Car Seat Technicians through The Child Passenger Safety Association of Canada. Stay tuned for car seat clinics starting this fall!



**Family Nutrition Parenting Program**  
With special guests including registered nutritionists and certified chefs, this program will focus on topics surrounding healthy foods for the whole family including Canada's Food Guide, picky eaters, plant based protein, budgeting for groceries, cost efficient grocery shopping, and meal planning. Also included, some yummy meal demos and a meal planning binder craft night. Stay tuned for location and dates!



**RETURNING  
JAN 2023**

With more staff now trained as "Nobody's Perfect" facilitators, we are looking forward to running this parenting program again this winter! Popular discussions might include: positive discipline, bedtime and sleep, potty-training, the importance of routine, co-parenting - but the best thing about this program is YOU decide!



**Sensory Friendly Sites**

Our goal is to provide a space for children with all needs and abilities. Thanks to the **Enabling Accessibility Fund**, we were able to create a more calming atmosphere for children. Come check our playgroups and ask about our sensory friendly toys and equipment.



## EXPLORING NEW IDEAS

# STANDARDS OF QUALITY FOR FAMILY STRENGTHENING & SUPPORT (NATIONAL FAMILY SUPPORT NETWORK)

The NLFRP Board of Directors was approached in 2021 by CBFPR to explore the National Family Support Network's Standards of Quality for Family Strengthening & Support training and adaptation for use in Newfoundland and Labrador. If folks remember we were able to have Kelly Stone of Families Canada present an overview of the Standards and Families Canada's involvement in bringing these Standards to Canada at the 2021 NLFRP Virtual Networking Conference.

The Standards are NOT about making us all conform to a set framework of services and supports. They are instead about creating evidence informed programming based on a "common language for quality practice" across a variety of programs that work directly with children and families.

The Standards reflect the work frps in this province from setting goals and objectives to creating evaluation tools. The Standards could provide a foundation to for planning (best practices), implementing (capacity building), reflecting (validation) and evaluating (accountability) quality services and supports.

The NLFRP Board will continue to explore the opportunity to work with Families Canada and the possible implementation of the Standards in Newfoundland and Labrador. For more information on the Standards of Quality for Family Strengthening & Support follow the link below.

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(nationalfamilysupportnetwork.org)





# NLFRP BOARD MEMBERS



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