



Family Resource Center

Building Community Success One Family At A Time

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IN THIS ISSUE

- Girls 2 Ladies
- Registration
- Free Speech Language Screenings
- Webinars
- What's happening?

Girls 2 Ladies Empowerment Project

The Family Resource Center in collaboration with the West Island YMCA is excited to introduce the Girls 2 Ladies Empowerment Project, which will be offered in January 2014 at the YMCA located at 230 Brunswick Blvd. in Pointe Claire.

This 12-week program was created for girls aged 12 to 17 and touches on important topics such as:
-Body image
-How to deal with peer pressure
-How to increase self-

esteem
-Establishing/maintaining friendships/relationships
-The importance of critical thinking
-Expressing their individuality

This is a great opportunity for girls to come together in a safe and secure environment.

To register for this program and for more information, please contact Melissa at the Family Resource Center at (514) 685-5912 or at info@familyresourcecenter.qc.ca. You can also contact Melissa at the YMCA at (514) 630-9864



- ✓ Self-esteem
- ✓ Strong relationships
- ✓ Confidence
- ✓ Leadership
- ✓ GirlPower!



REGISTER AND GET IN ON THE ACTION!

It's time to REGISTER your children for the Family Resource Center's amazing Study and Social skills programs! All programs will be starting in January 2014. **The Study skills program** covers topics such as proper note taking techniques, how to manage stress during tests and how to develop proper study habits. **The Social skills program** covers topics such as how to create and maintain friendships, how to deal with complex emotions and how to raise self-esteem. These programs are offered to children aged 6-12 years old in groups and individual sessions are available as well. So what are you waiting for? REGISTER TODAY!



ALL OUR PROGRAMS ARE TAUGHT USING A COGNITIVE FUN METHOD: THROUGH ART, DRAMA AND PLAY!

For more information and to register:

Email us at info@familyresourcecenter.qc.ca or call us at 514-685-5912

Free Speech Language Screenings – Coming January 2014

Concerned about your child's speech? In conjunction with Jennifer Benedik, M.Sc., (Founder of Simple Speech Therapy) The Family Resource Center is offering free screening program for children's speech and language development. These screenings are an important first step. Jennifer has identified a **big need** in our community and the lack of information that reaches parents. The purpose of these screenings is to give parents a free resource to get their questions answered and receive guidance about any steps that need to be taken. Working together with the Family Resource Centre is the perfect opportunity for community collaboration! Reserve your spot here by e-mailing info@familyresourcecenter.qc.ca

Dates of screenings: Sunday, January 26th and Monday, January 27th, 2014

Time: 3:00 pm – 5:00 pm (10-15 minutes per appointment)

Location: Family Resource Center, 4855A Blvd. Des Sources, Pierrefonds, QC



"There's an underlying need for support and referrals in our community, and I'm proud of the help and assistance the Family Resource Center provides to those in need. Today, we've expanded our mission and redefined who are 'client' is – and it's given me great satisfaction knowing the good we've contributed back to the greater Montreal community!"

– Carrie Goldberg,
Executive Director

New at the Family Resource Center: Webinars for Parents!

The Family Resource Center is pleased to announce an exciting new pilot project starting in early February 2014. We will be holding 3 webinars for parents. A webinar is an online event that is hosted by an organization and broadcast to a select group of individuals through their computers via the Internet. The host can share PowerPoint presentation, videos and webpages. A webinar also allows an organization to interact with its audience.

The titles of the webinars are as follows:

1. **Raising Resilient Children**, presented by Corrie Sirota, M.SW, P.SW.
2. **Sticking up for your child in school**, presented by Carrie Goldberg, director of the Family Resource Center.
3. **Empowering our parents**, presented by Diane Gibb, former city councilwoman of Ile-Bizard / Ste- Genevieve.

Registration information and dates will be provided soon. You can also contact the Family resource center for more details.



WHAT'S HAPPENING @ The Family Resource Center

OUR NEW LAVAL LOCATION: We are extremely excited to announce the new partnership between the Family Resource Center and Club Fiesta Enfants Inc. in **OPENING OUR NEW LOCATION IN LAVAL!** Club Fiesta Enfants is located at 5305 Notre Dame Blvd. Ouest (conveniently off of Highway 13.) It has dynamic facilities for your children such as a cinema screening room, a diva room and a drama room. The Family Resource Center will be offering our social and study skills group and individual programs to youth aged 5-25. Parental and professional programs will be offered as well to enhance parental skills and support. Programs will begin the week of January 23rd, 2014. **TO REGISTER** for individual or group programs please contact the FRC at (514) 685-5912.

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