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## Family Resource Center

Building Community Success One Family at a Time

# It's that time of year again!

## An eventful summer

It has been a busy summer at the Family Resource Center. Summer students Jessica Romito and Brandon Golfman worked on implementing a marketing plan, helped coordinate FRC's involvement in community events, created a volunteer program, and helped re-launch our 'Girls Group'. Our facilitators worked on developing a *Stage 2* for our social skills program to ensure that our kids continue to develop and progress with us. We also ran a successful six week social skills group program for a group of young boys. Several volunteers expressed interested in supporting the center and have been a great help in connecting with members of the community and animating activities with the kids at events.




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## Community Events

We spent a wonderful evening at the Pierrefonds-Roxboro **Canada day** event held on the Pierrefonds Comprehensive High School grounds. **D.D.O Family Affair** was another exciting community event held at Centennial Park in Dollard des Ormeaux on August 3rd. The FRC team was responsible for running various Arts and Crafts activities. All participants left their mark on our finger paint hand-print mural - this was truly a highlight of our day. We would like to extend a special thanks to all of our supporters who stopped by to see us, and express our gratitude to the city of D.D.O for allowing us to take part in the event.



## The new school year is almost here It's time to check out our fall programs

The Family Resource Center is proud to offer a wide range of services to meet the needs and demands of our customers. We offer outstanding programs and we work with you to create an action plan customized to your needs. Take the time to see what we can offer and **do not hesitate to contact us for more information.**

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## Study Skills & Social Skills

As the stress of "back to school" starts to hit home, the Family Resource Center is here to help. We are offering Social and Study skills programs in the form of group workshops and/or individual consultations. Get a head start on improving your child's skills for this upcoming school year. **Sign up today!**

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## Parent Support Services

This is where parents can connect with other parents in similar situations. They are offered emotional support and coping strategies that are designed to **make parenting more manageable.**



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## Sport Staff Training Workshops

Having trouble keeping your players focused on the game? Behavioral issues at practice and in the locker room? Our interactive coaches training sessions focus on motivating players, dealing with difficult situations, handling disciplinary issues with humor and understanding, and **developing effective teams and teamwork.**

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## Girls Empowerment Project

Its official! The Family Resource Center Girls Group will be available to Elementary and High Schools as of this September. This innovative program will focus on the education and empowerment of girls in our community through interactive workshops. The goal of the Girls Group project is to facilitate support circles for girls ages 10-17 in order to develop their inner strengths, courage, confidence, communication and critical thinking skills. These workshops are vital for their personal growth as they continue on the path to maturity and womanhood. Topics may include; self-esteem and body image, healthy relationships, coping with stress, internet safety, expressing individuality, sexual health, life style choices etc. If you wish to see our program in your child's school or schools in the Montreal community, **refer us!**

