

THE GRANDE PRAIRIE FAMILY EDUCATION SOCIETY

Quarterly Newsletter



Grande Prairie and Area
Family Resource Network



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MESSAGE FROM THE EXECUTIVE DIRECTOR

THANK YOU!

DEVELOPMENTAL KITS

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GRANDE SUNSET THEATRE

VOLUNTEER OPPORTUNITIES

Programs and services:

Child and Youth Programs:

- Roots of Empathy
- Empathy Project
- Rainbows
- Girls Matter
- Boys Matter Too!!
- Sibling Support Group

Parent Education Programs:

- Active Parenting
- Circle of Security
- Dads' Events
- Love and Logic

Healthy Families Program:

The Healthy Families Program is a voluntary home visitation program offered to families with children pre-birth to 6 years of age at no cost. Weekly visits are offered in the family home to provide families with information and support.

Family Resiliency Program:

- FASD Family Supports
- FASD Youth and Adult Supports
- FASD Navigator
- Life Skills & Learning Supports
- Parent Child Assistance Program

Family Resource Network:

Connect Alberta families to the services and supports they need to help children and youth reach their fullest potential. These services focus on the well-being of families and help build healthy, strong communities

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Gratitude

As we approach the end of another remarkable year, I am filled with gratitude and a sense of accomplishment for the strides we have made together. Together, we have made a positive impact on the lives of individuals and families through our programs, supports and initiatives. The stories of transformation and resilience serve as a testament to the meaningful work we do. The excitement of our social enterprise, the Grande Sunset Theater- Drive-In, and the success we have felt in the first year of operation is inspiring. We could not have done this without the help of all our volunteers. This year, we forged valuable partnerships with a variety of organizations and collaborators. These collaborations have expanded our reach and enriched the scope of our mission. I would like to express my heartfelt gratitude to each member of our organization family - our dedicated team, supportive partners, and the entire community. Your commitment and passion inspire me daily, and I am honored to lead such an exceptional organization. As we enter into a new year, I wish you and your loved one's joy, peace, and fulfillment. May the coming year bring even more opportunities for growth, collaboration, and positive impact.



“Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.”
— Brené Brown



THANK YOU!!

We have been so fortunate to be the recipient of some incredibly generous donations from the community this season!

These donations directly contribute to improving the lives of individuals in our community, fostering positive change and growth. Donations like these empower us to make a tangible difference, providing essential resources and support that positively impact the well-being of our community members.

The ripple effect of these contributions is felt throughout the community, helping us build a brighter future for everyone.



Thank you

DIRTY FEW COUNTRY,
STEEL VIXENS AND
DAG'S WELDING

*A generous heart, kind speech,
and compassion are the things
which renew humanity ~
Buddha*



THANK YOU

Anonymous!

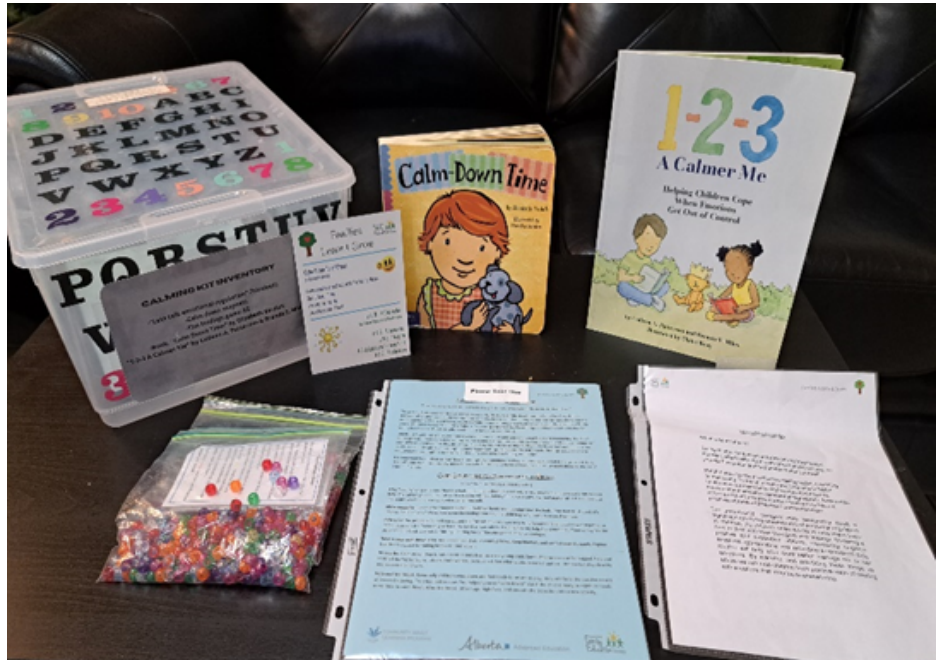
THANK YOU!



Thank You!



Available in our Lending Library!



In our lending library we have 9 kits that are available to sign out/borrow for families. These kits can be utilized in the home to help further develop your children's skills. Each kit comes with instructions and an inventory list of the contents inside.

Highlighted this time is our Calming Kit – Inside this kit you will find two books, an emotions bead game, and tip sheets on how to support their emotions.

Other kits that are available are:

- Listening Kit
- Sharing Kit
- Calming Kit
- Stress Kit
- Problem Solving Kit
- Emotional Awareness Kit
- Toddler Communication Kit
- 6-12 Communication Kit
- Teen Communication Kit

October Highlights



Our Family Resource Network staff (Healthy Families and the Hub) had the opportunity to attend the AHVNA (Alberta Home Visitation Network Association) Symposium “Indigenous Connections”, October 25 & 26 in Edmonton. We gained a deeper understanding of Indigenous culture and learned how to better support Indigenous families in our work. Two members of our team also did a short presentation to the group about how we involve fathers in programs.



We were so fortunate to end the symposium with a surprise performance by the nationally known Dancing Cree C'ri' 77 Dance Group!



October Highlights



In October of 2020, Grande Prairie Family Education Society became the distribution center for Crouse's Cleaners Merv Coats for Kids program and this was the most successful year we've had.

We had 524 families, which is a 50% increase from last year, come through our doors and leave with winter items!

Here's a breakdown of the warmth we've spread from all the generous donations from our community:

Kids Jackets: 673

Kids Snow Pants: 275

Adult Jackets: 677

Adult Snowpants: 53

Mitts/Toques/Scarves: 1,046

Each number represents a family staying warmer this winter.

Each year we consult with other non-profits and community programs to check the need for winter gear and this year, we distributed what adult items remained at the end of the campaign to the Friendship Centre and Northreach. Remaining kids items went to Avondale and Hillside school.

Thank you Ryan from 97.7 for spending time with Coats for Kids and for the continued support!

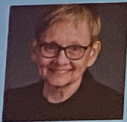

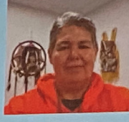
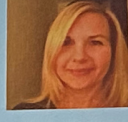


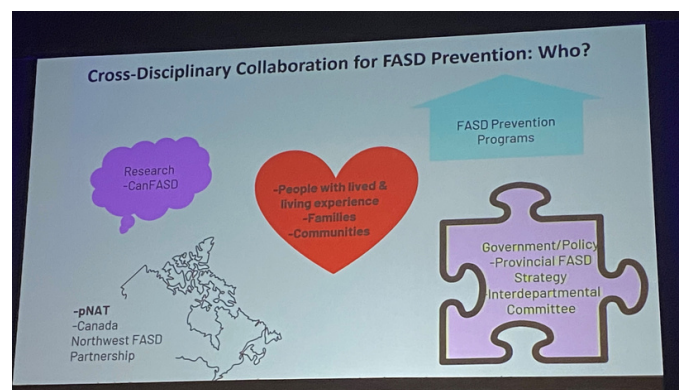
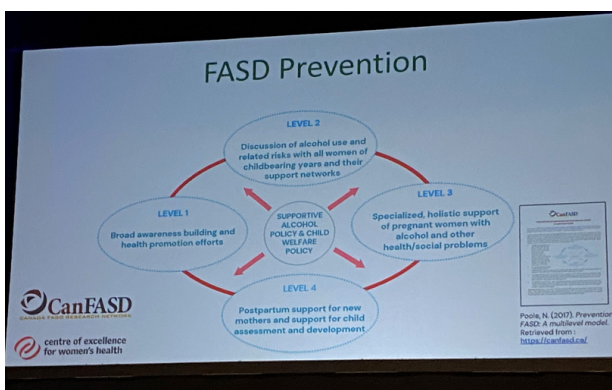
November Highlights

Our Family Resiliency Team got the opportunity to attend the very first Canada FASD Conference in Saskatoon, SK November 7-9, 2023. The conference theme was “Connect, Inspire, Innovate: From Evidence to Action – incorporates all voices in the field of Fetal Alcohol Spectrum Disorder and prevention of the disability”. The conference included three days of presentations and events to learn how we can transform evidence into action in the field of Fetal Alcohol Spectrum Disorder (FASD).



Introductions

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| Nancy Poole Director, Centre of Excellence for Women's Health & Prevention Lead, CanFASD Research Network | Melanie Muehling Manager of FASD Programs and Policy, Department of Families, Government of Manitoba | Lisa Lawley Circle of Life & Perinatal Substance Use Program Coordinator, Kermode Friendship Society | Mary Motz Clinical Psychologist, Breaking the Cycle & Adjunct Professor, York University |



November Highlights

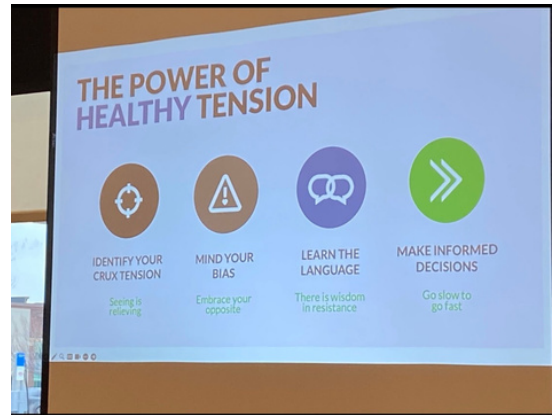
The Alberta Restorative Justice Association held their 18th annual conference in Calgary, November 22-23, 2023. ARJA is composed of organizations and individuals dedicated to increasing understanding of restorative justice and how it can benefit communities.

ARJA educates organizations, encourages community action that strengthens existing restorative justice programs and encourages the development of new restorative justice programs in communities in Alberta. ARJA seeks to make resources, materials and information related to the field of restorative justice available to all areas of Alberta. Amy Easterbrook and Donna Oakford, from our Family Resiliency Team (Reforming Family Justice System -RFJS- Initiative) along Diana Lowe KC (RFJS) attended and reported it was a beneficial experience to learn, share, and network regarding the Grande Prairie Reforming the Justice System Initiative.



Amy and Donna attended a full day workshop on the topic of holding healthy tension when making significant changes to systems and structures. It was a great workshop!

Diana was asked to speak on a panel in the Plenary Session as well as lead a workshop on our Re-Imagining the Family Justice Initiative! She did an exceptional job!

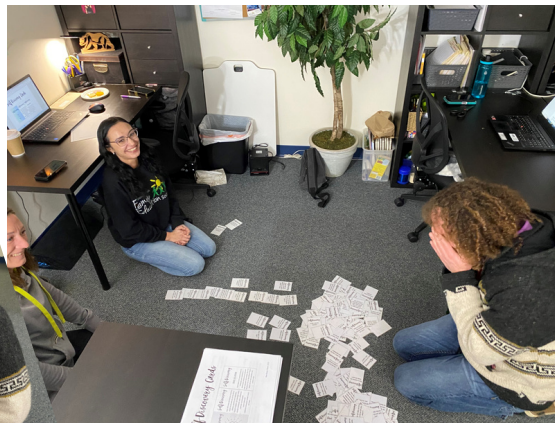


December Highlights

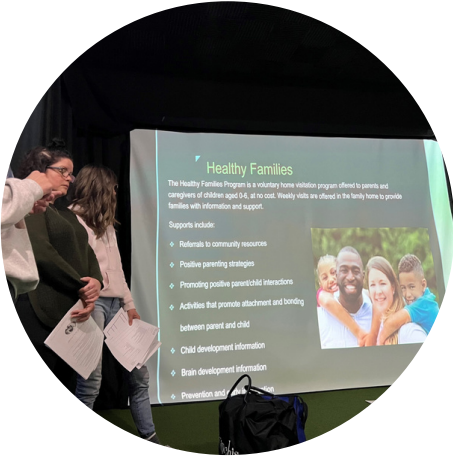
GPFES Annual Open House

We held our annual Agency Open House on December 4th. Thank you to all that were able to stop by and for the donations of wrapping paper, gift bags and tape! Thank you to Mayor Clayton and the City Council for coming by and providing us the opportunity to share what we do!

Our Open House is an opportunity for any agencies and professionals to learn about our programs and services as well as connect with other community organizations.



December Highlights



In December, Grande Prairie Family Education Society held their quarterly staff meeting. Our staff meetings are essential to provide opportunity to staff for open and transparent communication. Team members shared updates, information, and various aspects of their different programs.



Effective communication helps build trust among coworkers and ensures everyone is on the same page. It's an opportunity to align our team with common goals and objectives. Discussing goals and the steps required to achieve them helps create a shared sense of purpose.

At each staff meeting, we discuss our Agency Values, this day we discussed our value of **Workplace Wellness** as it is essential for creating a positive, healthy, and productive work environment. "You can't pour from an empty cup"

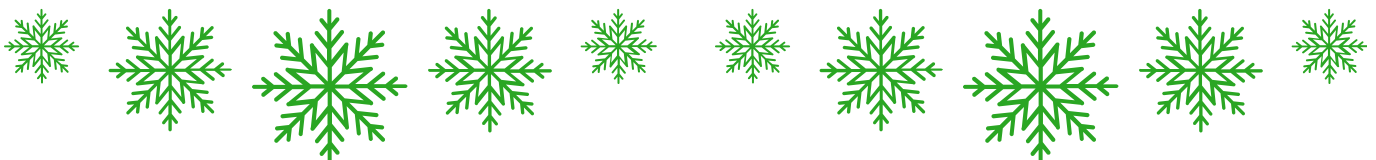
It was a wonderful day of connecting, laughter and delicious food!



December Highlights

Holiday Family Event

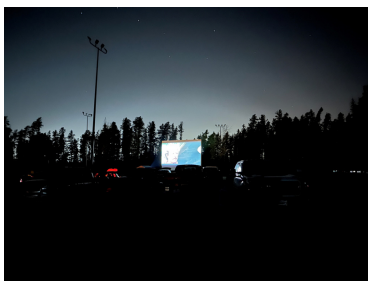
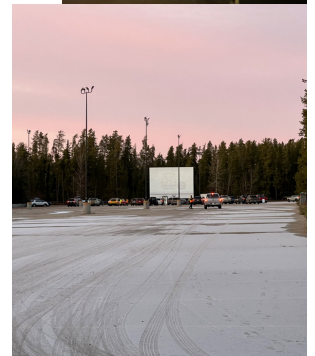
We held our annual Family Holiday Event that is open to families connected to our programs. This year, with all the generous donations we received from the community we were able to set up a Santa's Gift Shop open to the kids to shop for their caregivers/parents! We thank everyone who were able to attend and to our volunteers! Including Santa!!



We wrapped up our first season with the Grande Sunset Theatre in November!

The success of our new social enterprise could not have been achieved without all the support from the community and the commitment from our amazing volunteers!

We are excited to continue to bring the joy of the big screen to the community next season!





Did you know we have many volunteer opportunities available?

- **Child Minding**
- **Coats for Kids**
- **Facilitating child/youth programs**
- **Grande Sunset Theater Drive-in**
- **GP Family Centered Coalition**
- **Income Tax preparation**



Just 4 (of MANY) benefits of volunteering:

1. **Volunteering connects you to others.**
2. **Volunteering is good for your mind and body.**
3. **Volunteering can advance your career.**
4. **Volunteering brings fun and fulfillment to your life.**



Call 780-830-0920 for more information on volunteering or fill out a volunteer application form [here](#) or scan the QR code

