



Family Connections

November 3, 2015



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Burin Peninsula Brighter Futures Looking Ahead

Burin Peninsula Brighter Futures is very proud to say that we have been providing programs and services for 21 years on the Burin Peninsula. We have experienced many changes, successes and challenges over this time, yet have remained strong and dedicated to promoting the healthy development of young children and supporting families through the early years of parenting. Our Board of Directors are volunteers who share in our vision to improve the lives of our families and strengthen our communities.

Today, Brighter Futures operates nine Family Resource Centers, four

Healthy Baby Clubs, and a Clothing Exchange which services all centers. We are also very fortunate to have eleven staff who are wholeheartedly committed to their work.

Part of our success as a non-profit organization is our ability to respond to the changing needs of our communities. Our programs are designed and planned in accordance with feedback we gain from our participants. This past year, we've held focus groups in all our centers, and engaged a consultant to lead us through an evaluation process and strategic planning to ensure we accomplish our goals. Most important is

the knowledge and confidence that we are making a difference. Our team works diligently so that everyone has equal opportunity to early learning and to grow in a healthy way. We are always looking ahead to improve our services, and expand our reach.

This Fall we have welcomed more families than ever before in our Family Resource Centers and are actually bursting at the seams in many of them—and that makes us happy. We can only accomplish change by working together and we are grateful to have such tremendous support from parents, volunteers and community partners.

Special points of interest:

- * BPBF volunteer Child Restraint Technicians have performed over 100 car seat inspections on the Burin Peninsula since June 2014.
- * Our Clothing Exchange, located below our main office in Marystown, had an estimated 450 visits during 2014-2015.
- * More than 1100 parents, caregivers and children attended our Family Resource Center and Healthy Baby Club programs during 2014-2015

Board News!

We would like to say thank you to Corinna Warren and Renee Appleby for the many years of service they have dedicated to Brighter Futures as Board members. Corinna and Renee have reached the maximum years of service possible

with our organization, each serving three full terms.

We have been very fortunate to have such volunteers working for our communities, families and children. We have benefitted immensely from their involvement and their contri-

bution is appreciated. They will certainly be missed.



Continued from front page... Board News

We would also like to take this opportunity to welcome Jeff Moulton, Youth Outreach Worker with Eastern Health and Charlene Hynes, Educator from Fortune Bay Academy, who will be joining our Board as ex-officio members.

What's New

Come Home Year 2015

It was a busy summer on the Burin Peninsula for Come Home Year festivities. Brighter Futures took part in many of these, in a variety of ways. We set up a display of our Family Resource Center in Lawn, contributed to the welcome packages and prizes in Fortune and Grand Bank, and helped organize the numerous children's activities during the Marystown events.

Fortune Family Resource Center

Families in Fortune are pleased to have found a new home at #14 Con-

federation Street for their Family Resource Center, thanks to a partnership with NL Housing. Residents rallied last October to garner support to find space for the Family Resource



*Fortune Family Resource Center
Grand Opening September 28, 2015*

Center after damage to the Community Center forced them to move. The official Grand Opening was held September 28th on site.

National Family Week

We celebrated National Family

Week, October 5-11, 2015, with a multitude of activities in each Family Resource Center. Events ranged from picnics in the park, kite flying, family breakfasts, and crafts. Check the centers' calendars for other upcoming activities.

Marytown Family Resource Center

The Marystown Family Resource Center and Healthy Baby Club will soon be relocating to #133 Smallwood Crescent, Marystown due to infrastructure changes in the near future at the Smallwood Crescent Community Center. We are currently recruiting volunteers to help with renovations and moving. Please contact the center if interested in lending a hand.

World Breastfeeding Week

October 1-7, 2015

Brighter Futures supported breastfeeding in NL with a trivia contest that was carried by CHCM. Con-

Brighter Futures In Action



What's New continued

gratulations to Darlene Matterface from Rushoon on winning the grand prize.

A big shout-out to Colin Pittman for posting his photograph of *Breast-feeding Mommies of Marystown and Surrounding Areas*, which was shared to Baby-Friendly NL's Facebook page.

Child Safe First Aid

This training focuses on childhood injuries and illnesses. It is designed

for those who want more knowledge on how to respond to emergencies involving children and babies. Inquire at your local Family Resource Center.

Baby Brain Boosters

This parenting program offers information and practical ideas that expectant and new parents can use to foster literacy and language development, even before birth. This resource kit is available while quantities last.

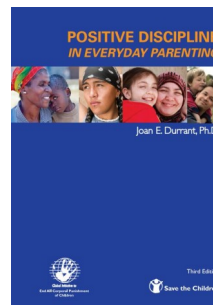
Positive Discipline In Everyday Parenting

This empowering approach to child discipline was developed by Joan Durrant Ph.D. and is based on children's rights to healthy development, protection from violence and participation in their learning. It is relevant to parents of all children from infancy to adolescence, and can be applied in a wide range of situations. It can guide all interactions with children, not just the challenging ones.

Positive Discipline is:

- Non-violent
- Respectful
- Solution-focused

Brighter Futures will be offering this program in the New Year.



Family Drop In - Playgroup

Open to all families with children to 6 years of age. Children are exposed to a variety of activities such as games, creative art, active/ imaginative play, & special events.

Small Wonders

Children to 2 years of age can explore their world in a safe play environment with age appropriate toys and activities.

Healthy Baby Club

Provides support and information to pregnant women to help them improve nutrition and lifestyle during pregnancy. The club offers such things as Food Supplements, Home Visits, Prenatal Information Sessions, Breastfeeding Information, Resource Library, Baby Clothes, and follow-up activities after birth.

Baby & Me

For parents with infants and babies up to the age of 12 months. An opportunity for socialization and sharing of information presented in an informal, interactive manner.

Preschool

A school readiness program for children ages 4-5 years.

Parent Programs

Designed to help parents develop positive parenting skills and a greater understanding of child development.

Lending Library

Parents and children can borrow from a large selection of quality, educational and age appropriate toys, books, games and resources.

Basic Shelf

Teaches parents how to cook nutritional meals at low cost using a list of 36 basic ingredients.

Little Chefs

A cooking program for children 3-6 years of age. Teaches the basics of cooking simple and healthy foods.

Parent Information Sessions

Provides parents with opportunities to gain information and new skills from professionals and other guest speakers.

Clothing Exchange Program

Donated clothing and small household items are made available free of charge to people who need them.

Burin Peninsula Brighter Futures Inc.

How to Contact Us:

Phone: (709) 279-2922

Toll Free: 1-877-777-2723

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We're on the Web!

www.BPBrighterFutures.ca



Burin Peninsula Brighter Futures

Mission Statement

Burin Peninsula Brighter Futures is dedicated to promoting the healthy development of young children and families



Burin Peninsula Brighter Futures Inc is a non-profit organization with Family Resource Centers and Healthy Baby Clubs located in the following communities:

Grand Le Pierre

Town Hall (709) 662-2444

Bay L'Argent

Town Hall (709) 461-2807

Marystown-Burin

Smallwood Crescent Community Center
Burin/Black Duck Cove Community Center
(709) 279-2922 (main office)

St. Lawrence-Lawn

St. Lawrence Academy
Holy Name of Mary Academy
(709) 873-3339

Lamaline

GLADA Building (709) 857-2922

Grand Bank-Fortune

Grand Bank Public Library (709) 832-1221
Fortune- 14 Confederation St (709) 832-1177



Un-limit my Potential

By Robin Corey Forbell Ramsey

I ask you just to listen
Sit back with open ears.
My experiences are important
Even though I am younger in years.

I ask you, please to hear me
So that you can understand
My ideas and thoughts about the world
Could change the problems at hand.

I ask you to pay attention
So that you can fully see
The potential that young people have
In this community.

I ask you to do nothing more
Than to recognize my rights
And I will help to make decisions
So our future can be bright.

If you treat me like I have no say
And think you have all the power
You are limiting our ability
To improve on what is ours.

**National Child Day
Is November 20th
Support Families by
Promoting Children's Rights**



**Children's Rights Booklets
And Fact Sheets**

Want more information? Visit
<http://rightsofchildren.ca>

Burin Peninsula Brighter Futures is funded by:



Public Health
Agency of Canada

Agence de santé
publique du Canada

