



Burin Peninsula Brighter Futures Family Connections

November 14, 2018



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Did you know?

- * BPBF has been offering programs on the Burin Peninsula for over 24 years.
- * BPBF has Child Restraint Technicians to help families correctly install their child's car seat.
- * BPBF has a Clothing Exchange where donated items are available free of charge.

Play Days And Mental Wellness

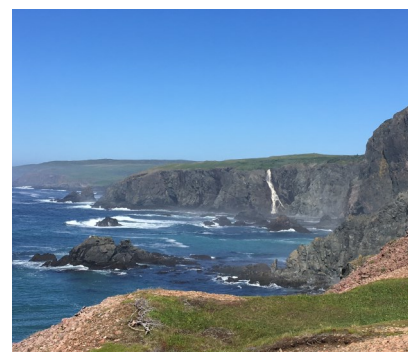
Over the past few years, we have focused many of our efforts on promoting physical activity and outdoor play as key components to a healthy lifestyle. This is not new information, however with the increasing amount of time children spend in sedentary behaviour, and the recent release of *The Canadian 24 Hour Movement Guidelines for Children and Youth*, we feel it's important to not only provide this information, but to also incorporate active outdoor play into our programs. We also believe that this would be most effective if we, Staff, "practiced what we preached". So that's what we did. Our first thoughts were that if we were to encourage parents and children to be more active, we needed to focus on activities that were low to no cost, and

easily accessible to anyone. We decided we would begin by exploring our natural surroundings and pledged to head outdoors every Friday, rain or shine, during the summer months. What resulted from our excursions far surpassed what we had ever hoped for.

What started out as PD, Professional Development, soon became regarded as PD Play Days; we also discovered that there is no such thing as Professional Development without Personal Development. Every trek we undertook challenged us in different ways, offering up rewards that were both personal and shared. Our work week also became transformed. We worked extra hard to get things done, productivity and cre-

ativity increased, we were eager to come to work, and our exchanges were both lively and positive, with fits of laughter often erupting when recounting our adventures. Our work relationships strengthened, our support for each other increased, and anticipation for the next destination built with every activity completed.

Something unanticipated



Chambers Cove Trail, near St. Lawrence

Board News! Change Makers

At Brighter Futures, we work hard to create a culture that is healthy, supportive, and most importantly, meaningful. We believe that in order to provide the very best programs and services to young families, we must

WE ARE
BORN MAKERS.
We move
WHAT WE'RE LEARNING
from our
HEADS
to our
HEARTS
through our
HANDS.

Brene Brown
In *Rising Strong*

engage those we seek to serve in decision-making.

It is no coincidence the large majority of our Board members are current or past parent participants. Within there lies the answer to our longevity as an organisation. We have built our programs from the voices of families, and their guidance on our Board of Directors allows us to align with our communities' needs. We need individuals with lived ex-

Continued from front page... Play Days

also began to happen. Living in a social media society, we began to “get followers” via Facebook. People started asking where we were going next, and commenting on how much they looked forward to seeing our pictures, and how it became part of their week to check in to see what we were up to on Friday. Our enthusiasm was contagious! There were times when staff joined us on their day off and some repeated these trips with their friends and family

on the weekend. This may seem frivolous to some, but what we gained from investing a few simple hours, for a short amount of time, can indeed be measured in the positive changes and growth we experienced in our workplace. Needless to say, we have witnessed a significant increase in the time and variety of outdoor activities in our Family Resource Centers since then. The decision to actively put into practice what we knew to be healthy for children and families was not just Play Days, it was also our mental wellness pro-

gram. Like many other non-for-profit organisations, we struggle to provide adequate benefits to our staff. With the support of our Board of Directors, we believe we have found a way to promote mental wellness at work. It just took a few “Play Days” to show us a way.



Father Involvement

Dad Time

At Brighter Futures, we understand the importance of responsible father involvement to healthy child development and have been working to improve our father-friendly environment. We have seen an increase in the number of dads and male caregivers in our Family Resource Centers, however there is still more we can do to ensure we are meeting their needs. Over the past year, we have held several family events with partners such as The Merge, local arenas, the Marystown Public Library, and the Peninsula Mall in order to connect with dads. Recently, we offered our very first Dad and Dad-to-be-only session and are encouraged by the feedback to go at it

again in early December 2018. Our goal is to be proactive and reduce barriers to father involvement in all our programs, and create a space where dads feel comfortable and can access information and support in their roles as fathers.



Family Resource Center Participants

1,006 Participants

51%
mothers or female caregivers

8%
fathers or male caregivers

41%
children

*does not include special events

Board News Continued... Change Makers

periences to steer the course. They provide us with invaluable information beyond textbooks, reports, or statistics. Yes it's personal. Their experiences and aspirations for a better community compels them to get involved. You want to bring about change? Add your voice to the chorus, engage and

give it strength. Your advocacy is what drives social change. Together we can affect policy-making, and ultimately systems that should reflect and effectively respond to our needs. *“A voice is a human gift; it should be cherished and used, to utter fully human speech as possible. Powerlessness and silence go together.”*
Margaret Atwood

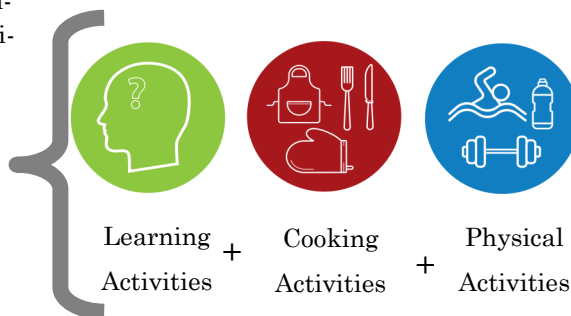


What is Healthy Together? (HT)

HT is an innovative and unique family education model that brings families together to learn to make healthy choices and build healthy relationships.

The HT program includes group learning sessions that focus on key themes including healthy eating, physical activity, relationships and community. It offers children, youth and caregiver easy-to-use tools to support healthy lifestyle choices. HT values participation by all family members, therefore promotes univer-

sal access regardless of their knowledge/skill level.* (except from healthy-together.ca)



During 2017-2018, we received funding from The Bridge Youth & Family Services Society to pilot HT

in our Bay L'Argent and Marystown Family Resource Centers. A total of 45 sessions were run and the program was very successful. We hope to expand its reach by offering HT in all our nine Family Resource Center sites in the near future. For more information, visit their website at healthy-together.ca



Partnerships in the Community

- We reported having more than 80 partnerships throughout the Burin Peninsula.

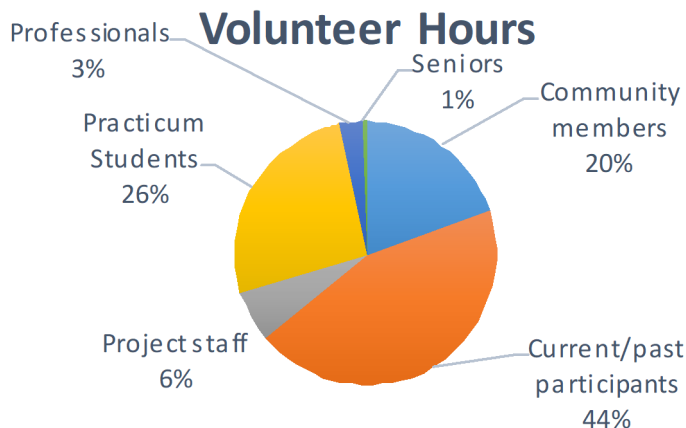
Most Common types of Partners

- Municipalities
- Health organization
- NLHC
- Community and volunteer organizations
- Educational institutions (e.g. school, colleges)

Volunteers

- 120 individuals volunteered 2005 hours in 2017-2018, the equivalent of 251 full work days.

Volunteer Hours



Donations

The most frequent types of donation received by Brighter Futures in 2017-2018 were attributed to the use of space, resources to support programming, and resources for participant/public use outside of programs e.g. Clothing Exchange.



BURIN PENINSULA BRIGHTER FUTURES PROGRAMS & SERVICES

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, edu-

cational and age appropriate toys, books, games and resources.

Basic Shelf

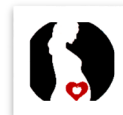
Teaches parents how to cook nutritional meals at low cost using a list of 36 basic ingredients.

Little Chefs

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

Clothing Exchange

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



**Burin Peninsula Brighter Futures 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

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

Town Building (709) 857-2922

Grand Bank-Fortune

Grand Bank Public Library (709) 832-1221

Fortune 11 Confederation St (709) 832-1177

How to Contact Us:

Phone: (709) 279-2922 Toll Free: 1-877-777-2723 Fax: (709) 279-2902

Email: bphf@BPBrighterFutures.ca



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Public Health
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Agence de santé
publique du Canada

