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Did you know?

The Community Action Program for Children (CAPC) was launched in 1993 as part of Canada's commitment to the UN Convention on the Rights of the Child (1989). Nationally \$54.2 M in funding is provided each year to community-based coalitions across the country to deliver early intervention programs that promote the health and social development of vulnerable children (mainly age 0-6) and their families.

Our Story Celebrating 25 Years!

Brenda Sheppard
Executive Director

Our story began 25 years ago with a small group of committed, caring individuals seeking to support the wellbeing of children and their families- visionaries who sought to see children thrive and families live their best lives. They saw an opportunity and took the steps necessary to bring these opportunities to our communities. Here we are 25 years later, honouring their creative vision by our steadfast commitment to move it forward.

Although there were challenges along the way, the lessons we learned allowed us to grow and change with the needs of our families, for the old to give way to the new. Our very existence 25 years later is testimony to

our many successes, and our ability to respond to change. Most important however is that we remained rooted in the same principles established years ago, that drive what we do, how we do it, and why we do it

- **Children First**
- **Strengthening and Supporting Families**
- **Equity and Accessibility**
- **Partnerships**
- **Community-Based**
- **Flexibility**

One important lesson we have learned is that in order to grow our impact, we have to work together. We recognize that our vision can only be fully achieved through collaboration. We have focused on strengthening our partnerships, inviting the community to be actively en-

gaged, to share in the responsibility to build stronger families, stronger communities. This is where we have seen the most growth. We have 25 years of supporting our children and families, through our daily work, which we do very well. Together however, we can achieve much more. Our history and future are defined by our Contribution, Impact, Usefulness, and Helpfulness. These are the measures of Success, these will continue to define our story. It is with gratitude that I congratulate all of you, Staff, Directors, participants, past and present, on 25 years of dedication, and deep appreciation to the small group of advocates who worked diligently to improve the lives of our children 25 years ago!

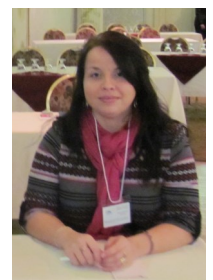
Our New Parent & Programming Coordinator

Corinna Warren

I first started with Brighter Futures in 2008, as a parent attending drop-in play-groups, as well as the Pre-school program, on a regular basis until my three children were of school age. During that time, I sat on the Board of Directors and was a member of many committees.

Being a stay-at-home Mom at the time, it was a highlight of my week as well as my children's. Not only did they make friends, they made memories that they will cherish forever. In October 2019, I accepted the position of Parent Programming Coordinator. I am

eager to work with parents and help make Brighter Futures as big a part of their lives as it was mine.



Healthy Together

Let's Get Active Outdoors!

We have had the opportunity over the last few years to participate in implementing the Healthy Together Program, an education program of offering families tools to support healthy lifestyle choices. We were very pleased then to discover we had been chosen to pilot the program in its last phase, with a new outdoor focus, through our Marystown Family Resource Center.



What we proposed to do was engage our families in collectively creating a Summer Bucket List of things they would like to do over the summer. The suggested activities then would be used to guide our outdoor play. Our hope was that by exposing families to easy, fun and cost free outdoor activities, they would recreate these positive experiences on their own, increasing their active play and ultimately promoting healthy choices for their families. Our summer activities included beachcombing, nature walks and scavenger hunts, kite making, rock painting hide & seek, and even included partnering with Home Hardware and the Town of Marystown on a gardening project. Ground Search & Rescue also came on board to teach children about outdoor safety and survival, and the Green Team participated in several sessions to promote environmental stewardship.

The level of involvement by the community that resulted from the HT Outdoor Program was invaluable

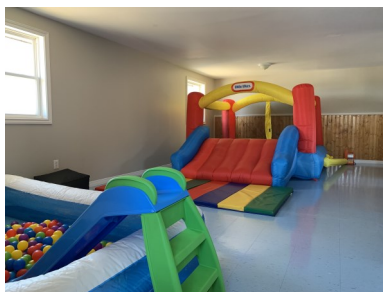
and contributed immensely to its success. We hope to continue to offer the outdoor program throughout the Fall and invite local businesses and groups to partner on future initiatives. The rewards are priceless!

For more information on the Healthy Together program, visit their website at healthy-together.ca



NL Housing Provides New Space

Our Marystown Family Resource Center has been given new life thanks to NL Housing. With a fresh coat of paint and minor repairs, the Center welcomed a great number of participants, partners and MHA Jeff Dwyer to officially commemorate our Grand Opening on July 6th, 2019. The new location now includes a full kitchen, indoor and outdoor play spaces and a designated Circle Time area, as well as washroom facilities on all floors. The biggest hit however is the physical activity space that occupies an entire floor. Families have been enjoying every part of the Center and we have seen attendance grow. A sincere thank you to NL Housing for their continued support!



Our new outdoor space at the Marystown Family Resource Center

Their Story

What Our Families Have To Say....

"The Healthy Baby Club at Brighter Futures was a place that I felt comfortable and secure sharing my personal experiences and feelings throughout my pregnancy and offered the support and resources that I needed to ensure that I was prepared for motherhood. They provided invaluable information and equipped me with the tools to venture into this new journey. I highly recommend the program as it has made a very positive impact on me during my pregnancy and the birth of my child."

Valarie

"Brighter Futures to me is my family. I have been coming here for the past twelve years. I came here as a caregiver for autistic kids at first. Brighter Futures program is excellent for them. It gives them a routine and a learning ability to get along and share with other kids. Now I bring my niece's kids here, they both loved it, they take part in so many activities such as craft time, story time and meeting so many friends. The summer program is the most awesome program for the kids. To me Brighter Futures means family, friends and a learning program for both caregivers and kids alike."

Joan

"Healthy Baby Club was great for me. It helped me learn a lot as being a first time mom. They offered tons of support! The staff are all so friendly."

Chanasia

"Brighter Futures and Healthy Baby Club was amazing! So supportive and informational. I would recommend any new mom (or experienced) to give it a go! It helped calm my pre-baby nerves! The supplements were generous and much needed!"

Myra

"It is great for socializing the kids. Lots of family fun and activities. A great place for learning and growing."

Olivia

"Healthy Baby Club isn't just a "group for expecting mothers", it's something you look forward to every week. A few hours out of your week that you spend making new friends, learning new things and growing physically and mentally every session. It's a listening ear by each and every person and a place you can discuss anything beyond limits. I truly believe I am the mother I am today because of the things I learned and the experiences I had in Healthy Baby Club."

Krissie

"Brighter Futures means more to my family and I than can ever be put into words. Brighter Futures has been so supportive in my parenting journey. Both my husband and I have formed life lasting friendships and ones that have seen us through big changes in our family. All five of our children have gained many life lessons and learning skills through all the wonderful programs offered. Brighter Futures is an awesome family that we are very thankful to be a part of."

Megan

"I moved to the Burin Peninsula three years ago and knew very few people at first. Brighter Futures is the place where both myself and my children have found a wonderful group of friends. We come here several times a week and have participated in Baby & Me, playgroups, and am starting preschool. We truly love this place."

Christine

"Brighter Futures has been there to bring me support during the most transformational experience of my life from teen to young adult and then mother. The group provided access to healthy foods when financial stress was a giant obstacle for our growing family. My support Mom was the best visitor by far who made me feel loved, valued and important. This program makes a difference to families of all ages and everyone brings with them their own stories that inspire one another. I'm thankful to have been a part!"

Zoe

"Brighter Futures gives me and my two boys an outlet to make new friends and learn new skills. We have been participating since my oldest was a baby, now enrolled in the preschool program. Tuesday afternoons myself and my baby attend Baby & Me. It is such an asset to the community, getting new moms out of the house and interacting with other moms sharing parenting ideas. To see the number of participants grow from month to month and the staff partnering with more and more community events, makes me sad to return to work after a year of Mat leave, home with my boys and enjoying Brighter Futures four days a week!"

Mary

Reflections

From our Team

Marystown/Burin Family Resource Center

Shelley Farrell

Family Support Facilitator

I have had the great honor of working with this organization for the last 13 years. Throughout these years, I have been blessed to meet some pretty awesome families. A lot of memories have been created over the years, from celebrations to awesome community outreach.

My most favorable memory throughout my years as a Family Support Facilitator, *and there are many*, has to be when we relocated to our “new to us” Family Resource Center in Marystown. Having a bigger space allowed us to implement more pro-

gramming for families and to create a physical activity area. Having a bigger outdoor space also provided us the opportunity to have a small garden and greenhouse. Our families were very excited to have hands on experience in growing vegetables!

There are always lots of interesting things happening at our centers daily. We are very thankful for the partnerships we have built over the years and most especially, for the families that have come through our doors.



Dedicated to Ending
Child Hunger



Marystown FRC partnered with Sacred Heart Family Aid to deliver the After the Bell Program



Fire Prevention Week Burin



Grand Le Pierre Family Resource Center

Amanda Bolt-Hickey

Family Support Facilitator

Being a Facilitator at the Family Resource Centre in Grand Le Pierre has always been a very rewarding job. Over the past 23 years I have often thought about how fast the years have gone by. I have gained so many memories over the years, memories that I will cherish forever. When you see families coming to the Centre who once were children attending, this makes your heart smile big. I feel like I did something wonderful, because their experience was so rewarding that they want to return and create new memories with their families. I have met some real-

ly wonderful families, who have become some of my “best-est” friends and also lasting friendships from my work family.

The tremendous support we have received from our community has



made this program a success. The ownership from the community has grown greatly over the years. I look forward to many years to come and I hope the programs continue to make a difference in the lives of our families.

Healthy Baby Club /Baby & Me Marystown/Burin

Starr Smith

Resource Mother

Our Healthy Baby Club has been very busy over the past year; we have done many activities and learned so much. I love how the participants of the program share stories and life events with the group and myself! I know some days don't go as planned, or group session topics go totally off, but these I accept as learning experiences for all the moms and myself.

I have to say one of my favorite courses to deliver to participants is *Handle With Care*, promoting men-



tal health in young children. To see the moms and dads learn new skills to share with their families is fabulous! Then you have Baby & Me- to see moms transition from Healthy Baby Club into Baby & Me is my ultimate goal. Most of the participants



develop bonds with each other that carry them through all the programs our Family Resource Center offers. In the past year, I've seen exactly how beneficial Baby & Me can be to moms going through many different things in their everyday lives, and the sup-

port that is offered to them from other participants cannot be put into words. Watching all these little babies grow into toddlers is fantastic, from getting cuddles to being spit up on, I wouldn't want it any other way.



Bay L'Argent Family Resource Center

Claudette Denty

Family Support Facilitator

First of all, I would like to thank you for having me as part of your staff as your Family Support Facilitator in Bay L'Argent.

I've been a part of Brighter Futures for 20 plus years as a parent, caregiver and an ABA therapist. Brighter Futures is a great organization with wonderful goals for our surrounding communities. It has been a great experience for me to be able to take my own children, children I have cared for, and children I have worked with. I have seen so many children gain positive impact from these Family Resource Centers, for example, children are more social, they meet so many new friends, they share more freely, they try new foods, and most importantly, make healthier eating choices. The children enjoy the Resource Center so much and make so many wonderful

memories.

I look forward to being part of your staff and without a doubt, enjoying my time here as much as I did when I attended as a parent.

Office Manager

Melissa Slaney

I feel so grateful to be a part of something that touches so many: the staff, the families and the community partners. Every aspect of this job is rewarding; from paperwork, to helping staff, to lending an ear and a hand to our clients. Working with Burin Peninsula Brighter Futures makes me feel like I am in the centre of our wonderful community where one can see the efforts, the dreams and the sacrifices of those whose focus is on making



a better [tomorrow](#) for everyone. The heart of our community is found within organizations like this.

Grand Bank Family Resource Center

Valerie Peach

Family Support Facilitator

As the leaves fall to the ground I am reminded of the many faces of the children, parents and caregivers that have been part of our Brighter Futures family and it makes me proud to know that I have helped mould young minds and have passed along skills and have supported the adults that have attended. They have all made a mark on my heart

and mind.

I remember so well the beginning days in 2002 in our old centers at the Grand Bank Municipal Center and the Fortune Community Center. We continue to make memories in our current location at the Grand Bank Library. We have grown into a coalition that focuses on the holistic family entity and the development of the child. That in itself is a remarkable achievement.



To my Brighter Futures co-worker family, past and present, I applaud you for a job well done and for all your love and support. Here's to 25 more years of Brighter Futures!

St. Lawrence/Lawn Family Resource Center & Healthy Baby Club

Beth Edwards

*Family Support Facilitator/
Resource Mother*

I have been working with Brighter Futures for 12 years, and it has made a tremendous difference in my life and I hope in others. When you come into this job it changes you as a person knowing there is so much

you can do for others and so many caring people out there who want to help others. I was blessed to have been working in St. Lawrence and Lawn, for all these years, with so many extraordinary and supportive people. I hope long after I'm gone it will continue to thrive because these programs make a difference in people's lives. People need these programs it gives them



a supportive place to belong and the amount of love and support you see is unreal and as I said I was lucky to be able to see all this first hand.

Lamaline Family Resource Center & Healthy Baby Club

Susan Cake

*Family Support Facilitator/
Resource Mother*



I have been working with Brighter Futures in Lamaline five years now, as well I am the Resource Mother for Healthy Baby Club. I have been going to the Center for 11 years as a volunteer and a parent. Brighter Futures to me is another family that I know I can depend

on. I love going to the Center to see the children's little faces; each and every day is a new experience. I get the opportunity to learn new things every day.

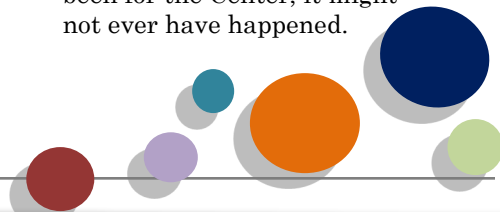
I feel that the Center is such a great part of our communities. There have been new parents



move here, they come to the Center, and when they leave, they are more confident and partake in other activities in the area. We also

get the opportunity to bake with the seniors. That helps connect our community. I have great memories here, meeting people and helping people. The best thing ever is when you see the children and they come running to you wanting a "high 5" or a hug. You know then you are doing a good job and that to me is what it's all about.

One of my greatest memories is when a family from a different country moved to the area and came to the Family Resource Center. She very quickly became a big part of the Center, helping out, and during one of our parent programs, she taught us so much about cooking food from her country. We became great friends and had it not been for the Center, it might not ever have happened.



Healthy Baby Club /Baby & Me Fortune/Grand Bank

Michelle Way

Resource Mother

For 16 years, I have been employed with Burin Peninsula Brighter Futures as a Resource Mother for the Grand Bank/ Fortune Healthy Baby Club! Throughout this time, I have seen families grow from having their first child to having four children, a dog, cat and many other additions.

Since beginning this journey, I have seen the use of Internet, cell phones and cable/satellite tv and live streaming...all of which have created both benefits and controversy for our families. These technologies have allowed us to communicate with families much more easily but they also pressure staff to be accessible outside of working hours, which can be stressful. With one swipe of a key we can relay an event to all the communities we serve. This in itself has improved communication and connecting with our families tremendously.

Of all technological improvements, Facebook has proven to be the most beneficial, as millennials have been connecting via these means 24/7 practically. While these benefits assist us as an organization, it has also posed complications. Insuring

adults and guardians are fully present while in the same room with us and their children can be challenging. The instant notifications and the constant connection to others via Facebook friends has created a disconnect. Being mindful during an ever demanding barrage of contacts and notifications, accompanied with the social media pressure to appear popular & current, has put tremendous pressure on parents. In addition, there exists inaccurate information that can be contradictory, conflicting with information we are promoting in our programs.

Having witnessed this ever growing pressure on families to not only work hard to be good role models

but to also have to strive for unrealistic lifestyles portrayed in the media, including social media, makes the role of our Healthy Baby Clubs even more important. We support our parents now in different ways than when I first started working as a Resource Mother, but human and social connections we offer remain irreplaceable.

To conclude, I believe human connections and engaged parenting facilitated at our Healthy Baby Club and in our Family Resource Centers are needed now more than ever before. Our families are our future and our future depends on positive role modeling and making connections.



Fortune Family Resource Center

April Parsons

Family Support Facilitator

Although I have only working with Brighter Futures for such a short time, there is one incident that sticks out vividly to me.

As most of us know, preschoolers are at the age where curiosity can get the best of them, sharing can be the end of the world, OR it's the age where they pick up on their peer's habits. Lucky enough for me that last statement was mentioned in the most incredible way! As adults, we often see a special needs child that

isn't quite comfortable to sit in class. Sometimes they might want to scream or cry and maybe even sometimes they want to love and hug everyone! To a young child who doesn't understand these actions, they often avoid the situation and walk away. I was so proud when I had the "leader" of my preschool class last year ask her classmates to join her in playing with a special needs student! They all watched and learned

from their "leader" on how to interact and play nice with their classmate and EVERYONE ended up being so happy! What an incredible thing to witness!



Our Children – Our Future

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

Municipal Building (709) 662-2444

Bay L'Argent

Town Hall (709) 461-2807

Marystown-Burin

83 Smallwood Crescent, Marystown

(709) 279-0263

Black Duck Cove Community Center

(709) 279-2922 (main office)

St. Lawrence-Lawn

St. Lawrence Academy (709) 873-2660

Holy Name of Mary Academy, Lawn

(709) 873-2069

Lamaline

Town Building (709) 857-2922

Grand Bank-Fortune

Grand Bank Public Library (709) 832-1221

11 Confederation St., Fortune

(709) 832-1177

My Favourite thing to do when I come to the Centre is singing and playing with all my friends.



Ivy Age 5

TWITTER@BURINFUTURES

We have grown our social media world with Twitter.

Follow us at
@BurinFutures.



How to Contact Us:

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

Fax: (709) 279-2902 • Email: bpbfb@bpbrighterfutures.ca

Website: www.bpbrighterfutures.ca



Or drop by our main office:

129-131 Smallwood Crescent, Marystown, NL • A0E 2M0 • Mon-Fri 8:30am-4:30pm

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Public Health
Agency of Canada

Agence de santé
publique du Canada

