

# Families Matter

Family Services of the North Shore • Winter 2006

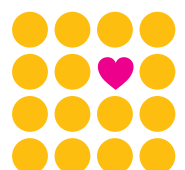
# BUILDING A STRONG COMMUNITY

Bringing hope, help and healing to all who live and work on the North Shore.



**You did it!**

See page 2



**fsns**

## Executive Director's Message

In this issue of Families Matter, we are highlighting Parent Education, one of our Community Education programs. This program respects the diversity of our community and our professional staff speak on a wide variety of topics relevant to today's parents. Courses are offered in a number of venues and formats from 6-week sessions to Parent Advisory Council presentations and informal gatherings at the I hope family centre.

At FSNS our goal is to enrich and strengthen the lives of families by providing positive parenting methods that reinforce and respect human dignity and the uniqueness of each family member. We encourage parents to support their children as they journey towards becoming responsible, independent members of society by understanding their stages of development and establishing a safe and nurturing parenting relationship.

Our Manager of Community Education, Mimi Hudson, has been with the agency for nearly ten years. In this issue, Mimi introduces the first basic tenet of our parenting philosophy, Encouragement vs. Praise. In future issues, Mimi will discuss the others, Discipline vs. Punishment and Mutual Respect.

Join us on Monday, February 27, 2006 from 7 - 9 p.m. at Park Royal Shipping Centre to address "Parenting: Great Expectations". Our Adolescent Counsellor, Carrie DeJong and Parent Educators, Fran Kammermayer and Mimi Hudson along with special guest Bob Lenarduzzi will present an evening filled with fun, information and delicious coffee and desserts from Delany's Coffee House and True Confections. Mark your calendar and tell a friend.

Doug Sabourin, M.S.W., R.S.W.  
Executive Director

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## You did it!

Thanks to your generosity, a total of \$108,645 was raised at our May 19th I hope event. As a result, an Anonymous Donor (deceased) pledged an additional \$50,000 for our new program, Safer Places. This program will serve children, adolescents and adults who are victims of sexual abuse and violence. More about this program in our Fall Newsletter.



## Family Services celebrates the recent announcement of their Council on Accreditation Award.



Left:  
Sue Bauman, Managing Director Foundation,  
Larry Orr, Social Planner  
City of North Vancouver

Bottom Left  
(from left): Margaret  
Maclaren, Former  
Foundation Board Member,  
Joyce Hodge, President  
FSNS, Gulshan Mitha,  
FSNS Board Member

Bottom Right:  
Doug Sabourin, Executive  
Director, FSNS, Elizabeth  
Barbeau COA consultant



## Making a difference

For more than 50 years, Family Services of the North Shore has been here for thousands in our community. With your help we have counselled families in crisis, worked with abused and bullied children, provided emotional support for terminally ill patients and brought joy to families at Christmas.

As a non-profit community-based agency, we understand and maintain a singular focus on North Shore individuals and families. We have the flexibility and capacity to develop programs and services in response to identified community needs.

## The Parenting Series: Encouragement versus Praise

An unconditional relationship with your child which is strong, safe and nurturing is the most important aspect of parenting. Our children need to know, that no matter what, they are good enough the way they are and that we are on their side. Our job as parents is to give our children the opportunity to grow up to be responsible, independent members of society, living in a house separate from ours.

Most parents believe they are doing what is best for their kids. What is really best for our kids is to give them the skills to cope with whatever life throws at them and not constantly run interference, to demonstrate to them our belief that they can handle it. We do this through the power of encouragement.

“Encouragement teaches our children to believe in themselves.”

Encouragement is a basic tenet of our parenting philosophy at Family Services of the North Shore.

Encouragement is a process. It emphasizes participation, effort and improvement. It accentuates the positive in our children, catching them being good, rather than punishing them for being bad.

Praise, on the other hand, is results oriented, it judges and evaluates – “that’s good”; “you’re a good girl” (or boy). Praise teaches children to be other focused – that what others think is most important while encouragement teaches children to believe in themselves.

We encourage our children by taking an interest in what interests them, curious but not intrusive. It’s the:

“I believe in you kid”;  
“I know you can do it”;  
“You can do it yourself”.



In our Fall Newsletter, I will discuss another tenet of our philosophy Discipline vs. Punishment. Please call me at 604.988.5281 if you have any questions.

by **Mimi Hudson M.A., R.C.C., Manager,  
Community Education**

## Save This Date

**FSNS PRESENTS**

### Parenting: Great Expectations

MONDAY, FEBRUARY 27TH, 2006

7:00 – 9:00 PM

PARK ROYAL SHOPPING CENTRE

Join our Staff and Special Guest **BOB LENARDUZZI**

Space is limited.

\$15.00 PER PERSON OR \$25.00 PER COUPLE

Tickets available at Park Royal Guest Services,

I hope family centre, or call Navaz at  
Family Services 604.988.5281, loc 226

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



PARK ROYAL



## Hearts in our community

Park Royal Shopping Centre is proud to be an integral part of the North Shore Community and to partner with Family Services of the North Shore. Opened in 1950, Park Royal was Canada’s first suburban shopping centre. Today Park Royal is the North Shore’s largest shopping destination, reaching customers from North and West Vancouver, Squamish, Whistler, Pemberton, Sunshine Coast and beyond.

Most recently the addition of The Village at Park Royal has given this historical centre another reason to celebrate. The Village is Canada’s first Lifestyle Centre and caters to the upscale markets that it serves through a unique and lifestyle based retail selection.

In the past decade Park Royal has received great recognition on regional, national and international levels for the work that it has done in the community and as a regional shopping destination. Local and international recognition has been received from groups including the Boy Scouts, West Vancouver Sunrise Rotary Club, Salvation Army and the International Council of Shopping Centres.

## Reflections - 20th Annual Winter Family Ball



From left: Joyce Hodge, President Family Services and Christine Read, Vice President enjoy the Ball with their husbands Jim and Jeff

Elegant, Fun and Memorable best describe the 20th Annual Winter Family Ball held December 4 at the Fairmont Hotel Vancouver. The event, chaired by Foundation board member Marilyn Diligenti-Smith and the Auction by board members Kristy Brinkley and Lisa Wolverton gave us an evening to enjoy family and friends while embracing the festive season. Thank you to the individuals, families and businesses who supported our event and congratulations to Marilyn, Kristy and Lisa. Your outstanding efforts ensured a successful evening.

Over the past twenty years, close to 14,000 people have attended the Ball and raised net revenue of 1.8 million dollars for the counselling programs at Family Services of the North Shore.



Director and Auction Co-Chair Lisa Wolverton with husband Ford Nicolson and daughters Maya and Elle



Marilyn Diligenti-Smith Director and Winter Family Ball Chair with Margaret Maclaren former Director



Doug Holtby and daughter Jaclyn



Director and Auction Co-Chair Kristy Brinkley with husband Kevin Layden



The Lunter family

## Making the Season Bright

Contributing to the success of the Christmas Bureau were special events such as the Moustache Café dinner, co-chaired by Janice O'Sullivan and Janet Laver, the Beach House Restaurant "Festival of Lights", Creber Music Productions, "Magic of Christmas", Laughing Matters Theatre Company and the individual gifts donated by hundreds of donors in our Drop-Off Boxes and sponsored by: the Black Bear Pub \* Capilano Mall \* Delany's Coffee House \* Grouse Mountain Resorts \* Innovative Fitness \* Lonsdale Quay \* Maplewood Farm \* Lynn Valley Mall \* Marilyn's \* North & West Vancouver Firehalls \* Northshore Auto Mall Dealerships \* North Shore Credit Union \* North Shore News \* North Shore Winter Club \* Park Royal Shopping Centre Guest Services \* Pennington's \* Queensdale Market \* RBC Financial Group (17th & Marine Drive, West Van) \* WestReal Realty Inc. and Whole Foods. Thank you for making this year's campaign the most successful yet.

ALL PHOTOS COURTESY OF THE NORTH SHORE NEWS



Nicholas Sabanis, left with Geoff Lundholm, Moustache Cafe owner and chef



Sue Bauman and Janet Sanderson welcome Christmas Bureau donations from the Buddhist Compassionate Relief Tzu Chi Foundation



Janice O'Sullivan and Janet Laver Co-Chairs of the Moustache Café event with their husbands Brian and Steve



Honorary Chair of Moustache Café event Bruce Orr with his wife Ginny



Marie Genest and Laura Lee Armstrong



by Sean Matheson, age 7

# With **your help,** **santa** was able to visit **every family** on the **North Shore.**

**THANK YOU** to our Major Sponsors \* Drop-Off Box Locations \* Families and Businesses who made a financial or in-kind donation \* Service Clubs \* North Shore Schools \* Sponsor-a-Family Donors and the 179 Volunteers who helped meet the needs of:

- 675 low-income families, including seniors living on fixed incomes and individuals suffering from long-term illness or disabilities; and
- matched 383 sponsors with 532 families, through our Sponsor-a-Family program;
- prepared 143 hampers at the Christmas Bureau; and
- distributed 8,000 toys to 974 children under 16.

Family Services of the North Shore works from Christmas to Christmas to provide counselling, community education and volunteer programs to all who live and work on the North Shore.



**Bringing hope, help and healing.**





*Palliative Care Volunteer at work*

“We are so blessed to have these wonderful volunteers sharing their time and gifts with our patients.”

**Janice Welbourn,  
Coordinator**  
Palliative Care Volunteers

### **New Palliative Care Volunteer Graduates**

Family Services welcomes the new Palliative Care Volunteers who graduated from the 30 hour training course on October 8, 2005. Our volunteers come with a wealth of education and life experiences, as well as a variety of languages and religions. Each volunteer was mentored on the Palliative Care ward by our 'seasoned' volunteers and welcomed to the group at our October Volunteer Support Meeting.

Blair Bradbury, one of our new volunteers, was our guest speaker. He was a patient on the Palliative Care Ward and shared what it was like 'on the other side of the bed'. We are so blessed to have these wonderful volunteers sharing their time and gifts with our patients.



*Right: Janice Welbourn, FSNS Coordinator Palliative Care Volunteers*



*Please remember us in your will  
– leave a legacy for families of the future.*

For further information please call  
Sue Bauman 604.988.5281 local 216

## News and Events

### CHECK OUR WEBSITE FOR:

We are currently updating our website. Watch for the new look at [www.familyservices.bc.ca](http://www.familyservices.bc.ca) this spring.

### Parent Education Courses

[www.familyservices.bc.ca/education\\_parenting.html](http://www.familyservices.bc.ca/education_parenting.html)

### I hope family centre

[www.familyservices.bc.ca/education\\_westcoast.html](http://www.familyservices.bc.ca/education_westcoast.html)

### MARK YOUR CALENDARS FOR:

- MONDAY, FEBRUARY 27TH, 2006  
Parenting: Great Expectations,  
Park Royal Shopping Centre
- APRIL 23 – 29, 2006  
Volunteer Week
- TUESDAY, JUNE 20TH, 2006  
Annual General Meeting,  
West Vancouver Yacht Club
- OCTOBER, 2006  
Family Week
- NOVEMBER, 2006  
Together Against Violence Month
- SUNDAY, DECEMBER 3, 2006  
Winter Family Ball,  
Fairmont Hotel Vancouver

Our FALL newsletter will feature our clinical program, Safer Places, which is supported by your donations from our May 19th I hope event, North Shore Credit Union Foundation, the R. Howard Webster Foundation and an Anonymous Donor (deceased).

## Ways to help build a strong community

**Give a gift from the heart** and make a bequest to the Foundation in your will or call us for more information.

**Write a cheque** or use your credit card to support our programs and or the FSNS Foundation. Financial contributions can either be designated to support a particular program such as the I hope family centre or directed to programs of greatest need.

**Underwrite** the cost of the one of our events and ensure that every dollar raised is returned to our programs.

**Donor Designate** a portion of your United Way gift. Many of us choose to support the United Way and to designate our gift to Family Services.

**Sponsor** the cost of an agency program. To meet the needs of our community we have created programs like Safer Places which rely on donations from the community.

**Sign up** for a parent education program. Our website outlines the range of programs available whether you are parenting tots, teens or in-betweens.

**Attend** a one-hour session to find out what we do at Family Services.

**Call** Sue Bauman at 604. 988.5281 to find out how you can help build a strong, safe community.

**Volunteer** to be a board member. Family Services of the North Shore, Board of Directors, invites people in our community to consider membership on our board. If you have business, professional or service experience and would like to become more influential in your community, please contact our Executive Director, Doug Sabourin at 604.988.5281.

For additional information email  
[family@familyservices.bc.ca](mailto:family@familyservices.bc.ca)

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North Vancouver, BC V7M 3G8  
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Website:  
[www.familyservices.bc.ca](http://www.familyservices.bc.ca)

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A United Way Member Agency

