

NMRC E-Newsbytes

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New Communication System for Members

Communication with members is important to the Board of Directors and staff of NMRC. When we reviewed options for increasing communication and support for our members with information on emergent issues, what is happening at the centre, supportive information and resources, along with our upcoming events; we decided to try a new system. Welcome to our first volume and first issue of NMRC E-Newsbyte.

NMRC E-Newsbytes will be sent directly to members via email addresses on a regular monthly basis. To ensure all members have access to this information you will be able to also view this via our website in the near future.

NMRC 8th Annual General Meeting

Congratulations to all 2009 – 2010 Board of Directors elected on May 25th at our Annual General Meeting. Incumbent nominees Frank Brown, Clive Michael Justice, Bill Larose, Anne Leavitt, Deb Cossey, Jim Richardson, Mike Sherlock and newcomer Stan Hamm were all elected by acclamation. They look forward to a year of collaboration to support the mission and vision of NMRC.

NMRC sends a great big thank you to Steve O'Neill and Jim Cossey who have been long time servers on NMRC Board of Directors, we will miss you both. We wish them the best in their new endeavours and look forward to seeing them back at the centre in the future, when our paths will connect once again. The Centre wouldn't be what it is today if it weren't for the continued support of dedicated and supportive citizens like Steve and Jim.

Motion on new membership deadline was also voted on and approved for our organization. NMRC membership which was based on renewal upon anniversary date of payment will now run via calendar year. Staff will be working on a membership drive for fall of 2009, to increase our membership and bring more awareness of the organizations services and supports, while keeping the membership fee the same, \$10.00 a year. If you haven't renewed your membership or would like to take out a membership please fill out a membership form available on line at <http://www.nanaimomen.com/pages/join.htm> or give Kim a call 250-716-1551.

AGM participants reflected on our past accomplishments and commented on the future. There was unanimous support for focus on the centre's: peer counselling, great workshops, partnerships and the supporting of members, men, women and children. The group would also like to continue to look outside the box for efficient and beneficial ways to support the vision and the work of the centre and develop more sustainable funding for these activities.

NMRC's **2009 Annual Report** will be available on our website in the near future.

NMRC is a Buzzing Place

Staff and Volunteers have been very busy place over the last three months. We are very pleased to welcome a new staff member, Kim Howland as our Administrative Assistant as well as our new front office volunteer Kevin Munn. We have also hosted a Parental Alienation Awareness open house at the centre; co hosted Provincial All Candidates Meeting; and offered three workshops - Taming the Volcano, Calming Your Anger and Stirred, Not Shaken. On a daily basis, we continue to provide on site peer to peer counselling, referrals, information and support for men and women.

Partnership leads to a successful new Anger Management Workshop

This spring, the Nanaimo Men's Resource Centre in conjunction with Shore Counselling Society presented **Taming the Volcano**, an eight week anger management course. This is the first time that the two organizations have worked together to co-produce this workshop, and it was a complete success.

Taming the Volcano was developed in Ontario as an anger management program and draws from broad perspectives. Participants are supported in looking at anger recognition, self awareness, brain functioning, social and family dynamics in helping participants find ways of working with an often uncomfortable experience. Eight men took the course, and all reported the course to be very helpful. A unique feature of this course is that the partners of the men were invited to come in and spend two evenings taking in some of the same material, separately from the participants. We hope to expand this course in the future, and to possibly open it up to both men and women. Other cooperative efforts between agencies are also hoped for. For more information on this course please contact us at info@nanaimomen.com

Calming Your Anger

NMRC recently hosted another successful **Calming Your Anger Workshop** the last weekend in May. This three day program was developed to invite participants to examine the ways in which anger shows up in their lives and how it might impact those around them. Sharon Bronstein MSW CCC and Alan Caplan MA CCC, who developed and facilitated the program worked with the participants through various exercises. One of these exercises includes role playing from more than one perspective to facilitate some understanding of what actually takes place when someone gets angry. The facilitators took the time to address issues as they came up for individuals and some lively discussions helped create a sense of common ground for the participants. Each participant received a manual which contains information about interpersonal communication tools, patterns of behaviour and resources for 'homework'.

"The take away for me was a greater understanding of how anger impacts my behaviour and how much my old patterns are driving the bus. This program is offered seasonally and I can recommend it to help see what is creating anger in one's life and some tools to deal with it."

If you are interested in more info or in taking this workshop please contact us at info@nanaimomen.com or phone 250-716-1551.

Stirred, Not Shaken – Masculinity Workshop for Men

NMRC hosted a new workshop on May 9-10. Leadership Consultant and Facilitator David Hatfield of Vancouver (www.davidhatfield.ca) presented a two day workshop on "masculinities". With a unique blend of exercises, David quickly created a safe environment for men to explore their inner beings without being pushed completely out of their comfort zone. Thus the name of the workshop, "Stirred, not Shaken". The group explored various aspects of what it takes to be a man in today's world, including aspects of relationship with oneself and with others, connection with "father" - being held on Mother's Day also connection with "mother" - communication, conflict, sexuality, and a number of

other relevant issues. The workshop was clearly designed in such a way as to explore new territory without any pressure.

"I wasn't quite sure what to expect but I had seen David give a mini workshop last fall at a conference, and I was impressed with how comfortable an environment he created in the space of an hour. David didn't disappoint! David was able to get men out of their heads and more into their bodies and emotional beings. Best of all, David made it fun for everyone!"

NMRC is looking at doing a repeat of workshop in the fall of 2009 with David Hatfield. We are also exploring if there is interest, doing a co-current "femininities" workshop followed by a gender inclusive look at how we interact as men and women. If either of these workshops would be of interested to you, please contact John Westwood at info@nanaimomen.com or phone the centre at 250-716-1551.

Dad's Make A Difference Support Group – Every Thursday

All Dads are invited to attend "Dads Supporting Dads". Your important role as a father will have a lasting impact on your child. The evening event provides conversation, information, resources and other dads! There is also a dinner at 6:00pm (please let the office know if you are new and going to attend the dinner, so we can be sure to have enough food for all attending, contact either by email cm@nanaimomen.com or phone 250-716-1551)

Some of our latest education guest speakers include: Bill Larose a Family Court Lawyer, Guy Massey on Mediation, Chris Browne a Third Year Nursing Student and a representative from the Justice Access Centre on Legal info outreach. NMRC Coordinator and Facilitator for the program continues to search for individuals and organizations that have the welfare and best interests of children at heart, who can assist with information and discussion for dad's attending, in aim of supporting them in their important role as a father.

Upcoming Events

Father's Day in the Park – Bring your Dad, Your Family and Come Celebrate

Calling on all families, come join us at Maffeo Sutton Park from 2- 6 pm to **Celebrate Our Fathers** in our community on June 21st, 2009. We will have lots of food, entertainment and fun. We have Valdy, Back Fourty Boys, Drumming, Face Painting and a Fire Truck for the kids to explore. We will close with our Celebration Ceremony honouring all our fathers on their special day. So bring a blanket, some lawn chairs, Frisbee, soccer ball, your neighbours and friends and join in the fun. **All are welcome!**

NEEDED - Volunteers to Help Support

Dad's Make A Difference – Mentors & Educational Presenters

We are always looking for men who want to make a difference: grandfathers, elders and uncles. Your knowledge and experience is needed, welcomed and appreciated. Will you share it with us? Do you know a man or father who might benefit from the fellowship and support of men? We meet Thursday nights from 5 – 6 for mentors, 6 for dinner and meeting with dad's at Princess Royal Family Centre, 260 Irwin St in Nanaimo. Would be great to see you there, or contact me cm@nanaimomen.com if you would like more information, to present an educational topic or volunteer as a mentor.

Father's Day in the Park

Volunteers needed to help with the Father's Day in the Park event, if you have a couple of hours you can donate some time to support the activities, food, face painting, set up, clean up etc, please contact Kim at kim@nanaimomen.com or phone her at 250-716-1551. Your help and support is always greatly appreciated.

Resources

Guiding Grandparents

A new BC resource is available which offers a guide book for grandparents with questions about navigating legal and social services in the interest of their grandchildren. Grandparents Raising Grandchildren: a legal guide {<http://www.reberco.com/GrandparentsBookWeb.pdf> } is a helpful booklet on all things official that grandparents may face when caring for their grandchildren. The guide provides information for a variety of situations such as:

- Grandparents supporting parents to raise their children
- Grandparents and parents co-operating as children live with grandparents.
- Grandparent raising a child as sole guardian
- Grandparents with Aboriginal grandchildren
- MCFD Investigations

Dealing with legal issues can be stressful for grandparents; the guide takes readers step by step through various scenarios, including:

- Legal perspectives and advice on child protection
- Working with social workers
- Applying for custody of grandchildren
- Grandchildren up for adoption to other families
- Getting legal help

With the legal guide in hand, grandparents in BC can feel more secure about the decisions they make for their grandchildren. The guide, produced by Parent Support Services of BC in collaboration with University of Victoria School of Social Work is available free to grandparents raising grandchildren.

To obtain actual copies, contact carol.ross@parentsupportbc.ca or call 604-669-1616.

For your Reading

The Effects of Father Involvement: An Updated Research Summary of the Evidence, {http://fira.ca/cms/documents/29/Effects_of_Father_Involvement.pdf} by Sarah Allen and Kerry Daly. This paper reports on key research findings related to men's approach to parenting and the effects of father involvement on their children's development. It was originally done in 2002 and recently updated in 2007. To access the French Language version go to FIRA resource page and do an "all categories" search using the key word Daly. <http://fira.ca/resources.php>

Child Custody, Access, and Parental Responsibility: The Search for a Just and equitable Standard, {http://fira.ca/cms/documents/181/April7_Kruk.pdf} by Edward Kruk, of the University of British Columbia was a paper commissioned in 2003 by the Father Involvement Research Alliance (FIRA) to promote informed dialogue about relationships between policies and aspects of father involvement. Or {http://www.fira.ca/cms/documents/179/April7_Kruk_Summary.pdf} is the link to an Executive Summary of his report.

Website

Watch for new updates of events on our website. Over the summer we will be adding a calendar of events. Remember to check it out for upcoming events and workshops on a regular basis.

Your Feedback

Let us know if there is any particular subjects you would like to see us possible add to future NMRC E-Newsbytes. We like to hear from you, to assist as we work to support your needs and concerns, please forward all suggestions for future NMRC E-Newsbytes to kim@nanaimomen.com.

NMRC E-Newsbytes is a regular email communication sent to our members to highlight the activities and work of the centre and items of interest. Others may also subscribe to our NMRC E-Newsbytes, if you would like to receive this to our email directly please contact Kim Howland at kim@nanaimomen.com or phone our centre at 250-716-1551. Feel free to share this with others who you think might be interested in this info.