

NMRC PROGRAMS

REFERRAL AND RESOURCE CENTRE

NMRC provides services and referrals for men and their families through support groups and individual counsellors. We have resource material for individuals to access a modest library of relevant materials such as books, videos, and articles. We also have internet access for individual research for those who have internet access anywhere else. We continue to refer individuals to other services in the community when we don't have those services or resources ourselves. Though our physical location is in Nanaimo, due to the lack of similar centres in other communities we are now providing this service via telephone and internet to clients on a province-wide basis as well as clients who come from the whole of Vancouver Island and Vancouver to use our resources.

PARENTAL ALIENATION AWARENESS PROGRAM

NMRC has a Parental Alienation Awareness (PAA) Program that initially developed a needs assessment around Parental Alienation in the Mid Island region. This has led to the implementation of a support program and the development of a workshop module for parents, the counselling community, and the legal community. In 2005 – 2006, we produced a 32 minute DVD/VHS on the subject and continue to give individual counselling and workshops on PAA as well as distribute the DVD/VHS province-wide.

PERSONAL EDUCATION AND DEVELOPMENT WORKSHOPS

NMRC has educational workshops on a variety of topics, most specifically "Family Court Process", "Parental Alienation Awareness", "Dads Make a Difference" for child care providers. "Family Maintenance Enforcement Program workshops" & an anger management workshop called "Calming your Anger". We are also partners in the Triple P Parenting Program (www.triplep.net) sponsored by Vancouver Island Health Authority (VIHA). We have held workshops related to parenting within the parameters of Triple P. We have also had workshops on Drumming, Transformational Breathing, and Singing. These workshops have been offered in the Mid-Island areas, as well as Victoria, the Lower Mainland, and in a number of other areas including the interior of British Columbia.

DADS MAKE A DIFFERENCE PROGRAM

NMRC has developed a mentoring program for new and young fathers. Each young new father is linked up with an older father and mentored by him. The group meets on a weekly basis and uses a curriculum adapted from Gardner Wiseheart as well as mentors maintaining contact with their charges outside of weekly meetings. Vancouver Island Health Authority (VIHA) has become a partner in our fathering programs by providing a central location for the mentoring program as well as an additional location for the new prenatal program for Dads. They also refer clients to our programs and place our Dads Make a Difference Booklet in their reading racks.

SEPARATION AND DIVORCE SUPPORT

NMRC has support groups, court volunteers for emotional support, volunteers providing feedback in matters pertaining to separation/divorce, resource material, & internet access for legal research. All support provided in person, by phone, and by email.

FAMILY CRISIS SUPPORT SERVICES

NMRC provides support for men who are in crisis in their relationships and need to leave their domestic situation because of violence or the potential for violence either committed by or against them. It is also used for men and women who are visiting their non-custodial children from outside of the Nanaimo area and have neither a place to stay, nor the finances to do so. We provide short term housing at a local guest house for the clients. We also provide some financial support to parents who need assistance with costs associated with supervised access and access exchange services.

CALMING YOUR ANGER PROGRAM

NMRC helps people handle anger and their emotions with no shame or blame, just learning skills to manage conflict with this program. This program is available for both men and women. We have created a dynamic program which has the added bonus of the full participation of local counsellor Alan Caplan, MA, CCA, and Sharon Bronstein, MSW, CCA, who have a combined total of 50 years of experience and expertise in this area.

COMMUNITY EDUCATION PROGRAM

NMRC has created a community education program to make the community more aware of pertinent issues and to balance their current knowledge. We conduct radio interviews province-wide to raise awareness to issues & promote NMRC as a province-wide centre (CKNW, CFUN, CFAX, & CHLY). This program includes production and distribution of our new and exciting booklet for pre-natal and neo-natal fathers entitled "Dads Make a Difference, Resource Material for Dads". This booklet has been circulated from the Nanaimo Men's Resource Centre through our fathering programs, support programs, and at the front desk. It has also been circulated through MCFD & Vancouver Island Health Authority (VIHA) in their offices, by their workers, public health nurses and in the VIHA pre-natal program.

LGBTQ COMMUNITY SUPPORT PROGRAM

NMRC has one of our staff designated to be the community liaison for the Lesbian, Gay, Bisexual, Transgender, Questioning community. He supports both youth and adults in such areas as "coming out", sexuality, safe living, mental health and physical health issues. This support system is offered to young people, adults who identify as LGBTQ or have LGBTQ family members.

FAMILY MAINTENANCE ENFORCEMENT PROGRAM (FMEP) SUPPORT PROGRAM

NMRC has trained volunteers who provide feedback in FMEP matters. This service is available to both men and women who are experiencing misunderstandings or issues with FMEP. The program is accessed by clients via an in office interview, email, or our toll free number. We also conduct regular workshops and radio interviews.

DNA TESTING

NMRC provides paternity testing through Orchid Cellmark, a laboratory based out of Vancouver. Testing can be done on a father, mother, and child, as a combination, or on a father or mother and child only. This can be done as a "curiosity test" or as a court ordered test. This is a user-pay program & all payments are made directly to Orchid Cellmark.

RESEARCH PROJECTS & UNIVERSITY LIAISON

NMRC is currently partnered with the Psychology Department at Malaspina College-University researching separated and divorced men about the effects of their situations and the issues surrounding separation and divorce including depression, alienation, suicide, financial stress, recovery, and other pertinent issues. We are also partnered with Fatherhood Involvement Research Alliance (FIRA) through the University of Guelph Ontario, and the University of British Columbia (UBC) to do research on separated and divorced fathers.

FAMILY VIOLENCE PROGRAM

NMRC is committed to researching and providing support to victims of family violence whether the victim is a male or female. We believe that there is always more than one person involved in this issue. It can be two people in a domestic partnership or a family unit with children affected. By providing education and support to all members associated, we can bring healing and hope. We are members of the Violence Against Women In Relationships (VAWIR) Committee in Nanaimo. It is the hope and dream of NMRC to eventually establish a transition house for men facing violence. Currently we use the services of a local guest house for men in this situation.

NMRC
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