



Kane`ohe Community Family Center (KCFC) Family Center News

A partnership of Parents and Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, Keiki O Ka Aina, Inc., the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDCH and Hawaii Community Foundation.

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The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

The War on Drugs: What are Methamphetamines?

When you look at families today you wonder who is using methamphetamines and are they a part of our family? Highly toxic and addictive drugs, methamphetamines are used in many areas of the country and are in high demand here in Hawaii.

Methamphetamines are...

- Powerfully addictive stimulants that dramatically affect many areas of the central nervous system. The drug can easily be made in clandestine laboratories from relatively inexpensive over-the-counter ingredients. This makes methamphetamines a drug with a high potential for widespread abuse.
- Sometimes referred to as "Speed," "Meth," and "Chalk." Its smoked form is often referred to as "Ice," "Crystal," "Crank," "Fire," and "Glass."
- Available in many forms and can be smoked, snorted, injected, or orally ingested.
- White, odorless, bitter tasting crystalline powder that can be easily dissolved in water or alcohol.

You can identify methamphetamine users by...

- Signs of agitation, excited speech, decreased appetites, and increased physical activity levels.
- Occasional episodes of sudden and violent behavior, intense paranoia, visual and auditory hallucinations, and bouts of insomnia.
- A tendency to compulsively clean and groom and repetitively sort and disassemble objects, such as cars and other mechanical devices.

Effective prevention begins with an assessment of the specific nature of the drug problem within the local community and adapting the program accordingly. Family-focused prevention efforts have been found to have a greater impact than strategies that focus only on parents or children/adolescents.

Community Drug Alert Bulletin October 1998

DOE Windward District Annual Parent and Child Fair

Windward Mall Center Court
Saturday, April 3, 2004

10:00 am - 12:00 noon

Keiki Activities with "Make-n-Take" Crafts

12:00 noon - 2:00 pm

Entertainment for the family,
Costume characters with balloons for all keiki.

KIDS DAY!!!

Tuesday, April 27, 2004



PACT will be selling newspapers at various locations around Oahu

Price \$1.00

Proceeds will go to support various PACT programs.

Come and look for KCFC at the Windward City Shopping Center intersection!

Windward Mall Easter Fun
Saturday, April 10, 2004

10:00 am - 12:00 noon

Keiki activities, magic show,
balloons, prizes, photos with the
Easter Bunny and more!

**Kane`ohe Community
Family Center**

**COMMUNITY RESOURCE
AND REFERRAL**

•Phone 235-7747

•Website <http://kcfc.pacthawaii.org>

**HAWAII PARENTAL
INFORMATION AND
RESOURCE CENTER
(HPIRC)**

<http://www.hawaiiipirc.org>

•Parenting Classes

•Family Fun Activities

•Home Instruction for Parents of
Preschool Youngsters (HIPPY)

**FAMILY LITERACY
PROGRAMS**

•Kulana Nani

**SUPPORT AND
SELF-HELP GROUPS**

•Na Tutu - Grandparents Raising
Grandchildren
Coalition and Support Group

NEIGHBOR-2-NEIGHBOR

•Ko`olau Village

•Kulana Nani

**VOLUNTEER & COMMU-
NITY SERVICE LEARNING
OPPORTUNITIES**

•Family Activity
Night Assistants

•Neighbor-2-Neighbor Mentors

•Reading/Homework Tutors

•Clerical and Program Support

•Special Event Child Care

The *Family Center News* is printed
monthly by the Kane`ohe Community
Family Center (KCFC), a program of
Parents and Children Together (PACT).

Please direct questions, comments and
suggestions to:

The Kane`ohe Community
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46-202 Haiku Rd., Portable #2,
Kane`ohe, HI 96744
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E-mail: kcfc@pacthawaii.org

KCFC Staff:

Helenann Lauber, *Family Center Dir.*
Gordon Miyamoto, *Site Coordinator*
Jolene Chang, *Administrative Assistant*
Sunshine Michael, *HIPPY Coordinator*
Jennifer Bui, *Program Facilitator*
Serena Trehern, *PIRC Assistant*
Jennifer Chun, *HIPPY Home Visitor*
Leilani Roth, *HIPPY Home Visitor/VISTA*
Jeffrie Wagner, *Program Coordinator*

*The Honolulu Police
Department Presents*

"Partnering for a Safe Community"

*Saturday, April 24, 2004
From 11:00 am - 4:00 pm*

*Meet members of the different
divisions of the HPD from SWAT to
the K-9 units. They will hold
demonstrations and more.*

*At 12:00 noon, the Navy Band,
Tsunami presenting the "best" in
pop tunes will kick-off the event
with KCCN radio personality,
Lina Girl. Tons of fun keiki
activities and much more! For
more information contact HPD
Officer Chu at #741-2598*



HIPPYUSA
Home Instruction for Parents of Preschool Youngsters

**GOT SOME TIME FOR
LITTLE KIDS?**

*Are you available on Wednesday
Mornings?*

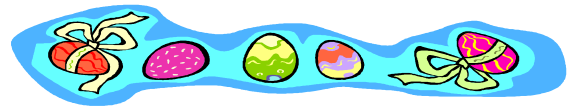
HIPPY

*(Home Instruction for Parents of
Preschool Youngsters)*

*are looking for volunteers to help
children ages 3 - 5 yrs. old do crafts
and other activities*

*Every other Wednesday from
10:00 am to 12:00 noon*

*For more information call 235-7747
and ask for Sunshine.*

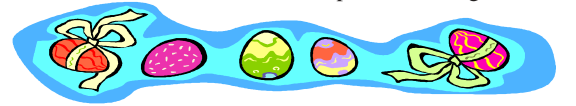


APRIL

- 3rd Parent and Child Fair**
Windward Mall 10:00 am - 2:00 pm
- 5th Community Works in 96744**
5:30 pm Queen Lili`uokalani
Children's Center 235-7747
- 8th OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 pm Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.
- 9th Good Friday**
- 11th Easter**
- 19th Ohana Food Produce
Distribution** 3:00 pm - 4:30 pm
Key Project - Kahalu`u
- 21st KCFC Family Activity Night**
5:30 - 7:00 pm Windward Mall
Center Court area 235-7747.
- 21st Grandparents Raising
Grandchildren** 9 am Queen
Lili`uokalani Children's Center -
Kane`ohe. All grandparents are
welcome. Bernie 235-7613.
- 22nd Kane`ohe Neighborhood Board**
7 pm Windward Community
College 523-4815.
- 22nd OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 pm Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.

27th Kids Day!!! Buy a newspaper

Sponsoring a free or low cost event that may be of
interest to Kane`ohe families? Submit information
for the KCFC calendar by the 15th of each month.
Fax 235-7748. kcfc@pacthawaii.org



Site of the Month

www.dltk-holidays.com

A great website for parents!
Filled with informative
parenting articles, age by age
guides, activities and helpful
tips for every family!

