



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 The Harold K.L. Castle Foundation, Aloha United Way, the Hawaii State Department of Human Services, Keiki O Ka Aina, Inc., and the U.S. Department of Education Office of Innovation and Improvement.

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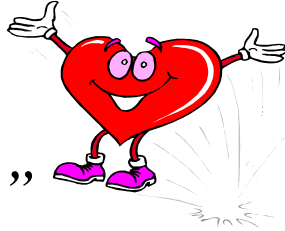


Vol. 9, No. 2








February 2003

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.

More Than Words-Ways to Say "I Love You"



In our homes, we express our love in countless forms besides words. But sometimes we get so caught up in correcting, disciplining and daily routines that the message of love may not be getting across to those we love. It is important to show our love and caring with time and attention, but for this Valentine's season it might be fun to try some creative ways to say "you're special, I'm glad you're in my life."

-  Tuck paper or candy hearts in unexpected places like pockets, book pages, lunch bags, drawers or mirrors.
-  Make heart shaped food treats like pancakes, sandwiches, cookies, etc. (Note: A marble placed between a cupcake liner and the cup cake pan will make a heart shaped cupcake.)
-  Use dry erase markers on mirrors or post-it notes to leave messages and greetings.
-  Draw hearts or notes with jelly or condiments.
-  Let family members hear you praise them to someone else.
-  Surprise a loved one by doing one of their household chores.
-  Don't underestimate the power of a hug, a kiss or even a loving touch.

Make an effort to tell those special people in your life that you love them each and every day. Make it Valentine's Day everyday!

PARENTS

(Providing Awareness Referrals Education Nurturing Therapy Support)

King Intermediate School

46-155 Kamehameha Hwy.

February 1, 2003 - March 22, 2003

9:00 AM - 11:00 AM

Parenting Course:

Designed to strengthen families by helping parents learn better parenting and coping skills.




For parents with children ages:

0 - 6 years old & 7 - 12 years old.

(13-18 years old, call for more information.)

For more information, please call 254-7955.

"911" FOR PARENTS



FEBRUARY 23, 2003, 1 - 4 PM

SPONSORED BY HOPE CHAPEL KANE`OHE BAY

Learn how to regain control and make a positive difference in your family.

Learn how to be an effective communicator with your children.

Seminar by: Diana Day
(National Authority on Child Behavior, Personal Management and Motivation)

For more information, please contact Lisa Kai or Sandy Murakami @ 235-5814.

Visit the Kane`ohe Community Family Center Website at <http://kcfc.pacthawaii.org>.

**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
Family Center,

He`eia Elementary School,
46-202 Haiku Rd., Portable #2,

Kane`ohe, HI 96744

Ph. 235-7747 Fax 235-7748

E-mail: kcfc@pacthawaii.org

KCFC Staff:

Helenann Lauber, *Family Center Dir.*

Cynthia Okazaki, *Site Coordinator*

Gordon Miyamoto, *PIRC Coordinator*

Jolene Chang, *Administrative Assistant*

Rebecca Seumanu, *Activities Specialist*

Carin Tatom, *HIPPY Coordinator*

Jennifer Bui, *Program Facilitator*

Jill Murayama, *Outreach Worker*

Serena Trehern, *PIRC Assistant*

Krista Labanon, *HIPPY Home Visitor*

Jennifer Chun, *HIPPY Home Visitor*

Sunshine Michael, *HIPPY Home Visitor*

**LOW INCOME TAXPAYER
CLINIC 2003**

February 6, 2003

1:00 - 4:00PM



HCAP/ Windward

47-232 Waihee Road- Kaneohe

•Fill out Federal and/or State
returns for 2002.

•File past due returns
(up to 3 years).

•Referral for legal assistance
and/or representation for tax
disputes with the IRS
(up to \$50,000).

•Education and Awareness
regarding taxes
(including claiming Earned
Income Tax Credits).

To sign up or for more information,
please contact **Liz @ 528-7050**
or **Robert @ 239-5754**.

Provided by:

Volunteer Legal Services Hawaii

Honolulu Community Action

Program-Windward



Families for R.E.A.L

(Resources & Early Access to Learning)

**Age specific classes for:
Parents and their Infant,
Toddler, or Preschooler.**

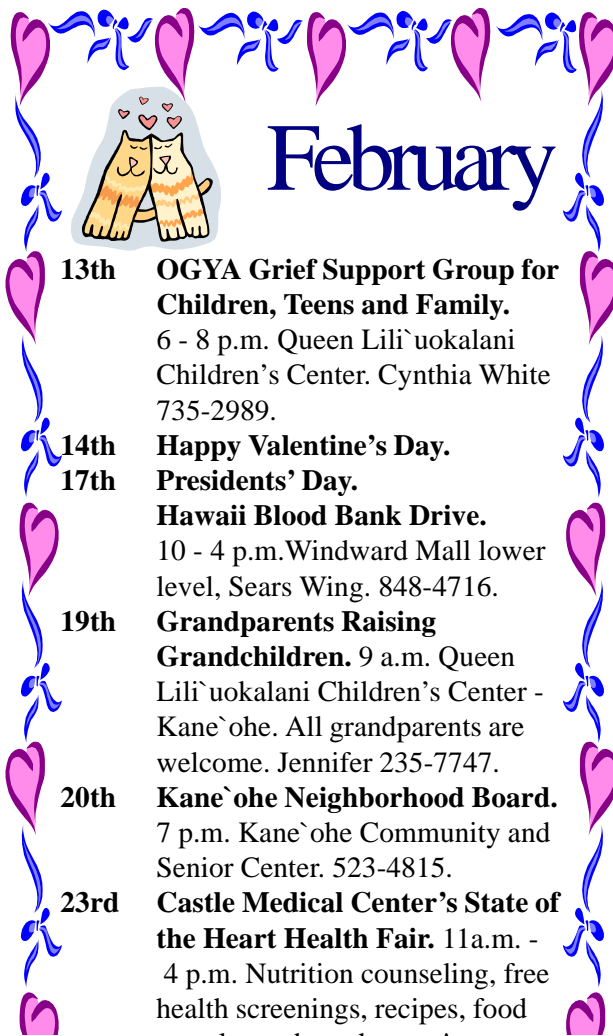
**Session III: March 17, 2003 -
May 30, 2003**

**Kapunahala Elementary
School
45-828 Anoi Road, Rm. A-1
Kaneohe**

**For more information or to register,
please call 233-5656.**



KCFC would like to thank University of Hawai`i, Family
Resources student Kristie Buss and BYUH, Psychology
student Tawna Chun for their hard work on this month's
newsletter.



February

**13th OGYA Grief Support Group for
Children, Teens and Family.**

6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.

**14th Happy Valentine's Day.
17th Presidents' Day.**

Hawaii Blood Bank Drive.

10 - 4 p.m. Windward Mall lower
level, Sears Wing. 848-4716.

**19th Grandparents Raising
Grandchildren.** 9 a.m. Queen
Lili`uokalani Children's Center -
Kaneohe. All grandparents are
welcome. Jennifer 235-7747.

20th Kane`ohe Neighborhood Board.
7 p.m. Kane`ohe Community and
Senior Center. 523-4815.

**23rd Castle Medical Center's State of
the Heart Health Fair.** 11 a.m. -
4 p.m. Nutrition counseling, free
health screenings, recipes, food
samples and much more!
263-5400.

**27th OGYA Grief Support Group for
Children, Teens and Family.**

6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.

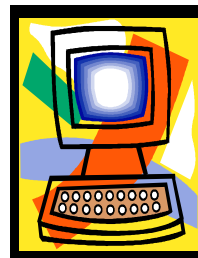
**28th Cutting Edge Stress Management
Workshop.**

9:15 a.m. Windward Mall. Dr. Chip
Abbadessa 234-5535.

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

<http://familyfun.go.com>



A great website for
families; full of
great ideas,
activities, crafts,
helpful tips,
information and fun
things to do.