



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

E-mail us at:
kcfc@pacthawaii.org
Website:
http://kcfc.pacthawaii.org

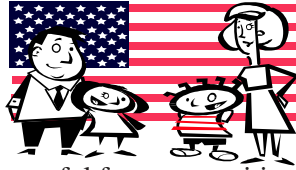
*A partnership of Parents and Children Together and the Castle Complex Department of Education,
partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, Keiki O Ka Aina, Inc.,
the U.S. Department of Education Office of Innovation and Improvement, Parent Options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

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January 2004

*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.*

Supporting Those Left Behind: Families of Deployed Military



Times of deployment and war are stressful for communities, families and individuals, but especially for families of military personnel. The predictability and structure of their everyday lives are changed. They must cope with the pain of separation and the uncertainty of their loved one's safe return. Here are some tips for providing support to military families:

- ❖ **Being "there".** Provide the presence a person needs when feeling overwhelmed, alone, helpless... Listen, empathize, and let them know someone understands.
- ❖ **Being a friend.** Call and visit frequently. Invite a family to your home for a meal, movie night, or some other "fun" activity. Take the adult in the family out to eat or to a movie.
- ❖ **Providing childcare.** Single parents face challenges that can be overwhelming. Allow them some "free" time by caring for their children a few hours.
- ❖ **Assisting with home and auto maintenance and repairs.** Offer to help with household tasks - yard work, home/car/small appliance repairs, etc. for families needing assistance.
- ❖ **Knowing community resources.** Be a source of information about whom to call when problems arise. If you live in a different community, encourage those you know in this situation to learn who they can call in their own community for various types of assistance.
- ❖ **Introducing the person to support systems.** Encourage them to get involved in civic organizations, church and Bible studies, support groups for military families - whatever may be available in their community as sources of social, emotional and practical support.

War times are trying for everyone but especially for those who have loved ones deployed with the military. Be aware of anyone around you who may be experiencing this separation and the problems associated with it. Support them by being positive and encouraging, and sharing activities with them.

Taken from *Families in the Middle...* by Kathryn Beckham Mims, Ph.D., LMSW
September 2003 Family Information Services

PACT/Kane`ohe Community Family Center's
SCIENCE
Family Activity Night

An activity night for parents and their children.
Join us for fun science games and activities!

Windward Mall Center Stage
January 21, 2004
5:30 - 7:00PM

For more information, please call KCFC at 235-7747.

Windward School for Adults: Announcing Spring 2004 Registration & Classes

Registration Dates:

January 7 - 21, 2004

Mondays - Thursdays:

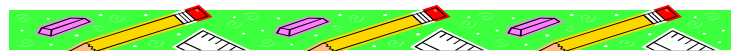
8:00AM - 8:00PM

Fridays:

8:00AM - 3:00PM

***January 10, 2004: 8:30 - 11:30AM**

For more information, please pick up a brochure at Kalaheo High School Adult Education Offices, or call 254-7955 for other brochure locations.



Kane`ohe Community Family Center

COMMUNITY RESOURCE AND REFERRAL

- Phone 235-7747
- Website <http://kcfc.pachawaii.org>

HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

- <http://www.hawaiiirc.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 & COMMUNITY 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@pachawaii.org

KCFC Staff:
Helenann Lauber, *Family Center Dir.*
Cynthia Okazaki, *Site Coordinator*
Gordon Miyamoto, *PIRC Coordinator*
Jolene Chang, *Administrative Assistant*
Carin Tatom, *HIPPY Coordinator*
Jennifer Bui, *Program Facilitator*
Serena Trehern, *PIRC Assistant*
Jennifer Chun, *HIPPY Home Visitor*
Sunshine Michael, *HIPPY Home Visitor*
Leilani Roth, *HIPPY Home Visitor/VISTA*

Let's Write A Poem! Let's Draw A Picture!

A Workshop for Children
in Grades 1 - 3.

- * Write picture, tall tale, color and list poems.
- * Create images in various art mediums.
- * Craft your own books.

Session I:

January 4, 11, 18, 25, 2004
from 1:30 - 3:30 p.m.

Session II:

February 1, 8, 15, 22, 2004
from 1:30 - 3:30 p.m.

Windward Community College
Hale Alakai 102.

Registration is limited to 20 children per series. Please call 235-7433 for more information or to register.

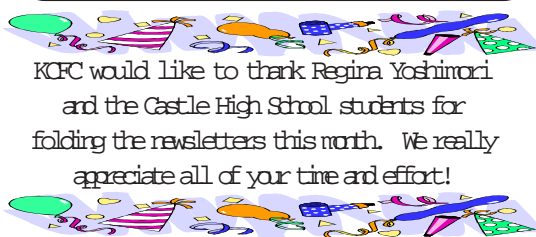
Funded in part by a grant from the Starbucks Foundation.

"How To Be A Successful Citizen Advocate/Activist"

Windward Community College
Hale Akoakoa 101
Saturday, January 10, 2004
8:30 - 11:00 AM

- * Creating working media relationships
- * Testimony research
- * Lobbying techniques
- * Similarities/Differences between the Legislature/City Council
- * Community organizing
- * Much more!

Registration is limited to 30 people. For more information or to register, please call Shannon at 263-6001.



KCFC would like to thank Regina Yoshimori and the Castle High School students for folding the newsletters this month. We really appreciate all of your time and effort!

January

- 1st** Happy New Year!
- 4th** Let's Write A Poem! Let's Draw A Picture! 1:30 - 3:30 p.m. WCC Hale Alakai 102. Session I: January 4th, 11th, 18th, 25th. To register, call 235-7433.
- 5th** Community Works in 96744 5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 8th** OGYA Grief Support Group for Children, Teens & Family 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 10th** "How To Be A Successful Citizen Advocate/Activist" 8:30 - 11:00 a.m. WCC Hale Akoakoa 101 263-6001.
- 15th** Kane`ohe Neighborhood Board 7 p.m. WCC 523-4815.
- 19th** Dr. Martin Luther King, Jr. Day
- 21st** KCFC Science Family Activity Night 5:30 - 7:00 p.m. Please see ad on first page. Windward Mall Center Court area 235-7747.
- 21st** Grandparents Raising Grandchildren 9 a.m. Queen Lili`uokalani Children's Center - Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 22nd** OGYA Grief Support Group for Children, Teens & Family 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.

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@pachawaii.org

Site of the Month

www.healthykids.com

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

