



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 Hawaii State Department of Human Services, Keiki O Ka Aina, Inc.,
the U.S. Department of Education Office of Innovation and Improvement, HCDC and Hawaii Community Foundation.

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<http://kfcf.pacthawaii.org>

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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.

Spending Quality Time With Your Family



Spending quality time with your family is very important. Quality time refers to spending time with your loved ones without interruption or arguing. Basically you devote yourself to what you are doing with your family without worrying about anything else but being with them.

Because quality time is rooted in conversation and interaction, it allows families to have the opportunity to build stronger and closer relationships amongst one another. Conversation can encourage bonding and it can give insight into a family member's life. Therefore, through conversation, family member's problems, concerns, feelings, and more can be expressed in an encouraging and non-threatening atmosphere.

Because quality time with your family is so important and essential, here are some ideas for you to do with your family to spend quality time together:



Family Game Night - Take one night out of the week or month to have a family game night. You can play a board game, card games, do brain-teasers, do puzzles, play charades, etc. No matter what game you choose, just have Fun!!



Family Outings/Activities - Some places families can visit are: the zoo, the beach, parks, museums, the aquarium, etc. Some activities to do are: bowling, mini-golfing, playing sports, going on vacation, etc.



Good Conversation - Take the time to frequently talk intimately about the current happenings in each other's lives, as well as, talking to one another about feelings, problems, questions, concerns, etc.

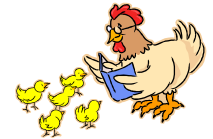


Hobbies - Find a similar interest/hobby. Collecting items, making/building things, etc.



Everyday Things - Read with your family, help them with their homework, cook meals, prepare desserts together as a family, do the dishes together, etc.

Mark your calendar!
Kane`ohe Day on The Bay
Coming soon:
July 26, 2003!



WANTED: READING TUTORS

ADULT OR TEEN
VOLUNTEERS NEEDED

JOB REQUIREMENTS:
Assist students with reading at
Heeia, Puohala, and Waiahole
Elementary Schools

Please contact Teri or Leilani:
235-9114 or 233-5677.



Kahaluu Keiki Steps KEY Project



Mondays, Wednesdays
& Fridays
8:30 - 11:30 a.m.

Keiki Steps offers...

- Parent-infant program for prenatal to 3 years-old.
- Preschool program for 4 and 5 year-olds.
- Parent Education

Please contact Trixy Gasper @ 239-5610

* Hawaiian or part Hawaiian families preferred; must be able to actively participate with your child; priority given to sponsoring Hawaiian homestead communities.

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

Kane`ohe Community Family Center

COMMUNITY RESOURCE AND REFERRAL

•Phone 235-7747

•Website <http://kcfc.pachthawaii.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 & 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:

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Serena Trehern, *PIRC Assistant*
Krista Labanon, *HIPPY Home Visitor*
Jennifer Chun, *HIPPY Home Visitor*
Sunshine Michael, *HIPPY Home Visitor*



KCCN FM 100

Castle High Ohana Bash
(Fundraising Concert)

Featuring:

Food, Game booths, Entertainment, and FUN!

Entertainment:

Ten Feet, Keahiwai, Heart and Soul,
The Next Generation, & B.E.T.

Tickets:

Adults (19 yrs. & up):

Pre-sale: \$5

At-the-door: \$7

Students (5 to 18 yrs.):

Pre-sale: \$3

At-the-door: \$5

Keiki (4 and under): FREE!

Tickets available through:

Castle High School students & at
Duke `Em Up in Windward Mall.

March 15, 2003

10 a.m. - 3 p.m.

Castle High Athletic Field



Outreach for Grieving Youth Alliance (OGYA) & Hawaii Foster Youth Coalition (HFYC)

❖ Would you like to have a presentation given to you, your co-workers, and to youth regarding leadership opportunities, how to cope with crisis of loss, and sources of support?

If you would like a free presentation or need more information, please contact Cynthia White @ 735-2989.



DO YOU LIKE WORKING WITH CHILDREN?

➤ Be a City Summer Recreation Aide!

Now is the time to apply!

For more information:
please call 692-5854.

KCFC would like to thank University of Hawaii, Family Resources student Kristie Buss for her hard work on this month's newsletter.



March

- 3rd** Community Works in 96744. 5:30 p.m. Queen Lili`uokalani Children's Center. 235-7747.
- 13th** OGYA Grief Support Group for Children, Teens and Family. 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 15th** Castle High Ohana Bash. 10 a.m. - 3 p.m. Castle High School Athletic Field. Please see ad on this page.
- 17th** St. Patrick's Day.
- 19th** Grandparents Raising Grandchildren. 9 a.m. Queen Lili`uokalani Children's Center - Kane`ohe. All grandparents are welcome. Jennifer 235-7747.
- 20th** Kane`ohe Neighborhood Board. 7 p.m. Kane`ohe Community and Senior Center. 523-4815.
- 27th** OGYA Grief Support Group for Children, Teens and 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@pachthawaii.org

KINDERGARTEN ENROLLMENT GOING ON NOW!

Site of the Month

<http://www.homemadesimple.com>

A website with great ideas for families; cooking and cleaning tips, home decorating and gardening ideas, and fun family activities.



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!