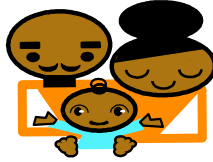




A partnership of Parents and Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the Hawaii State Department of Human Services, the Housing and Community Development Corporation of Hawaii, and the US Department of Education School Support and Technology Program.

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.

Building Strong Families



Families provide us with emotional, spiritual, and material support, and they help to maintain and renew our health and well-being. All families can work to develop better relationships and stronger family bonds. Here are a few suggestions:

- ♥ **Be committed:** Members of strong families value family unity. Consider rearranging or reducing social activities and work demands to make room for family time. Develop family traditions by celebrating holidays in a unique way.
- ♥ **Show appreciation:** Members of strong families show appreciation for each other. Hug the members of your family often. Look for the good in each family member.
- ♥ **Communicate:** Members of strong families spend a lot of time talking to each other. Give all members equal talking time. Talk about trivial things as well as important issues.
- ♥ **Spend time together:** Strong families spend a lot of quality time with each other by doing activities together. Attend functions that mark the achievements of each family member, such as recitals or scout meetings. Have everyone pitch in with household chores.
- ♥ **Share values and beliefs:** Strong families have a sense of a greater good or power in life. Treat family members as you would like to be treated. Invite a friend who does not have a family to have dinner with your family.

♥ **Cope with stress:** Strong families view stress or crisis as opportunities to grow. Try to focus on something positive, no matter how difficult the situation. Remember to reserve time to exercise to relieve tension and help you relax.

Adapted from "Building A Better Family" from the UH CTAHR Program



Staff members Rebecca Seumanu and Jill Murayama enjoy spending time with the children of Kulana Nani Apartments during a KCFC sponsored after school program held at the Kulana Nani Community Center each week.

Kane`ohe - Day On The Bay 2002

An event to inspire and encourage healthy families and friendships in Kane`ohe

Saturday July 20, 2002 □ 9 AM - 3 PM
Kokokahi YWCA □ 45-035 Kane`ohe Bay Drive

Be part of this fun-filled event!

Kane`ohe/Kahaluu based community organizations, volunteers, artists and artisans, crafters, entertainers, and halau are encouraged to participate.

Please contact KCFC at 235-7747 for more information.

PACT/Kane`ohe Community Family Center (KCFC)
Family Activity Night

Friendly Family Follies

An activity night for parents and their children.

Join us for fun games and activities to help make your family your best friends.
 Make and take home a gift for someone special in your family.
 Summer's Coming! Get some ideas for summer activities.

He`eia Elementary School Cafeteria
Wednesday, May 8th, 6:30 PM - 8:00 PM
 To register, please call KCFC at 235-7747.

Kane`ohe Community Family Center

COMMUNITY RESOURCE AND REFERRAL

•Phone 235-7747

HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

<http://www.hawaiipirc.org>

- Parenting Classes
- Family Fun Activities
- Home Instruction For Parents of
Preschool Youngsters (HIPPY)

EXTENSION ON-LINE

Cooperative Extension, University
of Hawai'i at Manoa

- Workshops and tutorials on
computer and Internet connectivity
for families

FAMILY LITERACY PROGRAMS

- Benji Breakfast Club
Ben Parker Elementary School
- 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
- Computer Class Assistants
- 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: kfcf@pacthawaii.org

KCFC would like to thank University of
Hawai'i, Family Resources student Stephanie
On for her work on this month's newsletter.

KAMP Volunteers Needed!

Kindergartners Are Most Precious

A school transition day "camp"
for new kindergartners
& their parents.

Upcoming KAMPS:

July 24: Pope Elementary School
July 30: Waimanalo Elementary School
July 31: Kahaluu Elementary School
August 5: Puohala Elementary School
August 23: He`eia Elementary School

Please contact Christine Nunogawa at
235-7747 or nunogawa@hawaii.edu
for training dates and more information.

Kane`ohe Fitness Sundays



Exploration #9

May 5, 2002 □ 3PM

Valley of the Temples Memorial Park,
Byodo Temple & Fish Pond
Meeting Place: Ko`olau Center/
Near McDonalds

Exploration #10

June 2, 2002 □ 3PM

Ahuimanu Park
Meeting Place: Park Entrance

Please contact Sharon at 235-7747 for more information.

Windward Girl Scout Summer Programs For Girls

For Ages 5-17

For a list of activities and registration, call
Jackie Reilly at 595-8400 ext. 220, or
send your mailing address and day phone
number to jareilly@girlscouts-hawaii.org.

Kids RIGHT TO BIKE Rally AND SAFE KEIKI FAIR

Saturday, May 11

Ride times: 9, 10, and 11 AM

Aliioli Elementary School (Kaimuki)

Kids who complete the **free** clinic get
a helmet or a bike shop gift certificate!
**For registration forms and information,
please call HMSA at 948-6848.**



May

- 5th Kane`ohe Fitness Sunday-
Fitness Map Exploration #9.** 3 PM.
Valley of the Temples Memorial Park,
Byodo Temple & Fish Pond. Please see
announcement on this page. **FREE.**
- 7th 1/2 Hour To Health: "Power
Stretching."** 6:15PM. Castle
Professional Center. Please reserve seats
in advance. 234-5535. **FREE.**
- 8th KCFC "Family Activity Night:
Friendly Family Follies."** Please see
announcement on the front page. **FREE.**
- 12th Mother's Day Pancake Breakfast.**
6:30-11AM. Ben Parker Elementary.
Entertainment, crafts. Josh 391-4912.
- 15th Grandparents Raising Grandchildren.**
9 AM. Queen Lili'uokalani Children's
Center - Kane`ohe. All grandparents are
welcome. Sharon 235-7747.
- 16th Kane`ohe Neighborhood Board.**
7 PM. Kane`ohe Community and Senior
Center. 523-4815.
- 18th Honolulu Theatre For Youth's
"Musubi Man."** 2:30PM. Kane`ohe
Public Library. 233-5676. **FREE.**
- 21st Kane`ohe/Kahaluu Vision Community
Meeting.** 6:30 PM. Kane`ohe
Community and Senior Center. 523-4500.
- 22nd "What Kids & Teens Need To
Succeed" Seminar.** 6-8PM. Mid-Pacific
Institute-Bakken Auditorium. Valerie
Mariano 586-1444. **FREE.**

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. kfcf@pacthawaii.org

Want new skills for a better job?

Windward Community College
Employment Training Center
Essential Skills Program

Call 844-2313/844-2365 for cost and information.

Site of the Month

www.familyeducation.com

Practical guidance,
information about your
children's school experience,
strategies to get involved with
your children's learning, and
fun family activities

