



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

A partnership of Parents And Children Together(PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Human Services and Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds; and the U.S. Department of Education Office of Innovation and Improvement.

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Domestic Violence Awareness Month

Domestic violence occurs when a family member, partner or ex-partner attempts to physically or psychologically dominate another. It's about power and control. Domestic violence can happen to anyone and the problem is

often overlooked, excused, or denied. Victims may suffer psychological abuse involving manipulation and control without ever having been hit.

Are You Being Abused? Take This Relationship Quiz

Does your partner:

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do?
- Tell you you're a bad person or parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Stop you from seeing or talking to friends or family?
- Shove you, slap you or hit you?
- Threaten to commit suicide?
- Threaten to kill you?

If you answered "yes" to even one question, you may be in an abusive relationship. Once you acknowledge the reality of the abusive situation, you can get the help you need.

You don't have to live in fear:

Call the **National Domestic Violence Hotline**. Help is available 24 hours a day, 365 days a year. (1-800-799-SAFE (7233) or TTY 1-800-787-3224), **The National Teen Dating Abuse Helpline**, 1-866-331-9474. Confidential online support at www.loveisrespect.org, chat between 11am - 9pm Hawaii time. **Ohia Domestic Violence Shelter 24 hr. Hotline**, 526-2200. **Domestic Action Center and Legal Hotline**, 531-3771, M-F, 8:30-4:30.

Have a Safety Plan

A safety plan is a tool to help you identify possible ways to protect yourself and your children.

- If you feel unsafe, call 911
- Keep a bag of important documents (birth certificates, medical records, financial records, marriage license, Social Security cards, etc.) extra clothes, car keys, cash and other necessities at a trusted friend's house.
- Develop a code word with several trusted friends, relatives, neighbors and your kids that lets them know that you need to get out now.
- Even if you really don't think there will be a next time, decide now where you'll go and how you'll get there.
- Inform friends, relatives, neighbors and school staff if anything in your situation changes, such as obtaining a Temporary Restraining Order (TRO), in which case your partner should no longer have contact with your children.

Tired of Yelling, Begging, and Being Ignored?

Setting rules and limits. What works, what doesn't? For all parents, grandparents and caregivers. Join us for a two-part workshop series on discipline. Learn how to set your child up to succeed. Presented by Kathy Bentley, Parent Educator and owner of Kathy's Parenting Solutions.
Part 1 - Wednesday, Oct. 13th - 6:00 - 7:30pm
Part 2 - Wednesday, Oct. 27th - 6:00 - 7:30pm
Queen Liliuokalani Children's Center
46-316 Haiku Road ~ Childcare available
To register for this FREE workshop, call 235-7747 by Friday October 8th.

Emergency Preparedness Fair



Saturday, October 16th

9:00 - 12:00pm

Kaneohe LDS State Center

46-117 Halaulani St. (Across from King Intermediate)
Are you prepared? Put your plan into action!
~ Preparedness & Readiness seminars ~
~ How to prepare a family emergency plan ~
How to prepare a 72hr. emergency kit ~ Budget Menu Planning ~ Using food storage ~ Financial readiness
Successful gardening on your lanai ~ Worm Farming

He'eia State Park Learning Center Grand Opening Celebration

Saturday, October 16th

9:00am - 4:00pm

9:00am - Blessing Ceremony 10:00am - Grand Opening
Come and enjoy this event open to the public! The new management company, Kama'aina Kids have made changes and renovations to He'eia State Park.

Festivities include;

- * Rope a phobia *Dunking booth *Rock climbing wall
- *Kayak tours *Live local entertainment *Plate lunches



Education & Government eWaste Disposal Day

Saturday, October 30th - 9:00 - 3:00pm

Windward Community College

Public drop-off and disposal of your unwanted end-of-life electronics. Free of charge. For guidelines and drop off locations visit, www.hawaii.edu/ewaste.

Parent's Guide To The 5Rs



Resiliency

Adapting and striving for positive outcomes in adverse situations. **Live It!** Accept negative outcomes and make plans to overcome them.

Teach It! Don't give up. If your child experiences failure, remind him that it takes practice to succeed, i.e. riding a bike.

HAUNTED VILLAGE

Hokulani Imaginarium
Windward Community College
Friday, October 29th, 6:00 - 8:30pm
A Halloween event for the whole family. Activities include Dr. Phrankenstein's Phantom Physics Lab, knightly combat, spooky storytelling and more. Take a virtual tour of a haunted graveyard in the special Imaginarium show "Nightwalk." \$3

Hi'ilani Ko'olau

Invites you and your keiki to our free classes,
Ages 0 - 3yrs.

Baby massage at Windward Mall or Parent child interaction classes at KEY Project, Kahalu'u. Beginning in October. Call for starting dates and to register: Hi'ilani-Ko'olau 426-1450 or 426-1459.

KCFC can help you with:

- Community resources and referrals
- Education resources for parents and professionals
www.hawaiiipirc.org
- Family support
- Volunteer & community service learning opportunities
- Community Works in 96744
Prevention of Underage Drinking
For more information call 235-7747 or visit www.kcfc.pachawaii.org



The **Family Center News** is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:
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Baskets of Blessings

WANTED

Join us for this holiday gift giving opportunity for the entire family. *Baskets of Blessings* is a KCFC community service project. On **November 13th** your family can participate in decorating boxes and making cards. We're accepting non-perishable items, grocery gift cards in denominations of \$10, and/or monetary donations, boxes, scotch tape, packing tape and wrapping paper. If you wish to make a donation, volunteer, or want more information call 235-7747.



Don't be surprised if your child says, "I am voting, are you?" Give students an opportunity to get into the habit of voting. Students cast ballots online after receiving personal passwords from their teachers. They can log on to www.kidsvotinghawaii.org. Voting starts October 19th - November 2nd. Kids Voting Hawaii results will be announced at 6pm on General Election night.

Octoberfest 1031 FUN FEST

Sunday, October 31, 2010
5:30 - 8:00pm
Windward Church of the Nazarene
45-232 Puaae Rd., Kaneohe
All are welcome to attend. A safe place to enjoy games, with bounce houses, good food, contests (costume, pumpkin cooking, and pie-eating), and lots of candy. Free for all!

The Hokulani Imaginarium

Windward Community College
Friday, October 22nd

Visit the reopening of the Imaginarium, the first full-dome planetarium on the island of Oahu. Viewers feel like they are part of the unfolding scene and images produce a more vivid optical experience!
Showings of Mayan Sky at 7pm & 8pm.
Call 235-7433 for tickets.

**Sunday,
October 3**
10 am - 3 pm



Children & Youth Day

Join over 200 exhibitors and community organizations for a day of free interactive, educational and fun activities for the whole family under the "Big Top" tents on the grounds surrounding the State Capitol. For more information visit www.hawaiiicyd.org.



October Trick or Treat?

- Oceans Festival of Science, Family Activity Night**, 6 - 8pm at King Intermediate. A free educational evening of hands-on activities and discover fascinating facts about the oceans. Register at 235-7747.
- Ho'olaulea**, 9am - 8pm at Windward Community College. Entertainment, food booths, local artisans, children's rides and more.
- Ohana Food Distribution**, 3 - 4:30 at K.E.Y. Project, Kahaluu.
- Community Works in 96744**, 5pm at Kaneohe Community Family Center. Find out more about resources in the community and prevention of underage drinking. Call 235-7747 for more information.
- Alzheimer's Support Group**, 10 - 11:30am at Kaneohe Community Family Center (KCFC). Learn more about Alzheimer's and resources. Call 225-9377.
- Cyber Safety Education & Awareness Workshop**, 9 - 11am FREE at WCC, Hale Kuhina. Call 235-7433 to register.
- Columbus Day - Holiday**
- Intermediate Estate Planning for Everyone**: Six steps to keep your estate plan current, 3 - 4:30pm FREE at WCC. Call 235-7433 to register.
- Family Law - Soup to Nuts**, 5 - 6:30pm FREE at WCC. Call 235-7433 to register.
- Windward Community Children's Council Mtg.**, 6 - 7:30pm at Windward Office, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.
- Ohana Caretakers Support Group**, 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207 for more information.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Huikakoo (Grief Support Group)**, 5:30 - 8pm at QLCC. Call Bert at 234-2205.
- KCFC Advisory Council Mtg.**, 5 - 6:30pm at KCFC. Call 235-7747 for more information.
- Ohana Food Distribution**, 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Kaneohe Neighborhood Board Mtg.**, 7pm at WCC, Hale Ala Kai, Rm. 103 - 105. Call 523-4815.
- Oogles 'n Googles, Preschool Activity** 10:15am at Kaneohe Public Library.
- Tickets for Annual Kalua Turkey Fundraiser**, go on sale at K.E.Y. Project. Thanksgiving kalua turkey is a delectable treat when cooked in a traditional "imu." Call 239-5777 for details.
- Windward Mall Trick or Treat**, 3 - 4pm. Stores at the mall will provide candy for keiki to make Halloween safe and fun for the family.

School Community Councils (SCC) Forums for open discussion and problem-solving related to student achievement.

Ahuimanu	10/12 @ 2:30	Library
Ben Parker	10/5 @ 2:30	Principal Off.
Castle H.S.	10/5 @ 5:30	Admin Conf Rm.
He'eia	10/7 @ 6:30	Library
Kahaluu	10/4 @ 3:00	Library
Kaneohe	Please call the school 233-5633	
Kapunahala	10/21 @ 4:00	Teacher's Lounge
King Int.	10/20 @ 4:00	Library Community Mtg.
Puohala	10/7 @ 5:30	Library
Waiahole	10/21 @ 2:15	Library