

# FAMILY RESOURCE CENTRE NEWSLETTER



## APRIL PARENTING PROGRAMMES START MAY

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At the Family Resource Centre, we are committed to building people, building families. We offer individual and group family and parenting support services.

**Our Government & Departmental Values are EPPIC!**

Ethical | Professional | Passion | Integrity | Compassionate



*"Wow, I'm so pleasantly surprised at the level of support you provide, you don't know how much your check-in calls help me to make better parenting choice." -Client*

## JOIN OUR WHATSAPP CHANNEL



Join our WhatsApp Channel to stay updated with our monthly parenting sessions, upcoming events, parenting tips and tools and more! ( Scan the QR code)



Family Resource Centre  
Cayman Islands Government

# APRIL TOP PARENT TIPS



Family  
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TOP  
TIPS



## Co-Parenting Tips

1. Retain your emotional power and don't react to poor comments from your co-parent.
2. Respond from a place of control and model healthy communication.
3. Make decisions in the best interest of the children. They deserve to love and be loved by the other parent.



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TOP  
TIPS



## Managing Screentime Tips

1. Have screen-free zones and times for easy management.
2. You and/or your child can create a list of non-screen related activities and keep to refer to when needed.
3. Use media agreements or contracts with older children.

# MARCH HIGHLIGHTS

Honouring Women Month (HWM) features an array of workshops and events designed to raise awareness and foster empowerment and inclusion. This year's theme is #AccelerateAction, which calls for increased momentum in addressing systemic barriers and biases that women face. It is the 2025 theme of International Women's Day, a global event taking place annually on 8 March.



“It speaks to taking decisive steps to achieve gender equality,” says Charmaine Miller, clinical supervisor of the Family Resource Centre, HWM organiser. “We are stressing the urgency in addressing systemic barriers that women face, both in their personal and professional lives. We are shaping some of our workshops and events to address those barriers from an educational perspective.”

Systemic barriers can be multiple layers, whether it's professionally from a healthcare perspective, a social perspective in terms of poverty, or opportunities for employment.

“A woman's experience is far different than a man's, and some of these barriers are what get in the way of achieving gender equality,” says Charmaine. “There are also barriers when it comes to addressing issues impacting women and girls, such as domestic violence – or any form of violence.”

HWM had several signature events, among them the Female-Owned Business Pop Up Market, STEM Girls Camp, an International Women's Day gala and Colour Me Purple 5K Fun Run/Walk.

Proceeds from its fundraising events support the Family Resource Centre's Young Parent Services programme.

# MARCH HIGHLIGHTS



**Colour Me Purple 5K Fun Run/Walk**



**Art of Networking**



**InspireHER Women Inspiring Girls Conference**



**Celebrating Women with HE The Governor**

# THANK YOU TO OUR MAJOR CAMPAIGN SPONSORS

## TITLE SPONSOR



**Ministry of Sustainability & Climate Resiliency and Wellness**

Cayman Islands Government



## PLATINUM SPONSOR



**Ministry of Social Development & Innovation**

Cayman Islands Government

## GOLD SPONSORS



**Gender Affairs Unit**  
Cayman Islands Government



Thu  
May  
1st



### SNAP

#### For Parents of Boys 9-11 years

SNAP® stands for STOP NOW AND PLAN. It is a proven model that teaches children struggling with behavioural problems and their parents how to make better choices “in the moment” and learn how to “keep problems small”

**13 weeks | 5:30-7:30pm | In-person**

Tues  
May  
6th



### Family Transitions

Designed for parents who have been or are going through separation and divorce where there are unresolved conflicts and difficulty communicating effectively. Aimed to support reduction in conflict and work/family balance.

**5 weeks | 5:30-7:30 pm | In-person**

Fri  
May  
9th



### Positive Discipline

A virtual workshop to highlight several parenting strategies researched to be effective, positive strategies that strengthen the parent-child relationship, cooperation and the well-being of the child.

**6 weeks | 12:00 - 1:00 pm | Virtual**

Tues,  
May  
13th



### Parenting Teens

Parents or caregivers who have concerns about their teenager’s level of behavioral problems or simply wish to prevent behavioral problems from developing.

**8 weeks | 5:30 - 7:30 | In-person**

Tues  
May  
13th



### Understanding ADHD Virtual Lunch & Learn

Virtual workshop supporting parents understanding of ADHD and how to support children with a diagnosis.

**4 weeks | 12-1 pm | Zoom**

Wed  
May  
21st



### Pathways

Pathways has been developed as an intensive intervention program, for parents who have difficulty regulating their emotions and as a result are considered at risk of physically or emotionally harming their children. Pathways supports healthy family dynamics.

**5 weeks | 5:30 - 7:30 pm | In-person**

**All services are offered free of charge to parents and caregivers raising children in the Cayman Islands**

FRC@GOV.KY | FRC.GOV.KY | 345-949-0006  
1ST FLOOR, ADONIS HOUSE, 75 FORT STREET, GT

**REGISTER HERE**



# FRC RECOMMENDS COMMUNITY PARTNERS FEATURES

## Top Tips For Little Linguists

Parents - the First  
Responders



[www.life.org.ky](http://www.life.org.ky)

Engage in chat with your child every day. First pause and observe what interests them. Wait for them to start an interaction (serve) and then respond (return) adding to the conversation.



Dog!

The dog is wagging its tail.



### LUNCH & LEARN PRESENTATION

Detecting & Preventing Sexual Grooming  
in the Cayman Islands: A Call to Action



# FRC RECOMMENDS THE COUNSELLING CENTRE



## First Support Group: Frontline Intervention Resource Support Treatment (FIRST)

### Why FIRST:

The FIRST programme is designed for First Responders & Frontline Uniformed Officers to allow quick access to treatment and peer support. First Responders & Frontline Uniformed Officers are regularly exposed to stressful work conditions and primary and secondary trauma that can potentially lead to mental health manifestation such as PTSD, Depression, Anxiety, Adjunct Disorder, and Toxic Stress.

### FIRST Programme Overview:

FIRST is a small group that emphasizes exploratory processing, basic mental health insight and emotional regulation skills. FIRST will focus on processing which means this is a confidential and safe space to share and explore ongoing feelings and concerns. In addition, participants will learn techniques to manage emotional stressors and/or behavior challenges. Participants will gain deeper insights into mental health symptoms and have access to both peer and professional support. Participants will learn insights from guest speakers, in addition to other treatment programmes designed to manage trauma, stress and emotional dysregulation.

### Group Member Criteria:

To ensure the group's effectiveness and safety:

Participants must be a First Responder &/or a Frontline Uniformed Officer.

First Responders & Frontline Uniformed Officers experiencing mild to moderate mental health challenges such as stress, anxiety, depression, low self-esteem, or difficulty with relationships are suitable.



## Blog : Managing Anger & Introducing PATHWAYS

ANGER IS A MISUNDERSTOOD EMOTION. THE FEELING ITSELF IS USEFUL AS IT IS AN ALARM TO US THAT SOMETHING ISN'T RIGHT. LIKE MOST UNPLEASANT EMOTIONS, ITS HOW WE USE IT THAT'S IMPORTANT. WE MUST CALM OUR NERVOUS SYSTEMS AND RESPOND. REMEMBER, ALL EMOTIONS ARE OK BUT NOT ALL BEHAVIOURS. HERE ARE SOME METHODS TO HELP:

- 1) **IDENTIFY THE TRIGGER**- WHAT SITUATIONS OR PEOPLE TEND TO MAKE YOU ANGRY ONCE YOU FIND THEM YOU CAN WORK ON WAYS ON HOW TO AVOID THEM OR A PLAN ON HOW TO COPE DURING THOSE TIMES.
- 2) **TAKE A BREAK**- WHEN YOU FEEL YOURSELF GETTING ANGRY TAKE A FEW MINUTES TO STEP AWAY FROM THE SITUATION TO CALM YOURSELF BEFORE YOU MAKE A BAD DECISION YOU'LL REGRET.
- 3) **COUNT TO TEN**- USE THIS ANGER MANAGEMENT TECHNIQUE THAT CAN HELP YOU CALM DOWN AND START TO THINK MORE CLEARLY OR AN ALTERNATIVE ONE THAT WORKS BEST FOR YOU. DEEP BREATHS AND DRINKING WATER ARE ALSO IDEAL.



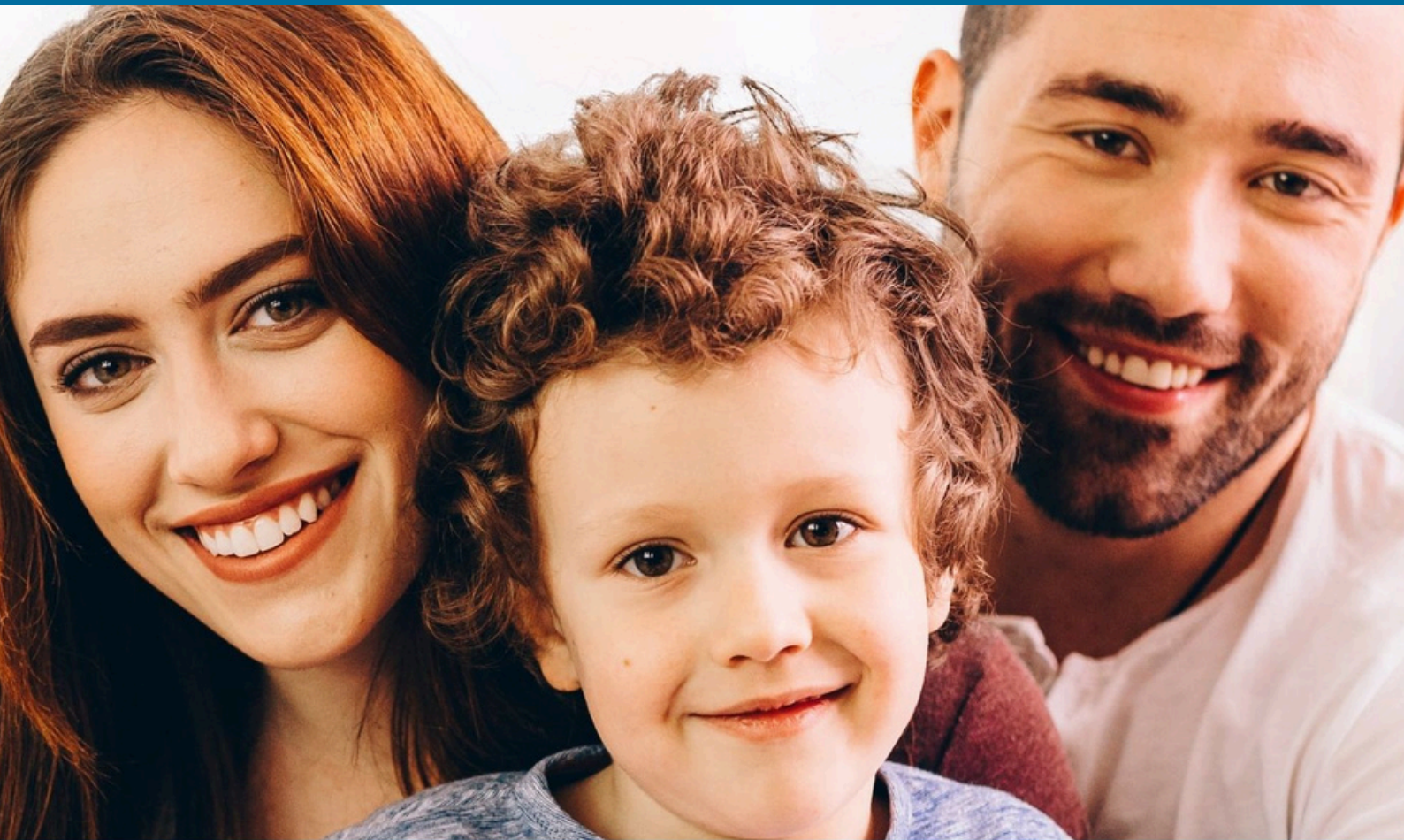
- 4) **WRITE IT DOWN**- WRITE DOWN HOW YOU ARE FEELING AND LET YOURSELF VENT. PROBLEM SOLVING CAN USUALLY OCCUR DURING THIS PROCESS OR AT LEAST RELIEF.
- 5) **EXERCISE**- YOU CAN EXERCISE TO FEEL A RELIEF MENTALLY AND PHYSICALLY FROM YOUR FEELINGS. THIS IS A GOOD REGULAR PRACTICE TO MANAGE STRESS AND DIFFICULT FEELINGS.
- 6) **SEEK PROFESSIONAL HELP**- IF YOU FIND IT HARD TO MANAGE ON YOUR OWN, ACCESSING PROFESSIONAL SERVICES IS IMPORTANT. THERE ARE MANY WAYS INCLUDING A NEW PROGRAMME FRC IS OFFERING AS OF MAY 2025, PATHWAYS.

INTRODUCING PATHWAYS, A PROGRAMME FOR PARENTS FINDING IT CHALLENGING BREAKING OUT OF COMMON PARENT TRAPS, ESPECIALLY WITH AGGRESSION AND ANGER.

WEDNESDAYS STARTING MAY 21<sup>ST</sup> | 5 WEEKS | 5:30 - 7:30 PM | IN-PERSON

CONTACT [FRC@GOV.KY](mailto:FRC@GOV.KY) FOR MORE INFORMATION





## FAQs

### WHY SHOULD I CONSIDER PARENT SESSIONS?

Because children don't come with instructions. Luckily, we have information and strategies backed by decades of research and evidence to help support you and your family.

### AM I ADMITTING I'M A BAD PARENT COMING TO FRC?

You're admitting you're a parent who cares about your family and wants to see your quality of life improve. Any negative views are an unfortunate misconception of supportive services.



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Cayman Islands Government

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### WHAT WILL I GET OUT OF PARENTING SESSIONS?

A parent practitioner who cares about you and your family, supporting you to thrive and reach the parenting goals you want. If you access a group, you also gain great insight into other parents experiencing the same issues and peer support.

### DO PARENTING SESSIONS ACTUALLY WORK?

Not only is our work backed by research and evidence, we have years of high evaluations and testimonials from parents who put our strategies into practice and report having a happier and healthier family life.

## Family Resource Centre

Building People. Building Families.

Register for our family and parenting supportive services and information.

### HOW CAN I MAKE THE TIME AS A BUSY PARENT?

We work with you and your schedule, including meeting during lunch times, before or after work and provide telehealth services as needed. We highly recommend investing in you and your family now - it will make a difference later. In as little as 6-8 sessions, you can see huge results.



**REGISTER**