

FAMILY RESOURCE CENTRE NEWSLETTER



Family Resource Centre
Cayman Islands Government



MARCH CELEBRATE, EMPOWER #ACCELERATEACTION

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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 choices." -Client



Honouring Women Month March 2025

2

First Assembly Church Service
10:30 AM

4-25

Radio Discussion Series
#AccelerateAction Talk Today
Every Tuesday 12:15 PM

7

Dress for a Cause Government Administration Building
9:15AM

8

International Women's Day
Celebrating Women Under the Stars
Kimpton Seafire Resort & Spa Beach Deck | 5:30PM

Thank you to our Sponsors

15

Girls Code in partnership with Code Cayman
Registration Required

Female-Owned Business Pop-Up Market
Camana Bay The Paseo | 10AM

Women and their Wheels: A Car Care Workshop Superior Auto
10AM - 1PM

Diversity, Equity & Inclusion Workshop Series
Led by Desiree Phillips, Psychotherapist & Equity Consultant

23

Can You See Me Now?: The Hidden Trauma of Oppression Trauma Informed Practice for Clinicians, Social Workers & Educators
9AM-12PM

24

Re-imagining Self-Care
3:00-5:00PM

25

Breaking Through Barriers: Professional Action Planning for Women Entering the Workforce
9AM-11:30AM

26

Unconscious Bias Training
3:00-5:30PM

27

Breaking Through Barriers: Professional Action Planning for Experienced Professional Women
9AM - 11:30AM

28

Actioning Gender Equality: The Importance of Male Allyship
3:00-5:30PM

27

Breaking Through Barriers: Professional Action Planning for Women in Leadership
9AM - 11:30PM

28

Equitable Policies and Procedures: A Troubleshooting Session for Policy Professionals
9AM-3PM

20

Women Who Rock Bingo Night
Saltys | 7PM

21

Art of Networking Social Hour
5:30 - 7:30PM

28

Female Farmers & Artisan Market in Partnership with the Gender Affairs Unit
11AM-5PM
Class House Lawn

22

InspireHER: Women Inspiring Girls Conference
Teens 13-18
9AM-12PM

22

Baby Supply Drive
Fosters Camana Bay
9AM- 3PM

22

Women and their Wheels: A Car Care Workshop
Superior Auto
10AM - 1PM

23

Colour Me Purple 5K WALK/RUN
Public Beach
6:30AM

28

Sip and Paint for Passion and Purpose Goodness
| 5:30PM



REGISTER NOW

WE'VE CURATED A DIVERSE CALENDAR OF EVENTS FOR HONOURING WOMEN MONTH (HWM), THAT AIMS TO CELEBRATE, EMPOWER AND INSPIRE US ALL TO #ACCELERATEACTION. THIS YEAR MARKS THE 26TH ANNIVERSARY OF HWM, A MONTH-LONG CAMPAIGN DEDICATED TO CELEBRATING WOMEN'S ACHIEVEMENTS AND ADDRESSING GENDER-SPECIFIC ISSUES. THE 2025 INTERNATIONAL WOMEN'S DAY THEME, #ACCELERATEACTION, EMPHASIZES THE URGENT NEED FOR TANGIBLE PROGRESS TOWARDS GENDER EQUALITY, DISMANTLING SYSTEMIC BARRIERS AND BIASES THAT WOMEN FACE IN ALL ASPECTS OF THEIR LIVES. THROUGHOUT MARCH, THE FAMILY RESOURCE CENTRE (FRC) HOSTS EVENTS REFLECTING THE ANNUAL THEME. SIGNATURE EVENTS.

EVENTS, SPECIFICALLY FOR GIRLS INCLUDE THE INSPIREHER CONFERENCE:



Join Us for a Special Action-Packed Morning

InspireHER:

Women Inspiring Girls Conference

2ND ANNUAL!

Calling all female students 13-18 years old to participate in our ACTION STATIONS! Connect & learn from female professionals working in entrepreneurship, media, finance, engineering, and the environment.

An empowering conference for girls to learn about real-world experiences, gain practical advice, and build a network of support. You don't want to miss it!

FREE EVENT | REFRESHMENTS PROVIDED | LOTS OF FUN GIVEAWAYS

SATURDAY MARCH 22ND, 9AM TO 12PM

THE INTERGENERATIONAL HUB

131 MACLENDON DRIVE, GEORGE TOWN

Register here



or email

HWM@GOV.KY



WE'RE ALSO ALL ABOUT EDUCATING AND ELEVATING OUR WOMEN WITH EVENTS LIKE OUR WOMEN AND THEIR WHEELS, AS WELL AS OUR DEI WORKSHOPS, WHICH ARE DESIGNED FOR PROFESSIONALS, POLICY MAKERS AND A SPECIAL SESSION FOR MALE ALLYSHIP.



Family Resource Centre
Cayman Islands Government



Gender Affairs Unit
Cayman Islands Government

WOMEN & THEIR WHEELS

A CAR CARE WORKSHOP BY



2 DAYS ONLY
MARCH 15TH | MARCH 22ND
10 AM - 1 PM
SUPERIOR AUTO | 14 SHERWOOD DR



Family
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Cayman Islands Government

Honouring Women Month

Diversity, Equity and Inclusion Workshop Series

led by Psychotherapist & Equity Consultant, Desiree Phillips



Breaking Through Barriers: Professional Action Planning for Women Entering the Workforce

Examine the unique barriers that young women encounter as they enter the workforce as a new professional in order and create actionable plans to overcome such obstacles.

Mar 25 | 9-11:30 AM



Breaking Through Barriers: Professional Action Planning for Experienced Professional Women

Participants will examine how the barriers that unfold impact advancement in the workplace and equip with plans to empower them in their career ambitions.

Mar 26 | 9-11:30 AM



Breaking Through Barriers: Professional Action Planning for Women in Leadership

Barriers that continue to impede female leaders within the professional landscape, will be reviewed along with methods of successful navigation of these in leadership context.

Mar 27 | 9 - 11:30 AM



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Honouring Women Month

Diversity, Equity and Inclusion Workshop Series

led by Psychotherapist & Equity Consultant, Desiree Phillips



Re-Imagining Self-Care

Discover more inclusive understanding of self-care that are more realistic and effective in cultivating overall wellbeing.

Mar 24 | 3- 5PM



Unconscious Bias Training

Reflect on your own biases, examining the impacts of bias on daily interactions and long term implications of bias at various levels. Become equipped with the tools to effectively challenge bias in practice.

Mar 25 | 3- 5:30PM



Actioning Gender Equality: The Importance of Male Allyship

Explore the unique role that men play in disrupting gender inequality and fostering more inclusive and equitable spaces. With the opportunity to discuss what male allyship looks like and how to take actionable steps to mitigate the impacts of sexism.

Mar 26 | 3 - 5:30PM



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Honouring Women Month

Diversity, Equity and Inclusion Workshop Series

led by Psychotherapist & Equity Consultant, Desiree Phillips



Can You See Me Now? The Hidden Trauma of Oppression

Trauma Informed Practice for Clinicians, Social Workers & Educators. Explore the traumatic impact of oppression, including the ways trauma may manifest and be misinterpreted.

Mar 24 | 9AM-12PM



Equitable Policies & Procedures: A Trouble Shooting Session

A practical session for policy makers discussing useful strategies and tips for shaping, introducing and implementing equitable policies within private and public organisations. Professional input provided on drafted policies and procedures.

Mar 24 | 3PM - 5PM

Honouring Women Month

HWM Pop Up Market

Supporting Small Female-Owned Businesses



MARCH 15TH | 10 AM - 3PM | THE PASEO, CAMANA BAY
949-0006 | IWD@GOV.KY

We also offer easy ways to support local business including female small owned businesses at the Pop-Up Market as well as the Farmers & Artisan Market



Family Resource Centre
Cayman Islands Government



#AccelerateAction

Don't miss out and celebrate with us this month!



Thank you to our Sponsors

IN ORDER TO PROVIDE A SUCCESSFUL CAMPAIGN, WE ARE SUPPORTED BY CORPORATE SPONSORS INCLUDING:

♥ TITLE SPONSOR: MINISTRY OF SUSTAINABILITY & CLIMATE RESILIENCY AND WELLNESS

♥ PLATINUM SPONSOR: MINISTRY OF SOCIAL DEVELOPMENT & INNOVATION

♥ GOLD SPONSORS: DAVENPORT DEVELOPMENT, BAF INSURANCE, DART, MAPLES GROUP, GENDER AFFAIRS UNIT, WATER AUTHORITY CAYMAN, VAMPT MOTORS, CUC

♥ SILVER SPONSORS: CAYMAN NATIONAL AND PEPSI

THANK YOU TO OUR SPONSORS, COMMUNITY PARTNERS, DEPARTMENT AND EVERYONE FOR YOUR CONTINUED SUPPORT, PARTICIPATION AND EFFORTS TOWARDS A GENDER-EQUAL COMMUNITY. WE LOOK MOST FORWARD TO CELEBRATING ALONGSIDE YOU!



Ministry of Sustainability & Climate Resiliency and Wellness

Cayman Islands Government



Ministry of Social Development & Innovation

Cayman Islands Government



BAF INSURANCE COMPANY (CAYMAN) LTD.



Gender Affairs Unit
Cayman Islands Government



VAMPT MOTORS



FRC RECOMMENDS COMMUNITY PARTNERS FEATURES

Top Tips For Little Linguists

Each month, we recommend top parenting resources.

In partnership with Literacy Is For Everyone (LIFE), we will feature, a TOP TIP for LITTLE LINGUISTS each month and we encourage parents to connect with LIFE as reading, talking, relationship building are all part of language development and of course, strong parent-child relationships and healthy family life.

Reading storybooks with your Little One builds early literacy skills, cognition, strengthens neural pathways, improves attention skills and social emotional learning and increases vocabulary.

Just think - before the age of 5, children from language rich homes accumulate over 1.4 million words during storybook reading compared to children who are never read to.

STORYTIME IS A CRUCIAL PART OF EARLY CHILDHOOD DEVELOPMENT, HELPING YOUNG CHILDREN BUILD VOCABULARY, COMPREHENSION AND COMMUNICATION SKILLS. BY MAKING READING AN INTERACTIVE AND ENGAGING DAILY EXPERIENCE, PARENTS AND CAREGIVERS CAN SUPPORT LANGUAGE GROWTH IN A FUN AND MEANINGFUL WAY.

1. CHOOSE AGE-APPROPRIATE BOOKS

FOR TODDLERS AND PRESCHOOLERS, SELECT BOOKS WITH: SIMPLE, REPETITIVE LANGUAGE (E.G., BROWN BEAR, BROWN BEAR, WHAT DO YOU SEE?) BRIGHT, SIMPLE AND ENGAGING ILLUSTRATIONS RHYME AND RHYTHM TO PROMOTE PHONEMIC AWARENESS INTERACTIVE ELEMENTS LIKE LIFT-THE-FLAP OR TOUCH-AND-FEEL TEXTURES.

2. ENCOURAGE PARTICIPATION THROUGH REPETITION

IT MAY SEEM TORTUROUS TO YOU, BUT YOUNG CHILDREN THRIVE ON REPETITION! READ FAVOURITE BOOKS REPEATEDLY (AND BRING YOUR BEST PERFORMANCE EVERY TIME). PAUSE TO LET THEM FILL IN FAMILIAR WORDS AND PHRASES OR JOIN IN REFRAINS. REPEATING WORDS AND SOUNDS STRENGTHENS EARLY LANGUAGE SKILLS AND REINFORCES NEURAL CONNECTIONS.

CHECK IT OUT

THERE ARE OTHER LITERARY-BASED COMMUNITY INITIATIVES THIS MONTH

Love of PICTURE BOOKS

Presented by Virginia Foster, retired educator, librarian, and CNFC Education Officer featuring titles from her personal collection.

A FREE event for Older Persons 65+

MARCH THEME CAYMAN HERITAGE

Read alone or with volunteers exploring different titles depending on interests. A lively group discussion promotes socialization, stimulates the mind, and allows persons to share their love for reading or other hobbies.



"We read to know we are not alone." - C.S. Lewis



Wednesday 19 March 2025, 10am - 12 noon



Light refreshments will be provided

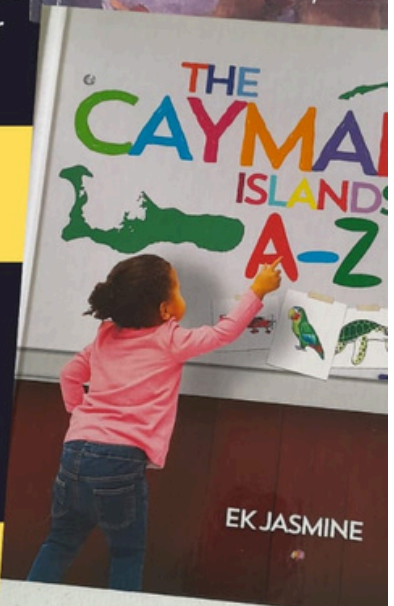
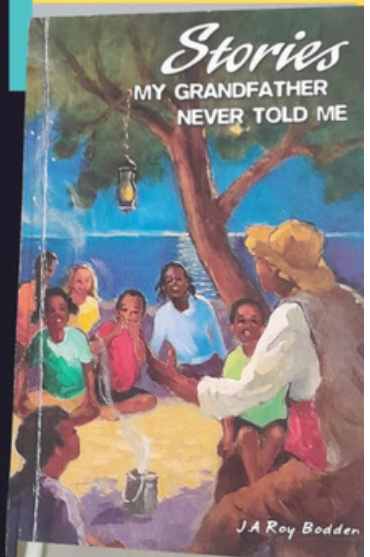


Intergenerational Hub, 131 MacLendon Drive, GT



info.yso@gov.ky 1 345 943 1127

Reserve early. Spaces Limited



CHECK IT OUT

THERE ARE OTHER LITERARY-BASED COMMUNITY INITIATIVES THIS MONTH



FRIDAY 14 MARCH 2025, 10:00AM-11:00AM
AND FIRST FRIDAYS FROM MARCH THROUGH JUNE

EAST END INTERGENERATIONAL COTTAGE
147 AUSTIN CONOLLY DRIVE



STORIES IN ART

- Free story book reading and art workshop themed around local authors and artists.
- For children aged 5 and under.
- Explore shapes, colours, and subjects to support early development.

Hosted at the East End Intergenerational Cottage, courtesy of the Ministry of Youth, Sports and Heritage.

*Children must be accompanied by an adult



education@nationalgallery.org.ky
345- 945-8111



Blog

A Call to #AccelerateAction as a Volunteer

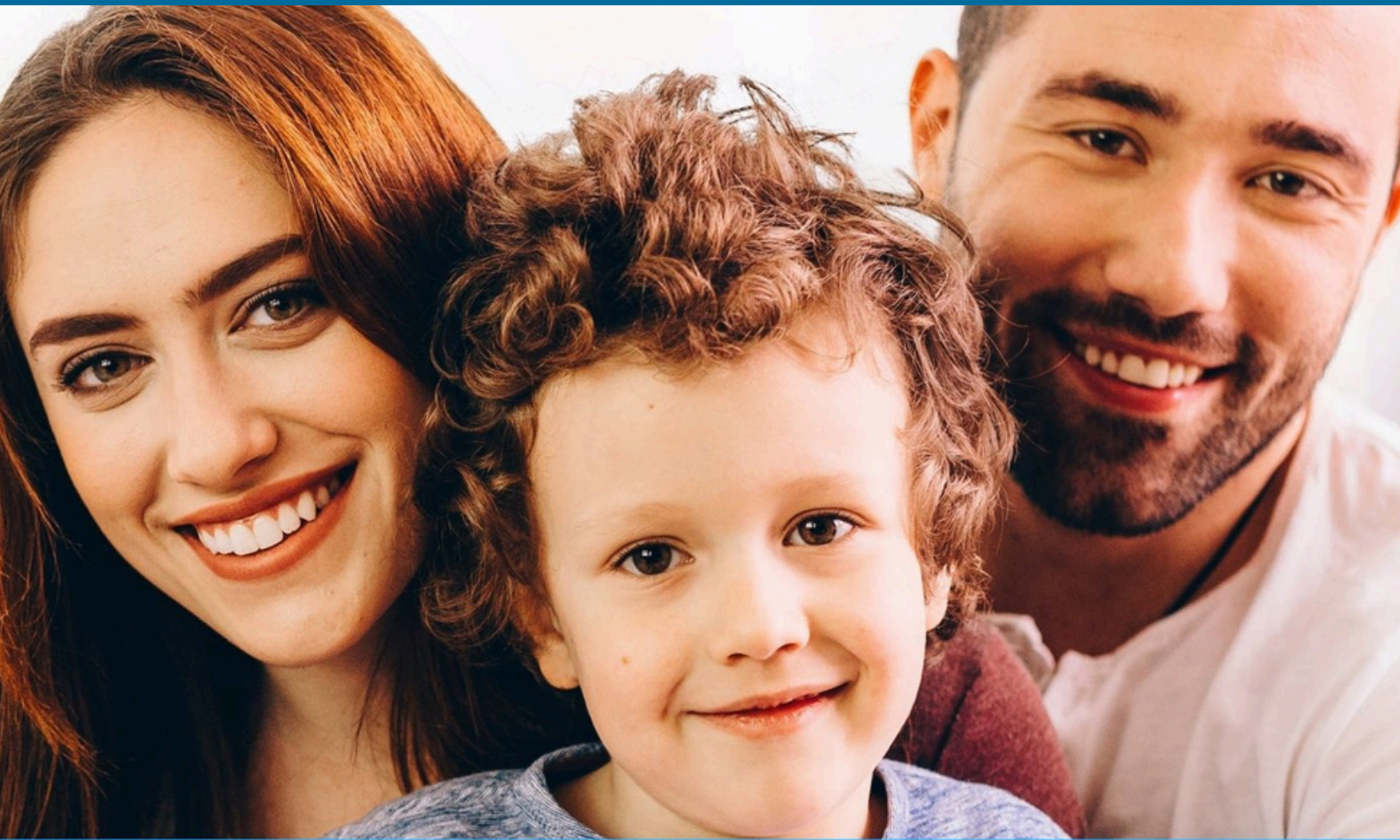
FOR HONOURING WOMEN MONTH, WE'RE NOT JUST MARKING DATES ON A CALENDAR. WE'RE IGNITING A MOVEMENT. WE'RE BUILDING A COMMUNITY OF ALLIES, A FORCE FOR CHANGE, AND WE NEED YOU! WITH THIS YEAR'S THEME BEING #ACCELERATEACTION, WE EACH HAVE TO BE ABOUT ACTIVE PARTICIPATION. PART OF THIS MEANS LENDING OUR SKILLS, AND INVESTING OUR HEART IN A CAUSE THAT MATTERS DEEPLY.



THROUGHOUT MARCH, THE FRC HOSTS EVENTS REFLECTING THE ANNUAL THEME. SIGNATURE EVENTS INCLUDE THE INSPIREHER GIRLS CONFERENCE, A FEMALE-OWNED BUSINESS POP-UP MARKET, A STEM GIRLS CAMP, DIVERSITY, EQUITY, AND INCLUSION WORKSHOPS, AND THE COLOUR ME PURPLE 5K WALK/RUN. OUR DIVERSE CALENDAR AIMS TO CELEBRATE, EMPOWER AND INSPIRE GIRLS AND WOMEN, CREATE SAFE SPACES FOR ALL PERSONS TO DIALOGUE ON GENDER-BASED ISSUES, AND AIM FOR ACCELERATED PROGRESS AND AS A FUNDRAISING INITIATIVE FOR OUR YOUNG PARENT SERVICES (YPS). YPS CATERS TO YOUNG MOTHERS IN NEED OF SUPPORT AND RESOURCES FOR THE WELLBEING OF THEIR INDIVIDUAL FAMILIES AND COMMUNITY AS A WHOLE.

WE'RE SEEKING VOLUNTEERS WITH PASSION, ENERGY, AND A COMMITMENT TO GENDER EQUALITY. WE WANT MEN AND WOMEN WHO WANT TO ENGAGE WITH OUR COMMUNITY, SUPPORT WITH EVENT TASKS AND ENCOURAGE MEMBERS OF THE PUBLIC TO BE A PART OF OUR CAMPAIGN INITIATIVES. WE UNDERSTAND TIME CAN BE LIMITED AND HAVE BROKEN DOWN OUR VOLUNTEER OPPORTUNITIES INTO SHORT INCREMENTS, BASED ON INTEREST AND AVAILABILITY. IF YOU OR SOMEONE YOU KNOW WOULD LOVE THIS OPPORTUNITY, PLEASE REGISTER AND FURTHER DETAILS ON EXPECTATIONS WILL BE PROVIDED TO YOU, BASED ON YOUR CHOSEN EVENT: [HTTPS://WWW.SURVEYMONKEY.COM/R/926M3D3](https://www.surveymonkey.com/r/926m3d3)

WE ENCOURAGE YOU TO CONTINUE CELEBRATING WITH US AT MANY OF OUR INITIATIVES. SIMPLY SPREADING THE WORD BY SHARING THE ATTACHED CALENDAR OR FOLLOWING AND SHARING OUR SOCIAL MEDIA, ARE INVALUABLE WAYS OF SUPPORTING THIS MEANINGFUL CAUSE ALSO.



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.

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.

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.



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949-0006 | frc@gov.ky | frc.gov.ky

Family Resource Centre

Building People. Building Families.

Register for our family and parenting supportive services and information.

REGISTER