Remember: *"You are braver than you believe, smarter than you seem, and stronger than you think." ~Winnie the Pooh*

Parent Empowerment Group News

We are changing the name of our groups! "Support" can have a negative connotation as if those attending are lacking in some way. I had not considered this until someone mentioned it to me, but I agree our group is not trying to support parents, as if they cannot stand alone. The parents who attend the groups are courageous, independent, proactive parents who are seeking comrades who are also strong and fearless; who face their challenges. They are eager for knowledge and are capable of making pertinent decisions for their families.

Our Parent **Empowerment** Group will meet at the Olean YMCA on Friday, June 29th at 6PM at the Olean YMCA. We will have a pizza supper. You may bring a dish to pass if you wish. Donations for pizza are always appreciated, but not necessary.

I will try to get childcare, but may not be successful. Be prepared to attend to your children if you bring them. They are welcome if it works for you.

We will be previewing the *Love and Logic* parenting course. It is a program which emphasizes building positive relationships within your family, setting reasonable limits and providing multiple opportunities for kids to learn from their mistakes.

Machias Parent Support Group has changed times to **6:15-7:45PM.** They will be offering *Love and Logic* Parenting classes once a month at the Parent Empowerment Group at King Memorial Library in Machias starting June 11th. They meet the second Monday of each month.

Randolph Parent Empowerment group continues to meet at Randolph Free Library the third Tuesday of each month at 6-7:30PM. They will also be previewing the *Love and Logic* parenting class at their June 19th meeting.

Also please look at flyers attached:

Housing Options Made Easy groups

Love and Logic flyer for class in Machias

Community Drum Circles, there are 2 more in Olean and 1 in Napoli (near Randolph, but address is Little Valley). Then Drum Circles are done.

Camp Get-a-Way, a family camp experience geared toward families raising kids with social, emotional, behavioral, and/or developmental challenges.

Summer Respite for Moms, Moms must be at least 25 years old and low income. Last year we transported a Mom as far as Buffalo and she got shuttle from retreat center. She had a wonderful time! Slots fill fast, let us know if you are interested.

Enjoy Summer!

Jean Knapp, Family Peer Support Supervisor

jknapp@rehabcenter.org, 716-790-9277

Camp Get-A-Way

Camp Get-A-Way is moving!

Beginning August 2018 our new location will be:

4-H Camp Bristol Hills
4437 Kear Rd.
Canandaigua, NY 14424

Check out the website:

www.4-hcampbristolhills.org

Camp Dates for 2018: Session 1: Aug 19-23 Session 2: Aug 25-28

For more information call: **585-350-9482** or visit www.CGAW.org

Newer Cabins, Swimming pool, Rope course, Beautiful hiking trails and lots more.

Summer Respite for Moms

July 26 - 28, 2018

Moms must be low income and at least 25 years old.

Would you like to get away for a few days to a safe and peaceful place along the Niagara River where you can meet other women raising their families? The Women's Respite Program provides such a time every summer. Maybe this summer is the right time for you. Fill out an application by **July 11, 2018**.

Who is eligible: Moms who are in need of a few days of rest and renewal away from their hectic lives. Marital status does not matter, but you must be at least 25 years old and have a low income to apply. You will need to find your own childcare while you are attending the Program.

Where: The Center of Renewal on the Stella Niagara Campus, north of Niagara Falls.

What to expect: The Women's Respite Program provides a modest private room, all meals, linens, plus great recreational activities that are all optional. We may even be able to help with transportation.

Cost: No fee, but we request a $20 donation at the time of the program.

To apply: Mom fills out 2-page application and 1-page health form. Agency rep or social worker fills out 1-page referral form.

To obtain the forms, call **716/893-0931** or go to our website: womensrespite.org

Mail your application by **July 11, 2018** to 1301 Ferry Ave ■ Niagara Falls, NY 14301.

Or send electronically to womensrespite@yahoo.com

WOMEN'S RESPITE PROGRAM

Restoring Hopes
Refreshing Bodies
Renewing Spirits

Love and Logic®

SPONSORED BY

The ReHabilitation Center

Family Peer Support Services

The ReHabilitation Center's Family Peer Support Services Program

Presents

Parenting the Love and Logic Way®

Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

CLASS DATES

Starts Tuesday, June 11th

Classes will be held the second Tuesday of every month through December

6:15pm-7:45pm

LOCATION

Machias Memorial Library

9538 Main St, Machias, NY 14101

ABOUT LOVE AND LOGIC®

Participants will learn how to put an end to arguing, back talk and begging. Love and Logic® teaches how to set limits without waging war while avoiding power struggles along the way.

Parents will also learn to teach responsibility without losing their child's love while guiding them to solve their own problems.

The Love and Logic® approach is easy to use, raises responsible kids and changes lives.

COST: FREE

Seats are limited and registration is required.

REGISTER

By calling or texting information to:

716-403-9559 or

kcayton@rehabcenter.org

JOIN US FOR COMMUNITY

DRUM CIRCLES

Saturday, June 16th | 4pm

United Methodist Church

10087 Rt. 242 Little Valley, NY, 14755

Open to families & children of all ages. Free of charge!

DRUMMING BENEFITS:

- Encourages Creativity
- Increases Relaxation
- Increases Concentration & Focus
- Releases Negative Feelings
- Proven to increase concentration and higher academic performance in middle school boys with attention deficit disorder with 20 minutes of daily drumming.

Bring a friend, family member, or join us on your own!

The Drum Circles are sponsored by the Family Peer Support Services' Parent Support Group and are funded through The Rehabilitation Foundation on behalf of a Roger Hennig Memorial Arts Enrichment Award.

Local drum circle leader, Faith Tanner-Thrush, whose Native American name is *She Who Hugs A Lot*, will facilitate the drumming.
For Questions or More Information: jknapp@rehabcenter.org | 716-790-9277

JOIN US FOR
OLEAN COMMUNITY

DRUM CIRCLES

May 5th | June 9th | July 14th

Good Times of Olean

800 East State Street Olean, NY | 10am

Open to families & children of all ages.
Free of charge!

DRUMMING BENEFITS:

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- Increases Relaxation
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