

PEPS CANADA PRESS

When Parents Connect Children Benefit!

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Welcome to the 9th edition of PEPS Canada

Press! A lot has been happening during the last 6 months. Our community is growing and changing more than ever. This year we welcome new partners in 3 Ontario regions; Ottawa, Toronto and Thunder Bay.

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We wish everyone the best of success in their PEPS activities!

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Save the Children Canada is a leading child-rights organization, working for over 80 years to improve the quality of children's lives through the realization of their rights. Save the Children Canada is a non-political, non-religious organization that provides both emergency relief and long-term development assistance through partnership with local communities, government bodies, and international organizations. Save the Children Canada programs tackle key children's rights issues including health, HIV/AIDS, education, nutrition and food security, gender discrimination, and early childhood development.



The Canadian Association of Family Resource Programs (FRP Canada) is a national, non-profit, bilingual organization that has been providing services to community-based family support organizations for 30 years. With a membership of approximately 500 family-serving organizations, FRP Canada's mandate is to provide innovative leadership to advance social policy, research, resource development and training for those who enhance the capacity of families to raise their children.





Programme de soutien aux parents de jeunes enfants

Le Programme de soutien aux parents de jeunes enfants (PEPS) a pour but d'accroître la capacité qu'ont les parents de soutenir leurs enfants, leurs amis et la collectivité. Il donne aux parents l'occasion de devenir des animateurs, des pairs, des prestataires de soins et des aînés pleins de ressources.

Les parents qui décident d'animer un groupe du PEPS dans leur collectivité reçoivent une formation de qualité et un soutien de suivi qui prend la forme d'un encadrement et de conseils pratiques. Une formation complète leur est offerte en matière de planification, de facilitation, de résolution de conflits et de communication.

De plus, Aide à l'enfance Canada et FRP Canada travaillent à implanter et à soutenir le modèle du PEPS dans plusieurs communautés de l'Ontario. Cette nouvelle étape du projet a pour but d'augmenter la connaissance, les compétences, les capacités et l'inclusion des parents de la province grâce à un accès plus large au programme.

Le PEPS n'est pas un programme mené par des experts ni un cours sur l'art d'être parent reposant sur un programme d'études. Il n'entend pas non plus servir de thérapie, fournir des orientations ou réaliser des interventions. Les groupes du PEPS reconnaissent la sagesse des parents et de la collectivité et sont convaincus que le partage et le soutien amènent les parents à prendre conscience de leurs propres forces et à avoir confiance en eux-mêmes, ce qui conduit à des familles en santé. C'est la clé de leur succès.

Program Updates



PEPS Ontario is entering its second year of programming. Save the Children Canada, in partnership with The Canadian Association of Family Resource

Programs has developed 3 PEPS networks in Ottawa, Toronto and Thunder Bay. The regions are at various stages in their PEPS programming and are excited about using the PEPS approach to working with parents to break feelings of isolation and to discuss the challenges and highlights of parenting. Each region is coordinated by a part-time PEPS Coordinator.



In **Ottawa**, 4 community groups have been trained and are hosting PEPS.

Centretown Community Health Centre has been

running a weekly PEPS group for newcomers. PEPS was not only an excellent source of information and support for parents, but also an opportunity for new immigrant families to practice speaking English. The Centretown PEPS group was also proud to have a father participate on a regular basis.

Pinecrest-Queensway Health and Community Services, through their "Circle of Support Program", has been able to offer 2 PEPS groups, one for Arabic speaking women, and another for Somali women. Each group is facilitated in the native language of the group participants.

The Somali Centre for Family Services is preparing for its first PEPS group session to be held in February. 10 participants are registered so far but the coordinators are looking for a location to host the weekly sessions.

Sandy Hill Community Health Centre will also be starting up PEPS in February, out of their 88 Main Street satellite location.



Last fall (2005) in **Thunder Bay**, 7 community agencies were trained in the PEPS approach:

Dilico Ojibway Child and Family Services;
 Dilico Adult Residential Treatment Center;
 Thunder Bay Metis Centre;
 CAPC/CPNP Programs;
 Namaygoosisagagun Ojibways Development Corporation;
 Anishnawbe Mushkiki Aboriginal Community Health Centre;
 Communities Together for Children/Ontario Early Years Centre

Coordination is underway to identify parents and community workers interested in being trained as facilitators of PEPS groups. The Thunder Bay network is currently without a Coordinator. Interested people or agencies can contact Save the Children Canada or FRP Canada for more information about the part-time position.



Toronto has had a PEPS re-birth! A training took place in November 2005, to bring community agencies together to learn about

the PEPS approach and its potential as a program for parents in their communities. PEPS will soon be hosted by **LAMP** in South Toronto, with 3 PEPS groups anticipated; one for newcomers to Canada, one for grandparents, and one for parents of children with special needs. An **Early Years Centre** will also be implementing PEPS for parents who attend the centre on a regular basis. In **Central Etobicoke**, 2 new PEPS groups have been proposed for parents of school-aged children. One group will be running during the day for 'stay at home moms', the other will cater to the schedules of 'working moms'. PEPS will be offered as a continuation of the Nobody's Perfect Program at this site.



The Odawa Native Friendship Centre in Ottawa continues to support a successful PEPS supper club program, after 4 years of regular programming.

PEPS is well attended by returning families and welcomes new families. PEPS at Odawa works closely with the Healthy Babies Program. For more information please contact Coleen Sauvé at (613) 722-3811.

New Resources



Building Blocks Program for Early Parent Support—PEPS

Train-the-Trainer Manual has been

developed for new communities interested in developing PEPS networks and conducting Master Trainer Workshops. The training is geared towards training front-line community workers who have strong facilitation and group leadership skills. The training takes place over a 3-day period and has been a successful starting point for the 3 Ontario networks recently established.

Initiative de formation des formateurs

Le programme de formation des formateurs du PEPS constitue la clé de voûte de l'initiative de l'Ontario. Une équipe des praticiens de la communauté afin qu'ils puissent trouver et former des parents aptes à animer les groupes locaux du PEPS. En repérant de nouveaux formateurs dans trois différentes régions de l'Ontario et en fournissant un appui aux groupes au fur et à mesure qu'ils s'établissent, le projet renforce l'autonomie régionale. L'objectif visé est d'accroître l'accessibilité - tant géographique que culturelle - des groupes du PEPS. Les formateurs sont choisis non seulement pour leur expérience et leurs compétences en animation, mais aussi parce qu'ils peuvent promouvoir la diversité et élargir l'accès au programme.



A **PEPS evaluation** was conducted this year with the support of an independent evaluator from the University of Toronto, OISE. The report is available and

shows a comparison of PEPS here in Canada to the original PEPS Program in Seattle (King County) Washington. A big thumbs up for PEPS as a participatory support program for parents that breaks feelings of isolation and can be attributed to child abuse prevention.



**When there is light in the child,
there will be beauty in the soul
When there is beauty in the soul,
there will be harmony in the home
When there is harmony in the home,
there will be order in the nation
When there is order in the nation,
there will be peace in the world.**

Adapted from a Chinese proverb



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