

Family Services à la famille Ottawa

Newsletter

HOLIDAY-WINTER

2007/2008

Message from the Executive Director

One quiet moment

We're coming to the end of a frightfully busy Fall and about to enter the holiday season. It seems more important than ever to pause and attend to ourselves and our families over the coming weeks. I worry that the speed of our lives keeps increasing. There's even a new term to describe this; 'hurrying syndrome'; individuals living their lives at breakneck speed and suffering all sorts of physical and emotional ills as a result. This describes far too many of my friends and colleagues, it seems to be an epidemic that's out of control, driven by the speed and power of technology, unreasonable work and family expectations, and exhausting travel times. We need to regain some sense of control over our lives. 'One quiet moment' is my suggestion; taking a small break sometime during our day to simply sit and stare. The fact that most people will be concerned about your health and welfare as we simply sit is indicative of how busy we have actually become. Just tell them you're taking your moment and suggest they take theirs. I hope you can take many such moments this winter.

Juke Box Mania 2007

Our 5th Annual Juke Box Mania was held on Friday October 19, 2007. The event was a great success with over 550 participants and \$24,000 raised for Family Services à la famille Ottawa. We would like to thank all those who participated and our many volunteers. We would like to express our appreciation to the sponsors of Juke Box Mania 2007.

The Ottawa Citizen; The Bear; A Channel; PJ Doherty & Associates; Rocketman Graphics; COGNOS; Preston Hardware; Grace O'Malleys; Arteeno Entertainment; Calian; Metafore; Casa Nicastro Deli; Podium Audio/Visual; Ottawa Police Services; Money Mart; Western Union; Headshots & JMA Associates; Springboard Promotions; Starbucks (Preston); Winners; Canada Science & Technology Museum Corporation

Saunders Farm; Collected Works Bookstore; Cosmic Adventures; Canadian War Museum; Fun Junction; Great Canadian Theatre Company; Ottawa Jazz Festival; Ottawa Professional Therapy Centre; Ottawa Folklore Centre; Trattoria Caffe Italia; Carling Motors; National Arts Centre; The Coates Agency; Bell; Walmart; Sleemans; The Rock & Roll Hall of Fame; Bleekers Stereo & TV; Agave Grill; Juniper; The Foolish Chicken; Canvas Resto; Glebe Fitness; Petit Bills Bistro; Wrigleys Canada; Glebe Chiropractic Clinic; Wild Birds Unlimited; St. John's Music; Vorlage; Winds of Change Spa; Seafood Sector; Mount Cascade; Warner Music; The Tea Shoppe; Envirolaser; Compact Music.



St. Anthony's Soccer Club Hall
525 St. Anthony Street

**Come out & enjoy a little singing, humming,
dancing & a lot of music trivia!
Featuring Live & Silent Auction items!**



Tables \$300 (Up to 10 people per team)
Register your team by calling **Stephanie** at 725-3601 Ext. 113



Counselling • Education • Support/Appui

1 Community Place
312 Parkdale Avenue
Ottawa, ON K1Y 4X5
Phone: 613-725-3601
TTY: 613-725-6175
Fax: 613-725-5651
E-mail:

fsoc@familyservicesottawa.org
Website:
www.familyservicesottawa.org

Meeting your Child's Holiday Expectations

The snow is falling; streets are a glow with tiny lights; "Jingle Bells" is playing in every mall; even our coffee cups are decorated for the holidays. Whether celebrating Christmas, Chanukah or the spirit of the season—this time of year can be stressful. The pressure to have the perfect holiday looms over many. Worries over getting the right gifts, finances and family "get togethers", coupled with the extra work that the holidays bring, can be challenging. For many parents meeting the expectations of their children heightens this stress. Children of all ages are bombarded by commercials, catalogues and flyers, all showcasing the 'must haves' of the season. How can you meet your child's wishes and avoid over extending yourself emotionally and financially? Here are some tips which may help:

Make a Plan & Set a Budget—This will enable you to set your priorities and divide tasks. If you have a partner, you can share the work. Setting a budget helps you to know how much you can afford to spend. Armed with a plan, a budget and a list, you will be more efficient and less likely to act on impulse. If you are separated or divorced, if possible, discuss with your ex-partner what each of you is planning to give so as to avoid duplication. Try not to compete in gift giving—it is important to stay within your budget and to recognize that a "better" gift doesn't replace the love you have for your child.

Talk to your children—Discuss with your children ahead of time what is realistic. Explain that they can make a list, but may not get everything on their list. **Help your children appreciate and recognize the importance of giving.** If you can, involve them in choosing gifts for other people or, encourage them to make gifts. On that special day, have each person open one gift at a time. This will help children to acknowledge the gift and will allow them to see what other people have received. Parents will also have more time to enjoy watching their children, rather than having the event you spent days, weeks, or months preparing for be over in ten minutes.

Take care of yourself— Get enough sleep, eat well and exercise. Pace yourself and know how much energy you and your family have to work with. Keep your expectations on things that you have control over - let go of what you want others to do. The more time you spend on things directly in your control, the happier you'll be!

Winter Parenting Series

Family Services à la famille Ottawa presents our winter series of PARENTING EDGE workshops. Learn from our dynamic team of Parenting Edge workshop leaders who bring a wealth of experience in helping parents become more confident and successful. Share the joys and challenges of raising kids with others who are experiencing the same.

Anger management... especially for parents.

Tuesday's January 29 to March 4, 2008, 6:00 – 8:00 p.m.

- **How can I avoid "blowing my top" at my children?**
- **How can I channel my anger into effective discipline?**
- **Are there any "good" ways to express my anger?**

Discipline that doesn't hurt... anyone.

Thursday's, February 7 to March 6, 2008, 1:00 -3:00 p.m.

- **Why do children misbehave?**
- **What's the difference between discipline and punishment?**
- **How can I make discipline work for me and my children?**

Teens... the great parenting challenge.

Thursday's, March 27 to April 24, 2008, 6:00 – 8:00 p.m.

- **What is "typical" teen behaviour?**
- **How can I keep the lines of communication open with my teen?**
- **How can I set reasonable behaviour limits for my teen?**

Where: Family Services à la famille Ottawa, 312 Parkdale Avenue

Cost: \$125.00 (5wk. course) \$150.00 (6wk course) Subsidies are available

For information and registration, please contact us at 613-725-3601 extension 207.



1 Community Place
312 Parkdale Avenue
Ottawa, ON K1Y 4X5
Phone: 613-725-3601
TTY: 613-725-6175
Fax: 613-725-5651
E-mail:
scoc@familyservicesottawa.org
Website:
www.familyservicesottawa.org