



Rural Response

For Healthy Children

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www.rrhc.on.ca

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INTRODUCING OUR NEW LOGO!

Join us as we celebrate our new logo that reflects our steadfast dedication to rural families and children.

The people portion of the logo reflects the members in the families we serve; parents, grandparents, children, grandchildren, aunts, uncles, blended families, foster families and others.

The road portion of the logo reflects rural living and the distances we travel to deliver programs and services in Huron County. In rural life many families face barriers such as transportation issues, isolation factors, health issues and barriers to obtaining services because of distances to and from towns and centres offering services. Goods and services aren't just around the corner and down the street. Families travel on the road of life, accompanied by relatives, friends, neighbours and community members. At times the journey can be smooth and at other times a little rough and bumpy.

The logo is NEW but Rural Response for Healthy Children hasn't changed. We support, educate and advocate, providing real help, right here right now, for families and their children living, working and playing in rural Ontario.

Supporting families and children in Huron County since 1987.

Hey Kids!

Bring mom & dad
grandpa & grandma
out for a great time
with **Splash N Boots!**

Splash'N Boots

are coming
to a location near you!

Exeter Exeter Public School

Thursday, Oct 29, 2009
6:30 - 8:00 pm

Wingham F.E. Madill

Friday, Oct 30, 2009
6:30 - 8:00 pm

Goderich GDCI

Saturday, Oct 31, 2009
2:00 - 3:30 pm

Matinee includes a special
Halloween dress-up



*"Canadian Children's
Music Group of the Year!"*

No Admission Charge. Children MUST BE accompanied by parents/grandparents.

Parent Support/ Education & Family Ties Programming– Fall 2009

We offer both male and female support workers. These two programs are provided at no cost to you. We work with parents and caregivers of children from age 0 to 18. We work with families in a holistic manner, helping to build supports and encourage positive family interaction. Our holistic approach includes families, single parents, caregivers, blended families, and persons who are separated/co-parenting.

One to One Support	Groups
<ul style="list-style-type: none">• Individual support services• Family support• Meet at your home or a private yet convenient location• Meet when it is convenient for you weekly, bi-weekly, monthly	<ul style="list-style-type: none">• Positive interaction between parents/caregivers and professional RRHC parent support workers• Meet at central community locations• Bi-weekly groups• Child care available

All programs offer:

- ✓ Non-judgmental supportive professionals
- ✓ Father Involvement
- ✓ Focus on participant needs
- ✓ Encourage positive parent – child interaction
- ✓ Support to strengthen families
- ✓ Positive discipline techniques
- ✓ Promote positive family structure and routine
- ✓ Encourage personal supports and well being
- ✓ Advocate with social and community supports
- ✓ Assist with Budgeting
- ✓ Relationships and communication
- ✓ Coping with stress



Groups this Fall:

- Seaforth – Friday Mornings – Every Other Week – 10 AM - 11:30 AM
- Wingham – Tuesday Afternoons – Every Week – 1 PM – 3 PM
- Brussels – Tuesday Mornings – Every Other Week – 9:30 AM – 11:30 AM

For information about or to register for any of the Parenting Programs/Services listed above,
Call 519-482-8777 or 1-800-479-0716

Rural Father Involvement Initiative



Most of the dads involved in this program are divorced or separated; they do not have custody of their children but do have access. We meet in a group or if preferred we work one on one. After a few meetings men usually feel comfortable discussing issues around themselves and their children. Areas covered; self esteem, children's feelings, working things out with an ex-partner, fatherhood after separation, life challenges and personal issues. Sessions are based on the needs of the participants and we work together until there is a sense of accomplishment for the fathers.

All Children have basic needs:

- The necessities of life: food, shelter and clothing
- Human interaction
- Care and comfort
- Warmth and love
- Guidance and protection
- To be important to someone

Learn more about the father involvement initiative and other RRHC programs and services that will help build a responsive community that protects the rights of children, reduces child abuse and neglect and strengthens families to nurture their children. Call our office at 519-482-8777 or 1-800-479-0716 and ask for Doug Ruhl. Visit these other Father Involvement websites: www.cfii.ca/fiion, <http://www.fira.ca>, <http://www.dadscan.ca> and <http://www.dadstoday.org>

Visit our Rural Response for Healthy Children website at www.rrhc.on.ca

There is an old saying that a change is as good as a rest. Well there is no rest at RRHC but there is change ...lots of it! A new logo, in the near future a new resource vehicle for T.H.E. Bus program, a new executive director supporting the team and a new special event coming this fall. Splash N Boots will be the focus of a special family event this year instead of holding the Annual Teddy Bear Dream Auction.

After a great deal of thought and conversation with the volunteers who have so generously donated their time and talents to our successful Teddy Bear Dream Auction we decided that for this year we would suspend that event and give those volunteers a rest while we focus on a different kind of way to support RRHC. We are grateful for the wonderful support that the Teddy Bear Dream Auction has received over the years from the community. In our conversations, we identified the effect that the downturn in the economy and the stresses that everyone is feeling both in the business community and families. As a result we wanted to respond to community needs and focus on an event that would give families a chance to enjoy time together and share in a fun, upbeat, Canadian children's entertainment show. Splash N Boots have been voted the "Canadian Children's Music Group of the Year". We are fortunate to be able to bring such a high calibre entertainment group to Huron County in three different locations and it is all free to families that attend.

At RRHC we know first hand that the need for our services is greater than ever. Our parent support programs are busier; more calls come in to our office from families looking for help with a wider range of challenges. We are always looking for new and creative ways to stretch further to help more families in more communities across the county. It became evident that we needed to give families a way to spend some quality time together and remember that even in tough economic times like we are going through that there are opportunities to build healthy relationships and create moments of joy. Splash N Boots is a family event that will fill that bill. We encourage everyone to come out to it ...bring your children, grandchildren but come as a family and spend an hour with your children just having fun.

This event would not be possible if we did not continue to have the support of our Teddy Bear Dream Auction supporters and others in the community who believe in the work we do at RRHC. We believe that the community will understand the need to not only raise funds and awareness for RRHC but that the community is raising hope in families that feel there is none. We believe the community will respond to our donor appeal that is going on right now to raise the money for this event and that we will be able to continue the work that RRHC has so effectively and professionally been able to do. We want to thank the community for their continued support and as we change the way we do things at RRHC we want everyone to know that the services that we provide are better than ever and we hope that we can count on your support. You can do this in a number of ways. Tell your family and friends about the Splash N Boots event (details on the front page of the newsletter) bring your family to this wonderful event, make a donation to support this event and other programs and services offered by RRHC. Everyone has a role to play in change and change will bring new opportunities to the families in our communities across Huron County and RRHC will be part of this wonderful opportunity.

Diane Hahn
Executive Director

Personal Safety Education for Children with Disabilities

*"Keeping You Posted"
This Fall..*

"We Learn and Grow" - A Social Skills workshop for children with disabilities.



- Topics to include;
- Being Me
- Feelings
- Friendship
- Boundaries
- Communication
- Manners

"SIBZ" - A Sibling workshop for brothers and sisters of children with disabilities offering an opportunity for these youngsters to seek / obtain peer support and celebrate their contributions.

For more information about the S.N.A.P. program contact Marg Cressman, S.N.A.P. Program Manager at 519-482-3557 or the Rural Response for Healthy Children office at 519-482-8777.

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- We have a WISH LIST.....can you help us? Our programming could use a volunteer or the following supplies and/or materials. If you know someone who would be willing to volunteer time to help out, donate the items or make a charitable donation to Rural Response for Healthy Children to cover the cost of purchasing these items let us know. Call us at the RRHC office -519-482-8777 or 1-800-479-0716.
- Help out a family in need....donate a food card from a local grocery store!
 - A voucher for oil from a local supplier to help a family with winter heating costs.
 - Folding card table.
 - T.H.E. Bus Program needs someone to come in and help clean the interior of the bus either weekly or bi-weekly.
 - Parent Support/Education Team needs a supply of crock pots and food processors for participants who can not afford to buy these items for themselves.
 - Our administrative team always needs paper, both white and coloured, pens and markers. It all helps out.
- We thank everyone for helping us meet the needs of our programs!
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Visit our Rural Response for Healthy Children website at www.rrhc.on.ca



T.H.E. BUS

Fall 2009 Schedule

Our newsletter is user friendly. Cut along the line and you can post both the Family Ties and T.H.E. BUS schedule on your fridge!

	TUESDAY	WEDNESDAY	THURSDAY
WEEK # 1	AUBURN Huron Chapel Missionary Church *10:00 – 11:30 Playgroup/Lending GODERICH Library 1:00 - 2:00 EXETER Relouw Early Childhood Learning Centre 4 :00 - 6:00	SEAFORTH United Church * 10:00 - 11:30 Playgroup/Lending BLYTH Christian Reformed Church 1:00 - 2:00 TOY LIBRARY Clinton Office 3:00 – 4:00	PORT ALBERT Christ (Anglican) Church * 9:30 - 11:00 Playgroup/Lending **LUCKNOW** Lucknow Arena 11:30 – 12:30 LONDESBOROUGH Radford Equipment 1:30 – 2:00 * denotes child development playgroups
WEEK # 2	BRUSSELS United Church * 10:00 - 11:30 Playgroup/Lending GORRIE United Church 1:00 – 1:30 FORDWICH United Church 2:00 – 3:00 WINGHAM North Huron Children's Centre 4:00 - 6:00	GODERICH Knox Church * 9:30 - 11:00 Playgroup/Lending BAYFIELD Bayfield Library 1:00 – 1:30 VANASTRA Tuckersmith Day Nursery 2:00 – 3:00	ZURICH Zurich Lutheran Church *10:00 - 11:30 Playgroup/lending 



Volunteer:

We welcomed Alicia Penning and Lisa Walsh to our volunteer team over the summer months.

- Alicia did a wonderful job of helping out with our Kinderoo School Readiness program at the Goderich site this summer!
- Lisa supported the Kinderoo School Readiness Program, T.H.E. Bus program and helped out in the office with administrative work.

Thank you to both these volunteers and all of our volunteers for their dedication and service to Rural Response for Healthy Children. If you would like to explore the many ways you could volunteer with RRHC and support families and children in Huron County give us a call at 519-482-8777 ext 204.

Don't have time to volunteer? You can help in other ways. How about making a donation to program costs?



To Donate:

New to our website is the DONATE NOW link. Your contribution will help us to provide and maintain valuable programs and services for at risk children and families throughout the area. Charitable tax receipts are issued for income tax purposes.

Thanks to sponsors!

Silver Sponsor

Hay Communications Co-operative Limited

Donor

Tuckersmith Communications Co-operative Ltd.

Calling All
3 year olds

KINDERGARTEN REGISTRATION

Come play & sign up your child for Kindergarten 2010!



When: November 2009

Where: Registration events and children's activities at schools across Perth and Huron Counties

For: Children thinking of starting school in September 2010 who are:

- 3 years old by December 31, 2009 (JK)
- 4 years old by December 31, 2009 (SK)



At the event:

- Sign up your child for J/S kindergarten for 2010.
- See how your child is doing through fun activities.
- Get tips on how to prepare your child for school.

For the event date at your school or more information, contact your local school or district school board office **AFTER OCTOBER 1st, 2009:**

Avon Maitland District School Board
62 Cheik St. N., Seaforth
1-800-592-5437

Huron-Perth Catholic District School Board
87 Mill St., Dublin
519-345-2440
1-800-265-8508



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