



Rural Response

For Healthy Children

Volume 15 Issue 2

www.rrhc.on.ca

52 Huron St.,
P.O. Box 687
Clinton, ON N0M 1L0
519-482-8777 or
1-800-479-0716

Hahn, Diane Ext. 207
Executive Director

Beuermann, Dorothy Ext. 204
Director of Operations

Budd, Beverly Ext. 215
T.H.E. Bus Manager

Cowman, Susan Ext 213
Parent Support/Education Worker

Cressman, Marg Ext. 301
**S.N.A.P. Personal Safety Education for
Children with Disabilities Manager**

Hill, Wanda Ext. 203
**Child Care Programmer
KOB Coordinator**

Muir McGregor, Andrea Ext 208
Parent Support/Education Worker

Nichols, Eric
Bookkeeper

Rogers, Laura Ext 206
Parent Support/Education Manager

Ruhl, Doug Ext 205
**Parent Support/Education Worker –
Father Involvement**

Witherspoon, Mary Ext. 201
Executive Assistant

Wormington, Melissa Ext 217
Family Support/Education Worker

Time passes quickly when we are busy! As I write this, I realize that has the case for me as I reflect on my first year with RRHC. The past year has been a busy one for all our programs, we have implemented many changes. We continue to try and keep current with events happening in our community so that we can best meet the needs of the families we serve. Everyday I encounter new experiences with our staff and have great respect for the work that each person at RRHC does for families at risk in Huron County and beyond. I can't help but be excited about our work and the difference we are making in the lives of the people we support. It is an honour to work with such experienced and dedicated staff and a board that invests time and talent to provide the best possible programs our organization can provide to move forward with new and timely changes

We welcome Marg Cressman, manager of the SNAP program as she moves to this office. Her program is a compliment to the programs that already operate from office and having all our programs offered from one location should make it easier for the community to access us in the future. Her knowledge and resources are a valuable asset to all of us and we are delighted to be able to pass more of her knowledge and information on to you.

Our plans for this year include offering more services and resources to the entire community as the year unfolds. We will be offering workshops and a new resource centre open to the public at our office in the near future. Keep watching for changes as we make announcements over the next few months. Rural Response for Healthy Children is on the move across Huron County!

Diane Hahn
Executive Director

Volunteers Wanted!!

Do you have a passion and care about children? We are looking for interested people who are champions for children. As we approach our annual general meeting we have openings for board members. If you are interested in being a champion for children and families give us a call at 519-482-8777 or 1-800-479-0716. Just a few hours of your time could make a huge difference in the lives of children, help to strengthen families and break the cycle of abuse.

And the winners are - Beat the Winter Blahs!

T.H.E. Bus program is happy to announce the winners from our Winter Blahs Promotion! We were thrilled at how many entries we received, and it was wonderful to meet some new families and gain new memberships as well! On March 8 we notified the following toy library members that they had won a wonderful prize:

Megan Frayne – Kingsbridge - Carseat
Joy Lindsay – Auburn – Collection of preschool books
Anne Harburn – Zurich – Collection of books appropriate for ages 7+

We would like to thank everyone who entered, as ongoing members, new members, or renewed memberships.

We would also like to thank those who donated the prizes for our promotion:

Cooperators Insurance Goderich office
Kindred Circles
Community Donors

Parent Support/ Education & Family Ties Programming

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.

| <u>One to One Support</u> | <u>Groups</u> |
|---|--|
| <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



Group Programming returns in the Fall:

Keep posted on our fall programming; look for the fall schedule in our FALL newsletter due out in September or watch our website for updates at www.rrhc.on.ca

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



Being a dad today means more than just being a good provider. A dad has an important role in the mental, emotional, and social growth of his children. Dads who support, nurture and stay positively involved in their children's lives can help a child feel better about themselves, give them a better chance of succeeding academically, and help them become better problem-solvers. Dads also feel better about themselves when they have the tools, skills and supports necessary to be a positively involved parent. Although more information has been available for dads in the past few years, it can still be hard to find father-friendly resources that deal with issues dads face. Listed below are some Canadian resources that can help a dad in this role.

Father Involvement Initiative - Ontario Network (FII-ON): A Canadian site aimed at supporting a general mobilization approach and concerted action and is designed to be of assistance to local and provincial organizations, which want to be pro-active around father involvement.

My Daddy Matters Because... This Canadian site provides health care professionals, service providers and fathers with a national index of father activities, resources, services and programs that exist from coast-to-coast.

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

Congratulations to the winners of T.H.E. BUS – Beat the Winter Blahs Contest

Joy Lindsay's daughter with the collection of preschool books her mother won.



Anita Frayne with granddaughter Nora, at Dungannon playgroup. Nora's mom Megan Frayne was the winner of the car seat.

Anne Harburn with her children in front of T.H.E. bus at Zurich playgroup. Anne won the collection of books for ages 7+.



We would like to thank everyone who entered, as ongoing members, new members, or renewed memberships.

Personal Safety Education for Children with Disabilities –S.N.A.P.

Time Together Workshop

AGES: 3-7

A workshop on feelings

Discover, Explore, Expand your imagination

Develop your creativity through the world of arts and crafts

MEET US AT CLINTON ROYAL CANADIAN LEGION

SATURDAY MAY 15, 2010

TIME: 10:00 – 11:30

CALL 519-482-8777 TO RESERVE YOUR SPOT



NOTE: A Parent/Caregiver is required to participate with the child and share in their enjoyment and experience: one adult with one child

The S.N.A.P. Program has moved!!!

Marg Cressman, S.N.A.P. and his friends have moved to the

Rural Response for Healthy Children office in Clinton @ 52 Huron Street.

All the staff here at RRHC are glad to have Marg and the program on site with them.

Come and see Marg at her new home.

For more information about the S.N.A.P. program contact Marg Cressman at 519-482-8777.

.....
• The **Kids On the Block** program and RRHC thanks United Communities Credit Union for their support for helping them deliver their performances to the elementary schools in Huron County this school year 2009-2010.

• Without their generous donation, Stephan, Joanne and Nam could not have visited the Grade 3 & 4 students and their teachers last fall and this spring.

• Stephan, Joanne and Nam deliver personal safety education to the students helping them determine what child abuse is, how they can help themselves and each other if they are being abused or bullied.

• Thank you **United Communities Credit Union** for your support!
.....



Production of this newsletter has been made possible through financial contributions donated from our community.

www.rrhc.on.ca



T.H.E. BUS

Spring/Summer 2010 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 |
|--|--|--|--|
| <p>WEEK # 1</p> <p>MAY 4-6 18-20</p> <p>JUNE 1-3 15-17 29,30</p> <p>JULY 13-15 27-29</p> <p>AUG 10-12 24-26</p> | <p style="text-align: center;">AUBURN</p> <p>Huron Chapel Missionary Church *10:00 – 11:30 Playgroup/Lending</p> <p style="text-align: center;">GODERICH</p> <p>Library 1:00 - 2:00</p> <p style="text-align: center;">EXETER</p> <p>Relouw Early Childhood Learning Centre 4 :00 - 6:00</p> | <p style="text-align: center;">CLINTON</p> <p>United Church * 9:30 - 11:00 Playgroup/Lending</p> <p style="text-align: center;">SEAFORTH</p> <p>Seaforth Children’s Centre 12:00 – 1:00</p> <p style="text-align: center;">BLYTH</p> <p>Christian Reformed Church 1:30 - 2:00</p> | <p style="text-align: center;">DUNGANNON</p> <p>Seniors Centre * 9:30 - 11:00 Playgroup/Lending</p> <p style="text-align: center;">**LUCKNOW**</p> <p>Lucknow Arena 11:30 – 12:30</p> <p style="text-align: center;">LONDESBOROUGH</p> <p>Radford Equipment 1:30 – 2:00</p> <p style="text-align: center;">* denotes child development playgroups</p> |
| <p>WEEK # 2</p> <p>MAY 11-13 25-27</p> <p>JUNE 8-10 22-24</p> <p>JULY 6-8 20-22</p> <p>AUG 3-5 17-19 31</p> | <p style="text-align: center;">BRUSSELS</p> <p>United Church * 10:00 - 11:30 Playgroup/Lending</p> <p style="text-align: center;">GORRIE</p> <p>United Church 1:00 – 1:30</p> <p style="text-align: center;">FORDWICH</p> <p>United Church 2:00 – 3:00</p> <p style="text-align: center;">WINGHAM</p> <p>North Huron Children’s Centre 4:00 - 6:00</p> | <p style="text-align: center;">GODERICH</p> <p>Knox Church * 9:30 - 11:00 Playgroup/Lending</p> <p style="text-align: center;">BAYFIELD</p> <p>Bayfield Library 1:00 – 1:30</p> <p style="text-align: center;">VANASTRA</p> <p>Tuckersmith Day Nursery 2:00 – 3:00</p> | <p style="text-align: center;">ZURICH</p> <p>Zurich Lutheran Church *10:00 - 11:30 Playgroup/lending</p> <p style="text-align: center;">EXETER</p> <p>Hansen’s Parking Area 12:30 – 1:30</p> <div style="text-align: center;"> </div> |



Schedule Note ~ Canada Day falls on Thursday July 1, 2010 this year. As this is a statutory holiday THE Bus program will not be on the road that day for programming.

Bus Borrowing... Picks with Perks!

If you are looking for something fun to borrow from THE Bus that will get the whole family involved then it’s time to check out our great selection of balance mazes...they’re sure to have everyone laughing and trying to out do each other by completing the maze faster or in the reverse direction, just by moving your body the right way. What a wonderful way to promote active living while developing balance and co-ordination. When we added these mazes to our inventory we started receiving feedback immediately. One comment we heard was, “Wow this is even better than Wii!” Be sure to check these out soon!

Email Reminders ~ New this year...get a quick email reminder of when THE Bus is back at your favourite location. If you would like to receive this free service just make sure to give your email address to one of the staff the next time you are lending and we will add you to our list.

Wish List Items ~ We could use more doll clothes for our baby dolls, male and female, even preemie sized baby clothes would be helpful. Other items we could use are Fischer Price Little People that would fit in our various kits. These items often go missing and we would love to have a replacement selection to pick from as needed. To all the friends of THE Bus program, thank you for helping us with our wish list!