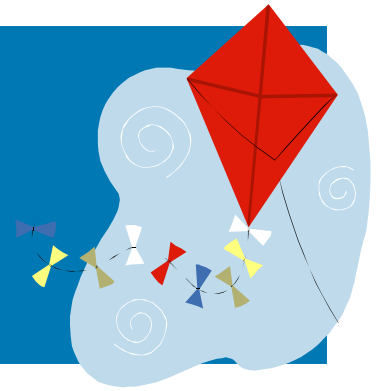




Northern Family Health Society

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1152 3rd Avenue, Prince George, B.C. V2L 3E5
www.nfhs-pg.org E-mail: nfhs-pg@nfhs-pg.org Phone: (250) 561-2689 Fax: (250) 562-5459

Message from the Executive Director

By Stephanie Curtis, Executive Director, NFHS

Well it's been another exciting quarter at the Northern Family Health Society. Everybody has been working so hard and breaking lots of new ground. It seems as though we are in a constant state of change as we develop our programs. It's amazing to see how much has been accomplished over the past several months. Way to go everyone!

It's also with great regret that we say goodbye to Sheila Robinson, the Healthiest Babies Possible (HBP) program Registered Nurse Team Leader. Sheila has spent the past five years with Northern Family, passionately advocating for program participants. Sheila will be greatly missed. We wish Sheila the best of luck.

Healthiest Babies Possible

By Phyllis Maher, Outreach Team Leader, Healthiest Babies Possible

The team at HBP has had a very busy last few months, there have been many positive changes in the program and everyone has worked hard to improve the program and to continue to deliver quality services to our participants.

Staff participated in a general "clean sweep" of the agency and was able to organize their office space and surrounding areas. They also participated in some staff training including a full day of teambuilding.

We also held our tri-annual Baby Shower for the participants and it was a huge success with food, fun, prizes, gifts and of course lots of new babies! A great time was had by all.

The HBP team would like to welcome back Daisy Charlie - Outreach Worker, who was away to work at the Structured For Success Program, located at the South Fort George Family Resource Centre. We also welcome Carmen Nicolussi, who will be doing a 7-week practicum with the HBP team for her 4th year nursing program.

Welcome Back Daisy! And Welcome Carmen!



"...There have been many positive changes in the program and everyone has worked hard to improve the program and continue to deliver quality services to our participants.

—Phyllis Maher, Outreach Team Leader, Healthiest Babies Possible

Northern Solutions Employment Program

By: Marie DeBow and Donna Flanagan, Coordinators of Northern Solutions

“Marie DeBow and Donna Flanagan make up a dynamic team of hardworking, caring, and supportive people who believe in the community contribution of Northern Solutions.”



To be a part of an incredibly unique employment program, beginning its fourth year, Northern Solutions is a career highlight. Marie DeBow and Donna Flanagan make up a dynamic team of hardworking, caring, and supportive people who believe in the community contribution of this program. Any given day, someone walks through the doors to find an eager and receptive environment to assist them in achieving their goals, hopes, and dreams that could not have otherwise been imagined.

New to Prince George, Tanya had such an experience with Northern Solutions. “There was help with everything, a resume, phone skills, a calling card, interview skills, and I learned a lot about myself in the process.” Marie DeBow and Donna Flanagan have watched Tanya develop esteem and confidence translating them into marketable employment skills. In eight-week group sessions, people find out about themselves and what they have to offer the world. These activities assist the individual in exploring, understanding, and directing their lives, career, or a job.

Northern Solutions’ free employment services are open to every unemployed person. The one-on-one employment counselors aid in developing a life/work plan that meets the individual’s work needs. Each small group session consists of a maximum of 10 people, ideal for team building and greater individual support. An added benefit of group participation is the availability of daycare and transportation support.

People create resumes and cover letters to suit their style and work interests, learn about informational interviews and how to answer questions that prepare them for future interviews and the importance of networking to tap into the hidden job market. Individuals consistently report they experience increased confidence and a greater ability to market their strengths.

Today, Tanya beams with hope, and is no longer afraid of what the future might hold. “Now I finally have direction in my life. I know what I want, where to get it, and where I would best be. I feel I have direction in my life because Northern Solutions helped me to look at the big picture. It is a big step forward; I know where I am going now,” remarks Tanya. Today is about Tanya’s possibilities.

“Today, Tanya beams with hope...Today is about Tanya’s possibilities.”

For group session or individual information just come down to **Northern Family Health Society 1152 Third Avenue.**

No appointment needed, just let the front reception know that you are calling for the Northern Solutions Program.
Phone (250) 561-2689.

Be on the lookout for our brand new brochures and posters.



Northern Solutions

EMPLOYMENT ASSISTANCE SERVICES
YOUR SOLUTION TO FINDING EMPLOYMENT

Are you a parent Looking for work? We can help!

You Will Learn

- To build self-marketing tools that sell your strengths.
- Computer skills important for job searching and work life planning.
- What employers and companies need and want.
- Your interests and skills.
- Your personal strengths and transferable skills for work.
- To develop a plan for your work life.

We Provide

- Daycare support
- Transportation
- Support
- Job resources
- Computer job access
- Career Exploration
- Small groups or Individual Job Search support

Northern Solutions offers accessible Employment Services in a fun and adaptable learning environment.

To Register
Go to Northern Family Health Society
1152 Third Avenue
Prince George, B.C.
Downtown, between Dominion and George Street.

Call 250-561-2689 and Ask for Marie or Donna

Northern Solutions

EMPLOYMENT ASSISTANCE SERVICES

Are you a parent Looking for work? We can help!

YouthWorks Project- Bringing Community Awareness

By Elle Ambrosi, BSW, YouthWorks Program Coordinator

The Youth Works Project is currently in the process of being renewed by HRDC. During this time of transition, much is being accomplished regarding program analysis, reformatting its design and structure, and preparing for the renewal date. It is also a time of bringing community awareness to the program and the type of service it provides for youth assessed with or identifying with FASD.

I am excited about the new contract and all it will entail, working with this group of youth once again and providing a much-needed service to the community of Prince George.



CAPC Update

By Erica Chidiac, BC North Region CAPC Coordinator,
Community Action Program for Children

Spring is a busy time for CAPC (Community Action Program for Children). In particular groups that build skills in parenting, presentations in the community, and parent and child drop-in group numbers are on the increase. March always presents many opportunities for networking. This year they include:

- 'Healthy Living, Healthy Children & Families Healthy Communities' conference in Vancouver, March 6-8th for staff in CAPC, CPNP and AHS projects in British Columbia.
- Northern Networking Meeting in Prince George on March 21 & 22, sponsored by Aboriginal Head Start.
- FASD Mentoring - led by our coalition, taking place on March 29&30 in Prince George.

We also have a number of changes in how we report our activities in CAPC, as we look ahead to our new fiscal year, starting April 1st.

With the snow melting and more sunny days, this time of year is one of renewal and new life. It brings positive energy into the work we do! Beyond March, I look forward to evaluating our past year and celebrating our success. We have such a strong, hard-working CAPC coalition and I am thankful for the difference we are making in the lives of children and families.

For more information about CAPC programs for families in your region, contact erica@nfhs-pg.org

Funded by the Public Health Agency of Canada



Some mom's enjoying their home-cooked meal after taking part in the 'Healthiest Babies Cooking Club' led by Sheila Robinson, RN Team Leader.

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NORTHERN FAMILY HEALTH SOCIETY

Incorporated December 27, 1989

MISSION STATEMENT

We are committed to professionally provide individuals and families with:

- ❖ Information To Promote Healthy Choices For Healthy Babies
- ❖ A Caring, Safe And Respectful Atmosphere That Facilitates Personal Discovery Of Mind, Body, And Spirit
- ❖ Support In Making Positive Changes To Strengthen Family And Community

- ❖ A Fun Place To Grow!

**Full Year Membership Form- Northern Family Health Society
(Please Print)**

Date: _____

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Full Year Membership: Individuals (\$2.00) or Donation Amount: _____

In applying for membership with the Northern Family Health Society, I accept the Mission Statement of the organization.

Signature

Tax receipts will be issued for donations over \$10.00