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# Making Connections



ISSUE 2 VOLUME 7  
OCTOBER 2010

## ECDSS UPDATES

### Dr. Bruce Perry presents *How Extreme Stress Affects Brain Development*

In partnership with Edmonton Public School Board and McMan Youth and Family Services, we are bringing back Dr. Bruce D. Perry M.D., Ph.D. for another session this fall. Dr. Perry will discuss how extreme stress affects brain development and the implications on children's ability to learn.



Over the last thirty years, Dr. Perry has been a leader, active teacher, clinician and researcher in children's mental health and the neurosciences. If you were unable to attend our spring seminar with Dr. Perry, our November session is your next chance. Find out more about Dr. Perry by visiting the ChildTrauma Academy website at [www.childtrauma.org](http://www.childtrauma.org)

Date: Monday, November 15, 2010

Location: Beulah Alliance Church  
17504-98A Avenue, Edmonton

Cost: \$ 65.00

Register: Online at [www.ecdss.ca/events.php](http://www.ecdss.ca/events.php).



"Working together for our children's future."

### Now Offering Parent Sessions

Responding to requests from the community, next month we begin hosting a series of Saturday sessions geared directly to parents. We start the series by offering *Kids Have Stress Too*.

This broad-based, primary prevention program is offered as a two-hour session. Participants will explore the Seven Key Concepts related to children's stress. They will build understanding on how children's stress is different than adult stress. Parents will learn to provide children with the tools needed to deal with stress effectively.

Please pass the course information onto parents who may be interested. Registration is available on our website at [www.ecdss.ca](http://www.ecdss.ca).

Date: Saturday, October 16, 2010,  
1:00—3:00 p.m.

Venue: ECDSS Office,  
205, 10544-114 Street, Edmonton

Cost: \$30.00

# UPCOMING PROFESSIONAL DEVELOPMENT

## Relationship Based Practice—Level I

(Formerly known as Core Home Visitation)

This session focuses on building the knowledge and skills of relationship based practitioners, exploring values and beliefs, and gaining practical strategies for reaching, engaging and supporting hard to reach families. This training will increase awareness and knowledge of child abuse, duty to report, establishing and maintaining healthy boundaries. Practitioners will explore communication strategies, safety practices for working alone, confidentiality and self-care.

Date: December 6-10, 2010 (5 days)  
March 7-11, 2011

Cost: \$255.00

## Relationship Based Practice—Level II

This session focuses on deeper exploration of relationship based practices. Participants will explore interdisciplinary practices and how to collaborate with other professionals. Participants are challenged to look at their own values and beliefs and to explore the impact on their ability to support families. Participants will drill deeper into the topic of maintaining healthy boundaries, case-note writing, ethics and leadership.

Date: November 25-26, 2010 (2 days)  
February 7-8, 2011

Cost: \$105.00

## Mental Health First Aid

This two day training will provide a comprehensive introduction to common mental health disorders that impact many of the families supported by ECD programs. While practitioners are often well versed in physical first aid, there is often a lack of understanding related to mental health first aid. Four sessions will cover areas including common mental health problems, addictions, anxiety disorders, depression and psychotic disorders.

Date: November 29-30, 2010 (2 day)

Cost: \$84.00

## Kouzes and Posner Leadership Challenge

Backed by 25 years of original research and data from over three million leaders, The Leadership Challenge® is a leadership development program by bestselling authors Jim Kouzes and Barry Posner. Approaching leadership as a measurable, learnable, and teachable set of behaviors, this proven leadership model proclaims Leadership Is Everyone's Business.

Date: January 25-26 and February 17, 2011(3 days)

Cost: \$450.00

## Relationship Based Child Development

This two-day session focuses on child development within the context of relationships. Participants will explore the basic concepts of brain development, relationship development and how interactions between child and caregiver create the crucial foundation for healthy development. Participants will explore the roots of challenging behavior and learn strategies to positively engage children in ways that build relationships.

Date: November 8-9, 2010 (2 day)

Cost: \$105.00



**Register Online at**  
**[www.ecdss.ca](http://www.ecdss.ca)**

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## OTHER SEMINARS/COURSES IN OUR REGION

### Asset Based Community Development

Asset Based Community Development (ABCD) focuses your effort on discovering and mobilizing the resources already existing in your community.

This interactive two-day workshop, presented by Mike Green, provides you the opportunity to learn about: finding, engaging and mobilizing community and organizational assets to work together to build stronger programs and projects, tapping into the unique power of all individuals, practical ways to foster community engagement and involvement.

Who should attend?

- community builders, organizers and leaders
- management and front-line staff from non-profit and government organizations
- community members
- anyone with a desire to make their community better

Date: November 22-23, 2010  
8:30 a.m. - 4:00 p.m.

Location: Festival Place  
100 Festival Way, Sherwood Park

Cost: \$140 (lunch included)

Call 780-464-4044 for further information and to register.

### Edmonton Social Planning Issues

Edmonton Social Planning is offering another series of engaging lunch-time talks about social issues and organizations that have an impact on our community. Bring your lunch and come get involved.

Location: Stanley Milner Library

Cost: Free

Their next sessions include

- Poverty in Edmonton with Bill Moore-Kilgannon from Public Interest Alberta and John Kolkman of the Edmonton Social Planning Council

Date: October 20, 2010, 12:00 pm

- Disabilities Awareness with Lone Challborne from the Canadian Mental Health Association

Date: November 24, 2010, 12:00 pm

More information is available online at [edmontonsocialplanning.ca](http://edmontonsocialplanning.ca).

### Literacy and Learning Symposium

The Community Learning Network and Literacy Alberta present Literacy and Learning Symposium 2010. This province wide professional development symposium focuses on how literacy and lifelong learning can be a tool for positive change.

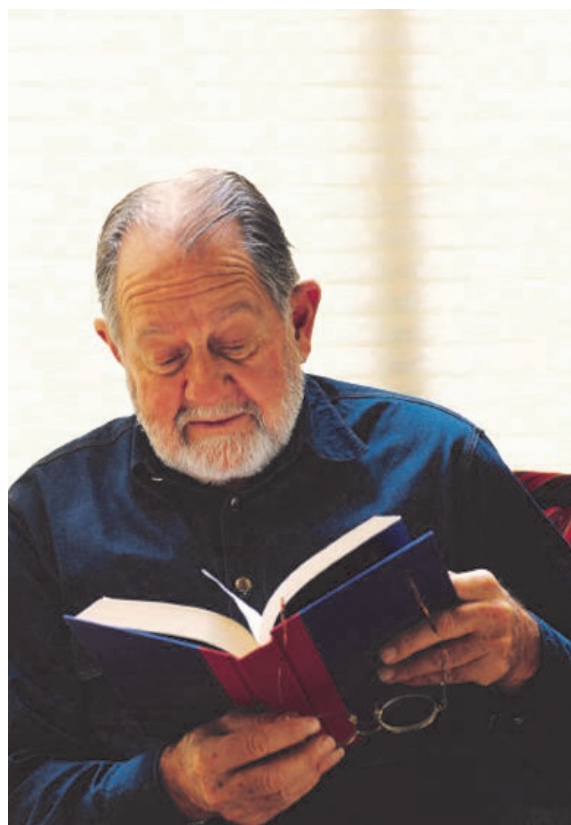
Choose from over 60 presentations and workshops conducted by practitioners and professionals dedicated to making a difference in literacy and lifelong learning for adults .

Date: Oct. 27-30, 2010

Venue: Radisson Edmonton Hotel  
4444 Gateway Blvd

Cost: \$295.00 for the entire event.  
One day options are also available.

For more information or to register online, visit [www.regonline.ca/literacyandlearningsymposium2010](http://www.regonline.ca/literacyandlearningsymposium2010).



# PERCEPTION AND REALITY OF CANADA'S FAMILIES

National Family Week takes place in Canada the week before Thanksgiving every year. It was proclaimed an official week by the government of Canada in 1985. National Family Week is celebrated throughout the country with special events put on by community organizations. During Family Week, we should celebrate the contribution that families make in our lives.

To coincide with National Family Week, media and resource releases are abundant this month.

The Vanier Institute of the Family released *Families Count*, a comprehensive statistical portrait of Canadian families in all of their diversity. This 185 page resource is published every five years, gathering information from the most recent compiled census data.

The Vanier Institute has sought to acknowledge and respect family as: any combination of two or more persons who are bound together over time by ties of mutual consent, birth and/or adoption or placement and who, together, assume responsibilities for variant combinations of

some of the following:

- Physical maintenance and care of group members
- Addition of new members through procreation or adoption
- Socialization of children
- Social control of members
- Production, consumptions, distribution of goods and services, and
- Affective nurturance – love.

*Families Count* is a useful reference that includes scores of charts and tables, hundreds of interesting statistics, compelling analysis of current trends and future directions and an essay by one of Canada's leading family historians.

It is a report that can be used to better understand the diversity of families we work with and can be referenced when planning appropriate programs. See box below for a sample of the findings. Download the entire report from the Vanier Institute website at [www.vifamily.ca](http://www.vifamily.ca).

**85.2** per cent of Canadians live with a relative

**84.1** per cent of Canadian families were married or common-law couple families in 2006

**47.9** per cent of adults were married in 2006, marking the first time there were more unmarried than married people aged 15 and older in Canada

**10** per cent of Canadian adults are in a common-law relationship in 2006, up seven percentage points from 1981

**15.5** per cent of Canadian families were common-law in 2006, rising from 5.6% of all families in 1981

**12** per cent of all couple families with children were stepfamilies in 2006

**18.3** per cent of children under age 15 lived with a lone parent in 2006

**0.6** per cent of all couple families in the country in 2006 were comprised of same-sex couples

**69,600** divorces in Canada in 2004, down 1.7% from the previous year and a 28% decline from 1987, following the passage of the 1985 Divorce Act

## ...CONTINUED from page 4

In connection with the release of Vanier's *Families Count*, was the release of the results of an Ipsos-Reid poll identifying the publics' responses to questions about 'what makes up a family'. For many of us who work with diverse families, the results may come as a surprise. The results suggest that the Canadian public perceptions of what makes up a family are quite different than the reality of families in Canada.

The poll asked Canadians "which of the following combinations of individuals do you believe constitutes a family unit as you would see it?". See box (on right) for some interesting results....

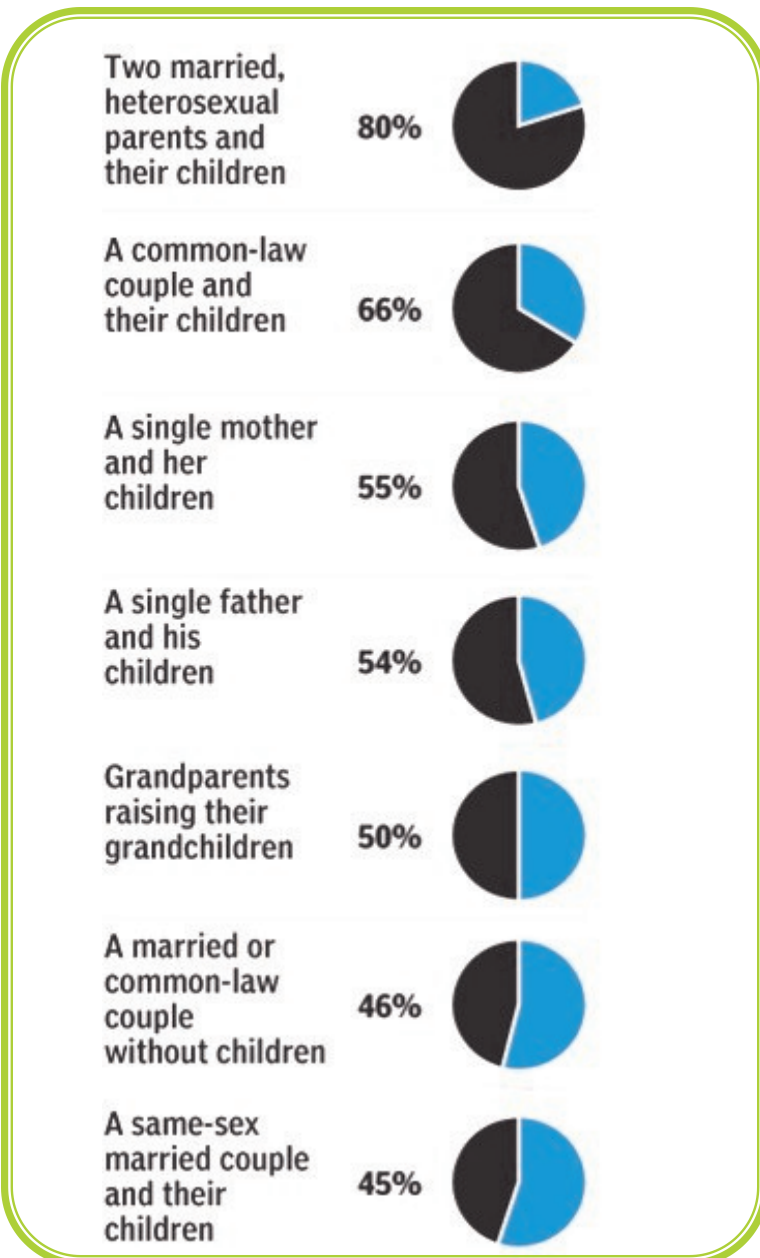


Chart Source: Ipsos Reid, with key statistics from the Vanier Institute.  
Richard Johnson, National Post

## CALL FOR NOMINATIONS

### The 2010 Prime Minister's Awards

More and more, Canadians are recognizing the positive impact that quality early childhood education has on a child. Early childhood educators do much more than meet the basic needs of young children as their parents go off to work or school. They teach and nurture children in their early years and have an impact that will last for the rest of their lives.

The Prime Minister's Awards for Excellence in Early Childhood Education is Canada's way of recognizing our best early childhood educators, promote what they have achieved and share their innovative and successful teaching practices. Established in 2002, these awards are the only national awards that recognize the work of early childhood educators.

Guidelines and nomination forms for the 2010 Prime Minister's Awards for Teaching Excellence and Excellence in Early Childhood Education are now available. Nominate someone today and help ensure that more outstanding Canadian educators receive the recognition they deserve! Nominations will be accepted until November 30th.

For more information, visit the website at [www.ic.gc.ca/eic/site/pmaece-ppmepe.nsf/enq/wy00348.html](http://www.ic.gc.ca/eic/site/pmaece-ppmepe.nsf/enq/wy00348.html)



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# LOW OR NO COST FAMILY EVENTS

## Olde Time Fair on the Square

Come out to the Olde Time Fair on the Square for an event the whole family will enjoy. Experience what an Olde Time Fair was like with traditional carnival games, food vendors selling candy apples and roasted corn on the cob, horse and wagon rides and more! An added highlight is the City Market Downtown on 104 Street will also be a part of the event selling many tasty treats.

Date: Saturday, October 16, 2010  
1:00 p.m.-5:00 p.m.

Location: Sir Winston Churchill Square  
Edmonton

Cost: FREE

For more information call 780-944-7740.

## Rutherford House: Souper Dooper

Do you want to have some good old fashioned, practical fun? Head to Rutherford House and explore the time honoured ways to make soup and ice cream. Enjoy learning and practicing the skills of traditional crafts and explore the secrets of age old cleaning methods.

Date: October 17, 2010, 12:00 pm - 4:00 pm

Location: 11153 Saskatchewan Drive, Edmonton

Cost: Adults—\$4.00  
Youth/Seniors—\$3.00  
Under 6 years—Free  
Family—\$12.00.

For more information, visit the website at [www.rutherfordhousehistoricsite.org](http://www.rutherfordhousehistoricsite.org).

## Hallabaloo

Head to Millennium Place in Sherwood Park this Halloween for a spookless alternative to trick-or-treating. Activities include: crafts, face painting, cookie decorating, inflatable attractions, carnival games, road hockey, amazing maze, family entertainment with Steve Harmer, and plenty more. Plus, every child goes home with a bag of candy!

Date: October 31st from 5:30 PM – 9:00 PM

Location: Millennium Place, 2000 Premier Way, Sherwood Park

Cost: Free

For more information, visit the website at [www.theparkchurch.ca/](http://www.theparkchurch.ca/)

## ABC Headstart Presents the 18<sup>th</sup> Annual Scarecrow Festival

With lots of spooky activities for kids and families, the Scarecrow Festival is Edmonton's premiere Halloween event.

Come join over 12,000 guests to play some ghastly games and take part in activities geared for all ages, face painting, crafts and stories in the Whispering Tomb for younger guests. Older children will enjoy being scared in the famous Haunted House.

Kids and adults alike are encouraged to dress up in their Halloween costumes.

Date: Friday, October 15, 2010  
9:00am-8:00pm

Saturday, October 16, 2010  
10:00am-8:00pm

Sunday, October 17, 2010  
10:00am-5:00pm

Location: Edmonton Expo Centre,  
Northlands Park, Edmonton

Cost: Admission is \$3.00/person  
Under two is FREE

Game/Activity coupons \$0.25 each.  
Haunted House \$4.00/person or  
\$15.00/family.

For more information, visit the website at [www.scarecrowfestival.org](http://www.scarecrowfestival.org) or call 780-461-1223.



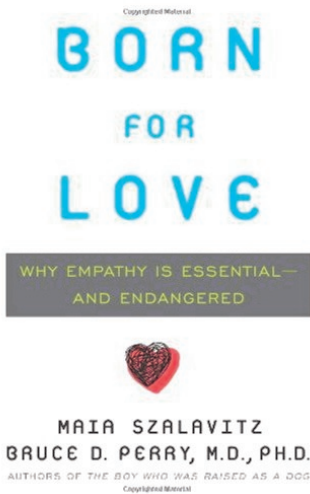
# BOOK RECOMMENDATION

## Born for Love

Maia Szalavitz, Bruce D. Perry, M.D., Ph.D.

An inside look at the power of empathy: *Born for Love* is an unprecedented exploration of how and why the brain learns to bond with others—and a stirring call to protect our children from new threats to their capacity to love

From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection, a bond made possible by *empathy*—the ability to love and to share the feelings of others.



In this provocative book, renowned child psychiatrist Bruce D. Perry and award-winning science journalist Maia Szalavitz interweave research and stories from Perry's practice with cutting-edge scientific studies and historical examples to explain how empathy develops, why it is essential for our development into healthy adults, and how it is threatened in the modern world.

Perry and Szalavitz show that compassion underlies the qualities that make society work—trust, altruism, collaboration, love, charity—and how difficulties related to empathy are key factors in social problems such as war, crime, racism, and mental illness. Even physical health, from infectious diseases to heart attacks, is deeply affected by our human connections to one another.

As *Born for Love* reveals, recent changes in technology, child-rearing practices, education, and lifestyles are starting to rob children of necessary human contact and deep relationships—the essential foundation for empathy and a caring, healthy society. Sounding an important warning bell, *Born for Love* offers practical ideas for combating the negative influences of modern life and fostering positive social change to benefit us all.



"Working together for our children's future."

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This newsletter is researched and produced by Nicole Vogel, Communication Consultant, ECDSS. We welcome your comments and suggestions, including research findings, fundraisers, events, resource connections, site visits, etc.

Please contact Nicole at [nmv@shaw.ca](mailto:nmv@shaw.ca) with any suggestions.



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