

THE FAMILY EDUCATION
&
SUPPORT CENTRE



GET TO KNOW OUR STAFF



NIKKI NEVISON

Community Development Coordinator

Nikki coordinates a variety of programs offered throughout the community. These programs include our parent education programs, as well as the United Way Schools Out Program and during/after school workshops in SD42. She has a degree in General Studies, Provincial Instructor Diploma, and is certified as a moderator through JIBC. Her educational background has contributed well to the development of our programs. Nikki's dedication to social and emotional learning stems from her experience as a Mom to a child with anxiety. Nikki is so passionate she still finds time to facilitate alongside her duties as a coordinator.



SETFANIE VOLPE

Mentor Coordinator

Stefanie is our Mentor Coordinator for the School's Out (SOP) and Future Leaders Program. These programs are designed to help youth in the community to become mentors and role models for the younger participants in the after-school programs. Stefanie has a degree in Communications and Psychology and many years of experience volunteering in the community. It's needless to say that this title suits her!



SARAH KWAN

Social and Emotional Development Associate

Sarah is also a United Way Schools Out Program (SOP) coordinator and facilitates many of our during and after school workshops. Currently, Sarah is working towards a degree in Psychology to enhance the work she does in the community. She is very passionate about working with children and families. If you see her in the hallway, feel free to say hi!



ANGELA

Brave New you, Keeping the Change - Facilitator

Angela has worked as the **Brave New You** and **Keeping the Change** women's group facilitator since November of 2020. She has a broad background in coaching and training and has experience as a certified counsellor, life coach, and NLP practitioner. Angela is passionate about helping others grow and it is something she enjoys doing while facilitating for Family Ed.



FERESHTEH

I am Awesome, Anger Monster, SOP - Facilitator

For the past 20 years Fereshteh has been involved as a Professional Educational Assistant and has lots of experience working alongside children with diverse abilities. You will see Fereshteh facilitating our **I am Awesome, Anger Monster (child)**, and **United Way School's Out (SOP)** programs.



PAUL

Men's Anger Management, After the Anger - Facilitator

Paul has been with Family Ed for an entire decade. Currently, he works with the **Men's Anger Management, After the Anger** men's group.



ISABELLE

Anger Monsters (Adult) - Facilitator

Isabelle has worked at Family Ed for 5 years in different areas of the centre as both a facilitator and childminder. You will likely find Isabelle facilitating our **Anger Monsters (Adult) program**.



SORAYA

Step E, Healthy Relationships - Facilitator

Soraya has been with Family Ed for 40 years. She has a Masters in English and French Literature, Facilitators Program Certificate, and is a certified counsellor. Currently, she facilitates our **Step-E and Healthy Relationships programs**.



TANIA

SOP - Facilitator Assistant

Tania has been with The Family Education and Support Centre for 3 years. She has a passion for working with children, so you are likely to see her in our **School's Out Programs (SOP)** or childminding at Family Ed. Tania's passion allows her to build connections with the children in our programs.



PARENT EDUCATION PROGRAMS

MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

AFTER THE ANGER - MEN'S GROUP

A continuation of Anger Management for Men working on anger management, conflict resolution, effective communication skills, and stress management.

ANGER MONSTERS

Children 8 -12yrs learn what anger is, their triggers, and tools for learning to control their anger. Parents learn anger cycles, goals of behavior, how to support their child's efforts, and calming techniques

BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

KEEPING THE CHANGE - WOMEN'S GROUP

A continuation of the skills learned in Brave New You, Keeping the Change focuses on mastering skills around boundaries, empowerment, self acceptance and enjoying the person you are. This group provides group encouragement, support and information to women working to make and keep healthy change in their lives.

For more information, please contact Nikki Nevison at communitydev@familyed.ca





PARENT EDUCATION PROGRAMS

I AM AWESOME

Designed to help young individuals with communication styles, triggers, and "I" statements. Participants will take a look at their special inner qualities, discuss how to deal with stress, and how to be a friend.

HEALTHY RELATIONSHIPS

This 2-part course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and learning new communication skills.

HOME ALONE

An opportunity for parents and 9-12 y/o to gain skills and information about being safe and making good choices when home alone.

CONFLICT RESOLUTION PARENTING - WORKSHOP

Looks at how to use "I" statements, conflict management parenting styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop takes place via Zoom.

PARENTING RESILIENT CHILDREN - WORKSHOP

Helps participants to understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom.

For more information, please contact Nikki Nevison at communitydev@familyed.ca





SOCIAL EMOTIONAL DEVELOPMENT

DURING AND AFTER-SCHOOL WORKSHOPS

- Empathy
- Resiliency
- Optimism
- Conflict Resolution
- Gratitude

UNITED WAY SCHOOL'S OUT PROGRAM

United Way Schools Out Program is a program hosted by The Family Education and Support Centre and funded by United Way with collaboration from School District 42. This 3 part program provides an opportunity for children Kindergarten-Gr 7 to develop and expand their knowledge around multiculturalism, resiliency and helping the community.

For more information, please contact Sarah Kwan at sedevlopment@familyed.ca





VOLUNTEER PROGRAMS

UNITED WAY - FUTURE LEADERS

The Future leaders program consists of volunteers (between the ages of 15-22), who participate once a week in the United Way School's Out Program. Our mentors are role models for the students in this program (who are between the ages of 5-12). They actively engage and interact with them during the sessions, through games and activities. The mentors themselves, develop skills in the areas of inclusive play, group and team dynamics, problem solving techniques and critical thinking. They are constantly learning how to adapt and support each participants unique personalities and needs. The goal of the program is to have our leaders working as hands-on as possible, to gain valuable skills that they can use on their resumes and in future job seeking endeavors.

UNITED WAY - MENTORSHIP PROGRAM

The mentorship program is associate with the United Way School's Out program. At each session there is a minimum of one trained mentor to assist in supporting children who would not otherwise be able to attend after school programming. This mentor receives ongoing support from Stefanie, our Mentor Coordinator. Each location has 20 spaces for school aged children aged 6-12, with a total of 60 spaces in 3 locations. There will be 3 spaces at each school for children who require additional support attending programming. The goal is to have a trained mentor there to support them.

For more information, please contact Stefanie Volpe at mentor@familyed.ca

