

# Club Hub



NEWSLETTER - FALL 2015 EDITION

BOYS AND GIRLS CLUB OF KAMLOOPS

## CELEBRATING 60 YEARS IN KAMLOOPS

On September 25th we hosted a wonderful event celebrating the 60th anniversary of our Club in Kamloops. We were thrilled with the turnout of over 180 community members, including current & alumni staff and members, along with community partners and funders. Our youth-led carnival themed activities were a highlight for the younger attendees. Other participants enjoyed viewing 60 years of history displayed on poster boards filled with photos and newspaper articles. Special acknowledgement recognizing our donors, including the long standing relationship with the City of Kamloops, expressed by Board President Ernie Kurtz and a special welcome from City Councillor Ms. Tina Lange. Looking ahead we are excited about our future as we work strategically with community partners in meeting the needs of the Kamloops community members!

## WHAT'S BEEN HAPPENING

June 6th  
4th annual Race for Kids



July 22nd  
United Way Community Carnival



September 19th  
Children's Art Festival

September 25th  
60th Anniversary BBQ



## THANK YOU!

Special thanks to our donors, funders and supporters from the last four months:

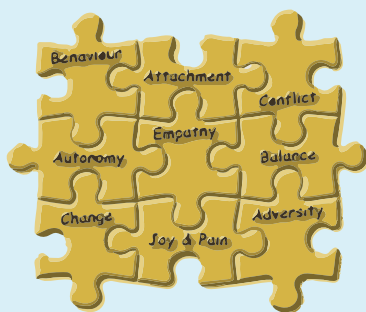
- Urban Systems Foundation
- Royal Purple #277
- Ron and Rae Fawcett
- Jon and Michelle Franklin



- TRU - Trades & Technology
- The Rotary Club of Kamloops
- Daybreak
- RBC
- TDMusiCounts
- Dominos Pizza
- Swiss Chalet
- United Steel Workers local 7619



# FEATURE PROGRAM: CONNECT PARENT



CONNECT© is an evidence-based 9-week manualized group program for parents and alternate caregivers of pre-teens and teens who struggle with behaviour problems or mental health issues. The program focuses on the core components of secure attachment to promote children's social, emotional and behavioural adjustment rather than teach the A-B-C's of parenting. CONNECT© helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational contexts. A strength-based approach to supporting families, CONNECT© is consistent with trauma informed practice.

The Boys & Girls Club offers CONNECT© to parents of children 8-12 and 13-19 who are: wanting to strengthen their relationship with their child; who want to understand their child's behaviour differently; or who want different strategies to support their child.

Parent feedback about the program has been that it provided "good tools to be a better parent, and to build strong relationships." The principle-based approach was said to have fit the needs of participants well, helping to "provide knowledge that it's not always going to be perfect." Activities such as role-plays and reflection exercises were also very helpful and thought-provoking, providing "real life experiences to which participants could relate." The overall conclusion was that Connect should be "something everyone should be able to access".

Connect Parent is free of charge, offers free childcare as well as a free meal. Our next session will start in January 2016. For more information or to be put on our waitlist contact Kerry at 250-554-5437 ext 206 or [programs@bgckamloops.com](mailto:programs@bgckamloops.com)

## UPCOMING EVENTS

**November 20th**  
National Child Day

**December 4th**  
Daybreak Rotary Youth  
Christmas Dinner

**December 7th**  
Professional Development Day  
(Club open)

**December 19th - January 3rd, 2016**  
Christmas Break

**January 23 - 30th, 2016**  
Interior Savings Unplug & Play  
Family Literacy Week

**February 19th, 2016**  
Professional Development Day  
(Club open)

## FEATURED VOLUNTEER/STAFF

Nicole began at the Club as a mentor in Rogers Raising the Grade when she started her practicum here in January 2015. Today, she is a youth worker in two programs, and the facilitator of our girls group. Nicole came in with an enthusiastic smile and energy that welcomes everyone. Nicole is an advocate in the Club and is often sharing important information with staff and youth about equality, and politically correct terms for gender identity and sexual orientation. She supports people in their growth and is supportive and understanding, while keeping things light! Nicole is a lifelong mentor and learner who we love having on our team.



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Know a staff or volunteer that would be good to feature here? Let us know! [resource@bgckamloops.com](mailto:resource@bgckamloops.com)