

# NEWS & VIEWS

MARCH 2006



This latest workshop series commenced on February 17<sup>th</sup> at NMRC and has been attended at full capacity by men who are dealing with this strong emotion. "Anger in Control" is a workshop based on "no blame-no shame". Anger is a normal emotion that we all experience. We just need to use that emotion in a safe and effective way.

Ingrid Cline, co-facilitating with Bill Larose says that that this is a life changing experience for the guys taking this workshop. We

have also been privileged to have Alan Caplan and Charles Hill as our guests for part of this series.

We already have a waiting list large enough for two more series which would take us well into the summer months if we so choose.

If you know someone or want yourself to be placed on a waiting list for the next series or just want information, please call NMRC at 716-1551.

The next series is scheduled to start on April 24th at 6 pm at NMRC.

One participant recently sent this email to Ingrid commenting on the workshop:

"Ingrid,

As I said last night, you, and all the other leaders have done a great job in creating the right atmosphere. (The) course is exactly what I need, and working out better than I expected.

(I) dislike role playing because it seems so false. Sure wasn't last night. Found that very useful."

JAL/IC

## Adieu!

It is with mixed feelings that we bid adieu to one of team members. Bill Larose is leaving us to join the team at the office of Andrew C. Croll, BA, LLB, Barrister and Solicitor. We have mixed feelings because we are sad to see Bill leave us, but we are also thrilled to see him move into the work that he wants.

Since Bill came to the centre he has been in constant demand by clients needing information pertaining to their situations. Bill has also taken several levels of training in Triple P (www.triplep.net) and has

become a resource in the community not only for NMRC but also for other agencies who want to develop programming for families who need support in their parent/child relationships.

Bill will be co-facilitating an upcoming series of Triple P workshops (please see page 3 for details).

Bill has also been co-facilitating with Ingrid Cline, our most recent workshop series, *When Anger is in Control*. This has been a tremendous success and we are looking for funding to keep on going with the

series.

Although we wish Bill the best of luck in the future as he enters his chosen legal field, we have to admit that we will miss him. He has brought to NMRC a genuine warmth and gentle nature.

Bill got the news that he would be leaving us on Thursday, March 2, 2006 and will be starting at his new position on Monday, March 6, 2006.

***Wishing you the best Bill...***

***.....we'll miss you!!!***

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### Resource Library

*We are compiling and indexing all our helpful articles at the Nanaimo Men's Resource Centre and placing them in our growing library.*

*If you feel that you have an article or resource that you'd like to contribute, please submit them to our front desk and they will forward them to James for addition to our library.*

### List of Contributors

TJB...Theo Boere (ED)  
nmrc\_theo@shaw.ca

JAL...James A. Latour  
nmrc\_james@shaw.ca

MB...Michael Beechey  
nmrc\_michael@shaw.ca

JV...Jonathon van der goes  
nmrc\_jonathon@shaw.ca

IC...Ingrid Cline  
nmrc\_ingrid@shaw.ca

## Success Stories

R.A. came into my office, looking for support in dealing with his legal matters. He is in his mid forties, and on a Provincial Disability Pension. He is about \$13,000.00 in arrears on child support, and has a Court Order that he is to pay about \$90.00 per month in child support, and \$5.00 per month in arrears.

The Ministry that gives him his pension tells him "this money is for your needs, it's not for child support, you don't need to pay it". The FMEP, on the other hand, says "Pay it or we will take your license, and attach any wages you may make." His right to obtain a license has been withheld, and FMEP told me that they would be garnishing any wages he would make. They also assume that all

employers will act legitimately, and not refuse to hire him because of the garnishment, and the onus is on him to prove that the employer has acted improperly if he does not get a job, or is fired, and I consider this a dubious assumption, given many dads reports of being fired in such situations.

His daughter has not lived with the mother for some time, and acting on my request, the FMEP worker did write the mom, asking if the child was in need of support; a letter to which the mom did not respond. As the result of the non-response, FMEP is no longer enforcing on the current support payment. However, they still are enforcing on arrears.

R.A.. is now paying \$10.00 per

month on arrears, which is double his court order. With the help of a letter from me to Legal Aid, indicating the harm that was being done to R.A. having the enforcement upon him, which includes harm to R.A.. as well as his daughter, as the result of him not having a drivers license. Also he is a very morally minded person to whom having the burden of a multi thousand dollar debt is an excessive stress, R.A.. has now obtained legal aid support for a lawyer, with the goal of getting the arrears down to a manageable size, and getting enforcement removed, including his license back, and freedom from interest and penalties.

JV

## Call for Resource Links

Jonathon van der Goes, *Director of Client Services* for NMRC, has posted a Canadian map in our meeting room. He is looking for resources for men in Canada. If you know of any resources, please contact him at nmrc\_jonathon@shaw.ca and tell him about the resource. Or, you can put the details (including name, contact info, website, email addresses and phone and fax numbers) on a business card size piece of paper and post it next to the map and take a

corresponding

thumb tack with a number and place it on the map.

Jonathon says, "I've heard for quite some time that there are three Men's Resource Centres in Canada, and I only know of the



Windsor Family Forum and ourselves. I've also had contact with a gent in Prince Rupert, and I have a card for a gent in Abbotsford. I've heard of a possible Centre in Edmonton, and in Winnipeg, but I have no specific information at this point. I've had some contact with someone in Ottawa, and I hear of something in Toronto, and of course we have contacts in Duncan, Courtenay, and Victoria.

JV



## A Place of Safety, Affirmation, Reality

During the summer of 2005, the RCMP approached a few community agencies including NMRC to facilitate the start up of a Youth Group for LGBTQ (lesbian, gay, bi-sexual, transgendered, questioning) youth.

In November, we received a grant for \$7,000 from the City of Nanaimo to start the group up.

The group has been meeting at Nanaimo Youth Services Association on the first and third Tuesday nights of every months

since September.

Our goal is to provide LGBTQ youth with a space where they can feel affirmed, safe and welcome. An opportunity not only to meet and socialize, but also a space where we can provide information and referral to assistance regarding some current issues like housing, employment services, drug and alcohol abuse, physical and mental health concerns, and safety issues. We would like to offer LGBTQ youth a chance to become empowered instead of isolated, giving them

hope and possibility for their lives.

Since starting the group we have had attendances ranging from 2 or 3 kids to up to 8 or 10 kids. It has become a place for these kids to share their concerns and joys in a safe environment. In February we had a group of youth travel from AIDS Vancouver Island in Victoria to come and teach the Youth Group the facts about safer sex and drug/alcohol use. It was a great time for all attending.

(Continued on page 3)

## Thank You to our Supporters (January-March 2006)

We want to take a moment and say **thank you** to some of our donors and supporters in 2006:

- Human Resources and Skills Development Canada
- FK Morrow Foundation
- Dediluke Land Surveying Inc.
- All our volunteers who gave generously of their time and talents

- Also, many anonymous donors who gave financially, gifts, and of their time.

*(Continued from page 2)*

## Triple-P Parenting

**Is parenting tougher than you thought it would be?** Have we got a program for you! In 2006 the NMRC will be offering the Teen Triple P, Positive Parenting Program. Over an eight week period in a group setting, you will learn how to effectively parent your teens using the research and evidence based methods developed by Dr. Matt Sanders at the University of Queensland, Australia. Meet the challenge of providing a home environment that guides and sup-



ports teenagers as they strive to become independent, well adjusted adults. For more information and registration please contact Michael Beechey at NMRC.

You can also go online and check out Triple P Positive Parenting Program at [www.triplep.net](http://www.triplep.net).

We are grateful to Vancouver Island Health Authority for training Bill Larose as our centre's community representative.

Some of our upcoming events will include a visit from Leonard Krog to talk to the youth about issues that they face as GBLTQ youth growing up in and around Nanaimo. We also have a local artist who is willing to have the youth come and see his studio where he sculpts and teaches dance.

We are also looking forward to a retreat to Camp Thunderbird in August with the kids.

If you wish to volunteer or support in any way with the group please contact us through James Latour at NMRC at [nmrc\\_james@shaw.ca](mailto:nmrc_james@shaw.ca). You can find more details at our Yahoo! Group at <http://groups.yahoo.com/group/QYN/>.

Our deepest gratitude to Nanaimo Youth Services who supplies us with a location to meet and store all our supplies for the group.

JAL

## Adieu to a Valued Volunteer

Over the last few months we have had the privilege of have Billy Hackett as one of our volunteers. Ingrid Cline, Volunteer Coordinator says, "Billy has been a pleasure to work with over the past several months. He has demonstrates many



wonderful qualities such as his attention to detail, determination and dedication. His enthusiasm and gentleness were contagious and his sincerity refreshing.

Billy enjoys a challenge and is

always willing to learn new skills and use new tools. His apprehension quickly turns into confidence once he has had a chance to practice these skills."

We are grateful for the time we had with Billy. We wish you well in your journey.

## Creating Passionate, Powerful & Authentic Lives that Work

Open Men's Circle: Nanaimo, Monday Nights 7-9 pm.

All men are welcome to attend an open Men's Circle on Monday nights at Bowen Rd & the Old Island Hwy.

This circle is sponsored by the **Mankind Project**, an international support organization for men. There are no fees required for attending these meetings. And you will **not be sold anything**.

We have certain expectations:

- Be on time
- tell the truth about yourself
- be sober in your life and for this meeting
- stay awake and present
- keep the things that you hear confidential

**Location:** Upstairs in the Lenhart Insurance Bldg, at the Old Island Hwy and Bowen Rd.

Call 250.618.6868 or Jonathon van der Goes at NMRC for more information.

JV

## NANAIMO MEN'S RESOURCE CENTRE

417D Fitzwilliam Street  
Nanaimo, British Columbia  
Canada V9R 3A7

Phone: 250.716.1551  
877.716.1551  
Fax: 250.716.1557  
E-mail: nmrc@shaw.ca

**For Men – Helping Families,  
Men, Women, and Children**

### Are you a member of NMRC yet???

- \$10 Individual (1 Year)
- \$100 Corporate (1 Year)

**We're on the Web!**  
[www.nanaimomen.com](http://www.nanaimomen.com)



## CALLING ALL DADS!

Join us for an 8 week program created to assist men to promote positive skills and abilities in their teenage children. Developed from 24 years of intensive research at the University of Queensland, Australia.

### PARENTING TEENS

*Small Changes that make Big Differences*

#### Topics include:

- ◆ Ensuring a safe, engaging environment
- ◆ Creating a positive learning environment
- ◆ Using assertive discipline
- ◆ Having realistic expectations
- ◆ Taking care of yourself as a parent

Starts Thursday Apr 13<sup>th</sup> - Seating limited - To register contact:

**Nanaimo Men's Resource Centre**  
250-716-1551 [www.nanaimomen.com](http://www.nanaimomen.com) [nmrc@shaw.ca](mailto:nmrc@shaw.ca)

## Tools for Dads for Parenting Teens

The Nanaimo Men's Resource Centre is working in cooperation with the Vancouver Island Health Authority to offer a new service for dads – "Triple P Teens" (Positive Parenting Program). This successful program has achieved international status as a highly effective means of providing parents with tools and confidence for making small changes that make big differences. This is a system of easy to implement, and proven parenting solutions that helps solve current parenting problems and prevents future problems before they arise.

Starting on Thurs Apr 13<sup>th</sup> for an eight week period,

participants working in a group setting will learn how to effectively parent their teens using the research and evidence-based methods developed over 24 years of clinical research by Dr. Matt Sanders at the University of Queensland, Australia. Topics include: Ensuring a safe, engaging environment, creating a positive learning environment, using assertive discipline, having realistic expectations, and taking care of yourself as a parent.

Our Program Manager Michael Beechey comments: "This program meets the challenge of providing a home environment that guides and supports teenagers as

they strive to become independent, and well adjusted adults. I appreciate the training and certification process that the Vancouver Island Health Authority organized with the master trainers from Australia. I was very impressed by how well developed, systematic and thorough the program is."

To learn more about this program visit the website [www.triplep.net](http://www.triplep.net) or the Nanaimo Men's Resource Centre website [www.nanaimomen.com](http://www.nanaimomen.com). To facilitate maximum participation attendance is limited to a small group. To register call 716-1551.

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