



The Centre for Family Literacy Centre Page

GOLF TOURNAMENT SUPPORTS C.O.W.

Our Mission Statement:

The Centre for Family Literacy builds, develops, and improves literacy with families and communities.

The seventh annual Links fore Literacy Golf Tournament raised \$40,000, bringing the total amount to date to over \$230,000. The tournament supports the Centre's Classroom on Wheels (C.O.W.) Bus program.

Most golfers know about mulligans – the opportunity to “do-over” a stroke without penalty, but few have heard of string as part of the game. At the Centre’s tournament, each player can purchase up to 18 inches of string which they can use to improve their lie or position on the course without sacrificing a

stroke. The team of Graham Barr, Scott Vreeland, Paul Job, and Tanner Fermaniuk strategically used their string and mulligans to record the lowest over-all score and win the coveted “green jackets.”

It was great to have so many of our Hole Sponsors activate their holes with competitions, food, and drink. As always, it was a pleasure to work with the staff at the Links at Spruce Grove.



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ACUTE STRESS AFFECTS BRAIN DEVELOPMENT

We know parents do influence the literacy development of their children, but did you know the same can be said about the development of their children’s brain? Brain development begins before birth, is most active in the first three years, and continues into adulthood. Interactions and engagement with family and others in their world, and early experiences, have an effect on how children’s brains develop.

There is much debate whether nature (our genetic coding – genes) or nurture (our experience and environment) is the most important influence of how children’s brains develop. Each of them play a different yet important role.

Genes are responsible for the basic wiring (connections in the brain) while experience is responsible for the fine tuning of these connections. These connections help build the foundation for later learning, behaviour and physical health.

There is also a growing body of research on the effects of Adverse Childhood Experiences¹ (ACEs) and toxic stress² on early brain development. Research shows significant impairment in the development of the brain during the first three years of life when a child has prolonged exposure to ACEs.

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GOLF TOURNAMENT

Continued

Their commitment to providing our golfers and volunteers with an exceptional experience is certainly a big part of what makes this such a fun tournament.

We would like to thank everyone who supported us, especially our sponsors:

Eagle Sponsor:	PCL Construction Leaders
Birdie Sponsor:	Stantec
Lunch Sponsor:	Ledcor
Banquet Sponsor:	Nearctic Property Group
Flag Sponsor:	Qualico Commercial
Caddy Sponsors:	CHANDOS, Dentons
Hole Sponsors:	Arrow Engineering, Bee-Clean, Clark Builders, Edmonton City Centre, Impark, MNP, Wave Engineering, West Block
Hole in One Sponsors:	Investors Group, Raymond James
In-Kind Sponsors:	Dedicated Designated Drivers, Fifendekel Pie Shop Cafe



BRAIN DEVELOPMENT

Continued

It is normal and healthy for children to face some level of adversity and stress on a daily basis. Having a parent they can rely on to help navigate the situation and give consistent responses and comfort is important. This helps children cope better.

Acute adversity is not the same. When the stressors are not dealt with in a timely fashion or happen over long periods of time, normal stress can become acute. Life altering events like abuse, neglect, constant family turmoil, second hand violence, divorce, and abandonment are examples of acute adversity.

Prolonged exposure to this adversity causes the brain to respond by releasing hormones in a “fight or flight” response known as high alert. Sometimes this state of high alert becomes the body’s normal and these hormones can be found even without the stressor being present. This is toxic stress. Children exposed to toxic stress frequently struggle with learning, behaviour, and long term physical health problems.

Family literacy programs provide parents with a nurturing environment to learn more about: attachment, early language and literacy development, tips on positive parenting, and resources that are available to them in the community. Through these programs, parents learn the importance of the first three years and how to support their children’s brain development, socio-emotional development³, and self-regulation.

¹ **ACEs** – Adverse Childhood Experiences include things like emotional or physical abuse, neglect, parental mental health, divorce, and other negative experiences.

² **Toxic Stress** – continuous high levels of stress hormones released into the body and brain

³ **Social-Emotional Development** – the ability to build relationships, identify feelings, and manage behaviour

PD KEY FOR FAMILY LITERACY PRACTITIONERS

Family Literacy in Alberta boasts a strong system of training and professional development and has done so since 2001, when the first *Foundational Training in Family Literacy* (FTFL) was offered as a one-week training program. This program attracted national interest. The result was the re-development of FTFL to reflect a national perspective. Family literacy experts from across the country provided input with the vision to professionalize the field of Family Literacy.



In 2010, with further re-development, *Foundations in Family Literacy* was launched as an online certificate course through Vancouver Community College (VCC) and, later, Conestoga College. Each college structured their course differently and met a different need, but both kept the basic foundations. When VCC discontinued the course in 2013, a gap developed. In response to this gap, the Centre has been researching how best to fill this need.

We began this year by conducting an online survey of the field in Alberta. Overwhelmingly, we heard the course was of value to professionals across the province, and they supported reviving the course in a similar format to that of VCC.

Feedback from those who have taken the course said that although it was a requirement of their funding, they also took it because it was interesting and valuable to their work. They highly rated the following:

- course content
- applicability to their work
- practicality of the components
- flexibility in taking the online course.

And 100% of respondents found the course valuable with comments such as, "...the information I have learned has been invaluable to my work with families.... It moves beyond head knowledge to action...." Another said "this has broadened my family literacy, adult learning understanding greatly."

Of those respondents who had not taken the course, 93% thought this type of professional development was important. **"The stronger the knowledge base is of the professionals running family literacy programs the more effective they can be in working with families."**

Moving forward, the Centre will be exploring options and partnerships to ensure this incredible resource is available to meet the needs of those working in the family literacy field.

IMPORTANT DATES

Literacy and Learning Day Conference

Saturday, October 28
8:15 am – 4:30 pm
Northlands Expo Centre
(7515 – 118 Ave)

Financial Literacy Month

November

National Child Day

November 20

Wills Workshop

November 30
7:00 - 8:30 pm
Centre for Family Literacy
 11642 - 142 Street
 Edmonton
Phone the Centre at
780.421.7323 to register



Online donations to the Centre can be made through CanadaHelps.org



The Centre for Family Literacy gratefully acknowledges the ongoing support of the following:



FALL PROGRAMMING AT CFL

After a short summer hiatus, the Centre's programs are back in full swing. We are excited about new opportunities in our family and adult programs.

In partnership with Primrose Place Family Centre, we are offering a full menu of programs including: Books for Babies, Rhymes that Bind, C.O.W. Bus, and 3,2,1 Fun! Families in this area have the opportunity to access all of these free programs.

The southeast sector of the City of Edmonton continues to see population growth with a significant number of families moving into this area. To meet the growing demands for programs, Books for Babies is being offered at two new sites: Family Futures Resource Network in Summerside and Edmonton Public Library – Meadows Branch.

The ever popular C.O.W. Bus is visiting several new communities this fall. Tuesday afternoon the bus is in Baturyn, Wednesday mornings in Walker, Thursday afternoons in Twin Parks/Maple Ridge, and Friday mornings in Rundle Heights.

In addition to Mandarin and Cantonese, our Multicultural Rhymes that Bind program will be offered in Eritrean. This is a first for the Centre and we look forward to working with this community.

The Adult Learning Team have been exploring a number of new initiatives that will support newcomers to Edmonton including workshops that will build competence in language, essential skills, and workplace culture. Please check our website at famlit.ca for more details about all of the programs offered this fall.

To switch to our email newsletter:
please send us an email at info@famlit.ca and reference Centre Page in the subject line.

YES, I WOULD LIKE TO MAKE A DIFFERENCE!

Your support will help us make a difference in the lives of Alberta families! Together we can make Alberta a healthy, literate society where all are able to contribute and succeed.

THANK YOU FOR YOUR SUPPORT!

Mr. Mrs. Ms. Miss Dr.

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Work Phone

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City

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Literacy Develops in Families First

The Centre for Family Literacy is dedicated to helping Alberta grow and prosper. Our innovative programs, training and research help Alberta families achieve what they imagine—improved education, jobs and health.

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