



**Family
service**
rochester



*Building strong, healthy families
and capable children.*

August 2009

www.familyservicerochester.org



Join us for the
PACE Back to School Rally

August 20th, 4-7pm at East Park.
FREE family fun, games and food!



Parenting Class for Busy Families

By Matt McKay, Program Supervisor

Pre-adolescence can be a challenging time for the families and schools. Parents have requested ways to communicate with their pre-teens and ways to handle their emotions in school, home, and community settings. The Incredible Years based parenting course focuses on strengthening parent's competencies (discipline, positive feedback, redirection, confidence) and encourages parental involvement in the child's academics in order to promote the child's academic, social and emotional well-being and reduce conduct problems at later stages in development.

Family Service Rochester is proud to provide our community with a parenting course based on the concepts of the Incredible Years (Carolyn Webster-Stratton, M.S.N., M.P.H., Ph.D., Professor and Director of the Parenting Clinic at the University of Washington) for parents interested in learning effective ways to shape their children's lives. The course is geared toward children 8-12 years; however the information can be easily applied towards 5-13 year olds. This award winning, research based course, helps parents who are interested in shaping their children's lives by learning effective techniques such as:

- Learning how to influence their child's behavior
- Effective problem solving
- Focusing on fixing the problem, not blaming
- Building positive child-parent relationships
- Building your parenting bank account
- Active listening
- Limit setting

The program consists of attending two Saturday classes, from 8:30am to 3:00 pm (12 hours of instruction). The series are held at Family Service Rochester, with a light lunch provided. Tuition is \$50 per family (scholarships may be available). Childcare is provided on a limited basis during classes (at no cost).

We are currently expanding our program and working with Project HOPE on providing this parenting program with the African American Families starting this Spring/Summer 2009. For more information or to register for the course, call 507.287.2010 or stop by Family Service Rochester.

Handyworker Program

By Matt McKay, Program Supervisor

Many of the elderly in our community find it increasingly difficult to complete the home maintenance and repairs which are necessary to keep them living safely and independently in their own homes. Local companies often will not take the time to address minor chores and if they do, the clients often experience long periods of time on a waiting list. The rates are also very high for those living on fixed incomes. Having a handyworker available and affordable keeps our aging seniors from climbing ladders to clean out gutters, change light bulbs or shovel snow—all of which could become a huge health or safety issue.

The handyworker program at Family Service Rochester has been in existence for 26 years. We provide minor household repair and maintenance for the senior population such as repairing steps and thresholds, installation of adaptive equipment such as grab bars, minor plumbing and painting. Our handyworker will also check smoke and carbon monoxide detectors as well as the furnace filter.

Besides the staff handyworker, several groups volunteer for seasonal chores such as raking, window washing and general yard cleanup.

If you or a loved one could use some help, give our office a call at 287-2010 and ask for the handyworker program.