



# PARENTS

Providing Awareness Referrals Education Nurturing Therapy Support

*... Where hope is in the home*

PARENTS, Inc. Newsletter

Winter  
January - March 2012

Aloha, Friends, Family & Colleagues:

**Happy New Year!** The start of 2012 is usually spent making various resolutions that may or may not come to fruition. This year I definitely set myself up for failure. My resolution is health and prosperity. Having good health means I have to work less hours, exercise, eat healthier and get lots more sleep! I work for a non profit, so working less hours is not really an option. Our office is surrounded by fast food restaurants. Jack N the Box is my weekly staple. And sleep? Who gets enough sleep these days? And prosperity?



**Executive  
Director  
Lisa Groulx**



Remember, I work for a non profit! The one thing I can and should incorporate into my life is exercise. So I would like to change the word "**Resolution**" and instead set short-term "**Goals**" that are manageable; that I actually have a chance of achieving. Setting one small goal at a time will help me to succeed without feeling overwhelmed. We have included a fun quiz on setting goals. Test yourself and see how you do. Take time to download the handouts on how to teach your children about setting goals and being the role model for them.

We would like to **THANK** all of our **donors, volunteers, vendors, and sponsors** for your continued support and partnership with us over the years. We have been in business for 36 years strengthening the families of Hawaii by providing parenting education and support services in the prevention and treatment of child abuse and neglect and we couldn't have done it without you.

**Mahalo Nui Loa!**

## DONATE UNWANTED CHRISTMAS GIFTS!



We will use your unwanted gifts to further our mission of strengthening families in the prevention and treatment of child abuse and neglect.

Call 235-0255 or email to [info@hawaiiiparents.org](mailto:info@hawaiiiparents.org)

### Resources for Families:

Click on the link below to download parenting resources:

[5 Tips on Helping Children Set Goals](#)



### Mini Quiz

Test your knowledge using our mini quiz below!

#### 1) Goals can be:

- a) Short Term
- b) Long Term
- c) Easy to Achieve
- d) Hard to Achieve
- e) All of the Above

#### 2) No matter how easy or difficult a goal is, we should congratulate ourselves and our children for obtaining the goal.

- a) True
- b) False

#### 3) It's easier to teach our children good goal setting, time

### 2011-2012

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Lisa Groulx  
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Danielle Spain

management and problem solving skills if we learn and practice regularly.

- a) True
- b) False

answers: 1) e, 2) a, 3) a

Program Director-Hilo

Puanani Spencer

Program Director-Oahu

## Confident Parenting Classes

FREE 9-week parenting classes will be offered on Saturday morning from 9:00am to 11:00am:

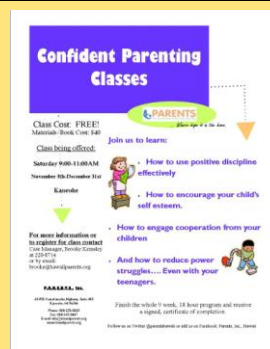
--> [Jan 14 - Mar 10, Kaneohe office, PARENTS, Inc.](#)

--> [Jan 28 - Mar 24, Hauula Community Park](#)

Click in the above links to download the flyers for further details or contact our Case Manager Kristen Guertin if you have any questions.

(808) 223-3264

[kristeng@hawaiiiparents.org](mailto:kristeng@hawaiiiparents.org)



Here's what some of our graduates had to say:

*"Learning all the different skills as parents... knowing I'm not alone and gaining different experiences and skills from other parents."*

*"I really enjoyed the teacher. It was easy to relate to him because of the stories and connections to his students that he inserted into the class."*

*"I have learned so much from this class. Keep up the good work."*

*"The best part of it all was having someone who doesn't judge certain parts of my parenting skills..."*



## Chocolate Fundraiser Preview



Are you planning to get chocolate for your friends and family on Valentine's Day? Why not support a worthy cause and purchase World's Finest Chocolate for your loved ones? Please stay tuned for further details.



## Kickball Tournament 2012

### *Kick Child Abuse and Neglect out of Hawaii*

**Date:** Saturday, March 24, 2012

**Time:** 8:30 am - 5:00 pm

**Venue:** Kaneohe District Park

April is Child Abuse and Prevention Month and this year we are holding our first Annual Kickball Tournament on March 24 to raise funds to continue our work in protecting Hawaii's children from abuse and neglect.



*Get ready! Start practicing now.*

## Women's Life Skills Training



Thanks for the sponsorship of Women's Fund of Hawaii, **PARENTS, Inc.** will offer a series of **FREE** life skills training for women. Details of enrollment will be announced soon.

**Date:** Thursday, February 9 - March 29, 2012

**Time:** 6:00 pm - 8:00 pm

**Venue:** Queen Liliuokalani Children's Center, Punaluu

**Content:** Finding strength through life's trials and tribulations; understanding healthy and unhealthy relationships, finding your creativity through art, poetry and music to express yourself, stress and anger management, budgeting, nutrition and exercise, goal setting/time management, etc.



**Mahalo for the kind support of our donors,  
sponsors and volunteers:**

**Aloha Petroleum**  
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**Tina Pukini**  
**Women's Fund of Hawaii**



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