



**Kako'o Na Makua  
All Parents Stand Together**

Family Support Services of West Hawaii  
75-127 Lunapule Rd. Ste. 11  
Kailua-Kona, HI 96740

## **March 2008**

### **Parent Education Calendar and Resource Guide**

**Our Mission:**

**To Support Families and Communities  
in Providing Love and Care for Our Children.**

To add your parent education information to the FSSWH listing, please contact A. Emi Saito at (808) 334-4159 (phone), (808) 334-4141 (fax), or [asaito@fsswh.org](mailto:asaito@fsswh.org).



"Kako'o Na Makua" is funded by  
Hawaii Island United Way



### **Helping a Family Member with an Anxiety Disorder**








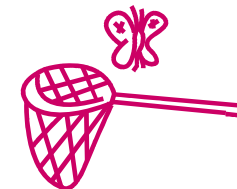
Sufferers of anxiety disorders and their families may spend months, even years, without knowing what is wrong. It can be frustrating and can put a strain on relationships; this strain is not necessarily alleviated once there is a diagnosis. Recovery can be a long process.

Family members often want to help the sufferer, but do not know how. An important fact to keep in mind is that anxiety disorders are real, serious, but treatable medical conditions. Having one is not a sign of weakness or lack of moral fiber. There is reliable evidence linking Panic Disorder, Obsessive Compulsive Disorder, and other anxiety disorders to brain chemistry, and even life events can trigger the onset of an anxiety disorder in a person who is genetically predisposed.

Like any other illness, anxiety disorders can take a toll on the family and friends of the sufferer. Household routines are disrupted, sometimes special plans or allowances need to be made, and the person with the disorder may be reluctant to participate in typical social activities. These factors can have a negative impact on family dynamics. Family members should learn as much as they can about the disorder, which will help them know what to expect from the illness and from the recovery process. Family member should also learn when to be patient with the sufferer and when to push.

Family support is important to the recovery process, but there is no magic cure. Getting better takes hard work, mostly on the part of the sufferer, and patience, mostly on the part of the family. Some things family members can do to help a loved one diagnosed with an anxiety disorder are:

-  Learn about the disorder.
-  Recognize and praise small accomplishments.
-  Modify expectations during stressful periods.
-  Measure progress on the basis of individual improvement, not against some absolute standard.
-  Be flexible and try to maintain a normal routine.



It is also important for family members to keep in mind that the recovery process is stressful for them too. They should build a support network of relatives and friends for themselves. Remember that with proper treatment by a mental health professional anxiety disorders can be overcome.

For more information visit:

<http://www.adaa.org/gettinghelp/HelpAFamilyMember.asp>

# Listing of Events & Resources:

## Kona

**Neighborhood Place of Kona (NPK):** NPK's Ke Ala Kupono Parent Education Classes focus on the important responsibility that parent(s) have in teaching and role modeling proper values and behavior to their children. Hawaiian culture is used as the primary vehicle of instruction and presented in a "story telling" manner. For more information call the Neighborhood Place of Kona at 331-8777

**HIPPY Play & Learn Group:** The Home Instruction for Parents of Preschool Youngsters (HIPPY) Play & Learn Group meets every Wednesday from 10:00 am - noon at the Na Kamalei Old Airport playground. The group will run from October 2007 to May 2008. For more information call Shannon Ramirez at 334-4111.

**Are you prepared to "parent" a teenager?**  
A series of presentations concerning effective and positive parenting of teenagers focuses on discussions & learning activities with an emphasis placed toward preparing and helping parents faced with "strong-willed" adolescents. Facilitated by Douglass Bartlett, M. Ed., an experienced teen therapist. For information on the next class, contact Linda Jeffrey at 327-4300, ext. 432 or e-mail: [khparentcenter@yahoo.com](mailto:khparentcenter@yahoo.com).

**Na Makuakane Maika'i 'O Hawai'i, Great Fathers of Hawai'i:** This father's group meets every Tuesday from 6:00 ~ 7:30 pm. For more information on the group activities and parenting classes, contact Larry Ursua at 334-4153 or Kauila Ho at 334-4180.

**Personal Parenting and Assessment Services (PPAS):** PPAS offers a twelve-week series of parenting classes on Wednesdays from 10:00 - 11:30 am. A Women's Support Group is also held on Wednesdays from 9:00 - 10:00 am. Call 327-2123 for details.

**The Institute For Family Enrichment (TIFFE):** TIFFE is offering free Nurturing Families of Hawaii training sessions. For more information and to pre-register, contact Suzanne at 854-1160.

**Prenatal Classes:** Every Wednesday from 7:00 - 9:00 pm at the Kona Community Hospital. To pre-register, call Krista Olson at 895-0782.

**West Hawaii Baby SAFE:** Free prenatal/postpartum education classes are offered on Tuesdays and Thursdays from 9:00 - 11:00 am. For more information call Jonelle at 322-3100 ext. 105.

## Waimea

**Tutu and Me:** Meets weekly on Tuesdays and Thursdays from 8:30 - 10:30 am at Imiola Church. For more information call 885-1200.

**North Hawaii Baby SAFE:** Free prenatal/postpartum education classes are offered on Wednesdays from 10:00 am - Noon. For more information call Jonelle at 322-3100 ext. 105.

## Waikoloa

**Mothers of Preschoolers (MOPS):** Mothers and their preschool-aged children meet for playtime and to share parenting tips. Meetings are held on the 2nd and 4th Fridays from 9:00 - 11:30 am. Call Tina Makoff at 883-9083 for more information.

**Waikoloa Play Group:** This is a drop in playgroup that meets every Friday at Ho'oko Street Park from 10:00 am. For more information call Alyce Camero at 885-0086.

## Kohala

**Kohala Family Center:** The Kohala Family Center is located in Hawi and provides information and referral services for the district of North Kohala. The center also has a lending library and free computer use. Call Christi Morgan at 889-0036 or walk in during open hours M, T, Th, F from 8:00 to 11:00 am and 3:30 to 4:30 pm and Wednesdays from 12:30 to 4:30 pm.

**Na 'Ohana Anuenue Community School:** This Waldorf-inspired Learning Center offers Parent/Toddler programs for children from 8 months - 3 years old once per week, a Parent-Guardian participatory program for 3 and 4 year olds Monday - Friday, and a Kindergarten program for 5 and 6 year olds Monday - Friday. Please call for more information about school programs for 7 - 11 year olds. Call. 889-6985.

**Tutu and Me:** Meets weekly on Mondays and Wednesdays from 8:30 - 10:30 am at Kamehameha Park, Intergenerational Center. For more information call 885-1200.

**Intergenerational Kickball:** This fun activity takes place the 1st Sunday of every month from 3:30 - 5:00 pm at the Veteran's Field at Kamehameha Park. For more information call Lani Bowman at 889-5852.

**Kohala Play Group:** This is a drop in playgroup that meets every Tuesday at Kamehameha Park from 9:30 am. For more information call Alyce Camero at 885-0086.

## Ka'u

**Ka'u Family Center:** The Ka'u Family Center is located in Na'alehu and provides information and referral services for the district of Ka'u. The center also has a food pantry and free computer use. Call Teresa Alderdyce at 929-9611 ext. 10 or walk in during open hours M - F from 8:00 am to 12:00 pm.

**Good Beginnings Play Group:** Meets every Tuesday at Waiohinu Park from 10:00 - 11:30 am. Children ages 6 months - 5 years and their caregivers are welcome to attend. For more information call Hettie Rush at 959-8572.

**Family Reading Night:** Will meet the 4th Friday of each month from 5:30 - 7:30 pm at the Ocean View Community Center. Call Melody Raymond at 929-7311 ext. 312 for details.

## Additional Resources for Families:

**Alu Like:** Offers prenatal and parent/child services including home visits, workshops, and parent/toddler groups for people of Native Hawaiian ancestry. For more information call 329-4801 in Kona or 885-7040 in Waimea.

**Aloha United Way:** Is a free, 24-hour information and referral service for all islands. The database includes over 4,000 programs and services ranging from legal assistance to recycling information to family counseling and much more! Dial 2-1-1 to find the services that meet your individual needs.

**Busy Buddies Hawaii:** A full service childcare center and full time Preschool. Full day or Holiday care, School waiver days and Intersession care, After School Care, Parent or Group visits, and Childcare while you "Get Fit" program. Available hourly or daily in a clean, fun, and safe educational environment. Call 334-1800 for more information or visit [www.busbuddieshawaii@aol.com](http://www.busbuddieshawaii@aol.com).

**Child Care Connection Hawaii:** The Department of Human Services' Child Care Connection Hawaii program provides families with subsidies to help with child care expenses, guidance in selecting a child care provider, information about quality child care programs, and referrals to community resources for help with other concerns. For more information call 327-4755.

**Family Support Services of West Hawaii:** Provides parent education services, referrals and resource linkages, home visiting services, family counseling, and positive alternative activities for youth. Offices are located in Kona and Waimea with Family Centers in Ka'u and Hawi. For more information call 326-7778, M - F 8:00 am - Noon and 1:00 - 5:00 pm.

**Hawai'i Covering Kids:** Through a variety of services, Hawai'i Covering Kids helps enroll children in free and low-cost health insurance programs. For more information call the Med-QUEST West Hawaii office at 327-4970 or visit [www.coveringkids.com](http://www.coveringkids.com).

**Hawaii Island United Way (HIUW):** HIUW provides linkages to locally based organizations that assist people in need. These organizations include health and human service programs, services for the mentally and physically challenged, emergency shelter, food and health care for the homeless, youth recreation and family support services. Call 326-7400 for more information.

**Kona WIC Program:** The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally funded program which provides Hawaii residents with nourishing supplemental foods, nutrition education, breastfeeding promotion and health and social service referrals. Participants are either pregnant, breastfeeding, or postpartum women, and infants and children

under age five who meet income guidelines and have a medical or nutritional risk. Call 322-4888 for more information.

**Malama Perinatal Program:** The Malama Perinatal Program provides information and support for women's health, healthy pregnancy, labor and birth, breastfeeding, infant and toddler care, and much more. Services are provided island-wide. For more information call 885-1234.

**The Neighborhood Place of Kona (NPK):** Focuses on the well-being of families and the prevention of child abuse and neglect. NPK use a "talk story" approach of connecting with families and individuals. Services are non-judgmental, family-centered, individualized, and culturally sensitive. Call Wally Lau 331-8777 for more information.

**The Parent Line:** Funded by the Hawaii State Department of Health, The Parent Line is a confidential toll-free telephone line staffed by professionals who specialize in child and adolescent growth and development. They offer support and information to anyone with concerns about parenting. To reach The Parent Line call 1-800-816-1222.

**The Pregnancy Center:** Offers free pregnancy tests, ultra sound exams, parenting classes, outreach and support to families, and baby clothes and furnishings awarded through a program called Earn While You Learn. For more information, call 326-1766.

**PATCH:** PATCH offers connections to a wide variety of information for parents and families. They help parents take the guesswork out of choosing child care with referrals to local child care providers. Call 325-3800 for more information

**Preschool Open Doors (POD):** Funded by the State of Hawaii, POD is an early childhood education and care project that helps children go to preschool by helping their families pay the preschool costs. Applications are accepted between March and April yearly. For more information call 1-800-746-5620.

**Tutu's House:** Throughout the year, staff and volunteers from the Waimea community offer a wide variety of opportunities that encourage individuals to make informed decisions about their personal health-related quality of life. For more information call 885-6777 or visit [www.tutushouse.org](http://www.tutushouse.org).

**Volunteer Legal Services Hawaii (VLSH):** Legal assistance is provided to clients in a variety of areas of civil law. VLSH does not provide assistance on criminal law. Clinics are held at Family Support Services of West Hawaii once a month. Call 800-839-5200 for more information.

