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

Family Support Services of West Hawaii  
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## April 2007

# Parent Education Calendar & 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),  
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# I'd like to thank you. . .



*A handwritten thank you note is an expression of appreciation for a thoughtful act, expression, or gift. However, some people find this task to be challenging and somewhat intimidating because they believe that their words have to be perfect. But they don't. Keep in mind, an imperfect note that conveys a heartfelt sentiment is better than a perfect note that was never written.*

*Each day we receive, what seems to be, an endless assortment of bills and unsolicited mail. Receiving a handwritten note is a rarity and will be remembered long after the gift was forgotten. To the receiver, it shows you appreciated the gift and cared enough to take the time to sit down and write out your expression of thankfulness.*

*Today we reap the benefits of the computer age where e-mailing someone is commonplace. But it's also impersonal. A child may be*

*acutely aware of how to use the internet but a grandparent may not. If we only embrace current social trends we lose touch with tradition and etiquette. Following are some guidelines that children should learn and adults should re-visit. . .*

- ✎ Handwrite thank you notes promptly after the gift has been received.
- ✎ Length is not important, the important thing is what you say and how you say it. Write from your heart.
- ✎ Let your personality show through. Pretend you are thanking the giver face-to-face and use expressions that are uniquely yours.
- ✎ Say something specific about the gift; how you've always wanted it, how you'll use it, what it means to you.
- ✎ Even if the gift is not to your liking, express your appreciation to the giver for his thoughtfulness and generosity.



*Express Yourself!*

# Listing of Events & Resources:

## Kona

- ✂ **HIPPY Playgroup:** The Home Instruction for Parents of Preschool Youngsters (HIPPY) playgroup meets every Wednesday from 10:00 am - Noon at the Na Kamalei playground. For more information call Shannon Ramirez at 334-4111.
- ✂ **Are You Prepared to Parent a Teenager?:** Feeling frustrated and overwhelmed by your child/teen's behavior? Parenting a teen takes unique skills! All parents of teens or soon-to-be teens (ages 10+) are great candidates for this 7-week class facilitated by Douglass Bartlett, M. Ed. For information about 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 Schiller at 854-1160.
- ✂ **Prenatal Classes:** Every Wednesday from 7:00 - 9:00 pm at the Kona Community Hospital. New session begins September 6th. To pre-register, call Krista Olson at 895-0782.
- ✂ **West Hawaii Baby S.A.F.E.:** Free prenatal/postpartum education classes are offered on Tuesdays and Thursdays from 10:00 am - Noon. For more information call Jonelle at 322-3100 ext. 102.

## 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.
- ✂ **West Hawaii Baby S.A.F.E.:** Free prenatal/postpartum education classes are offered on Tuesdays and Thursdays from 10:00 am - Noon. For more information call Jonelle at 322-3100 ext. 102.

## 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.

## 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 Anuenu:** This Waldorf inspired learning center sponsors Parent/Toddler programs for ages 0 - 5 every Friday. For more information call Kether Hollenbaugh at 889-1812.
- ✂ **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.
- ✂ **Good Beginnings Play Group:** Meets every Tuesday at Kamehameha Park from 9:30 - 11:00 am. Children ages 0 - 5 and their caregivers are welcome to attend. For more information call Angela Cook at 896-6574.

## 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 9:00 am to 12:00 pm and 1:00 to 2:00 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 A Ho'opili Pono:** The State of Hawaii's Malama A Ho'opili Pono project provides free prenatal, maternal and child health care information, home visits, and emotional support to prevent postpartum depression. For details, call Jan at 322-1902.
- ✂ **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 or Pili Kalele at 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.

*Express Yourself!*