

BRIEF TO ADVISORY COMMITTEE ON PREVENTIVE PROGRAMMING

from

FAMILY LIFE EDUCATION PROJECT COMMITTEE

June, 1966

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The Family Life Education Project Committee came into being as a result of a committee which met under the Sponsorship of the Youth Services Division of the Edmonton Welfare Council for two years. The Project Committee has for the past year offered a program of Family Life Education to the community. During the past year the provision of this service was offered on an experimental basis. The Project Committee is now prepared to provide a more extensive service and because of this will need some financial assistance.

At the onset the Committee clarified what is meant by the term "Family Life Education" with the emphasis being in the preventive field. Families with serious problems would require counselling service. The aim of a Family Life Education program is to strengthen and build up strong healthy family relationships, particularly parent-child relationships in order to prevent and lessen the high incidence of broken and unhappy homes, juvenile delinquency and mental breakdowns.

Such a program endeavours to achieve these aims by preparing young couples for marriage and helping parents understand the normal developmental growth of children. To assist them in visualizing this growth against their own individual family background and to realize that the family is a unit with dynamic interactions, each having its own unique pattern.

In addition, such programs would assist parents in becoming aware of and familiar with the resources available in the community that contribute towards the well being of the family unit.

The members of the Project Committee find there is a growing

recognition of the need for a family life education program in Edmonton. There is an increasing awareness of the benefits which can be derived from such a program.

The Committee has found that the most effective way to strengthen and build strong and healthy family relationships seems to be through small discussion groups where parents meet for eight to ten consecutive weeks with a trained discussion leader. This method is distinguished from the lecture method in that material is developed from within the group as members discuss their interests and concerns and share their every-day experiences. They look at their feelings and attitudes toward themselves and their children, as well as at the facts of child development and family relations. And on the basis of a wider fund of facts and ideas from which to draw, and as a result of their participation in the group and the group interaction, they come to develop a point of view and to make choices of what to do that have significance for them, each in his own way. While these results are most characteristic of discussion groups that meet over a period of some time, they represent in a broad way the goals of all parent programs and family life education.

The committee has been in contact with many other centers about family life education projects. In Montreal - the Family Life Education Council of Montreal Inc. has a program which is used by existing organizations in the community such as Home and School Association, Men's and Women's Service Clubs, Youth Groups, Recreation Organizations, groups affiliated with religious institutions, professional groups and nursery or other schools.

The Family Life Education Council of Montreal Inc. makes a concerted effort to reach the public through mass media. It uses radio, T.V. and the press. The Council also has an excellent library and film library.

Of the 18 people who took part in the Leadership Training Course in May, 1965, eight (8) were committed to the agencies they represented, and from the beginning we were aware that these eight (8) people would not be available in a direct way for projects of the Family Life Education Committee. Of the remaining ten (10) original participants, seven (7) have been active over the past year, and have contributed to the success of the several projects in which we have been involved.

To date, we have supplied discussion leaders for the following:

1. A course in child development being offered to foster parents.
2. A course in family relationships being offered to a group of young adults.
3. A discussion of a specific problem in family life with a women's church group.
4. A series of six evening study nights entitled "Dynamics of Family Life", with a group of young adult members of the congregations of two city churches.

The Committee proposes the opening of an office on January 1st, 1967. We have been offered temporary space in the Edmonton Welfare Council office. The position of Co-ordinator, which is now being handled on a volunteer basis, would be undertaken on a part-time basis by a paid professional person.

With the aims and objects of our Committee as set out above we respectfully request consideration be given to our project being financed by monies available to the City of Edmonton through Act 20 of the Provincial Legislature.

BUDGET OF FAMILY LIFE EDUCATION PROJECT COMMITTEE

For the year ending December 31, 1967

EXPENDITURES (Administration)

Salaries - Part-time Professional	\$ 2,500.00
- Clerical	500.00
Pension	150.00
Telephone-Telegraph	120.00
Printing, Stationery, Office Supplies	175.00
Audit	20.00
Advertising	25.00
Postage	30.00

EXPENDITURES (Office-Building)

Rent of furnished office	420.00
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EXPENDITURES (Other)

Leadership Training Course	250.00
Pamphlets, Literature	25.00
Miscellaneous	10.00

TOTAL EXPENDITURES	<u>\$ 4,225.00</u>
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LIST OF AGENCIES WHO HAVE BEEN INVOLVED WITH THE COMMITTEE

Canadian Mental Health Association

Catholic Family & Child Service

Council of Churches

Edmonton Public School Board

Edmonton Separate School Board

Edmonton Welfare Council

Victorian Order of Nurses

Social Service Department

Y.M.C.A.

Y.W.C.A.

10 citizens at large