

## Quarterly Newsletter

## 3rd Quarter 2016

[HOME](#) [ABOUT US](#) [PROGRAMS](#) [EVENTS](#) [CONTACT](#) [DONATE](#)



Peer Mediation And Skills Training (PMAST) is a vibrant and responsive anti-bullying and conflict solution provider. We provide the foundation of a lasting set of skills to build positive relationships in home, school and communities.

### PMAST—Why is it important?

#### How do we know our Programs work?

You have only to sit in a classroom and hear a young girl claim that “at home last night when the violence started, for the first time I could do something to stop it” to know why what we do is so important.

A school where our Restorative Action Program is provided says:

- Weekly flex sessions delivered to high school aged students build empathy and awareness through communication skills
- In school suspension programs cater to student needs and facilitate a positive re-entry
- Mediation in a variety of conflicts involves individuals that are staff, students and/or family members
- A key contact for community services wishing to provide resources to classes or individual students who are in need
- Designing preventative interventions for absenteeism and other youth at risk factors.

Also, “As a result of the presence of this project, our school administrators and teachers are able to focus more completely on student learning and academics. Individual students are displaying personal growth as a result of developing a relationship with this individual. Students are self-selecting for mediation services and often able to work through conflicts without school staff involvement. Parents are requesting mediation

services to build positive relationships with their teen. We feel this is likely contributing to stronger family units and increased engagement at school.”

Other schools who have hosted PMAST programs claim:

“these programs not only help us to provide students with the opportunity to develop mediation and relationship skills to assist them in their personal and occupational lives, but also to help them make healthy choices and prevent their involvement with legal implications.”

“it also provides a safe place for students to deal with their problems, resolve issues between victims and offenders and helps to re-integrate youth at risk back into the school and community”

From a school division “We have found this to be a very valuable addition to this school and would expand to other high schools if the budget permits.”

ADR Institute of Alberta one of our supporters: “We fully support their efforts to teach and mentor youth in conflict management skills, and appreciate the quality of their programs. PMAST programs that teach and mentor youth are providing them with effective skills they will use throughout their lives. The effects of this program extend well beyond the confines of the classroom in which the teaching of the program begins. Our kids, our students, our young adults, the teachers, the parents, the entire community at large are all positively affected.”

**And now you know!**

### Meet PMAST People:



**Florence Lye**  
**Program**  
**Coordinator**

Florence is the Program Coordinator and tireless promoter and worker for Peer Mediation And Skills Training and our Restorative Action Program (RAP) in Alberta. She is also our Event Manager for our Blue Friday Annual Conference, which is held during Bullying Awareness Week. Her passion is to ensure that all young people today develop the skills early in life so they can transition to a successful adulthood.

Florence is a Chartered Mediator and a Registered Family Mediator, best known around Calgary Alberta Justice Civil and Dispute Resolution Services Provincial programs. She coaches for ADR Institute of Alberta and at Mount Royal University Conflict Resolution Program. She is also a certified Life Coach as well as a Certified Emotion Code™ practitioner. Florence runs her own Mediation and Coaching private practice known as Arrow Mediations.

Besides working part time as a Family Support Worker, Florence is well known in the volunteer world for her countless contributions ranging from delivering bread to Mustard Seed, helping others seek financial freedom, to being Treasurer and tireless volunteer for the Kiwanis Club of Calgary Northmount.

Florence also looks after her mom and enjoys her time with her 4 children and treasures baby-sitting her 4 + 2 grandchildren and still finds time to laugh at life, expressing her wit and humour as she occasionally challenges even herself .



# Blue Friday

Blue Friday is PMAST's signature event. Each November PMAST presents this one-day event in a host school in Calgary and area, bringing together hundred of students, school staff and more than 50 interactive, inspirational and motivational speakers, life coaches and story tellers and volunteers who seek to build knowledge and awareness on how to reduce bullying and conflict. In addition, the event promotes resiliency, accountability and leadership. Through these workshops, youth unite to create awareness, change and to learn strategies and their responsibilities in combating bullying. By providing important life skills to deal with conflict, we can help the students become better citizens as they transition into adulthood. It also galvanizes the bond between the host school and community.

Schools who host Blue Friday say:

"We had the opportunity to engage in meaningful conversations with guest speakers who brought their stories and experiences to the students and staff of our school. The student and staff feedback was incredibly positive with a particular focus of personally gained skills, including self-confidence, advocacy and creating positive and meaningful relationships.

We have shared our experiences with other schools in our district and have encouraged them to participate in this fabulous event. We would also be delighted to host Blue Friday again!"

"Blue Friday took place at our school over a year ago and what a wonderful experience! Over 80% of classes participated and students said they learned so much and participated in amazing activities that had a positive impact on them. I would bring Blue Friday back to our school again

and again because of the tremendous learning that took place. PMAST team did terrific work and the presenters were excellent."

This year's theme is "Coping with Change". We have two Blue Friday Leadership Workshops scheduled on November 18th and 25th in Airdrie. We are looking for speakers and volunteers who would like to participate in either or both of these events.

Please contact Florence Lye at 403 669-1211 or email [blue.friday@pmast.org](mailto:blue.friday@pmast.org)

Please also check our website for more details [www.pmast.org/events/](http://www.pmast.org/events/)

Thank you to: Apache, Kiwanis Calgary Northmount, Platinum Photography, Mount Royal University and the many volunteers who's ongoing support make this event possible.



## Mackenzie Murphy

2015 Keynote speaker on:  
Anti bullying and its effects on mental health; her story, her journey and how to find strength in standing up. (Miss Teen Airdrie)

### PMAST Supporters—Make it Happen!



## AND THE RAFFLE WINNERS ARE...

Marion Jordaan of Calgary won the  
Calgary Flames Jersey.

Winners of the Golf Tickets were:

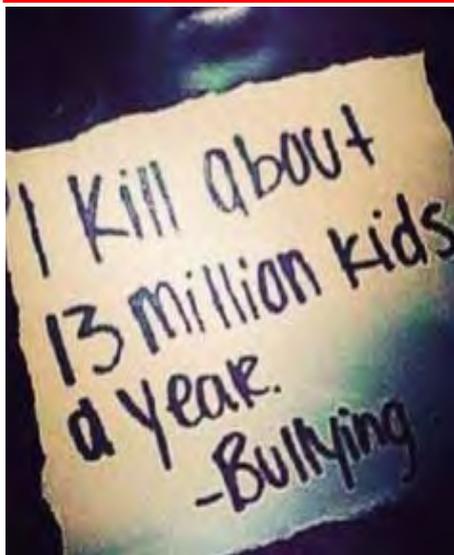
Peter Paul of Edmonton,  
Lynne Mullen of Carseland,  
Ken Wills of Crossfield, and  
Doug Taylor of Calgary



*Thank you*

To all who sold tickets, bought tickets, donated and supported our fund raising for Birdies for Kids. We raised over \$3300 which will result in close to \$5000 including Birdies share. That will pay for one No More Drama program at one school. A Huge thank you to the Calgary Flames!

**Thank you all!**



A NEGATIVE  
MIND WILL  
NEVER  
GIVE YOU A  
POSITIVE LIFE

### PMAST Affiliations:

and

**Alberta Mentoring Partnership**

**And Alberta's Plan for Promoting Healthy Relationships and Preventing Bullying**



PROUD PARTNER OF  
ALBERTA'S PROMISE  
[www.albertaspromise.org](http://www.albertaspromise.org)

## VOLUNTEER POSITIONS AVAILABLE

**HELP**—Do you have any of these skills?  
PMAST Needs you

**Board Members**— this is a working board as for now our funds go to program delivery rather than administrative duties. We are expanding and need an active board to help us build our capacity and guide us through these exciting times.

**Website Specialist**—a techy person to guide us through development of an awesome website and help us keep it current.

**Social Media Coordinator**—we need a person well versed in social media to develop and coordinate our activities on social media and get us into the current century.

*Please contact Florence Lye at 403 669-1211*

## What's Happening?

Oct 9-10—Kiwans Downtown Casino—Deerfoot  
Oct 11—Presentation to Calgary Lions Club  
Oct 13—Presentation to Alberta Health Services  
Oct 14—Kiwans Trivia Night—Airdrie  
Oct 17—PMAST AGM - see attached  
Oct 18—ADR Networking Mixer—see attached  
Oct 20—Conflict Resolution Day  
Oct 20—PMAST Promotions in Lethbridge  
Oct 22—Kiwans Airdrie Foothills Food Bank  
Oct 26—ADR Networking Mixer—see attached  
Nov 8, 10, 16 & 30—PMAST Strategic Planning  
Nov 18—Blue Friday—Airdrie High School  
Nov 24—PMAST Board Meeting  
Nov 25—Blue Friday—Airdrie Junior High School

## How You Can Help!

None of this is possible without our supporters and volunteers. There are a number of ways you can be part of providing this much needed help for our youth:

- Financially support our programs with donations (casino funds are quite restricted and can only be used for a % of specific costs; every dollar we raise allows us to use \$5-8 of casino funds, so no contribution is too small)
- Be a volunteer—we are looking for Board Members (contact us and let us know your availability and what you can offer)
- Be a volunteer to help make our Blue Fridays happen in November.
- What do you give to the person who has everything? A donation to PMAST in their name.

For more information on how to support PMAST go to our website at [pmast.org](http://pmast.org)



*Serving Youth, Families & Communities*

103, 1811 – 4 Street SW

Calgary AB, T2S 1W2

Phone: (403) 861-2517

*You are cordially invited to our*

*Annual General Meeting*

*&*

*Volunteer Appreciation*

*October 17, 2016 at*

*Cliff Bungalow – Mission Community Centre*

*2201 Cliff Street SW, Calgary*

*Come and see our exciting new developments!*

*Enjoy appetizers and wine social*

*6:00 pm*

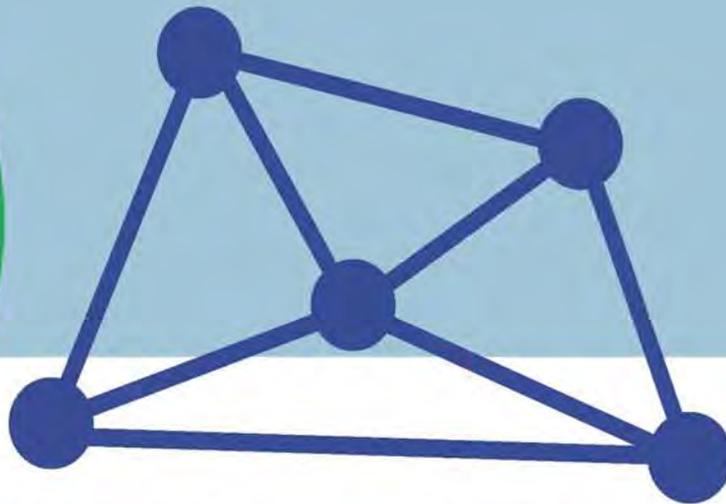
*Meeting at 7:00 pm*

*RSVP:*

[PMAST AGM 2016 Registration](#)

Or email: [Florence.lye@pmast.org](mailto:Florence.lye@pmast.org)

[www.pmast.org](http://www.pmast.org)



# Alternative Dispute Resolution **Networking Mixer**

**Wednesday, October 26, 2016**  
5:30 PM - 7:30 PM

This event is  
sponsored by



[mccartneyadr.com](http://mccartneyadr.com)

BP Lounge, Boston Pizza,  
1116 17th Ave SW  
Calgary AB

**Come out for appetizers, drinks and door prizes and  
connect with your colleagues in ADR!**

This is a **FREE** networking event. No pre-registration required.

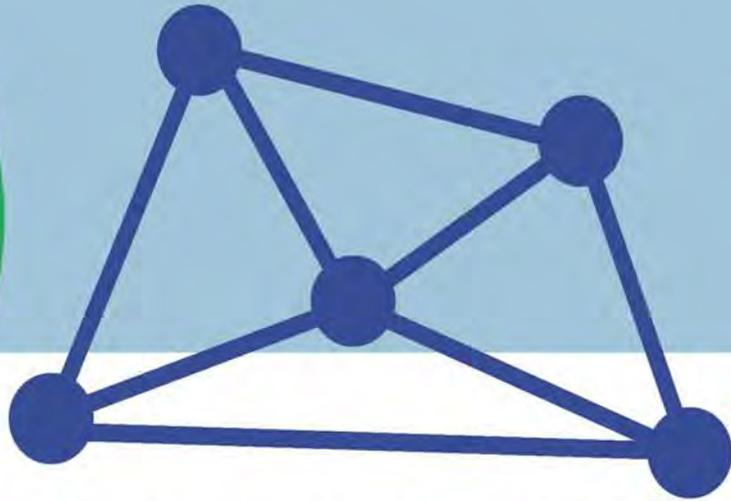
Charitable donations for community mediation will be accepted at the door on behalf of the Community Mediation Calgary Society.

Appetizers and door prizes will be provided, with a cash bar.

**Bring colleagues and friends - anyone with an interest in ADR.**

**LET'S  
TALK ADR**

Celebrating Conflict Resolution Day 2016  
Visit [www.conflictresolutionday.ca](http://www.conflictresolutionday.ca)



# Alternative Dispute Resolution **Networking Mixer**

**Tuesday, October 18, 2016**  
5:30 PM - 7:30 PM

BP Lounge, Boston Pizza  
10620 Jasper Ave  
Edmonton, AB

**Come out for appetizers, drinks and door prizes and  
connect with your colleagues in ADR!**

This is a FREE networking event. No pre-registration required.

Charitable donations for community mediation will be accepted at the door on behalf of the Mediation & Restorative Justice Centre.

Appetizers and door prizes will be provided, with a cash bar.

**Bring colleagues and friends - anyone with an interest in ADR.**

**LET'S  
TALK  
ADR!**

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Visit [www.conflictresolutionday.ca](http://www.conflictresolutionday.ca)