

POSTING SERVICES CENTRE UPDATE

Did You Know?

The Posting Services Centre has prepared a series of information sessions and workshops as part of a re-entry program for foreign service staff and their families returning from post this summer and fall. The program began in August with a noon-hour session on real estate and mortgages, and another afternoon session on local education systems. The program continues through early fall with a variety of sessions for returnees. Among these is a presentation on September 13th, from senior staff on changes within the Department, and discussions of the challenges facing the Department in the coming months and years.

Other sessions offered include:

Secretarial Update; Sept. 14

Welcome to the National Capital; Oct. 5

Introduction to Canada for Foreign Born Spouses; date to be announced

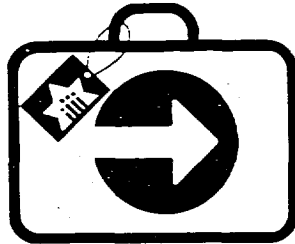
Financial Management (Budgeting); date to be announced and

"Welcome Home": A Re-entry Session for Adolescents. Oct. 14

A complete listing of courses and their descriptions, along with dates and registration information, is available from the Posting Services Centre (ABC). Please feel free to drop in and pick one up, or call Jeffrey Chapman at 995-9781 for information.

Kids and Culture Shock

We would like to report on a special event at the Posting Services



Centre that was a "first" for External: a workshop on "acculturation" for 29 children and adolescents accompanying their parents abroad.

This one day, informal workshop had three objectives: to help children and adolescents understand

the types of changes they were about to experience in their new posting; to help them develop coping strategies to adapt to their new environment; and, to prepare them to enjoy the experience of sharing another culture, both for the duration of their posting and beyond. The workshop was conducted by two professional consultants, a spouse, and a member of the Posting Services Centre staff.

All the young participants were involved in a series of exercises and exchanges of ideas which gave them new skills and insights into the acculturation process. This preparation should help them cope with, and profit from, their new situation abroad.

We hope our experiences this year will contribute to an even more successful workshop next year. We would be pleased to receive letters from the participants, giving us some news on how they enjoy their posting. Send your letters to ABC, Posting Services Centre, Ottawa.

