

Making Connections

*Friendships in Dubai
Counsellor Coffee Morning
Fairgreen Parent Hub*





Who's in the room?

Who is new to Dubai this year?

Who is experiencing their first international move this year?

Who is very experienced moving internationally? (3+ international moves)

Who has been in Dubai and the Fairgreen Community for more than 2 years?

Plan for this morning

- **Meet the Counselling Team**
- **Meet the Parent Hub**
- **International Transition Information and Research**
- **Short Personal Activity**
- **Make Connections**

Who we are: FIS Counselling Team



- ★ Kim Sharpe: Head of Counselling Department, works with Grade 3–5.
 - Been in Dubai for over 10 years
 - I have lived in Canada (French and English), Switzerland, Lebanon, and the UAE.
- ★ Carolina Barboza: Works with Pre K–Grade 2
 - Been in Dubai for 3.5 years
 - I have lived in Brazil, Turkey, Malaysia, China and UAE
- ★ Laura Dunderdale works with Grade 6–8
 - Been in Dubai for 6 years
 - I have lived in UK and UAE
- ★ Cheryl-Ann Weekes: Works with Grade 9–12
 - Been in Dubai for 10 months
 - I have lived in many countries including US and Barbados
- ★ Donna Catapia
 - Been in Dubai for 6 years
 - I have lived in Philippines and UAE

Parent Hub - Mission + Values

The mission of the Fairgreen Parent Hub is to provide parent-community support and space for engagement through events and sessions to foster and grow community's connection, happiness and well-being at Fairgreen.

Our Values: Community Connection Care

To reach the Parent Hub: parenthub@fairgreen.ae

Join our Parent Volunteer Whats App Group!

<https://chat.whatsapp.com/FSgzalqqIVnJkPJYqR26ne>

Transitions to New Communities

How were you feeling leading up to your move here?

How are you feeling two months later?

- ★ Growth and resilience
- ★ New opportunities
- ★ New connections
- ★ New lifestyle
- ★ New perspectives
- ★ Cultural awareness
- ★ Work/life balance

The Stages of Transition

Involvement
Leaving
TRANSITION
Entering
Reinvolvement

Everyone in the family will go through these stages at different rates, and it's not always a simple forward direction for anyone

“No one in the family or community escapes the impact of mobility”

The stages of grief

The roadmap you expected

Acceptance

Bargaining

Depression

Anger

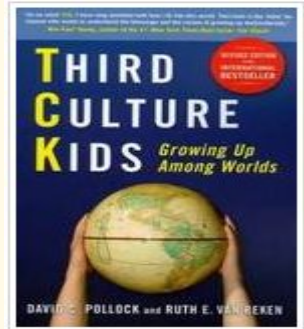
Denial

The roadmap you got

Mourning (conscious acknowledgement of) the loss of people, places and things (grief cycle) - Stage where sadness can hit

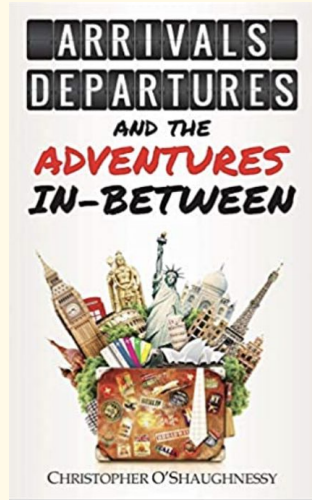
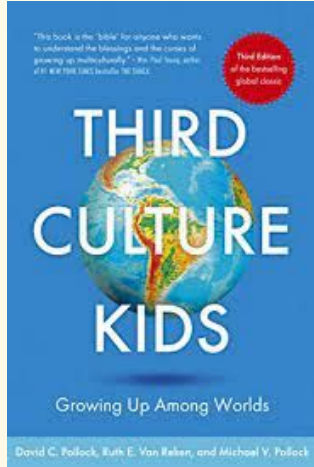
Creating a R.A.F.T.

- **R – Reconciliation**
 - Forgive and be forgiven
- **A – Affirmation**
 - Closure to respect and acknowledge relationships
- **F – Farewell**
 - People, Places, Pets, Possessions
- **T – Think Destination**
 - Where are we going? Benefits? Challenges?



Reconciliation-Affirmation-Farewell-Thinking Ahead

For Parents



Third Culture Kids: Creating an identity
Strengths and Challenges as a TCK
-Chris O' Shaughnessy



Challenges that may arise

- ★ Cultural adjustment
- ★ Language barrier
- ★ Navigating bureaucracy
- ★ Housing and cost of living
- ★ Schooling
- ★ Change in climate
- ★ Transportation
- ★ Family dynamics
- ★ Social integration

Friendships and Wellbeing

- ★ Lower levels of stress
- ★ Improved mental health
- ★ Increased life satisfaction
- ★ A buffer for isolation and culture shock
- ★ Provides a sense of security, social identity, and a support system that can help individuals and families adapt more successfully to their new environment
- ★ As such, promoting and nurturing friendships within our international community is not merely a social endeavor but a investment in the psychological and emotional health of our parents and, consequently, the holistic wellbeing of our entire school community.

Transition Activity

- How do you think understanding your own transition journey can impact the way you support your children's transition journey?
- What strengths or challenges have you noticed during your own transition journey?
- What are the aspects of your transition journey that empower you?

Reach out to us

School Counselling team

Kim Sharpe: ksharpe@fairgreen.ae

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Parent hub

