

O U T R E A C H

A News Bulletin for Friends of Catholic Family Services Peel-Dufferin

Sistering and Community Wellness Programs

Sistering is a volunteer program for women who have experienced violence, trauma or other forms of oppression. The Sisters are at a stage in their personal healing whereby they are able to offer support to other women who would benefit from having another woman journey with them during their healing process.

Following an intensive training and formation process, the mentoring Sisters are then matched one-to-one with women who would benefit from receiving support from another woman who has experienced violence, and who is able to accompany them as they begin or continue their healing. The program is a celebration of the transformative power of loving and supportive relationship that carries the potential to create a hope-filled future.

This program also develops and sponsors workshops for the community on a variety of topics relevant to personal and communal wellness. Our Sisters speak regularly to congregations, agencies, businesses and community groups on the impact of violence on our families, society and culture.

We have also integrated our Family Life Education program with Sistering and Community Wellness. We offer training and workshops in life skills, bereavement care, self-esteem, parenting, creating healthy families, spirituality and many other topics which support families in building loving relationships.



Fall 2007 Sistering Workshop Series

October 15, 2007

The Power of Minds

With Maxine Lipinski

The Theme of this workshop is "The Power of Our Minds: How Illusions and False idols block our way to finding peace." We often think "things" will buy us happiness, and this is one example of a false idol that our ego used to lure us into believing it can give us happiness, instead of God. While we take on a spiritual life we often go through what a course in Miracles calls an early "undoing" process. We begin to learn a new thought system based on love.

October 29, 2007

**Optimum Health and Healing with
Young Living Essential Oils**

With Todd Corson

Learn the essential benefits of using essential oils such as lavender for not only therapeutic purposes but also to enhance and maintain health of the body, mind and spirit.

November 12, 2007

**Jin Shin Jyutsu®
An Ancient Art of Harmon**

With Sonya Algar

Learn how to use your hands on our body to bring harmony back into our perfect life force. Sonya will walk you through some simple daily routines to help you harmonize such attitudes as Worry, Fear, Anger, Grief and Pretence that tax our physical bodies and can bring on "dis-ease" and illness. Sonya will use teachings from Mary Burmeister's set of Self Help books for this workshop. No Jin Shin Jyutsu experience is required to attend this workshop.

November 26, 2007

Unfinished Business

With Lia Falzon

Lia is a graduate of the Toronto Art Therapy Institute. Participants will be using a variety of art media to depict "Unfinished Business". Those willing to share and participate will have the opportunity to explain their art work and their thoughts. This is not an art class. The art will not be judged or critiqued. The art is used as a vehicle to explore and express emotions and insight.

All workshops are FREE, open to both men and women of all races, religion and orientation.

7:00—9:00 p.m.

Light Refreshments Served

IN THE COMMUNITY



"Knight For Hope"

Mississauga's Living Arts Centre will be filled with the sound of jazz this fall as some of Canada's leading jazz performers will be taking to the stage for a major benefit concert for CFSPD.

The Knights of Columbus councils throughout Mississauga will be sponsoring the 3rd annual "Knight For Hope" concert. In the past they have raised over \$50,000 for the Carlos Fidini Regional Cancer Centre at Credit Valley Hospital. This year they have chosen CFSPD as the recipient of the money from the concert. The Knights are committed to helping families in crisis, with specific emphasis on the money raised to be focused on domestic violence programs.

The performers will include Bill King and the Real Divas. The Divas will include Heather Bambrick, June Garber and Shakura S'Aida. Alex Dean, one of Canada's leading saxophonists will be performing with some special guests. All of these performers have won many accolades including Junos and National Jazz Awards. Additionally we will be introducing 2 promising young performers. It will be a night full of exciting sounds all in support of CFSPD.

So mark Wednesday October 17th on your calendars. The concert starts at 7:30pm. Tickets can be purchased through the website www.livingartscentre.ca. There are 3 tickets price ranges to fit everyone's budget. Please go out and support the Knights of Columbus and in doing so help CFSPD to do more of the work necessary to help all of the residents of Peel Dufferin.

If you want more information you can email jazzcanada@hotmail.com or call 905-274-7294.

CFSPD WALK-IN CLINIC LOCATIONS

Brampton

201-10 Gillingham Drive ♦ 905.450.1608
Thursdays—12:30 to 7:30 pm

Mississauga

701-165 Dundas Street West ♦ 905.897.1644
Tuesdays—12:30 to 7:30 pm

Bolton

18 King Street East ♦ 905.450.1608
Mondays—4:00 to 6:30 pm

Child minding available in Brampton/Mississauga

UPCOMING AT CFSPD



Catholic Family Services Peel Dufferin
Presents:

Mardi Gras Ball & Silent Auction

Saturday February 2, 2008 ★ 6:30 pm

FALL GROUPS/WORKSHOPS

BECOMING VISIBLE



This is a second stage group for women dealing with current or past abuse in a relationship. The group focuses on helping women overcome the effects of abuse. Women support each other in exploring their stories and taking the necessary steps to protect themselves from further abuse.

WOMEN SUPPORTING WOMEN

This is an introductory psycho-educational support group for women who have been or are currently in an abusive relationship. Types of abuse includes financial, physical, sexual, emotional and/or verbal abuse.

CIRCLE OF HEALING

A mindfulness-based, therapeutic group for women survivors of childhood abuse and trauma

For more information on Groups/Workshops:
905.450.1608 ext. 112

PAR

Our Program is a provincially approved Partner/ Assault Response (PAR) program for clients who want to help end their violent, abusive and controlling behaviours. Groups run for 16 weeks and are available in Brampton, Mississauga and Orangeville. For more information or to register please call, 905.450.1608 ext. 124.

BEST FATHERS POSSIBLE

A group for dads who want to be at their best. Group runs in Mississauga. Please call Jeff Kentel, Fathering Specialist, Safer Families at 905.897.1644 ext. 121

HEAL (Helping End Abuse For Life Network)

A group program for mothers and their children (newborn to age 12). Workshops and groups for adolescents. Public Education and Outreach workshops for parents. In-school programming through group work. For information please call, 905.450.1608 ext. 119

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