



O U T R E A C H

A Newsletter for Friends of Catholic Family Services Peel-Dufferin

OUR MANDATE IS TO STRENGTHEN FAMILIES AND HELP STOP FAMILY VIOLENCE

WE SERVE PEOPLE OF ALL FAITHS AND CREEDS

Practicum Training Program in Couple & Family Therapy

The combined population of Peel Region and Dufferin County has grown to over one million people in the last decade, doubling since 1981. As a result of the unprecedented population growth and chronic under-funding by the provincial government, waiting periods for social services in Peel have become unmanageable. In addition, resources to serve the needs of a culturally diverse population has outgrown the region's current capacities.

Four years ago, CFSPD introduced the *Practicum Training Program in Couple & Family Therapy* (the Intern Program) in response to the community's overwhelming need for counselling services.

Our Intern Program has 3 primary goals:

1. To keep the waiting period for counselling services to under 1 month.
2. To provide a professional training program and facility that offers the highest standards of skills and competence training for intern counsellors, therapists and social workers.
3. To increase the number of counselling clients that CFSPD can help.

CFSPD's Intern Program immediately gained recognition as the first formal, comprehensive clinical training program of its kind in the region, attracting Master-Level candidates from surrounding universities, as well as practicing social workers, therapists and counsellors seeking the requisite supervised counselling hours required for clinical membership to the American Association for Marriage and Family Therapists (AAMFT).

Over the course of the academic year, CFSPD provides Interns with the opportunity to work with a diverse clientele while supported by the highest quality on-site training and supervision. Through an integrated approach that promotes theory into practice, Interns gain clinical training and experience through direct client contact, instruction, involvement in clinical meetings, group and individual supervision by a Trained Family Therapist and Approved Supervisor with the AAMFT.

This unique program helps CFSPD to deliver necessary counselling services in an effective, timely manner, while at the same time providing a formal training facility that successfully turns out 10-12 highly skilled and competent therapists a year. We have professionally trained over 55 therapists since 2000! In our last completed year of service, Interns served 334 clients, the waiting period for our services was reasonably contained, and a vast majority of individuals, couples and families were strengthened through their work with one of our practicum students!

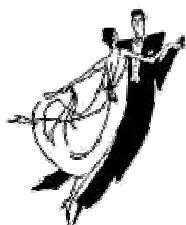
The Intern Program in and of itself, will not solve the huge gap existing between request for services and available counsellor time. However, the Intern Program is an integral part of CFSPD's commitment to providing timely service and enhancing community capacity by satisfying the region's need to provide a professional training venue for counsellors and therapists. The cost of running the Intern Program is not currently subsidized on an ongoing basis by our main funding sources. However, grant funding was provided by the Morrow Foundation last year, and this year, the Ministry of Community & Social Services has committed grant monies to help us maintain this vital program!

From The Board of Directors

Board members have been busy over the last 6 months developing a planning strategy for an ambitious new fundraising program for CFS. The visioning process included workshops with professionals who helped us set the ball in motion! We have developed a plan that identifies and responds to organizational factors that include background environment and needs, fundraising risks and constraints, analysis of the current situation; development of fundraising strategies and objectives, determining targeted sources, creation of fundraising projects as well as tracking and evaluating results.

Board members have strategically targeted five new areas of funding and expanded efforts with existing funding sources. Annual fundraising targets have been set and are scheduled to increase over the next three years!

Our new fundraising program will be used as both a long range planning and communications tool. We will regularly update the community, our funders and our fundraising stakeholders on our progress!



Planning is already underway for our **3rd Annual Dinner Dance & Silent Auction!** Great live music, good food, a tempting selection of auction items and this year's addition of a DJ, will make this evening fun for everyone! So please mark your calendars for Saturday February 5th,

2005, and come join us for this special evening. All proceeds from this event go directly towards helping our clients get the help they need when they need it most!

Jan Nevins
Board of Directors

We Welcome!

The Board of Directors welcomes new members Anne Kerubo, Dyona Johnson and John Fernandes.

Jennifer Myrie joins our clinical team providing counselling services with a special outreach to the Afro-Caribbean community.

For annual reports, upcoming events and workshops, please visit us at

www.cfspd.com

New Group

FINDING BALANCE

Exploring the Healing Journey
Becoming More Connected
Reclaiming Self
Setting Limits
Grounding & Meditation
Increasing Safety
Strengthening Support Systems
Self Care

A series of 8 free workshops for women who have experienced sexual abuse in childhood and/or adolescence

SEPTEMBER 2004

For more information either:

Sexual Assault/Rape Crisis Centre of Peel
905.273.3337 or
Catholic Family Services Peel-Dufferin
905.450.1608

It gives us great pleasure to honour

ANGIE LATHROP

For 20 years of service with Catholic Family Services and our Spanish speaking clients

Funding Generously Provided By:

ShareLife

United Way of Peel Region

Ministry of Community & Social Services

Ministry of the Attorney General

The Ontario Trillium Foundation

New Groups & Workshops

CHANGING MEN

Do you hurt the ones you love?

Have you promised,
"I'll never do it again"?



If this sounds familiar and you want help
in changing your ways, then
Changing Men is the group for you!

Changing Men is a program for men who have chosen to come to group to help them change their violent, abusive and controlling behaviours. This group also serves men who have completed Phase I of the Man to Man program and want to go further in developing a lifestyle based on equality, cooperation and power sharing in their intimate relationships. Men in this group have accepted responsibility for their abusive behaviours and work on strategies to become better intimate partners and better fathers.

SEPTEMBER 22, 2004

6:30-8:30 PM

BRAMPTON

For more information call:
905.450.1608 X124



IF YOU HAVE ANSWERED **YES** TO THESE
QUESTIONS, THEN COME AND CONNECT WITH US IN A SAFE,
SUPPORTIVE AND UNDERSTANDING ENVIRONMENT

SEEKING CONNECTION

A FREE, 12 Week Group Program for
Women Dealing with Trauma & Addiction

BEGINNING SEPTEMBER 14, 2004
Central Mississauga
6:30-8:30 PM

FOR MORE INFORMATION CALL
905.450.1608

A free, enhanced childcare program for children ages
0-12 is also available upon request

Seeking Connection is a collaboration between Catholic
Family Services Peel-Dufferin, Sexual Assault/Rape Crisis
Centre Peel and William Osler Addiction Counselling Services

Funded by the Community Foundation of Mississauga



Sistering Group

Fall 2004
Workshop Series

905.450.1608 X116

Focusing On Our Children

Join us for 3 free workshops in the Community Room at Fortino's Brisdale location
35 Worthington Avenue, Brampton, 7:00-9:00 PM

September 20, 2004

Depression in Children & Teens

Depression is on the increase in our society, attacking our vulnerable children and teens. Parents of depressed children and teens often feel helpless, angry and confused. After all, aren't these supposed to be the "best years of their lives"? This workshop is designed to help parents better understand and cope with depression in their children.

October 18, 2004

Raising Sexually Healthy Children

Sexuality is a subject many of us are uncomfortable discussing, especially with our children. "Raising Sexually Healthy Children" is a seminar designed to help you explore your own attitudes, increase your comfort in speaking about sexuality, and prepare your children to grow up sexually healthy in a challenging world.

November 15, 2004

Bullying Hurts Inside & Out

Bullying is something almost all children encounter. The effects of bullying are hurtful and often long-lasting. Parents need to feel that their children are safe with other children. "Bully Hurts Inside and Out" is a seminar in which you will better understand, and learn new skills, to prevent bullying.

Counselling Programs

INDIVIDUAL, COUPLE AND FAMILY PROGRAM

Through individual, couple or family work, this program strives to improve relationships, reduce emotional distress and enhance personal well-being by providing assistance to the following:

- Individuals experiencing loneliness, low self-esteem, anxiety, episodic depression, work concerns, bereavement and other life stressors.
- Couples experiencing relationship difficulties including poor communication, lack of intimacy, affairs, extended family pressures, or contemplating separation/divorce.
- Families coping with developmental transitions, cultural adjustment, parenting, parent-child and parent-teen conflict, step-family concerns, separation, divorce or other issues.

WOMAN ABUSE

Comprehensive services to families experiencing woman abuse:

- Support groups for women who have been assaulted by their partners.
- Psycho educational groups for men who have assaulted their partners.
- Individual and family counselling.

PROGRAMS FOR CHILDREN EXPOSED TO WOMAN ABUSE

Catholic Family Services is the lead agency for the HEAL Network along with 17 partner agencies. Services include:

- A group program for mothers and their children (newborn to age 12).
- In-School groups for children.
- Workshops and groups for adolescents.
- Public Education and outreach workshops for parents.

ADULTS WHO HAVE EXPERIENCED CHILDHOOD ABUSE

Counselling services to women and men who have experienced trauma through childhood abuse:

- Support groups for women who have experienced sexual abuse in childhood and adolescence.
- Individual counselling for women and men to explore the impacts of childhood abuse.
- Couple and family work to support the healing process.

SISTERING PROGRAM

Sistering is a volunteer program for women who, having participated in our woman abuse and adults who have experienced childhood abuse programs, are at a stage in their own healing process whereby they wish to give back by offering support to other women in crisis.

PARISH SOCIAL MINISTRY

Parish Social Ministry is the empowerment of the parish to respond in an organized way to societal and individual human needs. Its mission of love, justice, freedom and peace calls forth the gifts of the parish community in service and celebration. Parish Social Ministry is involved with other churches/congregations, agencies, community groups, and in community development programs. Agency staff assists the parish with organization, training and formation programs and ongoing resources and support.



FAMILY LIFE EDUCATION

Women's Self Esteem Program

Based mainly on the work of Nathaniel Brandon, this 6 week program will help women become more aware of six principles or practices that promote high self-esteem.

Through a combination of instruction, real-life examples, discussion, interactive and paper and pencil exercises, participants will learn a practical definition of self esteem. They will also develop and implement, over a six week period, a concrete plan for practicing the principles of higher self-esteem in their day-to-day lives.

NOVEMBER 2004

For more information or to register call 905.450.1608 X112



Courtesy of:
**NATIONAL COALITION
AGAINST DOMESTIC VIOLENCE**

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www.NCADV.org

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**TOLL FREE DUFFERIN & WELLINGTON COUNTIES
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