



# 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

## ***A Survivor's Story***

Tammy contacted us at the suggestion of the social worker at the shelter where she and her children were staying. Concerns were increasing regarding Tammy's depression and bouts of uncontrollable crying. Tammy's depression began early in her marriage, long before she and her children arrived at the shelter. Tammy's story is one of pain, torment, domination and degradation. It is also a story of love, triumph and humanity.

Tammy married young with wonderful expectations of fulfilling what she described as 'her purpose in life' - to be a wife and mother, and to create a good home. Tammy described the early part of her marriage as happy. She described her excitement upon learning that she was expecting the couple's first child. That excitement was short lived. The pregnancy was a difficult one for Tammy and became more difficult as she was subjected to verbal abuse and humiliation in public by her husband. Tammy's health deteriorated and the abuse escalated. Tammy was physically assaulted and threatened by her husband. Confused but committed to her marriage vows, she attempted to keep her relationship together. Tammy delivered her son early and experienced a bout of depression, but didn't tell anyone. Tammy soon returned home.

The abuse increased over the years. Tammy's husband had extramarital affairs and continued to verbally and physically assault her. Tammy focused on protecting and raising her son. When she became pregnant with the couple's second child, the abuse became more severe. Tammy finally confided to her family who lived outside of Canada. She and her son left to live with her parents but she returned to her husband after being promised that things would change. Tammy gave birth to a little girl and hoped that this new life would bring a new beginning to their family but the abuse began again.

Tammy considered leaving again but was fearful because her husband threatened to kill her and the children. She became skillful at ensuring that her children were safe and that the abuse was directed at her rather than the children. This continued until one evening Tammy's husband threatened to kill her with the knife she was using to prepare dinner. The children called 911 and the family ended up at a shelter.

Tammy sought counselling at Catholic Family Services to begin to address the pain she was experiencing as a survivor. She began to reclaim her own identity, an identity that had been worn away by years of being told she was 'stupid, ugly, worthless, and no longer valuable'. She began to rewrite a life that had been tainted by sadness. Tammy began to celebrate her achievements as a mother and a woman—bringing back color to a life lived in the shadow of abuse.

Tammy has since left the shelter and returned to work. Tammy continues to work hard to rewrite her story and the stories of her children so that her daughter does not experience abuse, and so that her son grows up to be a man who does not abuse.

Tammy has said that her faith sustained her. She tries not to think about what might have happened if help had not been available to her. Tammy knows the harsh reality of a survivor. Tammy knows she could have been dead.

*To protect client confidentiality, Tammy's story is a case composite that painfully reflects the reality of the stories shared with us by some of those who come to CFSPD for help. Clients like Tammy would be seen by a counsellor within 2 weeks through our Quick Access Program—a program made possible not only by our funders, but also by the support of our many individual donors!*

## ***How Counselling Helps!***

We regularly ask our clients to share the results of their counselling or group program experience with us through a formal evaluation process. Client feedback helps us to ensure that our services are effectively meeting the needs of those who come to us for help.

### **Individual, Couple & Family Program**

**98%** of clients surveyed indicated that they understood their situation better; **94%** reported that they were dealing with their problems better; **96%** reported that their sense of well-being was better.

### **Partner Abuse Program**

**95%** reported they had a better understanding that the violence and abuse was not their fault; **86%** reported that they were better able to get through an emotional crisis; **95%** reported feeling less alone; **94%** reported having developed new ways to deal with the effects of the abuse.

### **Adult Survivors of Childhood Trauma and Abuse**

**98%** reported an increased ability to cope with an emotional crisis; **98%** reported feeling less alone; **96%** reported having developed new ways to deal with the effects of their abuse.

### **Man To Man Program**

**84%** reported being able to identify their forms of abuse and control; **94%** reported they were able to develop and implement alternative, non-abusive or controlling, behaviours; **83%** reported that the group helped them develop more effective, non-abusive communication skills.

### **Women's Advocacy Program**

**87%** of the partners of men in the Man To Man Program (MTM) reported that they had not experienced physical abuse while their current or ex-partner was in the MTM group; **100%** reported that the program was supportive and empowering; **97%** reported that the program enabled them to take self-protective action; **97%** reported the program provided information about community resources and how to access them.



**PLEASE JOIN US FOR A HEROES BALL**  
Celebrating four years of supporter loyalty!

Planning is already underway for our **4th Annual Gala Dinner Dance & Silent Auction!** Live music, great food, and a tempting selection of auction items will make this evening a smash for everyone! So please mark your calendars for Saturday February 11th, 2006, 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 is pleased to welcome new member Cheryl Ann Fernandes



The HEAL Network welcomes Mehvish Sheikh, Outreach Worker and Maria Iosue, Child & Family Clinician



Pina Grosso joins the Man To Man Program as the new program coordinator for Women's Advocacy

### ***Funding Generously Provided by:***

**ShareLife**

**United Way of Peel Region**

**Ministry of Community & Social Services**

**Ministry of the Attorney General**

**The Ontario Trillium Foundation**

**The Canadian Tire Foundation for Families**

## Groups & Workshops



### WOMEN *Supporting* WOMEN

**A free, closed 10 week group dedicated to provide information and support about issues of Abuse, Power and Control to women who have experienced abuse in some form by intimate partners past or present.**

*For all women 18 years of age and older  
Opportunity for emotional support and healing  
Friendly and safe environment  
Understand the complexity of abuse  
Immediate service  
Group runs on Thursday evenings*

**SEPTEMBER 2005**

Have you experienced some form of violence and/or abuse?

Do you/have you had problems with drugs or alcohol?

Are you a woman 16 years of age or older?

*If you have answered YES to these questions, then come and connect with us in a safe, supportive and understanding environment*

### SEEKING CONNECTION

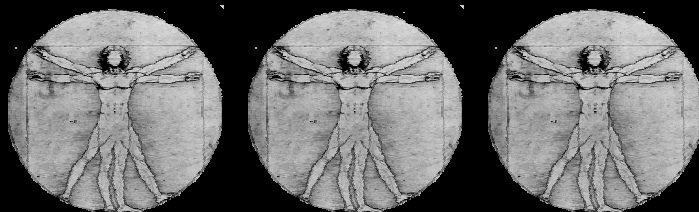
AND

### SEEKING CONNECTION FOR KIDS

**Free, 10 week group programs for women dealing with the impacts of trauma and addiction AND for kids whose parent is dealing with the impacts of addiction**

**SEPTEMBER 13, 2005**

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



Do you hurt the ones you love?  
Have you promised to never do it again?

### CHANGING MEN

*Changing Men* is a 16 week program for men who voluntarily choose to help themselves 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.

**OCTOBER 2005**

### FINDING BALANCE

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

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

**SEPTEMBER 2005**

*Offered by the Sexual Assault/Rape Crisis Centre of Peel and Catholic Family Services Peel-Dufferin*

## 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

### PARTNER ABUSE

Comprehensive services to families experiencing partner abuse:

- Support groups for women who have been assaulted by their partners
- Psycho educational groups for men who have assaulted their partners
- Individual counselling for men and women
- 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 have experienced violence, trauma or other oppression. Sisters are at a stage in their own healing whereby they wish to offer support to women who would benefit from having another woman journey with them during the healing process.



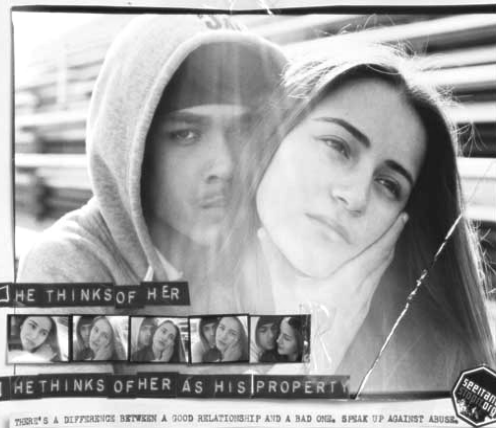
FAMILY LIFE EDUCATION

## Women's Self Esteem Program

**Based mainly on the work of Nathaniel Brandon, this 6 week group 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 2005**



There is a difference between a good relationship and a bad one. Speak up against abuse.

**Seitand stopit.org**

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