



O U T R E A C H

A Newsletter for Friends of Catholic Family Services Peel-Dufferin

Our Mission is to enhance Individual, Family and Community life in a manner that reflects the values and traditions consistent with the Catholic Faith.
Our services are available to all people who live or work in the Region of Peel & Dufferin County.

WE SERVE PEOPLE OF ALL FAITHS AND CREEDS

What's New?

We're Bigger & Better Than Ever!

We've moved!

On August 1st, our Brampton office moved to a brand new building on Gillingham Drive, not too far from our old location on Main Street. We now have more interview and group rooms, are fully wheelchair accessible, and most importantly, we are right across the hall from Catholic Cross-Cultural Services (CCS), our sister agency!

CCS provides services that assist in the settlement and integration of immigrants and refugees. Their programs include settlement and employment services, language training, refugee sponsorship, information and assistance with housing in Peel and crisis intervention and support for women.

Co-location with CCS will mean a more comprehensive range of services available under one roof to families in Peel, convenient access for clients, and a more efficient process of mutual referral between CCS and CFSPD. Our clients will be better served!

Our thanks go to the funders who helped make it happen and to J.J. Barnicke Limited, who helped support our lease negotiations.

Special Acknowledgements

Catholic Family Services Peel-Dufferin would like to thank the many individuals, organizations, parishes, businesses and Knights of Columbus Councils that kindly made donations this year! Your contributions have enabled us to continue to provide exceptional services to our clients and to meet the needs of our rapidly expanding and diverse community!



Please Join Us!

for our

**Joint Open House
Celebration**

Wednesday October 22, 2003
3:00 pm to 6:00 pm

Catholic Cross Cultural Services
and
Catholic Family Services Peel-Dufferin

Two Great Agencies Now Under One Roof!

Our co-location made possible with the help of The United Way of Peel Region, Catholic Charities & the Ministry of Community, Family & Children's Services!

10 Gillingham Drive, Second Floor
Brampton, ON L6X 5A5

From The Board Chair

We proudly welcome the community to join us in celebration as Catholic Family Services and Catholic Cross-Cultural Services toast the future from our new offices on Gillingham Drive! Our co-location will assist the clients of both agencies, increase overall service delivery, and foster a new synergy as the relationship between our two agencies grows!

Special thanks go to Catholic Charities, the Ministry of Community, Family & Children's Services and the United Way of Peel Region for their financial support that made our co-location possible. The Boards gratitude is also extended to all the CFSPD staff members who helped coordinate the move and make it a smooth and seamless transition for our clients! Special mention is made to Anne Dragone, Katherine Tomkinson, Carrie Lam and Rose Rebelo for their leadership roles in this endeavor.

We anticipate a busy year for both the agency and the Board, as CFSPD settles into its new offices, and Board members continue to plan for the future!

Adrian O'Connor
Chair, Board of Directors

We Welcome!

Brendan Meagher, Robert MacDermid and Nicole Russell as new members of our **Board of Directors**.

Paula Woods joins **Women's Advocacy** as the program coordinator.

The **Man To Man Program** welcomes new team member Terry Mady, who provides program services in the Orangeville area.

Caroline Mak joins us at the **Mississauga Office** where she will be providing counselling services for our Cantonese speaking clients.

Hello Students & Interns!

Thanks for accepting placements with us this year. We hope your experience at CFSPD will be both challenging and fruitful.

CFSPD Website Launched!

For comprehensive programming descriptions agency information and upcoming events, please visit us at:
www.cfspd.com

Fundraising

Dear Friends and Supporters,

We wish to welcome new members Jan Nevins, Arthur Peters, Brendan Meagher, Anthony Bastiampillai and Elsa Amorochio to the Fundraising Committee this year!

September saw the launch of our annual HERO Campaign, targeted for individual, group and corporate donors. All donations, both great and small, are vital as they help us to continue serving those in need!



Some Heroes Have Famous Faces
Our Heroes have hearts of gold!

Our 2nd Annual Gala Dinner Dance & Silent Auction is coming up February 21, 2004, so please mark your calendars! Tickets are \$80 per person or \$750 for a table of ten. We hope to raise \$15,000! If you'd like to donate items for our auction table or purchase tickets, please call 905.450.1608 X114.

We hope you will join us again for another very special evening of great music, dancing and dining!

Sandy Faux
Chair, Fundraising Committee



Funders

ShareLife
United Way of Peel Region
Ministry of Community, Family & Children's Services
Ministry of the Attorney General
The Ontario Trillium Foundation

Groups & Workshops



Circle of Healing

A Mindfulness Based, Therapeutic Group For Women Survivors Of Childhood Abuse And Trauma

Topics Include: Identifying and managing triggers, body awareness, feelings management, loss and grieving, exploring the role of spirituality, reclaiming healthy sexuality

Topics are integrated within a foundation of mindfulness practice to significantly reduce trauma related symptoms, increase the ability to relax and shift experiences of overwhelming thoughts and feelings.

JANUARY 2004



Becoming Visible

A group for women who are coping with current or past abuse in a relationship

Focus:

To help women overcome the effects of abuse
Women supporting each other in exploring their stories
To act self-protectively when physically abused or threatened

OCTOBER 2003

To self-refer please call:

905.450.1608 X115



Rediscovering Our Voices

A free information and support group for women 16 years of age and older who have experienced sexual abuse in childhood and/or adolescence

TOPICS:

Coping Limits & Boundaries,
Anger, Sleep,
Healthy Relationships,
Addiction, Balance,
Voice, Strengths

Beginning October 14, 2003

For more information call:

Sexual Assault/Rape Crisis
Centre of Peel - 905.273.3337

OR

Catholic Family Services Peel-
Dufferin - 905.450.1608



Couples Enrichment Group

A group for couples who would like to enrich and strengthen their relationships

Learn the skills that are most important to safeguard your relationship against breaking down

Topics will include:

Communication
Understanding
Conflict Resolution
Parenting As A Team
Building Trust & Intimacy

**Wednesday Evenings
October 22 to December 3, 2003**

For more information call:

905.450.1608 X113

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. 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.



Women Supporting Women

Women Supporting Women is a closed six week group for all women 18 years of age and older who have experienced abuse in some form by their intimate partners present or past. This group is dedicated to providing women with information and support around the issues of abuse, power and control.

OCTOBER 2003

905.450.1608 X101



FAMILY LIFE EDUCATION

Women's Self Esteem Program

This workshop 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 and paper and pencil exercises, participants will learn a practical definition of self-esteem and develop a concrete plan for developing higher self-esteem.

NOVEMBER 2003

For more information call:

905.450.1608 X115

Offices

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1.888.940.0584