



O U T R E A C H

A Newsletter for Friends of Catholic Family Services Peel-Dufferin

The Mission of Catholic Family Services of Peel-Dufferin 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 RELIGIONS AND CREEDS •

Special Acknowledgements

Catholic Family Services Peel-Dufferin would like to acknowledge and give thanks to all those who 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 a rapidly expanding and diverse community.

We greatly appreciate your generosity and support!

KNIGHTS OF COLUMBUS

Peter of the Apostles Council #8851

St. John Fisher Council #10402

Fr. Clare Tipping Council #9235

Sts. Peter & Paul Council #11337

J.F.K. Council #5523

Heart Lake Council #9108

St. Maximilian Kolbe Council #9612

Fr. Henk van den Berg Council #10614

Our Lady of Peace Council #8668

◆
Sisters of the Precious Blood

The Spiritans

Catholic Women's League

St. Anthony of Padua Parish

Fountain of Hope, Bank of Montreal Employee Foundation

Royal Bank Financial Group, Employee Charity Trust

Ontario Power Generation, Employee Charity Trust

Hydro One, Employee Charity Trust

Basilian Fathers of Toronto

And A Very Special Thanks To Our Heroes

Clarence Creedon

Steven DaSilva

Mrs. E DaSilva

Mike Jansen

Blair Keetch

Joe & Olivia Ningeum

Sonia Rebelo

James Hayward

Carla Campos-Nicolas

BSC Solutions Group Ltd.

Larry & Carol Dooley

Sounds Creative Inc.

Davpar Property Management

Complete Copier Care Corp.

Grand & Toy

New Era Housekeeping Services

Vickery & Vickery

Peer Mentor Profile

"I woke up one morning to find blood on my shirt, my wife and children gone, and no memory of what happened the night before."

T woke up that particular morning, 30 years ago, and knew he had a serious problem. The previous night at a dinner party at his home T had too much to drink. He had broken the hand of one of his guests.

Shaken by this experience, T knew that he needed help. By the next day he had joined AA. He wanted to clean himself up. T was 31 years old and had been an alcoholic since the age of 15.

T was a very successful business man. Twenty years in the oil business provided him with a life style that most people only dream of. He was married, had a young family and was living well. But his relationship with his wife was fraught with alcohol abuse and violence. T's wife left the marriage not long after he entered AA. T was left with three young children to raise by himself.

By the late Eighties, T had been with AA for well over 15 years continuing his own journey of recovery. At the same time he was sponsoring men who were entering the program for the first time. T's life was about to change again. T lost his fortune during the rampant financial excesses that defined the end of the decade. He left the business world and became self-employed. This change allowed T to attend to increasing health problems that had been continually plaguing him and to take some time to reflect on his future.

In 1997 while at George Brown College engaged in addiction studies, T was drawn to a class with Bob Paskoff called 'Working With Abusive Men, Phase I & II'. As a result, T spent over a year working as a student volunteer with Bob in the Man To Man Program at CFSPD. T felt that his own life experience as a recovering alcoholic and abuser informed the work he was doing with the men in the program. T says he sees the men as 'lost souls but with the hope of restoring their self-respect and dignity'. He feels a lot of empathy for them as they struggle to 'grow up' and move on by accepting responsibility for who they are and what they have done.

T tells his own story to the men in group to 'level the playing field'. He takes a hard line with them and maintains a 'tough love' relationship in an effort to act as a mirror; to have them take stock of their lives, accept responsibility for their behaviour and find some hope of redemption in a struggle, that he tells them, could take a lifetime.

T is currently completing his studies at George Brown, specializing in addiction work and work with abusive men. In addition, T volunteers in the MAN TO MAN Program at Catholic Family Services and continues to be involved with AA.

From the Board Chair

Campaign Report

During the first 3 months of 2002 the Fundraising Committee led a fundraising drive entitled *The Heroes Campaign*. Board and Staff members challenged themselves to find 100 "Heroes" among their friends and contacts. These would be individuals who would be financial supporters of Catholic Family Services by contributing at least \$100 each.

The goal of the campaign was to raise \$10,000 by the end of March. We can declare the campaign as a partial success. Excluding any donations which are in-transit the campaign netted \$6,560 with \$4,450 coming through Board Members and their contacts and \$2,110 from Staff members and their contacts.

Although we fell short of the target, Staff and Board members are to be congratulated and thanked. Not only do they contribute their time and skills on a daily basis to address the needs of our clients but they have gone the extra mile by making personal donations and by seeking financial supporters for Catholic Family Services among their friends, family, business associates and other contacts.

Funding and Fundraising remains an important area of focus for the Board. An ever increasing demand for our services confirms to us the growing needs and the confidence that the community has in the services that we provide. Our ability to deliver is limited only by our ability to get the resources to handle the growing demand!

Adrian O'Connor

Chair, Board of Directors

We Welcome!

Joining the Intake Team in April are new staff members
Carrie Lam and Cathy Crapparotta



Father Stephan Hull joins the Board of Directors from St.
Jerome's Parish



Rosalyn Riley and Sandy Faux are welcome additions to the
Fundraising Committee

Catholic Family Services

Annual General Meeting

June 19, 2002

4:30-7:30

At Our Brampton Offices

Celebrating 21 Years of Service

PLEASE JOIN US!

Fundraising

Dear Friends and Supporters,

The success of Catholic Family Services Peel-Dufferin is highly dependent on the values and actions of our staff and volunteers. Rooted in the Catholic tradition of social justice, Catholic Family Services makes a difference in many lives by our dedication to reaching out to the community we serve.

Volunteers give of their time for many reasons. They do so for satisfaction in knowing that their actions help others. Some feel they have a 'calling' and serve as Jesus served his fellow man. Yet other volunteers want to give back to a community that has given to them. Volunteering also provides the opportunity to refine personal and career-oriented skills such as: communication, problem solving, multi-tasking, group work, independent work, planning and implementing strategies.

In addition, the connection between staff members and fellow volunteers is very rewarding. Friendships are formed, skills are exchanged and the commitment of working together towards a shared goal is a truly wonderful experience!

Regardless of motivation, volunteers at Catholic Family Services make the difference in so many lives. They seek to support and assist those in need in the community in which they live.

We ask that you consider contributing your time and talent to being part of a team that is committed to serving our community!

By giving of your time, you can help many women, children,
individuals and families in need of support.

By giving of your time, you can benefit from the reward of serving
others.

By giving of your time, you become closer to God and gain strength
from the experience.

Consider Making A Difference In Someone's Life

PLEASE VOLUNTEER!

THANK YOU FOR YOUR CONTINUING SUPPORT

L.Dodaro

Chair, Fundraising Committee

To Find Out More About Volunteering On The
Fundraising Committee At Catholic Family
Services Peel-Dufferin

Please Call

905.450.1608 X114

Funders

ShareLife

United Way of Peel Region

Ministry of Community, Family & Children's Services

Ministry of the Attorney General

Staff Focus

Program Coordinator MAN TO MAN

BOB PASKOFF, M.Ed., M.Ed., M.S.W., R.S.W.

Bob Paskoff joined the counselling staff at Catholic Family Services in February of 1992. He came to the agency from Catholic Charities in Buffalo, NY, where he was involved in the development of a pilot project designed to educate male perpetrators in cases of domestic violence. A long time community activist and organizer, Bob has been working with batterers since the early Eighties when he began domestic violence work at the House of Ruth in Baltimore, one of the first women's shelters in the U.S to offer services for men.

Within two years of arriving at Catholic Family Services Bob had assessed the men's program and planned to expand, revise and develop additional programming. In 1994 he began to formally network with probation and women's shelters in the Region of Peel. At the same time, Bob developed a certificate training program in collaboration with George Brown College. Bob recruited students to the men's program and trained them to be co-facilitators and assist in the group work. The increase in staffing by way of students and volunteers allowed the program to further expand.

Soon after, Bob established the MAN TO MAN Program - men's services based on an innovative open group model that provided men access to services within 2 weeks of their first call to the agency. The success of the program is founded on the following:

- ◆ Elimination of waiting lists
- ◆ Open group model that takes in men every 2 weeks and utilizes the efforts of students and volunteers
- ◆ Group orientation process; maintenance of a small group format
- ◆ Formal linkages with the legal system as a source of referrals
- ◆ Development of a Phase II program
- ◆ First men's program to incorporate the use of cultural interpreters to service the many cultural groups in Peel, and to sensitize the lead facilitators to the various social customs unique to each group

Bob represents Catholic Family Services on the PAR (Partner Assault Response) Service Providers Committee. This committee involves all PAR program leaders and works in collaboration with the Ministry of the Attorney General to draft guidelines and standardize PAR practices province-wide.

Bob hopes to initiate *Phase II* and eventually *Phase III* of the MAN TO MAN Program on an ongoing basis. In addition, Bob would like to introduce a group for men called '*Being A Son & Becoming A Better Father*', a group to help fathers (who in the past have abused their children's mother) develop their parenting skills and learn ways to reconnect with their children.

**INTERESTED IN VOLUNTEERING
IN THE MAN TO MAN PROGRAM?
CALL: 905.450.1608 X117**

**Funding For The MAN TO MAN Provided By
The Ministry of the Attorney General**

MAN TO MAN

Ending
Men's
Violence

Enriching
Men's
Lives

Program Feature

Violence against women is a pervasive social issue in Canadian culture, and indeed around the world. According to *Statistics Canada*, 1 in 4 women experience abuse in an intimate relationship. Woman abuse is an attempt to control the behaviour of a wife, common-law partner or girlfriend. It is a misuse of power which uses the bonds of intimacy, trust and dependency to make the woman unequal, powerless and unsafe.

Woman Abuse Is A Pattern Not An Event

Woman abuse involves physical and sexual assault, emotional and psychological intimidation, degradation, deprivation and/or exploitation of women by their intimate partners. There are no social, cultural, religious, financial, geographic or occupation related barriers to being abused or behaving abusively.

The MAN TO MAN Program has evolved since its initial launch in 1986. Currently, it is a two-phase program designed to help men stop their violent, abusive and controlling behaviours towards their intimate partners. This is done in an educational group setting. *Phase I* of the program offers a weekly class (2 evening-hours per week) in which a man, with the help of other men and women facilitators can;

- ◆ Acknowledge the violence, abuse and control that occurs
- ◆ Attempt to understand the reasons for abusive behaviours
- ◆ Take increased responsibility for one's own behaviours
- ◆ Develop and implement alternative behaviours that are not violent, abusive or controlling
- ◆ Develop safety plans to avoid violent, abusive and controlling behaviours
- ◆ Experience support from other men who are ending their abusive behaviour
- ◆ Receive substance abuse assessment and referral as needed

Phase II of the program offers men who have completed *Phase I*, a continuation of service. *Phase II* runs for 15 weeks in a small group format that focuses on socialization as the origin of abuse, and ways to have a relationship based on equality, respect and responsibility.

The main priority of the MAN TO MAN Program is the safety of abused women (and their children). The WOMEN'S ADVOCACY Program runs parallel but separate from MAN TO MAN.

The WOMEN'S ADVOCACY Program contributes to the empowerment and safety of partners during the men's participation in the program. It provides partners of abusive men with support, safety planning and protective action, options and information to help assess and cope with their situation. We are able to link partners with other agency programs and culturally specific women's abuse groups.

**TO LEARN MORE ABOUT THE MAN TO MAN PROGRAM CALL:
905.450.1608 X124**

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, 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 adults 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 family violence 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.

Workshops

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WOMEN'S WELLNESS WORKSHOP 2002

Presented By The Sistering Group

MIND • BODY • SPIRIT

SERIES 2: MIND

Thursday May 23, 2002

MINDFULNESS

Thursday June 6, 2002

THE UNFOLDING STORY OF THE UNIVERSE

Thursday June 20, 2002

WOMEN'S SELF ESTEEM

St. Anne's Church
115 Vodden Street East
Brampton

7:00 PM—9:00 PM

Free Childcare

Coffee/Tea Provided; Donations Always Appreciated

FOR MORE INFORMATION CALL: 905.450.1608

Donations

Invest In Your Community

YOUR DONATION DOES MAKE A DIFFERENCE

TAX RECEIPTS ARE ISSUED FOR ALL DONATIONS!

THANK YOU FOR YOUR SUPPORT!

Offices

BRAMPTON

389 Main St. N. Ste. 207
Brampton, ON L6X 3P1
Tel: 905.450.1608
Fax: 905.450.8902

ORANGEVILLE

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42 Dawson Road
Orangeville, ON L9W 2W3
Tel: 519.941.2424
Fax: 519.941.2207

MISSISSAUGA

165 Dundas St. W. Ste. 701
Mississauga, ON L5B 2N6
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Fax: 905.897.2467

BOLTON

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