

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

The Mission of Catholic Family Services Peel-Dufferin is to strengthen individual, family and community life in a manner which reflects the values and traditions consistent with Catholic social teaching and the doing of justice. These social justice principles embrace the inherent dignity of the human person, the sanctity of life, and the inclusion of all people, regardless of religion, race, ethnicity, economic status, sexual orientation, gender, age or physical ability.

Our mission is achieved by the offering of exceptional counselling services to individuals, couples, and families for issues dealing with emotional and relational well being. These issues include but are not limited to domestic violence, stress, couple and family problems, emotional trauma, loss and separation. We also serve through community outreach and family life education; and by continued advocacy efforts to improve access for everyone to social services in Peel and Dufferin.

**Understanding Intense Emotions**

Boris Kris, Therapist, Catholic Family Services Peel Dufferin

Many of us have lived long enough to have entered into at least one disagreement with another person that turned into a significant conflict. Disagreements stir up intense emotions that are difficult to handle and can quickly develop into conflict. Frequent conflicts and arguments can bring violence and abuse. In order to live healthy and satisfying lives, we need to be able to understand intense emotions.

When people experience the intense emotions from a disagreement they may feel stuck in their relationship. Rifts, break-ups, separation, and divorce have often been the result. Depression, feelings of worthlessness, and suicidal thoughts can also be there. The confusing emotions of joy, sadness, anger, bitterness, disappointment, fear, grief, shame, anxiety, love, hate, powerlessness, disgust, pleasure, numbness, and indifference have been so blocked and pushed to the corner that they finally come on us like a tidal wave, leaving us overwhelmed and broken down.

The remedy is startlingly simple: we need to show empathic understanding to our own feelings. To begin, we need to pay attention to how we normally handle intense emotions. Do we try to push them away or bottle them up? Or do we express them fully, because we are afraid that keeping them inside would destroy us? Neither extreme is helpful. The first can lead to passiveness and its various forms, the second to aggression. The balance is obtained by showing empathic understanding towards ourselves.

It helps to compare this to how we comfort a child. Rarely would a parent command their hurting child to fix the pain, or to be silent, or much less stop bothering them and go away. Yet many of us do this to ourselves when we feel intense emotions. We most often tell sadness, grief, disappointment, stress, and similar emotions to go away and not to come back. But a caring parent would bring the hurting child close, and possibly say something like “Yea, that really hurts. I understand.” \

Similarly, in order for us to show empathic understanding to our intense feelings we must not require the emotions to change, to disappear, or to lessen. We only show comfort and empathy. We don’t push the feelings away or judge them for being there; we talk to ourselves by saying “This hurts, and I can understand that I feel this way,” without expecting the feelings to change. We pay attention to how that emotion feels physically in our body. Does it feel like tightness in the chest, or a knot in the stomach, or shortness of breath? Just rest in those feelings; don’t rush them off. Feelings and body sensations morph, they ebb and flow

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through us. Observe them for a couple of minutes and breathe. Say again, “I can understand that I feel this way.” That is showing empathic understanding.

Time and again with the many people I have met and talked about this remedy, a paradoxical phenomenon occurs – relief. As humans we are designed to experience relief when we are understood. Just as a child’s self-esteem is nurtured when they feel worthy of being understood, so our self-esteem builds healthily as we extend this kind of comforting, non-judgmental understanding to ourselves. Just as a child’s emotions naturally deescalate with such understanding, so do ours inside us. The fear of being overwhelmed fades as we learn that we are able to stand comforted in the presence of intense emotions. Extending understanding refreshes us, offers us a new perspective, invigorates us, and ultimately builds our self-esteem. We become people who have safe and healthy relationships.

**Our Funders**

Catholic Charities/ShareLife  
Canadian Tire—Jumpstart  
Charities  
Ministry of Children and Youth  
Funding  
Ministry of Citizenship  
Ministry of Community and Social  
Services  
Ontario Trillium Foundation  
United Way Peel Region

**The Honourable  
William G. Davis  
Centre  
For Families**

Centrally located in downtown Brampton, The Honourable William G. Davis Centre for Families will make it easier for individuals and families in crisis to access many of the services they need to put their lives back on track, all at a single stop. This collaboration of partners covers a multitude of legal, educational, and social services, and provides everything from immigration help, to child welfare intervention, to parent education to clinical counseling for anxiety, depression, couple and family conflict, domestic violence and trauma. In addition to housing CFSPD’s head office, the Centre is home to the Safe Centre of Peel, the Region’s first and only facility that provides collaborative and integrated multi-agency support for victims of violence and abuse.

**The Safe Centre of Peel provides the following:**

- Intake needs assessment
- Risk assessment
- Crisis Counselling and Safety planning
- Bail court updates and copy of bail release conditions if applicable (i.e. cases of domestic violence, sexual assaults, homicides, attempted murder, human trafficking, aggravated assaults (resulting in serious bodily harm/injury)
- Internal and external referrals (ie. Victim Services of Peel programs, Safe Centre of Peel agencies, community services, etc.)

Contact: 905-450-4650 ext. 300

**Professional Membership**

Catholic Charities  
Family Services Ontario

(We are proud to announce that we achieved a score of 100% in all areas of accreditation for Family Service Ontario)

## SPRING FEVER 2012 SUPPORTERS

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| 1000 Islands Cruises Rockport Boat Line<br>Adrian and Cora O'Connor<br>Allison Christilaw and Doug Emerson<br>Amac Paving<br>Ana Debem<br>Ana Rocha<br>Andrea and David Broadley<br>Avison Young<br>AWW TELAV Audio Visual Solutions<br>AW Hooker<br>Battaglias Marketplace, Frank Battaglia<br>BCC, Group of Companies<br>BellyRubLove<br>Bliss and Kathy White<br>Brenda and Bob Brooks<br>BSC Solutions Group Ltd.<br>Canadian Tire #411, Great Lakes<br>Canadian Tire Jumpstart<br>Canelli's Eatery<br>Canyon Creek, Mississauga<br>Cardinal Golf<br>Castlemore Golf and Country Club<br>Catholic Cemeteries – Archdiocese of Toronto<br>Clarins<br>Coffee Time, Bovaird and 10<br>Collex Collision Experts<br>Crafted Décor<br>Crystal Liu<br>Crystal Liu<br>Dancap Productions<br>Davines<br>Davis Webb, LLP<br>Doug Emerson<br>Dr. M. Gewarges<br>DTZ Barnicke<br>East Side Mario's, Trinity Commons<br>Eclipse<br>Epicure the Gourmet Store<br>Estelle Weiler<br>Excel Desktop Publishing and Printing<br>First Chiropractic Care<br>Frame It<br>Gordon Moir<br>Heartlake Art & Picture Frame<br>Heather's, Specializing in Cheesecake<br>Holy Family Parish, Bolton<br>Hotel Metro<br>Isabell Wiffen<br>Jennifer Myrie<br>Jim Leising<br>Jodie Singleton<br>Karen Miller Mylea Unique Gifts<br>Kavar Jewellers<br>KMH Cardiology & Diagnostics<br>Ladner's Clothiers<br>Larry Bacon and Susan Ellsworth<br>Laury Sousa<br>Lone Star, West Drive<br>Loredana Manna<br>Manulife Financial, Peter Levitt, Executive VP & Treasurer<br>Maple Leaf Sports Entertainment<br>Marilyn Slater<br>Michaels Hair, Body, Mind<br>Mike and Marylou Burrows, Maple Lodge Farms<br>Mike Jansen<br>Mira Ozimek | Newport Fish and Seafood Importers<br>NHL Alumni Association<br>Palma Pasta<br>Playdium Mississauga<br>Pooch and Tabby Accessories<br>Prabhjot Dhani<br>Rawas China and Gifts<br>Roberta Cote<br>Rosemarie Rebelo<br>Rozeeta Torbram<br>Samantha Fernandes<br>Sheraton Toronto Airport<br>Snug Harbour<br>Somal Watches Clocks Parts & Tools Supply<br>Sonia Reptsis<br>Sonique Hair Shoppe<br>Sonya Anderson<br>Spa Date<br>St. Anne's Parish<br>St. Anthony of Padua Parish<br>St. Christopher's Knights of Columbus<br>St. Christopher's Parish<br>St. Francis of Assisi Parish<br>St. Jerome's Parish<br>St. Mary Star of the Sea Parish<br>St. Michael's College School<br>Superior Sprinkler<br>Susan Harris<br>The Body Shoppe<br>The Flower Shop<br>Tk's Catering<br>Toronto Symphony Orchestra<br>TS Painting<br>Via Rail<br>Wild Water Kingdom<br>William and Margaret Wittman<br>Winner's Homesense<br>Wishart<br>Zet Master |
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**To make a donation to  
Catholic Family Services  
Peel-Dufferin.  
Please call 905-450-1608  
ext. 114 or visit our  
website at [www.cfspd.com](http://www.cfspd.com)  
and click "Find out how  
you can help"**

### Peel Elder Abuse Network (PEAPN)

*On June 15, 2012 we held our first annual Walk and Wellness fair. We couldn't have asked for better weather, and beautiful Lake Aquitaine in Mississauga provided the perfect backdrop. Our goal was twofold; to raise awareness about elder abuse and what community resources are available, and to raise money that will be used to develop coordinated efforts to deal with incidents of elder abuse. With over 30 exhibitors, more than 300 participants and \$6400 raised, we can confidently say that we were successful on all fronts.*

### Who We Served

|   | 2011/2012     | 2010/2011     | 2009/2010      |
|---|---------------|---------------|----------------|
| <b>Counselling Programs</b>             | <b>7,418</b>  | <b>7,745</b>  | <b>7,187</b>   |
| <b>Information/Referral/<br/>Crisis</b> | <b>7,063</b>  | <b>7,496</b>  | <b>6,933</b>   |
| <b>Community Awareness</b>              | <b>11,566</b> | <b>13,034</b> | <b>13,427</b>  |
| <b>Total</b>                            | <b>26,047</b> | <b>28,275</b> | <b>27, 547</b> |

*We would like to extend our heartfelt gratitude to the supporters who helped to make our fundraising event successful. With their help we raised over \$30,000.00. We would also like to thank the donors who contributed to Reverse Auction. You helped us raise \$21,360 towards our Walk In Counselling Clinic. Our next Gala/Fundraiser will take place on May 4, 2012*

#### DID YOU KNOW?

*Did You Know.....  
You Make a Difference  
In Other People's Lives?*

*Did You Know.....  
You Help Others See  
A Little Hope and Sunlight  
When their Lives Seem Dark as Midnight?*

*Did You Know.....  
You've made a Difference  
In What I Think and Do*

*This would Not have Been Possible  
Without Someone Like You!*

*Sometimes You Made a Difference  
Without Even Saying a Word  
Sometimes I Answered my Own Questions  
And It Helped – Just to Be Heard*

*For All the People that you Meet  
For All That Come and Go;  
All Your Work is Not in Vain....*

*And So..... Now You Know.....*

*You Made a World of Difference to Me!*

**CLIENT OF CFSPD**

### PEAPN Walk and Wellness Fair Pictures



### FOR INFORMATION ON WORKSHOPS AND PROGRAMS:

CALL: 905.450.1608 ext. 112

### WALK-IN CLINIC LOCATIONS

#### Brampton

201-60 West Drive ♦ 905.450.1608  
Thursdays—12:30 to 7:30 pm

#### Mississauga

400-10 Kingsbridge Garden Circle ♦ 905.897.1644  
Tuesdays—12:30 to 7:30 pm

**Child minding available**

**Visit us at [www.cfspd.com](http://www.cfspd.com) or on Facebook (Catholic Family Services of Peel Dufferin)**