



# 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 which reflects the values & traditions consistent with the Catholic Faith. Our services are available to all people who reside in the Regions of Peel & Dufferin.

• WE SERVE PEOPLE OF ALL RELIGIONS AND CREEDS •

## **Special Acknowledgements**

Catholic Family Services Peel-Dufferin would like to acknowledge the Knights of Columbus. The contributions we have received has enabled us to provide additional counselling for our clients. The Councils are ambassadors of goodwill who help to strengthen local communities through their ongoing charitable work.

***We greatly appreciate the continued support & generosity of the following Councils:***

**Bolton Council #10614**

**J.F.K Council #5523**

**Heart Lake Council #9108**

**Father Clare Tipping Council #9235**

**Sts. Peter & Paul Council #11337**

**Father Eugene O'Reilly Council #4973**

**St. Peter of the Apostles Orangeville Council #8851**

### ***Our Thanks Also To:***

Atonement Friars

Consolata Missionaries

The Spiritans

Loretto Sisters'

Catholic Women's League

Notre-Dame Secondary School

San Lorenzo School

Robert F. Hall Catholic Secondary School

Sir Francis Xavier School

Basilian Fathers

St. Mary's Parish

St. Ignatius Loyola Parish

***And To All The Individuals Who Gave So Generously!***

## **Funders**

**ShareLife**

(through Catholic Charities of the Archdiocese of Toronto)

**United Way of Peel Region**

**Ministry of Community & Social Services**

**Ministry of the Attorney General**

**Ontario Trillium Foundation**

## **Client Profile**

I am a Christian woman, wife, mother, grandmother, corporately employed, volunteer, writer. I am also a survivor. Not a survivor of this years current television reality programs but a survivor just the same. I am an adult survivor of childhood sexual abuse -Incest.

I grew up knowing I was different but never knowing how I was different. I just knew. There was something missing and yet at the same time I knew there was something inside that I could not name.

In 1990 I knew I could no longer go on. I planned my suicide. The day before I was going to end my life a friend gave me the name and telephone number of someone they said I should talk to if I had any problems I could not deal with.

Three weeks later I started private therapy with a good Christian therapist. It did not take long for him to help me find out about the sexual abuse and terror that had ruled my life from a very young age. He also told me I needed much more than he could provide and asked me to call Catholic Family Services of Peel-Dufferin. I said I couldn't because I wasn't a Catholic. He said "make the call—that won't matter to them."

I made the call and found that a new group had been formed -Adult Survivors of Childhood Abuse. Survivors - that meant there were other people out there who had a story similar to mine. I could not believe that.

The first night I sat in a room with 9 other women and 2 facilitators I knew I had found one of the pieces that had been missing. I had found people that understood—who had been there and were on the journey to recovery.

It is 11 years later. Am I happy? I really don't know. I am at peace. I have spent 34 years with my husband and have watched my grandchildren grow. In the last 5 years CFSPD has given me the opportunity to serve on their fund-raising committee and speak to many hundreds of people during the ShareLife campaign. Before I learned to use a computer I put together a newsletter for CFSPD and distributed 500 copies. I have made friends that I know I can count on, I can trust and I know are still there for me.

Recently, I was given the opportunity to accept a cheque for CFSPD. Our acceptance speeches were to be short but meaningful. I believe the statement I made that night says it all:

"Quite simply, Catholic Family Services of Peel Dufferin saves lives. I know because it saved mine. Thank you and God Bless".

In closing I would like to say the same Thank you and God Bless to every person who gives of themselves to make CFSPD what it is. It is so much more than an agency. It is compassion, understanding and love.

**MAY EACH AND EVERY PERSON WHO READS THIS NEWSLETTER HAVE THE MOST BLESSED OF CHRISTMASSES AND THE HAPPIEST OF NEW YEARS**

## ***From the Chair***

### **AGENCY ACCREDITATION**

Family Services of Ontario (FSO) is an association of 48 Family Service Agencies in Ontario. One of their main functions is to ensure that all agencies maintain high standards of professional practices. Catholic Family Services Peel-Dufferin has been a member of FSO for 15 Years.

Every 5 years all member agencies must go through an accreditation process to maintain their standing. We recently went through this process.

The process begins with a self study - a comprehensive package of information put together by the agency that includes policies and procedures covering all areas of the organization. This package was then sent to FSO for review. Survey forms were also completed by all staff, Board members, volunteers and community agencies.

To complete the process, two 'auditors' from FSO spent 2 days at our Brampton offices, during which time they looked at files, interviewed staff and met with the Board of Directors. The accreditation process is a very thorough procedure not unlike the ISO-9000 certification that occurs in the business world!

The final results will be announced in January.

Unofficially however, the audit team from FSO was very complementary about the overall agency organization, file maintenance and the dedication and professionalism of Management, Staff and Board members!

**On behalf of the Board I would like to congratulate EVERYBODY on this positive feedback and recognize all the hard work and long hours that went into preparing for this very important process!**

*Adrian O'Connor*  
BOARD CHAIR

### ***...We Welcome...***

Luis Munoz joins Bob Paskoff as Co-coordinator in the **MAN TO MAN** Program. Originally from the Dominican Republic, Luis first worked for the Agency as a student several years ago. Most recently, he comes to us from Family Services Toronto and Counterpoint where he was a group facilitator and intake worker.

The **Board of Directors** welcomes two new members: Bernie Gawronski and Mike Jansen. Both Bernie and Mike bring to the Board their experience and expertise from the business world.

And a warm welcome to all the **Students** who have accepted placements with the Agency this year. We hope your experience at CFSPD is both challenging and fruitful!

## ***Fundraising***

### **Dear Friends and Supporters,**

A deeply-felt thank you for all your support over the past year.

A special thank you goes to the funding organizations that provide us with the majority of our financing. Without you we cannot support our clients.

Many thanks go to the private donors and the service organizations who have donated so kindly.

### **Our staff and clients extend their gratitude for your generosity and continued support.**

Over the past year our programs have had difficulty meeting the service needs of our clients. The growing population of Peel and the increasing demand for services continues to stress the Agency's resources. The Region's rapid growth has exceeded the financial support provided by our donors and funders.

The Agency is facing a \$15,000 deficit while struggling to provide and maintain current levels of service. In order to keep pace with increasing client needs, we need to expand Agency resources in order to hire additional staff and maintain the staff we already have!

## ***We Need Your Help!***

We would like to reintroduce the "WANTED ONE HUNDRED HEROES" Campaign. The goal of this program is to locate 100 Patrons (individuals, companies or organizations) who can contribute \$100.00 or more each, in order to assist us in our growth.

Patrons can benefit from contributing to our campaign in many ways such as: personal satisfaction in making a difference in someone's life, recognition in the local newspaper (if desired), a certificate honouring your dedication and support, and last but not least, an income tax receipt!

***We need to raise funds to continue to provide quality counselling services to the increasing populations of Peel and Dufferin Counties.***

**PLEASE HELP US**

**BE A HERO!**

**MAKE A DIFFERENCE IN SOMEONE'S LIFE**

Your donations can be mailed to:  
Catholic Family Services Peel-Dufferin  
389 Main Street North, Ste. 207, Brampton, ON L6X 3P1.  
For More Information Call: Anne Dragone at 905.450.1608 X114

**THANK YOU FOR YOUR CONTINUING SUPPORT**

*L. Dodaro*  
**FUNDRAISING COMMITTEE**

## Staff Focus

### Susan Wright, MSW, RSW Program Coordinator HEAL Network

Susan Wright joined the Agency in August of 2000 in the position of Senior Counsellor and Counselling Staff Supervisor, and went on to become the HEAL Network Program Coordinator in March, 2001. Susan brings to CFSPD her expertise and the cumulative experience of 20 years as a Child & Family Therapist.

Susan completed a Masters of Social Work at McGill University in Montreal with a specialization in the area of Woman Abuse. In the 1980's, while working at the Lester B. Pearson Centre in Chatham as a Child & Family Therapist, she contracted out her services with Peter Jaffe (London Court Clinic and one of the foremost experts in the area of woman abuse in Canada), to conduct research into the incidence of children exposed to woman abuse. This Canada-wide study was the first of its kind and led to the acknowledgement that group programming was needed for children exposed to woman abuse. Subsequent to her experience working with Peter Jaffe, Susan focused her interest in this developing area of study.

Susan maintained a private practice until 2001 that focused on Adult, Individual & Marital Therapy and acts as a consultant to other therapists who are in private practice. In addition, Susan has provided workshops on Woman Abuse, Children Exposed to Woman Abuse, Separation & Divorce and ADHD (Attention Deficit Hyperactive Disorder), and continues to sit on the following external committees:

- Children Exposed to Woman Abuse Subcommittee of PCAWA
- Joint Education/Prevention Subcommittee of PCAWA/PCSA
- Mentoring for Change Subcommittee of Victim Services of Peel/Punjabi Community Health Centre

The HEAL Network continues to evolve. In serving the diverse population of Peel Region (language, culture and race), HEAL attempts to decrease the barriers to service by providing some of its programming in languages other than English. The HMCSAT groups are offered in Punjabi, Spanish, Portuguese and Polish.

All collaborating agencies assist the Network in providing facilitators, locations and referrals. The Network thanks our partners in helping to break the cycle of violence within our community.

Catholic Family Services Peel-Dufferin  
Catholic Cross Cultural Services  
Family Education Centre  
Family Services of Peel  
India Rainbow  
Interim Place  
Malton Neighbourhood Services  
Muslim Community Centre  
Peel Children's Aid Society  
Peel Children's Centre  
The Salvation Army/Family Life Resource Centre  
United Achievers' Community Services  
Victim Services of Peel



## Program Feature

The HEAL (Helping End Abuse for Life) Network is a collaboration between 13 partner agencies in the Region of Peel who are dedicated to helping children and youth deal with the woman abuse to which they have been exposed. The Network's primary focus is the provision of programs that are community-based. Outreach and public education play significant roles in raising awareness and encouraging women to seek help for themselves and their children.

### HELPING MOTHERS & CHILDREN SURVIVE ABUSE TOGETHER

Every year millions of children are exposed to violence directed at their mother. Children who see and/or hear abuse receive mixed messages about love and violence.

The focus of the program is to empower women to be the experts in helping their children (newborn to 12 years) heal, while they themselves are healing. The group provides a safe and supportive environment where children, alongside their mothers, can share their experiences and voice their feelings about the abuse they have witnessed.

### LUNCH GROUP PROGRAM

This program reaches out to the most isolated and at-risk children (ages 6 to 12 years) who are exhibiting serious behavioural and/or emotional difficulties possibly due to their exposure to woman abuse. Groups are held in schools and the focus is on skill development and addresses the children's coping skills and adaptability through concrete exercises and activities.

Two parenting skills workshops which are open to all parents, are also provided at the school. The purpose of the workshops is to assist parents in reinforcing the skills their children have learned in the group and to provide them with effective tools to help manage their children's challenging behaviour.

### BREAKING DOWN WALLS

#### A Group for Teens Exposed To Woman Abuse In Their Families

The purpose of this group is to educate youth (ages 13 to 16 years) on the prevalence of violence within their lives by exploring topics such as violence within the family, date rape, media violence (sports, music and magazines), and violence prevention. The groups focus on power imbalances, consciousness raising and gender role stereotypes.

### ALTERNATIVE INTERVENTION PROGRAM

This program provides up to six counselling sessions to families to prepare them for the *Helping Mothers & Children Survive Abuse Together* (HMCSAT) program, and/or to families who have completed the HMCSAT, where it has been determined that additional service may be required. After six sessions the family would be referred to either internal or external community resources for continuing service if required.

**TO LEARN MORE ABOUT THE HEAL NETWORK CALL  
905.450.1608 X119**

## 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, and 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

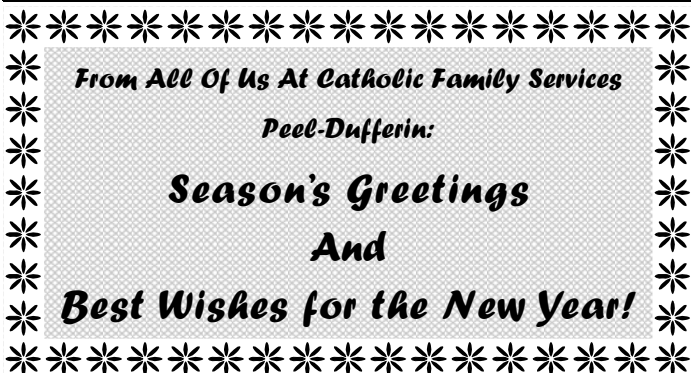
Parish Social Ministry is the empowerment of the parish to respond in an organized way to societal and individual human needs. Its mission of love, justice, freedom and peace calls forth the gifts of the parish community in service and celebration. Parish Social Ministry is involved with other churches/congregations,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



This poster image courtesy of:  
NATIONAL COALITION AGAINST DOMESTIC VIOLENCE

NCADV, P.O. Box 34103, Washington, D.C. 20043-4103

[www.NCADV.org](http://www.NCADV.org)



## Donations

Invest In Your Community

**YOUR DONATION DOES MAKE A DIFFERENCE!**

Your donation is tax deductible.  
**TAX RECEIPTS ARE ISSUED FOR ALL DONATIONS!**

**THANK YOU FOR YOUR CONTINUED SUPPORT!**

## Offices

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Ste.701

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Fax: 905.897.2467

St. Timothy's Parish  
42 Dawson Road

**Orangeville, ON L9W 2W3**  
Tel: 519.941.2424  
Fax: 519.941.2207

18 King Street East  
Unit D8

**Bolton, On L7E 1E8**  
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**TOLL FREE - Dufferin & Wellington Counties 1.888.940.0584**