

CATHOLIC FAMILY SERVICES OF THE BATTLEFORDS INC.

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WINTER 2011

Family Life Education Programs

To register call: Catholic Family Services at 445-6960



FAMILY VIOLENCE OUTREACH PROGRAM

In partnership with the **Ministry of Justice and Attorney General**, the Family Violence Outreach Program provides prevention, intervention and therapeutic support services to victims of violence and those at risk of violence. Support is provided in the form of professional counseling, group programming, safety planning, advocacy and referral.

What's Right With You? Maintaining and Increasing Health

In a world quick to notice our weaknesses and flaws, it is seldom that we take time to focus on our strengths and assets. We know that encouragement and recognition of achievements helps us all to feel and do better. In this group we will explore different aspects of ourselves and our lives, physical, mental, relationships, attitude ...and share with others what helps us maintain our health in all areas.

Follow-up to Beyond Trauma

Date: Wednesdays – January 26, 2011 – March 16, 2011

Time: 7:00 p.m. – 9:00 p.m. – weekly for 8 weeks

Location: Catholic Family Services - No Fee

Please call Jessica at 445-6960 to register. All participants will need to speak with Jessica prior to the group start date to determine if the group is appropriate for you.



PARENT EDUCATION PROGRAM

Offered in partnership with the **Ministry of Justice & Attorney General**

– **Family Justice Services**

Separation/Divorce Information Sessions

Facilitated by Catholic Family Services

We are continuing to offer public information sessions on separation and divorce to help people who are considering or may be involved in the separation/divorce process.

Topics of Discussion: Stages of Separation and Divorce /Options for Resolving Disputes
Children's Reaction to Separation/Divorce
Parenting After Separation/Divorce

To register for one of the dates listed below call Toll-free 1-877-964-5501 or 964-4401 in Saskatoon

Registration is mandatory. There is no fee.

Classes are for adults only – no childcare is provided

DATES: February 12, March 19, April 9, May 14, June 18, July 16
and August 13, 2011

CHILDREN EXPOSED TO INTERPERSONAL VIOLENCE PROGRAM

Offered in partnership with the **Ministry of Justice and the Attorney General**, this program offers prevention, intervention, and therapy in the form of counseling, group support and educational presentations. This program is for children or youth who have been exposed to violence which may include: bullying, dating violence, sibling violence, or family violence. The program is aimed at providing children, youth, and their families with the knowledge and skills to prevent violence and to address the immediate and long term effects of violence.

Relationships That Rock

In this group we will explore dating relationships, those with parents, friends, teachers, bosses, etc. We will discuss the differences between healthy and unhealthy relationships and identify various forms of violence. Participants will look at how self-esteem, self-image, personal boundaries and feelings are linked to our relationships. The group will learn effective communication, conflict resolution skills and how to identify an appropriate support system.

The above noted group content is always modified to be age appropriate.

Relationships That Rock will be offered as follows:

McKittrick Community School

North Battleford Comprehensive High School

John Paul II Collegiate

Sakewew High School

Sakewew High School

Grade 8 - Start date January 21st

Girls Group – Start date TBA (Feb)

Girls Group – Start date TBA (Feb)

Grade 9 – Health Class - Start date Feb. 1st

Girls Open Group - Start date Feb. 8th

Boys Open Group - Start date Feb. 1st

VIOLENCE INTERVENTION – VIP GROUP

This Violence Intervention Group is presented by topic areas based on the specific needs of the youth in the group.

Topics include:

- safety planning
- boundaries
- support systems
- drug and alcohol abuse
- types of abuse/violence
- communication skills
- coping strategies
- healthy expression of feelings

Phoenix School, all students - Start date January 10th.

SCHOOL PLUS PROGRAM

In partnership with the **Light of Christ Catholic School Division #16**, our counselor offers individual counselling and support services for elementary students. They also offer groups in the schools on topics such as: Bullying, Conflict Resolution, Anger Management, Social Skills, Self-Esteem, Grief, Coping with Parents' Separation/Divorce, etc. If you are interested in having individual counseling or a group offered in your child's school, please contact the school principal or School Plus Counselor.

TRANSITION SKILLS TRAINING PROGRAM

Offered in Partnership with the **Ministry of Social Services**.

The objective of the Transition Skills Training Program (TST) is to assist youth to improve life skills which will better prepare them for successful independence in the community. TST is for youth ages 15 -19. The focus of TST is to help youth learn skills that would assist them in their move to independence and enable them to make positive decisions in this pivotal and critical period of their lives. Contact Catholic Family Services at 445-6960 or Ministry of Social Services at 446-7535.

Self Reflection – Module III

Dates: January 12, 19, 26 & February 2, 2011

Building Healthy Communities – Module IV

Dates: February 9, 16, 23 & March 2, 2011

FAMILY SUPPORT SERVICES PROGRAM

Offered in partnership with the **Ministry of Social Services**.

The Family Support Services Program is an intensive home-based service focusing on the healthy development of families and children. The priority is to ensure the safety of children and maintain the family unit or ensure healthy reunification whenever possible.

~ Building on families strengths ~

FAMILY CONFERENCING PROGRAM

Offered in partnership with the **Ministry of Social Services**.

Using a family centered approach, this program offers **Family Capacity Building Conferences** and **Family Case Conferences** to facilitate short and long term planning, in a timely manner, for children and youth in need of protection.

MEDIATION SERVICES

Offered in partnership with the **Ministry of Social Services**, trained staff assist those in conflict to reach a solution acceptable to both (or all) parties involved.

FAMILY PRESERVATION PROGRAM

Offered in partnership with the **Ministry of Social Services**.

The objective of the Family Preservation Program is to provide direct, intensive support services to individuals and families whose children would otherwise require immediate out-of-home placement to ensure their safety and protection.

Description:

Services provided are intensive, short term interventions. The objective is to have children remain safely in the parental home while work is carried out which will move the family toward adequate, independent functioning. A Family Preservation Team, including a Family Counselor and Family Support Specialist, deliver services to support families when a child(ren) are at imminent risk of out-of-home placement.

Wellness & Professional Development

Presentations and interactive workshops/retreats can be tailored to meet the needs of your employees or staff situation. Topics such as stress management, team building; single mom support; work and family balance; and others are available. If you are interested please contact Catholic Family Services.

STAFF NEWS:

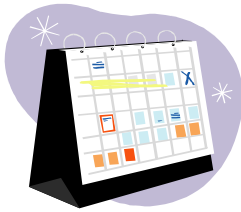
We would like to welcome Jennifer Roy to Catholic Family Services. Jennifer will be providing counseling services and managing the Family Preservation Program.

The following are select client comments to demonstrate the benefits of our services:

“Our community is very fortunate to have the professionalism, integrity and confidentiality offered by Catholic Family Services. From the moment we picked up the telephone to make a very difficult call requesting counselling, to the last session we attended, we were treated with kindness and respect.”

“I, as a parent, found it very comforting to see and hear how comfortable my child was with her counsellor at Catholic Family Services and how she was able to relate to my child. Watching my child grow stronger brought great peace of mind to me, knowing my child will be able to overcome the trauma she experienced.”

FUND RAISING



CASH CALENDAR ---

*Monthly draws for cash and prizes for one year.
\$1,000.00 cash draw to be made on December 1, 2011.
Cash calendars are \$20.00 each and will be available from JPPII students and at Catholic Family Services' office.
Tickets available September 1 – June 30, 2011.
Draws to be made January 1, 2011 – December 31, 2011 at John Paul II Collegiate.*



Special Thanks To

BATC COMMUNITY DEVELOPMENT CORPORATION

Legacy Funding Program

On behalf of Catholic Family Services and the families we serve we extend thanks to BATC Community Development Corporation for the generous donation of \$25,000.00. These funds are being used to provide professional counselling and family support services to families in the Battlefords and area.



BATTLEFORDS UNITED WAY

Sponsoring counseling and family support services in the amount of \$10,000.00 The mission of the Battlefords United Way is to “improve lives and build community by engaging individuals and mobilizing collective action.”