

CATHOLIC FAMILY

SERVICES

1008 - 1st Ave. W., 3rd floor

Prince Albert, SK S6V 4Y4

Phone: 922-3202

Toll Free: 1-877-922-3202

Fax: 922-7977

Email: cfspa@sasktel.net

Website: www.cfspa.org



Mission Statement

The mission of Catholic Family Services of Prince Albert, Inc. shall be to promote and maintain the integrity of the family as a basic unit of society by contributing to harmonious family interrelationships based on the principles of Christian love.



NEWSLETTER

WINTER/SPRING 2011

Greetings from Catholic Family Services

Catholic Family Services was a hub of activity during the year 2010 providing a variety of programs and services for Prince Albert and area. Individual, couple, group and school counseling, family life education programs, the BRIDGES Program, Families and Schools Together (FAST), BABYFAST and networking are just a few examples of what contributed to a very busy year. The demand for our services continues to be very high and we will continue to meet those demands through the many programs and services we offer. A complete listing of our services and upcoming programs is included in this edition of the newsletter.

As we move forward the staff and board of Catholic Family Services remains committed to providing positive, strong leadership in the community. Accomplishing this will require hard work and continued positive partnerships, working together to continue to make our community a healthy and happy place in which to live. We look forward to the year ahead with great anticipation. Best wishes to everyone for a New Year filled with abundant blessings.

Louise Zurowski
Executive Director

Why become a Catholic Family Services member?

A membership makes you a part of a core group of people and organizations that support and help sustain the programs and counseling services offered at Catholic Family Services. Our vision is of healthy, vibrant families living in a society in which social economical and environmental justice prevails. Our agency is built on the belief in unconditional love and acceptance, effective communication and forgiveness. At CFS we serve all regardless of race or creed. We believe there is hope for healing and purpose for all human beings and we strive to empower individuals, couples and families to live more meaningful lives. Your membership helps us to fulfill our vision and accomplish our goals.

A membership entitles you to receive a newsletter twice a year and be a voting member at the AGM. Charitable receipts are issued for memberships and donations over \$10.00.

If you are looking for a worthy cause to support in 2011, please consider CFS!

**CATHOLIC FAMILY SERVICES OWNS AND MANAGES
THEIR OWN BUILDING. WE CURRENTLY HAVE
SPACE AVAILABLE FOR RENT.**

IF INTERESTED CALL 922-3202.

**RIDING THE WAVE: FOR CHILDREN & FAMILIES EXPOSED
TO INTERPERSONAL VIOLENCE**

This 8 week program aims to reduce the effects of violence by providing a safe, supportive environment to:

- 1) Assist children (ages 6-13) to process and understand the violence and abuse they have witnessed or experienced
- 2) Help them understand that all types of abuse and violence are unacceptable and involve a choice for which the abuser must take responsibility
- 3) Learn skills to a) boost their self-esteem; b) manage anger; c) problem solve effectively; d) express feelings appropriately.

Parenting Component: Parents are expected to attend the parents group, which runs simultaneously with the children's group. The sessions will help parents to:

- 1) Understand the effects of violence and abuse on their children
- 2) Understand the resulting behaviors of their children
- 3) Help their children practice and use the skills at home that they have learned
- 4) Learn some parenting skills to meet their own needs.

This program is funded by Sask. Justice and offered 3 times a year. There is no registration fee. Parents and children are required to attend an interview to determine eligibility for enrolment.

DATE: Tuesday, February 8—March 22, 2011 (no class February 22)

TIME: 6:30-8:00 p.m.

FACILITATOR: Allison Nagy, Tracy Dressler, Rhea Lavoie, Patti Adams, DianA Bird

LOCATION: Wesmor High School, 1819 - 14th Ave. W.

REGISTRATION DEADLINE: February 1, 2011

CLIMBING THE ROCK: FOR TEENS EXPOSED TO INTERPERSONAL VIOLENCE

Climbing the Rock is an 8 week youth-friendly teen program that uses behavioral and skills oriented strategies to help young people overcome the personal struggles they encounter after being exposed to any form of interpersonal violence. At its core, the program is interventionist in nature; however several themes of prevention appear throughout the curriculum. The program uses a variety of weekly activities that are designed to improve self-esteem, help young people make positive life choices, avoid unhealthy situations, and reduce personal and environmental risk factors that may lead to further exposure to violence. Assisting in the achievement of these endeavors is one-on-one casework between the coordinator and participants as well as mentoring with positive volunteer-based role models. Group sessions held once a week for 8 weeks ensure that participants learn and have fun at the same time. This program is funded by Sask. Justice. No registration fee.

DATE: February/March, 2011

TIME: 3:30—6:00 p.m.

FACILITATOR: Chad Nilson

LOCATION: To be announced

REGISTRATION DEADLINE: February 4, 2011

TAMING THE TIGER

The goal of this 6 week program is to provide children (ages 6-13) and their parents with a safe, supportive environment in which to learn how to deal with anger.

Participants will learn the fundamentals of anger, how they react physically and emotionally when angry, and strategies to work through their anger in healthy ways. The parenting component provides parents with effective techniques to deal with aggressive behavior.

This program is funded by Sask. Justice. There is no registration fee.

DATE: Wednesday, February 9 - March 23, 2011 (no class February 23)

TIME: 6:30—8:00 p.m.

FACILITATORS: Nadine Loucks, Rhea Lavoie, Kim Christmann, Tracy Dressler

LOCATION: Wesmor High School, 1819 - 14th Ave. W.

REGISTRATION DEADLINE: February 2, 2011

ANGER MANAGEMENT FOR ADULTS

Are you one of those people who feel a lot of anger? Are you often at a loss as how to deal with it? This program will help you cope with your anger by helping you to identify the sources of your anger; by assisting you to acknowledge the importance of these feelings; and by offering strategies for coping with anger so it does not dominate your life. The class will offer participants safe and effective ways to express and manage anger. The six sessions allow time for group sharing and practicing of techniques.

DATE: Thursday, February 10—March 17, 2011 (6 weeks)

TIME: 7:00-9:00 p.m.

FACILITATOR: Diana Bird

LOCATION: Catholic Family Services, 1008—1st Ave. W.

COST: \$60.00/person

REGISTRATION DEADLINE: February 3, 2011

BANANA SPLITS

This is a group for children (ages 5-8) to help them heal from separation and divorce. It offers a mix of play and art therapy, along with games and storytelling, to help them understand divorce, express their feelings, and learn coping strategies.

This program is partially funded by the United Way of Saskatoon & Area.

DATE: Thursday, February 10—April 7, 2011 (8 weeks) (no class February 24, 2011)

TIME: 4:00-5:00 p.m.

FACILITATORS: Gord Hein & Leah Barber

LOCATION: Catholic Family Services, 1008—1st Ave. W.

COST: \$40.00/family

REGISTRATION DEADLINE: February 3, 2011

CREATIVE EXPRESSION THRU ART

Art Therapy is a way to explore and express feelings and emotions through the creation of art, as well as the discovery of it's meaning. This class is for children ages 12-15. There will be a class limit of 10.

DATE: Tuesday, February 8—March 15, 2011 (5 weeks)

TIME: 4:00-6:00 p.m.

FACILITATOR: Kim Christmann

LOCATION: Catholic Family Services, 1008—1st Ave. W.

COST: \$30.00/person

REGISTRATION DEADLINE: February 1, 2011

HOW TO TALK SO KIDS WILL LISTEN

Every other occupation, from driving a truck to performing surgery, requires months or years of training. Only for the job of raising children is there the expectation that love will be enough. Here is the program that gives parents the know-how to be helpful to their children and helpful to themselves. The program focuses on parenting of young children at the preschool and elementary school age level.

This program is partially funded by the United Way of Saskatoon & Area

DATE: Thursday, March 10—April 14, 2011 (6 weeks)

TIME: 6:30-8:30 p.m.

FACILITATOR: Lori Ann Hendricks-Billo

LOCATION: Catholic Family Services, 1008—1st Ave. W.

COST: \$40.00/person/family

REGISTRATION DEADLINE: March , 2011

REGISTRATION POLICIES

Register one week before program starting date as classes are filled on a first come - first serve basis.

Payment is required to confirm registration

We reserve the right to cancel or postpone programs due to low registrations. A full refund will be issued.

If the participant cancels less than one week prior to class a \$10.00 fee will be retained.

To register, mail or deliver in person your registration fee to Catholic Family Services, 1008 - 1st Ave. W., Prince Albert, SK S6V 4Y4.

If applicable, check with your Employee Assistance Program as registration fees are sometimes covered.

All of these educational sessions involve sharing and discussion. If you are looking for personal counseling, please contact a counselor. For people who have criminal charges pending or are awaiting sentencing, participation in program(s) does not replace personal counselling or therapeutic treatment. Letters indicating proof of attendance **will not** be issued.

COMING IN SPRING 2011

**RIDING THE WAVE—CHILDREN & FAMILIES EXPOSED TO
INTERPERSONAL VIOLENCE - APRIL 13—JUNE 1, 2011**

TAMING THE TIGER—APRIL 14—MAY 19, 2011

**CLIMBING THE ROCK: FOR TEENS EXPOSED TO INTERPERSONAL
VIOLENCE - APRIL/MAY, 2011**

MEET THE STAFF

Chris Letkeman: Chris has a M.A. in Marriage & Family Therapy, is an Clinical Member of the American Association of Marriage & Family Therapy (AAMFT) and is registered as a Marriage and Family Therapist. His approach to counseling is using Narrative Therapy, Solution Focused

Therapy, Emotionally Focused Couples Therapy and Systems Theory. Chris enjoys the great outdoors, board games and sports.

Leah Barber: Leah has a Masters in Counselling and B.A. in Behavioural Science. She has experience in Individual and group therapy, crisis counselling, anger management and youth and family counselling. Her counselling strategies include narrative therapy, cognitive behavioral BT and solution focused therapy. Leah's interests include baking, playing the cello and outdoor activities including snow boarding and hiking.

Kim Christmann: Kim has a Master of Social Work degree from Florida International University . She spent 2 years as a certified counsellor for the Switchboard of Miami and she completed her internship in Miami working with addictions and homeless individuals, as well as in Miami's inner city middle schools as a trust counselor. She also has experience as a mentor with the Big Sisters Program. Kim works directly with the students from the Prince Albert Roman Catholic School Division. Her interests include: reading, jogging and rollerblading.

Yvon Lamarche: Yvon is a registered nurse by profession with thirty years of experience in the field. As a clinician of Aboriginal (Anishnabe/Wendat/French) ancestry, Yvon employs a traditional medicine wheel approach to wholistic wellness and sees his work as helping individuals, families, communities and Nations through facilitation and the restoration of balanced and harmonious relationships. He has been married to his life partner Shelley for twenty five years and they have two sons who are now grown and living on their own.

Keri Okanik: Keri has just recently moved from Kitchner, Ontario to join the staff at Catholic Family Services. She will be working directly with the students from the Prince Albert Roman Catholic School Division. Keri has a Masters in Social Work and B.A. in Social Work from McMaster University. Her personal interests include drama and dance as well as volunteer work for the Red Cross and other social awareness projects.

Diana Bird: Diana has just recently assumed a position as program coordinator for Catholic Family Services. Diana has Bachelor of Arts and Science in Psychology from the University of Saskatchewan and is currently enrolled part time in a Bachelor of Arts in Indigenous Studies, First Nations University of Canada. Diana will be responsible for coordinating, promoting and assessing needs for programs offered by Catholic Family Services.

BRIDGES - An Employment Initiative Program focuses on assisting individuals to make a successful transition from the Provincial Correctional System into the community with the objective of securing employment.

Raine Dalrymple: Raine is the program manager for the BRIDGES Program. In addition to assuming overall responsibility for the program Raine also facilitates many of the program modules as well as works one on one with the students. Raine has a Bachelor of Fine Art Degree from Algoma University and has graduated as an addictions counsellor from CDI College. Her personal interests include: family life, health, exercise, diet, art, pets, writing and music.

Rick Martin: Rick is the job readiness coach for the BRIDGES Program. He identifies and establishes work placements, matches students with potential work sites, directs and supervises the students during their placements and ensures all the tools are in place for a successful experience for employer and employee. Rick's personal interests include: family life, working as a pastor in his church and music.

Catholic Family Services also employs several individuals on a contract basis to facilitate the Family Education Programs