

CATHOLIC FAMILY SERVICES

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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 2010

CHILDREN EXPOSED TO VIOLENCE IN FAMILIES

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, January 26—March 23, 2010 (no class February 16)

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

FACILITATOR: Allison Nagy, Nadine Loucks, Rhea Lavoie, Cheryl Tetarenko, Martie White

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

REGISTRATION DEADLINE: January 19, 2010

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, 2010 (female group)

February/March, 2010 (male group)

TIME: 3:30—6:00 p.m.

FACILITATOR: Chad Nilson

LOCATION: To be announced

REGISTRATION DEADLINE: February 9, 2010

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, January 27 - March 10, 2010 (no class February 17)

TIME: 6:30—8:00 p.m.

FACILITATORS: Nadine Loucks, Rhea Lavoie, Candace April, Samantha Loucks, Kim Christmann

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

REGISTRATION DEADLINE: January 20, 2010

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: Tuesday, February 9—March 16, 2010 (6 weeks)

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

FACILITATOR: Jennifer Ross

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

COST: \$60.00/person

REGISTRATION DEADLINE: February 2, 2010

BANANA SPLITS

This is a group for children (ages 9-12) 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 funded by the United Way of Saskatoon & Area.

DATE: Thursday, February 25—April 22 (8 weeks) (no class April 8)

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

FACILITATORS: Gord Hein & Leah Barber

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

REGISTRATION DEADLINE: February 18, 2010

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 Urban Aboriginal Community Grant.

DATE: Thursday, March 18—April 29, 2010 (6 weeks) (no class April 8)

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

FACILITATOR: Lori Ann Hendricks-Billo

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

COST: \$30.00/person

REGISTRATION DEADLINE: March 11, 2010

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. For more information call 922-3202.

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 2010

**CHILDREN EXPOSED TO VIOLENCE IN FAMILIES
APRIL 13—JUNE 1, 2010**

**TAMING THE TIGER
APRIL 14—MAY 19, 2010**

**CLIMBING THE ROCK: FOR TEENS EXPOSED TO INTERPERSONAL
VIOLENCE
APRIL/MAY, 2010**