

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

### Our Vision

Serving people in need throughout our community, Catholic Family Services Peel-Dufferin is a centre of excellence in counselling, community development, research and training.

Our innovative programs are designed to assist everyone without exception.

We are committed to meaningful collaboration and the building of partnerships with other agencies in order to better assist our clients.



**Fall  
2008**

### New Look

You may notice something different about this newsletter. We have a new look. Our colours, logo and website have been redesigned.

Our new website is easier to navigate, is brighter, and offers some new features. There is new community crisis information, as well as new program information. It also makes it easier for you to get involved with the agency. Our logo and colours gives us a distinctive branding which is very important as we seek support from foundations and the corporate marketplace.

Working with management, the entire staff and a committee charged with leading the design of a new brand, the design firm, Wishart, created a logo which met the five criteria agreed to by all committed stakeholders. The logo demonstrates:

**Catholicism:** the logo shows the crucified Jesus, His arms outstretched to receive His followers. The arms could also be interpreted as those of an individual lifted up in praise and worship.

The three lines represent body, word and spirit as one. Finally, the body shape mimics a stained glass window with the diamond-shaped pane representing the sacred heart of Christ.

**Caring:** Catholic Family Services of Peel-Dufferin is first and foremost known for its compassionate and empathetic care of those who are in need. The social worker appears to be offering her/himself to the one in need with a warm embrace which offers and indeed promises hope. With one exception, all the lines have rounded end-points demonstrating the concern staff have for the emotional, physical and spiritual needs of those in our care.

### New Look Ct'd...

**Welcoming:** Given that CFSPD offers innovative programs which are designed to assist everyone without exception, it is important that the figure stands tall with outstretched arms so as to show the organization's commitment to inclusivity and openness.

**Competent, confidential, effective, reliable:** The design balances the organization's concern for its clients as much as it demonstrates the bold and professional outlook to its work. The proud and erect stance of the figure shows Catholic Family Services of Peel-Dufferin to be a centre of excellence in counselling, community development, research and training.

**Collaborative, community-minded:** Committed to meaningful collaboration and the building of partnerships with other agencies in order to better assist clients, the illustration is made up of lines both leading into and out of the centre of CFSPD's care. Looking at the figure from the bottom up, it appears that whatever challenges confront a client require intervention before an obstacle is hit.

Moving upward and onward, the client is provided with options tailored to the needs of the individual and her or his family.



**WE ARE  
HERE TO  
HELP  
FAMILIES  
LIKE YOURS**

### Website

Come and check out our new user friendly website:  
[www.cfspd.com](http://www.cfspd.com)

### "We are Family"

CFSPD created a Capital Campaign Committee earlier this year with the objective of raising \$4 million dollars to build our own facility. This new home will allow us to bring together many different agencies and services to provide for the needs of our growing community.

Catholic Family Services Peel Dufferin (CFSPD) received a \$1 Million Dollar grant from the Ministry of Community and Social Services (MCSS) towards our Capital Campaign. We are asking you to join our family to help build a centre of excellence in Brampton.

For more information or if you would like to know how you can help contact:

Doug Bird: 905-450-1608 ext. 150

### Sistering Program

Sistering Program is a volunteer group of women who support others who have experienced violence, abuse and trauma. Support is provided through one to one mentoring and the provision of our Inspiration Speaker panel workshops. The Inspiration Speaker series allows our Sistering volunteers to go out into the community addressing other self help and social action groups while sharing their stories they are also educating others about all of the services available to them at Catholic Family Services and giving hope and inspiration for those considering entering on their own healing journey. The program's provides ongoing renewal for the Sisters through yearly retreats and workshops that focus on their own development. Weekly renewal support sessions ensure that our volunteers are adequately supported to come from of a place of compassion and strength for their Sistering matches.

### Family Education

The Family Life Education series served 220 people last year while our wellness series had 110 participants. We have expanded our Family Life Education series to include such topics as Separation and Loss Anxiety and Depression, Suicide Prevention, Bicultural tension: Parenting issues, Healthy Aging, Family and Couples, Death and Dying: Break open the taboo topic, and finally Childhood Trauma. We look forward to an exciting year of learning and growing together.



## IN THE COMMUNITY



**KNIGHTS OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.

**A Knight to Remember**

Last October the Knights of Columbus hosted a concert at the Living Arts Centre in Mississauga and raised over \$7,300 which they donated to our agency.

The Knights of Columbus have a mission statement that says "In service to one, in service to all". "This is why we donate our time and money to agencies like Catholic Family Services of Peel Dufferin, because they help everyone who is in need of their services, regardless of religion, nationality, sex, age or income."

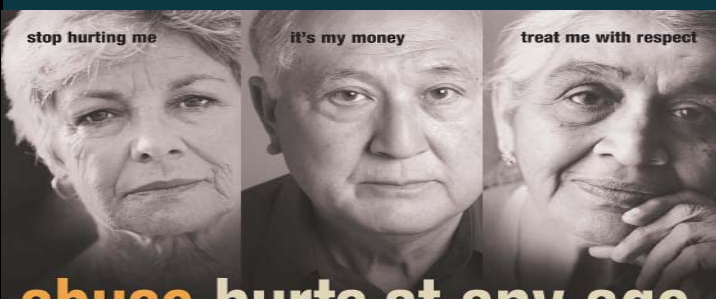
This year, on Wednesday November 19<sup>th</sup>, at 7:30pm the Knights are again holding a concert and we will be one of the recipients of the profits from the evening.

The concert features the world renown John Pizzarelli and his Quartet. John is an interpreter of the American Songbook and is host of the syndicated radio show Radio Deluxe, heard every Sunday in Toronto on JazzFM at 9:00AM.

The internationally acclaimed, world favorite Woody Herman Orchestra will also be performing. This band has not played the Toronto area for over 20 years. The night promises to be full of musical surprises, with each group performing their own set, with the 3<sup>rd</sup> set featuring them performing together for the first time.

Tickets can be purchased at [www.livingartscentre.ca](http://www.livingartscentre.ca) or by visiting the Living Arts Centre Box Office. They expect a sellout, so get your tickets early, and remember, the funds go to support Catholic Family Services. This year their goal is to donate over \$20,000 to our cause.

To celebrate World Elder Abuse Awareness Day on June 23<sup>rd</sup> we organized with the Peel Elder Abuse Prevention Network a Dine and Learn workshop for 110 seniors'. We have been looking for many ways to increase the capacity for Dufferin Peel to address the serious issue of Elder Abuse in our community.



**abuse hurts at any age**

**CFSPD**

**WALK-IN CLINIC LOCATIONS**

**Brampton**

201-10 Gillingham 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

**Bolton**

18 King Street East + 905.450.1608  
Mondays—4:00 to 6:30 pm

Child minding available in Brampton/Mississauga

## UPCOMING AT CFSPD

**Catholic Family Services Peel  
Dufferin**

**Presents:  
Valentines Ball & Silent  
Auction**

**Saturday February 14, 2009  
@ 6:30 pm**

**Stayed tuned for details on  
our website**



### Mindfulness Based Trauma Counselling

We are thrilled to introduce an exciting new program being offered in your community – Mindfulness Based Trauma Counselling.

Mindfulness is a practice that invites you simply to notice what is passing through your awareness. It is a particular way of paying attention which involves observing body, heart and mind intentionally, of letting your experiences unfold from moment to moment and accepting them as they are. Mindfulness does not involve rejecting thoughts, feelings, sensations, or trying to suppress or control them. Mindfulness involves being with what is in the present moment with compassionate and loving acceptance.

Now, Mindfulness Based Trauma Counselling brings the wisdom and compassion practices of mindfulness to the impacts of traumatic experiences.

Mindfulness Based Trauma Counselling is for adult women (over 18) who have experienced abuse or trauma in childhood or adolescence. Traumatic experience is broadly defined and may include physical, sexual or emotional abuse, neglect, exposure to violence or other traumatic event. The program is offered in a group format, with an orientation session, 12 weekly meetings and a full day retreat. Women learn a variety of meditation practices while cultivating the skills to stay with the direct experience of whatever is arising (i.e. emotion, thought, body sensation) with non-judgment and acceptance.

Women who have completed Mindfulness Based Trauma Counselling have told us:

"I feel very equipped to live with the trauma I have experienced. I feel as though I have shifted from wanting to 'fix me' to a place of acceptance."

"It was the most therapy work I have done around childhood incest. It gave me a place to hold the unacceptable and a safety in going gently into the profound depths of pain to heal."

"More than helpful, mindfulness is teaching me how to live, what is life, what is healthy, how to go about my days one moment at a time."

If you would like to make a referral to our Mindfulness Based Trauma Counselling program, call our Intake department at: 905-450-1608 x 112, Toll Free: 1-888-940-0584. Our intake staff will book a pre-group meeting for interested participants for early September.

**Times: Orangeville , September 2008  
Mississauga, September 2008  
Brampton in January 2009**

**FOR INFORMATION ON  
WORKSHOPS:**

**CALL: 905.450.1608 ext. 112**

