

Family Matters



2006 Community Report • Family Services of the North Shore • Fall 2006



"Counselling helped me to understand myself & who I am."

Counselling client



"The help & support I received from Family Services has helped my family overcome so much."

Grief and Loss client



"Thank you very much for brightening up our Christmas this year. It's not just the gifts that help but the knowing that there are caring people in our community. Thank you very much."

Christmas Bureau recipient



"There is no doubt that fostering a positive & happy attitude in a child's life requires a haven of friends, fun & respect. The I hope family centre is such a place... & in particular for my child whose development has been nurtured in this very friendly and safe haven."

I hope family centre participant



National Family Week October 2-8, 2006 • Generously sponsored in part by the North Shore News





Executive Director's Report

"Our families are rooted in our schools, our workplaces and our communities. Let us give them the care they need so that they may thrive under optimal conditions."

Michelle Jean, The Governor General

October 2-8 is National Family Week; this is a time when we honour families in all their diversity. As the new Executive Director of Family Services of the North Shore, I am proud to be part of an agency which believes healthy families help to build a strong community.

At Family Services of the North Shore, we offer a complete spectrum of services that provide the practical and emotional support for families and individuals need to lead fulfilling lives. We touch one in ten



Safer Places

"What I can tell you is that Family Services of the North Shore is providing something very different for families impacted by sexual abuse and family violence. Our Safer Places initiative will help these individuals and their families. Only a portion of these services are funded by government contracts. It is because of our donor's efforts that we can provide intensive clinical support and intervention for victims, parents, siblings and in the case of sibling incest the child or adolescent who offended."

Beth Rees, Director of Operations

Some people have asked if Safer Places is really necessary on the North Shore? The answer, we know, is "yes." In 2005, nearly 80% of clients attending FSNSS's Counselling and support programs reported current or historical child abuse or relationship violence as a reason for seeking services.

Safer Places will bring our proven methods of treatment together with the current information available to offer new hope for shifting patterns within North Shore families who need help stopping the cycle of family violence. This will result in a safer place for everyone.

Who will Safer Places help?

- Parents needing knowledge to foster secure attachment with their child;
- Parents at risk for abusing or neglecting because they lack effective parenting, coping, housekeeping, or social skills;

"Research and clinical practice are increasingly revealing that careful intervention can shift attachment patterns at virtually every stage of life, with the prospect of replacing cycles of family violence with healthy, self-perpetuating family relationships."

Welcome, BC Institute Against Family Violence, Fall 2003

AGM 2006 over 80 people attended our June event.

2006/2007 Board of Directors
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Questions & Answers

- Q I tend to get anxious at different times during the day. How can I make it go away?**
- A** Anxiety has physical, biological and emotional components to it and is a burden that many of us have to deal with on a daily basis. Here are a few ideas that may help. Reduce your coffee intake, exercise every day (morning may work best) and slow your day down (don't rush). The other important thing to know is that anxiety happens in the absence of feelings. The more we can have feelings, the less anxiety we will feel. This is why therapy can be very helpful. **Contact Vicki, Intake Worker at 604-988-5281 or lecoeq@familyservices.bc.ca**
- Q I have always wanted to join a support or therapy group but haven't because I am intimidated to be in a group with people I don't know. What actually happens in groups like that?**
- A** It is really normal to be anxious about joining a group. When I first met with a group, there were 15 hours of silence! Well, facilitators are aware of these worries and often structure group exercises, discussions, etc. to keep the group flowing until the group members feel more comfortable and are able to decide more of what they want. The process of stepping forward, finding a voice and trusting in others is one of the most valuable lessons to be learned by joining a group. **Contact Vicki, Intake Worker at 604-988-5281 or lecoeq@familyservices.bc.ca**
- Q I think we are pretty good parents but there are times when we would like a little support and guidance to improve our parenting and bring harmony to our household. My husband does not like groups and we believe our issues do not require therapy. What would you suggest?**
- A** You would be ideal candidates for our parent coaching/consultation program. A trained counsellor/parent educator will work with you to build on the strengths you already have and help develop appropriate goals and strategies suited to your family and lifestyle. **Contact Mimi Hudson, Manager Education Programs at 604-988-5281 or mihudson@familyservices.bc.ca**

Education

Family Services of the North Shore is committed to providing creative and innovative education and family resource programs to support parents and caregivers of children of all ages, school-age children who are at risk or struggling with peer relationships, and Canadian newcomers with limited English language skills. A staff of certified parent educators, early childhood educators, family educators and master's level professional clinical counsellors, as well as trained and experienced volunteers provide these education programs.

Contact Mimi Hudson, Manager Education Programs at 604-988-5281 or mihudson@familyservices.bc.ca

Counselling Services

Sometimes, in our fast-paced lives, we need a little help to work out life's problems. Counselling can help you learn how to deal with problems in a productive manner, and develop the skills to manage a stressful and changing environment. Our Counselling programs provide a range of clinical services that support personal growth and development by helping individuals and families cope with the stresses of daily living. We focus on creating a safe environment that allows persons of all ages, races, genders, sexual orientations, religions and abilities/disabilities, to explore thoughts, emotions, beliefs, and sometimes painful experiences. Counselling offers an opportunity to develop an increased capacity for choice, self-determination and growth. Services are available in English, First, and French.

Contact Vicki, Intake Worker at 604-988-5281 or lecoeq@familyservices.bc.ca

Volunteering

Volunteers are an important part of our agency. Without their caring dedication, Family Services would not be able to provide the breadth of services available to support individuals and families. Very special people of all ages and backgrounds, make up the backbone of support for many of our programs. Volunteers work in Palliative Care, Adaptation and Orientation, Christmas Bureau and Special Events.

Contact Janet Sanderson, Volunteer Coordinator at 604-988-5281 or sanderson@familyservices.bc.ca to find out how you can volunteer.

Foundation

Family Services of the North Shore Foundation is the fundraising arm of the agency, donations can either be designated to support a program or directed to the programs with the greatest need. All financial support is tax deductible.

Contact Diana Cowden at 604-988-5281 or dcowden@familyservices.bc.ca to find out how you can support our programs.



21st Winter Family Ball

Mark your calendars for December 3rd at the Fairmont, Hotel Vancouver to celebrate the 21st anniversary of the Winter Family Ball. Chair Marilyn Diligent-Smith is planning a magical event. Tina Rowntree, Chair of the Silent Auction is promising an irresistible auction. All the funds raised at the Ball will support Safer Places. Over the past 20 years you have helped raise over 1.9 million dollars for the programs at FSNSS.

Families of all ages are invited to attend this festive event. For reservations contact Angela at 604-988-5281 or kontecmy@familyservices.bc.ca

Making the Season Bright

Each year the Christmas Bureau, with the help of close to two hundred volunteers, distributes toys and hampers to those in need. The Christmas Bureau works from Christmas to Christmas, collecting donations and supporting the work of Family Services of the North Shore.

The success of this campaign would not be possible without our many sponsors including: Moustache Cafe, North Shore News, Northshore Auto Mall, Strahy's, International Realty, Park Royal Shopping Centre, Outline Graphic Design, North Shore Credit Union, DLO Move Support Services Ltd., Able Copiers Ltd., The Lucas Centre, the Empty Stocking Fund, Mingle of Christmas, Harbour Air and the Beach House Festival of Lights and more.

Contact Janet Sanderson at sandersonj@familyservices.bc.ca to learn how you can help the Christmas Bureau.

North Shore Credit Union Foundation Supports Safer Places



From left: Sue Adams, President, North Shore Credit Union Foundation and Kevin O'Neill, Past Foundation President

The R. Howard Webster Foundation donates \$20,000 to the Safer Places Program at FSNSS



From left: The Webster family at the 2005 Winter Family Ball



- School aged children and youth who may be at risk for relationship violence or childhood abuse;
- Children and youth who have experienced neglect or abuse and their family members; and
- Adults who have experienced violence or childhood abuse.

"Research and clinical practice are increasingly revealing that careful intervention can shift attachment patterns at virtually every stage of life, with the prospect of replacing cycles of family violence with healthy, self-perpetuating family relationships."

Welcome, BC Institute Against Family Violence, Fall 2003

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From left: Kevin O'Neill, Past FSNSS Foundation President and Joyce Hodges, FSNSS Foundation President • Bahlan Bohran, Vice President, Human Resources & Administration, Duke Energy Inc. and Barney Ellis Perry, President Volunteer Canada • Iyne Birlamouni, Family Counsellor and Mimi Hudson, Manager Education Programs



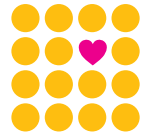
From left: Janice Welbourn, Palliative Care Coordinator and Joyce Hodges, FSNSS Foundation President, honoured for 25 years of service • Chris Read, FSNSS President, Lisa Welbourn, FSNSS Foundation Board Member and Gail Spurgeon, FSNSS Board Member • Palliative Care Volunteers - Noeen Corbi, Charlotte Grondig, Sandy Cullen, Janice Welbourn, Betty Byrne, Pat Byrne and Margaret St. Cyr



From left: Christmas Volunteers - Marcelle Carney, Gress Yvonne, Janet Sanderson, Volunteer Coordinator • FSNSS Staff: Margaret Anne Spink, Kathleen White, Jan Fleming, Julia Strub-French, Manager Clinical Programs and Barbara McGregor • Kristy Binkley, FSNSS Foundation Board Member, and Volunteer Kim Vansickle, Harford, Deb Blansy

Northshore Auto Mall

Dealers Making a Difference



fsns



Northshore Auto Mall is proud to announce its recent major corporate sponsorship gift to Family Services of the North Shore *Safer Places*.

The Northshore Auto Mall and Family Services of the North Shore are working together to build a safe strong North Shore community. The Northshore Auto Mall's support of this program will ensure our agency can continue its longstanding commitment to create a safe place for victims of domestic violence and childhood abuse. The agency's *Safer Places* program is based on the belief that every woman, man and child has the right to live in a safe, non-violent environment.

The Northshore Auto Mall also remains committed to support Family Services of the North Shore Christmas Bureau. Over the last five years hundreds of low-income individuals and families have received gifts and food certificates during the holiday season.

Together Family Services of the North Shore and the Northshore Auto Mall are building a safe, stronger community.



From left: Kevin O'Neill, Past FSNS Foundation President, Chris Read, FSNS President, James Carter, President of the Northshore Auto Mall and Joyce Hodge, FSNS Foundation President



We recognize the continuing contribution of the City of North Vancouver, District of North Vancouver and District of West Vancouver.

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