

# Planned Giving

## Catholic Family Services

# To Improve the Quality of Life for One, is to Touch the Lives of Many



KAREN RICHARD

In the fiscal year of 2015-2016, Catholic Family Services of the Battlefords provided service to more than 2,150 individuals.

### Who Are We?

Catholic Family Services is a non-profit charitable organization operating under a volunteer Board of Directors.

Catholic Family Services is founded on our universal faith in Jesus Christ as the source of our hope. We respect the spiritual and cultural beliefs of all those we serve. No one is asked to adopt Catholic beliefs of practices.

Our purpose is to assist individuals and families, to build on their strengths and find positive ways to understand and act when faced with challenges in their lives.

### Vision

Inspired by Christ's teachings of service to others and in accordance with social justice, Catholic Family Services preserves, restores and enhances the quality of life for individuals, families and communities.

### Mission

To be open to all, empowering individuals and families to achieve their full potential in spirit, mind and body.

### Core Beliefs

We believe:

- our ministry arises out of basic Catholic beliefs, values and traditions
- we are accountable to the people we serve, our funders and the community
- in a caring and supportive environment for working and serving
- each person possesses dignity and intrinsic value, and has the right to be treated with respect and justice
- everyone has the right to access confidential support in an environment that supports cultural and spiritual diversity
- in working collaboratively, supporting individuals and families to build a healthy community

### Counselling

With the support of the BATC Community Development Corporation, and individual donors, we provide individual, couple and family counselling to those faced with challenges in their lives. In a caring and confidential atmosphere we will support you to build on strengths, identify barriers and work toward positive change.

"Counselling has made a remarkable difference in my life. I found each and every session fulfilling and an extremely

grateful for the guidance and knowledge."

### Parenting Together

Offered in partnership with the Knights of Columbus Charitable Foundation. Evidence based parenting programs specifically for families in high risk circumstances.

### Family Violence Outreach Program

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

### Resiliency: Beyond the Hurt

This is an ongoing drop-in group that covers a number of topics related to trauma and family violence. Topics include healthy and unhealthy relationships, grief and loss, self-esteem, conflict resolution and effective communication, the importance of self-care, supplemental information on safety planning, and much more. Registration prior to attendance is mandatory. Wednesdays at 1:00 p.m.

### Children Exposed to Interpersonal Violence Program

Offered in partnership with the Ministry of Justice. This program offers prevention, intervention, and therapy in the form of counselling, group support and educational presentations. This program is for children and youth who are or 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.

"I have learned to identify, express, and communicate my feelings in safe ways. I have overcome my violent outbursts of anger and temper. I have learned to cry out my pain and then talk with Mom and find solutions to my problems."

### Relationships That Rock

This group explores 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.

### 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

Group content is always modified to be age appropriate.

### School Based Services

In partnership with the Light of Christ Roman Catholic Separate School Division #16, Diocese of Prince Albert, and the Catholic Community, School Based Services offers support services to children (and their families) facing challenges that interfere with the child's ability to learn and experience school in a positive manner. Support is provided in the form of counselling, group programming, referral and advocacy. Services are both preventative and interventive. Common areas of difficulty are not limited to, but may include: bullying, grief, coping with parents' separation/divorce or exposure to domestic violence. If you are interested in services please contact the school principal or one of our School Counsellors.

### Family Support Services Program

Offered in partnership with the Ministry of Social Services. The Family Support Services Program is a home-based service focusing on the healthy development of families and children. The priority of the program is to ensure the safety of children. The goal is to maintain the family unit or support the healthy reunification of children with their families, whenever it is possible, and only when it is safe. Support services concentrate on parenting, daily living skills, personal wellness and community resources.

"Catholic Family Services has helped me and my family get through with a tough transitional period. Our support worker has offered different ways to handle stressful times and events and teaches you to feel good about yourself and the progress that we made, even the small goals."

### 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.

### Transition Skills Training Program

Offered in partnership with the Saskatchewan Ministry of Social Services. The objective of the Transition Skills Training Program is to assist youth to improve life skills which will better prepare them for successful independence in the community. TST is for youth ages 12-15 and 16-19. The focus of TST is to help youth learn skills that will assist them in their transition to independence and enable them to make positive decisions in this pivotal and critical period of their lives.

- Module I - Surviving Day to Day
- Module II (Work Placement) - Employment Preparation
- Module III - Self Reflection
- Module IV - Building Healthy Communities

### 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.

"Having a facilitator from Catholic Family Services permitted participants to be free to focus on their respective areas of responsibility and concern. It was exceedingly helpful, completely respectful of all and effectively responsible to each participant. I will be recommending use of the model in my workplace because it was so helpful."

### Supportive Independent Living Program

Offered in partnership with the Ministry of Social Services, Community Living Service Delivery, Disability Program.

The SIL Program provides assistance to people with intellectual disabilities so they can live independently and be participating members of the community. Support may include: planning and/or preparation of meals, cleaning and managing a home, making effective use of leisure time, utilizing community resources, budgeting, shopping and managing money. Support services also assist the individual to establish a support network within the community.

### Parent Education Program

Offered in partnership with the Ministry of Justice - Family Justice Services.

### Separation/Divorce Information Sessions

We 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

"I learned how to communicate with my ex and my son, also how to co-parent and listen."

### Critical Incident Group Debriefing

Trained staff facilitate supportive crises intervention, for small homogenous groups, who have encountered a traumatic event. Additional crises support services are available, which may include individual crises intervention, follow up services, counselling or referral for other professional care.

### Wellness & Professional Development

Presentations and interactive workshops or retreats can be tailored to meet the needs of your members or employees addressing areas such as:

- Family Violence
- Exposure to Violence - Effects on Children
- Team Building
- Self Care
- Work and Family Balance
- Separation and Divorce - Impact on Children and Coparenting
- Others are available, if you are interested please contact Catholic Family Services

"Group Programming

at Catholic Family Services helped me create awareness of negative patterns, attitudes and behaviours. Also provided info and strategies on how to overcome them."

### Support Groups and Special Events

Catholic Family Services assists the community in the development and in some cases, the facilitation of support groups. We may offer group support in areas such as: family violence, grief/loss and disordered eating.

### Candlelight Service for Bereaved Parents

The loss of a child can be particularly difficult to cope with during the holidays. Whether your loss is recent or not, keeping your loved one's life and memory a part of your Christmas celebration, can help to cope with the pain this season so often brings. The candlelight service is nondenominational. Everyone is experiencing this loss is welcome. The evening will include selected readings and tributes; thoughts on coping with the holidays and a memorial candle for each family to take home. A memory table will be available if you would like to display a picture or another special memory of your child(ren). The candlelight service is held annually in December, in partnership with the Territorial Drive Alliance Church.

At CFS we believe strongly in the importance of treating each participant with respect and dignity, while empowering them to experience personal growth in a caring and confidential environment. The opportunity to achieve this level of service is a direct result of our community partnerships and the generous support of individuals, businesses and community organizations. Catholic Family Services is truly a community based organization. We wish to extend our thanks to all of our supporters, as all contributions are valued and appreciated.

### For More Information

For more information call: Karen Richard, Executive Director, Catholic Family Services of the Battlefords Inc., 306-445-6960. Or email: [battlefords.cfs@sasktel.net](mailto:battlefords.cfs@sasktel.net).

## WE PROVIDE:

- professional counselling
- group programming
- parent education program
- family preservation program
- support groups
- grief support program (bereaved parents)
- school based counselling and group programming
- children exposed to violence program
- in-home family support services
- family capacity building
- mediation services
- family case conferencing
- transition skills training
- supportive independent living program



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