



THE SPARK

kindling the way to healthier relationships

FALL 2009

PHILOSOPHY

This newsletter was developed and is sponsored by the Oshawa Community Health Centre. Our mission is to build a strong healthy community: a community in which violence has **no** place. This newsletter promotes violence prevention initiatives and community resources that may be a catalyst, a **SPARK**, to encourage relationships that are *positive, healthy* and *non-violent*. Feel free to access and distribute copies of our newsletter from our web site www.ochc.ca (under Communications-Newsletters)

Distress Centre Durham Crisis Line has changed its phone number!

To access the Help Line, call
905-430-2522 or 1-800-452-0688

LOOKING FOR HELP WITH DRUG AND ALCOHOL, GAMBLING OR MENTAL HEALTH PROBLEMS??

ConnexOntario: Health Services Information is a **free**, confidential and anonymous information and referral service that is available 24 hours a day, 7 days a week, with interpretation services available in more than 170 languages. Web chat and telephone service is available.

www.connexontario.ca
Drug and Alcohol 1-800-565-8603
Gambling 1-888-230-3505
Mental Health 1-866-531-2600

UPCOMING EVENTS

DISTRESS CENTRE DURHAM

**5th Annual
5KM WALK FOR SUICIDE AWARENESS**
In recognition of: World Suicide Prevention Day

Date: Sept 12, 2009
Time: 10:00am - 12:30pm
Location: Heydenshore Park
589 Water Street, Whitby, ON
(Waterfront Trail) Walk proceeds rain or shine

TO REGISTER for the 5 KM Walk contact dcd@distresscentredurham.com or phone 905-430-3511 and provide your name, address, phone number and email address. Walk individually or create and name a team! Together, we can raise awareness about the impact of suicide and prevent future devastation and loss. To participate in the 2009 Walk for Suicide Awareness, registrants are requested to collect a minimum of \$25.00 in pledges.

AFTER THE WALK: Participants are invited to enjoy the free BBQ and Remembrance Ceremony which includes helium balloons released with messages of love attached.

All survivors are invited to bring and post a picture of their loved one on the memory board!



115 Grassmere Ave., Oshawa, Ontario L1H 3X7
T 905.723.0036 F 905.723.3391 E info@ochc.ca www.ochc.ca
Charitable Registration # 119158137 RR0001

**"your wellness,
our mission"**

D.R.I.V.E.N.

*Durham Regions Intimate-Relationship
Violence Empowerment Network*

COMING IN SEPTEMBER
The 4th Annual DRIVEN Forum

**“The Backlash Against Gender Based
Perspective of Relationship Violence”**

There is significant pressure from the public to discuss relationship violence in a gender-neutral or bi-directional manner. When respected agencies like Stats Canada present sex-symmetrical findings and studies characterize women’s and men’s violence as “comparable”, professionals in the field often are at a loss regarding how to respond.

This year’s forum will build on Minister Deb Matthews *Transforming our Communities: Report from the Domestic Violence Advisory Council for the Minister Responsible for Women’s Issues (Final May, 2009)* which documents the government’s intention to use a gender-based perspective as a basis for future public policy on relationship violence.

Forum participants will be provided with a better understanding of the resistance to a gender-based perspective, the types of backlash experienced by agencies supporting domestic violence victims, the effects of this resistance, and how to respond when pressured to talk about relationship violence in a gender-neutral way.

The forum will address the issue head on in a positive and productive manner. Guest speakers will provide insights from the Minister’s report, Deborah Sinclair’s *“Backlash”* report done for the Durham community and Dr. Molly Dragiewicz/ Dr. Walter DeKeseredy’s *“Shifting Public Policy Direction: Gender-Focused versus Bi-Directional Intimate Partner Violence”* regarding symmetry claims. Speakers will present how the backlash plays out here in the Durham Region.

WATCH FOR UPCOMING DETAILS AT
www.durhamdriven.com

DRIVEN CLINIC

Immediate Access to 8 Durham agencies providing a wide range of the supports needed to deal with or leave Relationship Abuse / Domestic Violence. **One location. One visit.**

Mondays, 8:30 – 4:30
(closed Statutory Holiday Mondays)
1320 Airport Blvd, Oshawa

Walk-Ins Welcome
Or Call For An Appointment
905-432-SAFE (7233) or
1-877-SAFE-905

SERVICES ARE FREE
CHILDCARE IS AVAILABLE

DENISE HOUSE**MOM AND ME ABUSE FREE**

*We’re in it together. We did it together,
Mom and Me!*

Come join us for the 10 week Mom and Me after violence program. Mom and Me offers groups for children aged 5-8 and 9-12 who have witnessed family violence as well as a parenting support group for mom’s who are leaving or have left and abusive relationships. Groups run on Tuesday evenings. Transportation and childcare are available. Groups will commence annually in the months of September, January, March and June.

Call Deb or Shannon: 905-728-7311

NEXT EDITION

THE SPARK will be distributed in December 2009 with a forward look to violence prevention initiatives to be offered in the Winter of 2010. To be on our mailing list, or to make a submission:

Oshawa Community Health Centre,
115 Grassmere Ave.,
Oshawa, Ontario L1H 3X7
Phone: 905-723-0036 x.215
Fax: 905-723-3391
kalexopoulos@ochc.ca

shel·ter (shel'tər)*noun*

- 1) something that covers or protects; protection, or place affording protection, as from the elements or danger
- 2) the state of being covered or protected; protection; refuge
- 3) any of various places for providing food and lodging on a temporary or emergency basis...

(as defined by www.yourdictionary.com)**BETHESDA HOUSE SHELTER & OUTREACH SERVICES***"Building hope,...Changing lives"*

Bethesda House offers safe, short term shelter, support & advocacy to women, with and without children, who are dealing with issues of abuse. Based in Bowmanville, services include one-to-one and group support both in the shelter and in the community. Women and their children are provided with assistance to begin recovery and to identify and take whatever steps necessary to make the transition to a safer life.

General Info: 905-623-6045
bethesdahouse1@rogers.com

24 hour Crisis Line: 905-623-6050
outreach_bethesda@rogers.com

Community Crisis Outreach Program:
905-623-6045

HERIZON HOUSE

Herizon House is a shelter for abused women and their children, located in the Ajax/Pickering area. This organization offers free and confidential services within a safe and non-judgmental setting. Services include: emergency shelter, crisis counselling, children's programs, housing and legal support, referrals and community advocacy.

Transitional Worker: 905-426-1064

Crisis Line: 1-866-437-4066 (1-866-HERIZON)
administration@herizonhouse.com

905-426-1064

THE DENISE HOUSE*A Safe Place for Abused Women and their Children*

The Denise House is a shelter for abused women and their children, offering safety and protection, emergency accommodation, a 24 hour crisis line, supportive counselling, children's services, housing support, information, community resources and referrals. All services at the Denise House are confidential.

Phone: 905-728-7311

Toll Free: 1-800-263-3725

www.thedenisehouse.com

Y's WISH SHELTER

The Y's WISH Shelter operates from a feminist perspective that empowers women through positive strategies for change. They offer a variety of programs for women and their children who reside at the shelter and who use shelter services. The shelter itself provides safety, security and support in the form of short-term crisis counselling, safety planning, in-house support groups, information, referrals and advocacy. The Transitional and Housing Support Program helps women establish new lives, free from abuse, for themselves and their families. Services are available to women residing in the shelter or in the community.

Shelter and Crisis Line: 905-576-2997
shelter@ywcadurham.org

Transitional and Housing Support/Child Advocate: 905-576-0182

MUSLIM WELFARE CENTRE

Muslim Welfare Home for Needy Women and Children is a newly renovated 33-bed shelter which provides a safe environment and services for women and children who are victims of abuse and violence. The Muslim Welfare Home's free services include Halal food, family counselling, legal advice, van shuttle service, résumé assistance, computer skill training, and translation service in English, Urdu, Arabic, Punjabi and Hindi.

For Information:

905-665-0424 or 416-754-8116

cri·sis (krī'sis)

noun

- 1) a turning point in the course of anything; decisive or crucial time, stage, or event
- 2) a time of great danger or trouble, often one which threatens to result in unpleasant consequences

(as defined by www.yourdictionary.com)**DURHAM REGION DOMESTIC VIOLENCE/
SEXUAL ASSAULT CARE CENTRE**

The Domestic Violence/Sexual Assault Response team at Lakeridge Health Oshawa is a team of specially trained nurses and physicians that provide assistance to victims of domestic violence and sexual assault. For victims of sexual assault, 24 hour emergency medical services are available at Lakeridge Health Oshawa. Individual counselling is available for males or females, of any age who have been sexually assaulted in the past year. Group counselling is offered to women who have experienced childhood sexual abuse.

Information and Referrals 905-721-6128 x2787
www.dvsacc.com dvsacc@lakeridgehealth.on.ca

DURHAM RAPE CRISIS CENTRE

The Durham Rape Crisis Centre is a non-profit charitable agency that offers support to women in Durham Region who are sixteen (16) years of age and older and who have experienced childhood sexual abuse and/or a recent sexual assault. These services include free individual counselling, advocacy, and accompaniment to the hospital, police department and/or court proceedings. Representatives are available to do presentations to schools and other community agencies. Group counselling is provided continuously throughout the year and takes a focus on preventing further sexual assaults, and encouraging healthy relationships and sexuality.

Direct Line 905-444-9672

Crisis Line 905-668-9200

www.durhamrapecrisiscentre.com

ADDITIONAL CRISIS LINES

Durham Mental Health Services 905-666-0483, 1-800-742-1890
Assaulted Women's Help Line 1-866-863-0511
Kids Help Phone 1-800-668-6868
Durham Region Children's Aid Society 905-433-1551

DISTRESS CENTRE DURHAM

Encouraging healthy relationships and sexuality.

Distress Centre Durham offers a 24 hour help line where anyone can call to talk about any issue that is of concern in their lives. Caring, compassionate and informed volunteers are available to listen while respecting anonymity and confidentiality. Community referrals can be offered for further assistance. Distress Centre Durham also takes an educational role in the community by leading groups and presentations on topics such as suicide prevention, stress management, and family violence.

Help Line 905-430-2522 24 hours a day

Office: 905-430-3511

Fax: 905-430-1381

**DURHAM REGIONAL POLICE SERVICE
VICTIM SERVICES UNIT**

The Victim Services Unit provides victims of crime and tragic circumstances with emotional support, assistance, information and referrals. This service is involved in situations of homicides or attempted homicides, serious physical assaults, serious traffic collisions or fatalities, robbery, sexual assault where no charges have been laid, major fraud, sudden death or suicide, criminal harassment and stalking, elder and vulnerable adult abuse and all spousal incidences and assaults. The Victim Services Unit initiates contact with a victim after a 911 call or when a police report is filed. Victim Services Unit encourages inquiries from the general public regardless of any police involvement. Referrals, options and support are provided.

Victims Services Unit: 905-579-1520 x5616
victims@drps.ca

HERIZON HOUSE

Herizon House offers Outreach Crisis Counselling services for women who are experiencing or have experienced abuse. Counsellors are available 7 days a week for short term counselling, safety planning, community referrals and advocacy. Free and confidential. Two workers are available:

Sat-Sun 10-6 / Mon-Fri 9-5 905-426-1064 x2243

Mon-Fri 9-5 905-391-1803

sup·port (sə pòrt')*transitive verb*

- 1) to carry or bear the weight of; keep from falling, slipping or sinking; hold up
- 2) to give courage, faith, or confidence to; help or comfort
- 3) to give approval or to be in favour of

(as defined by www.yourdictionary.com)**NIIJKIWENDIDAA ANISHNAABE-KWEWAG SERVICES CIRCLE**

Nijkiwendidaa Anishinaabe Kwe-wag Services Circle offers counselling and groups to First Nations Women who have been abused, are being abused or who are at risk of being abused. The main office is in Peterborough, but Outreach counselling is available to women (ages 16 and up) in Durham Region and beyond.

Contact Kim: 1-705-741-0900 x 229

VICTIM/WITNESS ASSISTANCE PROGRAM

The Victim/Witness Assistance Program is offered throughout the Ministry of the Attorney General. This program provides support and information to victims and witnesses who are involved in the criminal justice process. This service can access essential information such as the status of each case, bail and probation conditions, assistance with Victim Impact Statements, and referrals to community services. Court orientation and accompaniment is also available.

For Information: 905-430-4170

PINEWOOD CENTRE

The Pinewood Centre for Alcohol, Drug and Gambling concerns offers a daily drop-in group. All groups begin at 2:00 p.m. and focus on supportive topics and presentations. Telephone support is available 24 hours a day, and drop-in services are available from 9:00 a.m. to 5:00 p.m., seven days/week including holidays. Services are confidential and anonymous.

905-723-8195 or 1-888-881-8878

www.pinewoodcentre.org

LUKE'S PLACE SUPPORT AND RESOURCE CENTRE FOR WOMEN AND CHILDREN

Luke's Place offers information, support, referral and legal (court and lawyer appointment) preparation and accompaniment to women who are addressing family law issues. The agency houses a comprehensive library with resources focusing on woman abuse, separation and divorce, family law procedure, case law, and research and is available to women and their advocates. Open Monday - Friday 9:00 am to 4:30 pm. All services are free and confidential.

For information: 905-728-0978

lukesplace@bellnet.ca

<http://www.lukesplace.ca>

COPE MENTAL HEALTH SERVICES

COPE is a community mental health program that offers support to adults with emotional or mental health problems. Support is offered by trained, caring volunteers. COPE services are flexible to best meet the needs of local communities. COPE services include individual and group support for family, women, caregivers, social recreation, depression, anxiety and loss, and stress management.

Brock 705-432-3044 **Oshawa** 905-434-1693

Uxbridge 905-852-9560 **Scugog** 905-852-9560

Whitby 905-668-6223 **Clarington** 905-623-4123

Ajax/Pickering 905-837-0017

www.communitycaredurham.on.ca

INTERACT**COMMUNITY MENTAL HEALTH PROGRAM**

Interact offers a variety of group programs for clients with a range of psychological problems designed to help people regain their former skills, to improve their coping abilities, to address their problems in constructive ways and to enhance their enjoyment of life. Follow-up and support groups are provided. Referrals are welcomed from all professional and clients. Clients are invited to an orientation group where the client and therapist collaborate to establish therapeutic goals. The client is then matched to the most appropriate group program.

905-576-8711 Ext. 6029

Fax referrals to: 905-434-7716.

**COUNSELLING AND
SUPPORT SERVICES
FOR WOMEN,
CHILDREN AND FAMILIES**

FAMILY SERVICES DURHAM

Family Services Durham is a division of Social Services that offers a confidential counselling and support service in nine office locations throughout the Durham Region. Day or evening appointments are available Monday through Friday. Our philosophy is that financial issues should not be a barrier to service; therefore the fees vary by program and are based on a sliding fee scale. To access the *counselling services* or for additional information, call 905-666-6240. Press 1 for Intake.

Family Services of Durham also offers a number of education programs for parents. These include:
Parenting Teens and Preteens: An 8-week evening series to provide parents with the necessary tools to improve communication with their children and build healthy relationships. This group begins October 27, 2009.

Helping Children Cope with Separation and Divorce: A 2-hour evening workshop for parents with children of any age. This workshop will give parents an understanding of how children grieve and react to separation and divorce, and provide parenting strategies to support their child's successful adjustment. This group is offered on September 17 and November 26, 2009.

To register for a program call: 905-683-3451

**DURHAM REGION DOMESTIC VIOLENCE/
SEXUAL ASSAULT CARE CENTRE**

The Domestic Violence/Sexual Assault Care Centre provides counselling for children who have been sexually assaulted in the past year. Support is also available for their primary care-givers.

For information: 905-721-6128 x 2787

**WOMEN'S MULTICULTURAL RESOURCE &
COUNSELLING CENTRE OF DURHAM**

WMRCC of Durham is an agency dedicated to the eradication of violence against women, youth and children. Counselling, referrals, advocacy and court accompaniments are provided within a feminist and anti-oppression framework. Self-help groups, youth workshops and anti-oppression and leadership training is available for community groups and organizations. Support groups for women who have experienced violence are offered including childcare and transportation. The Women's Multicultural Resource and Counselling Centre also welcomes volunteers for their Personal Support and Mentorship Program.

WMRCC offers the **Women's Economic Advancement and Leadership Skills Project** (Project WEAL), where participants learn tools to enhance self-esteem, economic self-sufficiency and independence. The four components are: Life Skills Training (6 weeks), Leadership Training (8 weeks), Career Workshops (8 weeks), and Financial Literacy (5 weeks).

For information: 905-427-7849 / 1-877-454-4035

**ROSE OF DURHAM
YOUNG PARENTS SUPPORT SERVICES**

Rose of Durham offers prenatal classes (in cooperation with the Durham Public Health Department), parenting groups, Teen Mom School program (in cooperation with the Durham District School Board), BAC2Basics (Basic Attachment Connection in partnership with Durham Public Health Department and Durham Children's Aid Society), Mommy and Me (a parent support group), Nobody's Perfect group, book club, a nursing mom's program and a variety of one-time workshops e.g. CPR, income tax information. There is an Early Years Drop-In Centre and individual supportive counselling. Satellite services are available in Ajax/Pickering and North Durham. All programs and services are for expectant/parenting young people and are free and confidential.

For information: 905-432-3622

OSHAWA COMMUNITY HEALTH CENTRE

The Oshawa Community Health Centre offers a number of free services and programs. Free childcare is available for most programs.

Our Wellness Program teaches practical ways to create a healthy lifestyle. Guest presenters share their wisdom and expertise while providing helpful information for day-to-day healthy living. This is a free drop-in program offered to women in the community. Childcare is provided. Upcoming topics include Massage, Organizing Your Life, Story-telling, and Home Spa Day.

The **Body Beautiful Group** is an 8-week health promotion group for up to 15 women, which explores all aspects of body image, how it is created, and ways to develop and maintain a healthy image. The program's goal is to increase women's self-acceptance and decrease preoccupation with food and weight. Intended outcomes will be improved self-esteem and awareness of proper diet.

Challenge, Change and Choices is a 20-week women's therapy group aimed at women experiencing difficulties in their lives. Currently they may be struggling with low self-esteem depression or anxiety. This program will provide an opportunity for acknowledging the impact of past trauma and other difficulties in an atmosphere of understanding and support.

The Creative Circle offers an informal and welcoming gathering place for those who enjoy quilting and other creative work. Together, we work on a quilting project that is later donated towards a raffle or another charitable cause. Stitching instructions are provided along with the sharing of friendly conversation, innovative craft ideas, and a weekly show-and-tell.

Nobody's Perfect Parenting Group is for parents with children up to age 6. This group focuses on the needs of children, their development of body, mind, behaviour, and safety.

Positive Parenting provides parents and caregivers opportunity to share child rearing experiences, learn from one another and increase their parenting capacity.

For information: 905-723-0036 www.ochc.ca

SIMCOE HALL SETTLEMENT HOUSE

Simcoe Hall Settlement House offers beneficial programs and services for adults, children and the community including after school programs, back to school supplies, Rainbows for All Children group for grief and loss, food bank and winter clothing, Life Skills and Parent Coaching programs, seniors lunch and leisure activities, and community information and referral services.

For information: 905-728-7525
www.simcoehall.com

Y.W.C.A. OF DURHAM REGION

The Y.W.C.A. provides opportunities for women, children and youth to improve their lives through safe, supportive housing, education, personal growth and development and volunteerism in a non-judgemental environment.

Family Program Centre provides affordable recreational programs and summer camps.

Ontario Early Years Centre offers free early learning parenting programs, referrals and resources for parents and caregivers and their children 0 to 6 years of age.

For information: 905-723-9922
www.ywcadurham.org

DURHAM FAMILY MEDIATION

The Parent Information Program is a free 2.5 hour information session for adults who are going through a separation or divorce. General information is provided about the impact of separation and divorce on children and adults; how to help children cope; how to co-parent with an ex-partner; and options for resolving issues. The program is free and is held twice a month on either a Tuesday or Thursday evening, from 7:00 to 9:30 pm. in either Whitby or Oshawa. Every participant receives a Certificate of Participation and other resources. Please register in advance.

For information: 905-579-1988 or 1-877-294-6529

KIDS HELP PHONE

A free, bilingual, phone and web counselling, referral and information service for children and youth. Immediate. Anonymous. Confidential. 24 hours a day, 365 days a year.

1-800-668-6868 www.kidshelpphone.ca

CATHOLIC FAMILY SERVICES OF DURHAM

Catholic family services offers counselling for those in abusive situations on an emergency basis as well as a number of groups for women. Family Services provides individual and group counselling for French speaking abused women, their children and teens who have witnessed abuse. Counselling, advocacy and transitional planning are available.

WAVE: Women Against Violence Everywhere

Part One: a 12 week psycho-educational group for women who have experienced abuse in an intimate relationship.

Part Two: A group for women who have attended Part One, with a focus on stress management, assertiveness skills and self-esteem.

W.O.M.E.N.(WAVE) Violence Against Women for Women +50: a 12 week daytime psycho-educational group for women ages 50+ exploring the unique issues and challenges experienced by older women who have been abused.

Parenting After Violence and Children Exposed to Violence: an evening program that is a concurrent program for women who have been abused in partner relationships and for their children who have witnessed the violence. The mother's group explores strategies for parenting with a focus on strengthening parenting skills and sharing and supporting one another. Transportation and childcare is available. Please call to determine the date of the next group.

Safer Families Program: The Durham Children's Aid Society, Durham Family Counselling and Catholic Family Services work collaboratively to assist families who are at risk of being involved with child protection services due to children witnessing violence. Joint in-house assessments and ongoing clinical services will be offered to families where woman abuse has occurred. This program seeks to increase the family's safety while agencies work together to provide the services necessary to reach this goal.

www.cfsdurham.com

CATHOLIC FAMILY SERVICES OF DURHAM

Les Services En Francais: Notre agence peut offrir la consultation individuelle, ou par Groupe, et le support de transition aux femmes abusées et à leurs enfants et les jeunes et jeunes femmes francophones. Les services sont disponible aux femmes et leurs enfants qui ont été exposées à la violence familiale. Pour des renseignements concernant nos services, veuillez appeler Diane 905-725-3513. L'agence peut aussi offrir la consultation aux clients/clientes francophone qui ont d'autres difficultés personnelles.

Children Exposed To Violence: This 10 week after school group is for children ages 8 to 12 who have been exposed to violence in the home. Group topics include understanding violence, anger management, self-esteem, separation and divorce. Next group begins September 2009.

CART: Communication And Relationships for

Teens: This is a 10 session after school group for teens ages 13-17 who have been exposed to violence. The group focuses on communication skills, self-esteem, healthy relationships, dating violence, stress management. Next begins September 2009 in Oshawa.

Centre For Worker's Families: Various workshops have been created to support families in this area who are dealing with job loss and financial stress. The workshops are psycho-educational and are intended to re-stabilize the family while dealing with uncertainty and stress. Consideration has been given to the impact of stress upon children, couples and those in the role of parent.

For information on any of Catholic Family Services of Durham's programs, call 905-725-5315

Catholic Family Services locations

Oshawa 905-725-3513 Port Perry 905-985-4221
Ajax 905-428-1984 Uxbridge 1-877-282-8932

www.cfsdurham.com

sup·port (sə pòrt')

SUPPORT FOR MEN

NIIJKIWENDIDAA ANISHNAABE-KWEWAG SERVICES CIRCLE

Nijkiwendidaa is now also offering counselling to males age 16 and over of First Nations descent. This counselling is available in Peterborough and outreach counselling is available to those residing in the Durham Region.

For Information: 705-775-0383

P.A.R. PROGRAM

The Partner Assault Response Program is a 16 week psycho-educational program available for those who have been convicted of domestic assault towards their partner. The mandated program is funded by the Ministry of Attorney General's Office. Family Service Durham facilitates eight ongoing groups running in this area. A fee for service is based on a sliding scale.

Contact Dawn Hopps: 905-668-4113 ext. 3994

JOHN HOWARD SOCIETY OF DURHAM REGION

The John Howard Society provides a wide range of services to men, women and youth. Services include individual and group counselling, employment counselling, pardon facilitation, housing assistance and eviction prevention.

Anger Management Program: a 10 week program for men and women (also youth programs) who want to learn productive anger management techniques and manage their own anger. This program is offered in a safe and confidential environment.

DADS Program: Dads Aiming for Direction and Support is a free program for men experiencing limited or no access to their child(ren), increased stress levels, changes in sleep patterns and other factors associated with divorce and separation. If you are a dad who is depressed, frustrated, lonely, confused, angry or just need someone to talk with, please consider this support group.

For Information: 905-579-8482
www.jhsdurham.on.ca

SEXUAL ASSAULT CARE CENTRE

Individual counselling is available to men who have experienced a recent sexual assault. There is no fee for participation in counselling services. All services are confidential.

For Information: 905-721-6128.

CATHOLIC FAMILY SERVICES

Catholic Family Services offers individual group and family counselling.

The **Dad's Under Construction** program will begin in October 2009. Dad's Under Construction is designed to help fathers sharpen their parenting tools. The program is targeted toward fathers who have abused or neglected their children and/or exposed them to abuse of their mothers. This group will focus on fathers' accountability for abuse, countering the attitudes linked to abusive and neglectful behaviors and on promoting healthy and nurturing relationships between fathers and their child and the child's mother.

For Information: 905-725-3513

ROSE OF DURHAM

The **What A Difference A Dad Makes** program is designed for pre and post natal fathers under the age of 30. The group runs for 10 weeks. The group focuses on the importance of father involvement in a child's life and teaches effective communication and parenting skills which are based on character and virtues.

For Information: 905-432-3622

OSHAWA COMMUNITY HEALTH CENTRE

Dad's VIP Group is an interactive drop-in program where Dads can attend with or without their children for free play time in the gym, crafts, discussion and dinner. This program runs once per week. Dads and children will have access to the gym and its equipment. Parenting discussion may be available as well as guest speakers and various projects to work on. This group will provide positive modeling, opportunities for discussion and growth, referrals and links to community resources as requested.

For information: 905-723-0036 x 241