



# THE SPARK

“kindling the way to healthier relationships”

## SPRING 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 .....**THE 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](http://www.ochc.ca) (under **Communications-Newsletters**)

### LUKE'S PLACE

Judges, Lawyers, Advocates –  
Working Together on an Effective Family Law  
Response to Woman Abuse Survivors & Their Children

Wednesday, May 6, 2009 9:00 a.m. – 1:00 p.m. (includes lunch)  
Registration & Coffee 8:30 – 9:00



The Hon. Madam Justice Mary J. Hatton, Senior Judge of the Family Court.  
What are effective ways for lawyers to advocate before the Court on behalf of women experiencing abuse? What if the woman is self represented? How can we improve an abused woman's chance of securing important court orders at the outset of a case? What are the challenges faced by the Court in these situations? What is the Court's ability to address these issues?



### RESOURCES



#### **HELPING AN ABUSED WOMAN:**

#### **101 THINGS TO KNOW, SAY AND DO**

Linda L. Baker & Alison Cunningham.

London, Ont: Centre for Children and Families

in the Justice System, 2008, 76 p.  
ncfv/HV1444/B167/2008

Publisher's abstract: [http://www.lfcc.on.ca/HHG\\_helping\\_an\\_abused\\_woman.html](http://www.lfcc.on.ca/HHG_helping_an_abused_woman.html)

#### **1st ANNUAL CANADIAN CONFERENCE on the PREVENTION OF DOMESTIC HOMICIDES**

**June 14 to 16, 2009 - London, Ontario**

<http://www.crvawc.ca/documents/Nat%20DVDRC%20conference%20flyer.pdf>

Dr. Lori Haskell, Clinical Psychologist

What is the impact of trauma? How does trauma affect a woman abuse survivor's ability to participate in the family law process? What can we do to assist these women within this process? What is "vicarious trauma?" How can this impact lawyers and advocates alike?

Tanya Conlin, Legal Support Worker, Luke's Place

What is the role of an Advocate/Support Person? How can this role help women survivors use legal services more efficiently and effectively and enable them to proceed through the family court process more constructively?

Cost: \$50.00 per person (includes lunch)

Payable to "Luke's Place" Contact: **905-728-0978**

Location: Oshawa Golf Club, 160 Alexander St, Oshawa



#### **CANADIAN DOMESTIC VIOLENCE CONFERENCE:**

Working with those who perpetrate abuse and their families

June 16—19, 2009 Hart House Theatre, University of Toronto

For description and reservations: [www.canadiandomesticviolenceconference.ca](http://www.canadiandomesticviolenceconference.ca)



Oshawa  
Community  
Health Centre

115 Grassmere Ave., Oshawa, Ontario L1H 3X7  
T 905.723.0036 F 905.723.3391 E [info@ochc.ca](mailto:info@ochc.ca) [www.ochc.ca](http://www.ochc.ca)  
Charitable Registration # 119158137 RR0001

“your wellness,  
our mission”

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

**Youth Host Program**

The Youth Host Program helps newcomer and immigrant youth to integrate and develop their cultural identity in an open and safe environment. This program runs in partnership with the Durham Public School Board, Durham Catholic School Board and community agencies to service youth ages 14-22. Youth host workers work alongside social workers, guidance counsellors and ESL instructors to implement a host program in specific schools to meet specific needs. A youth coordinator oversees the program while youth host workers recruit newcomer, immigrant youth and volunteer youth. Information sessions, orientation and interviews are expected of all youth in the program before they are matched. Youth volunteers support a newcomer youth and make a difference by sharing knowledge about their school and community resources. In return, they learn about new cultures, experiences and gain their community hours. New networks of friends are developed through conversation circles, workshops on issues of settlement and adaptation, cultural presentations, art shows and recreational activities. This youth host program has a weekly youth night at the local library and provides workshops, information sharing, group activities and cultural presentations. Our partnerships include Durham Catholic District School Board, Durham Public District School Board, Town of Ajax, Pickering Public Library, Whitby Public Library, YOUnity youth and YPI. The Youth Host Program partnered with the town of Ajax, Pickering Public library, and the Whitby Public library during Black History Month which met with great success. For more information, please contact Genevieve **905-427-7849**

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

**Presents:**

**SWINGIN' TO THE 60's GALA**

**Featuring: Entertainment, Silent Auction & Door Prizes!**

**For more information or to buy tickets  
contact WMRCC of Durham:**

**(905) 427-7849 or e-mail: [info@wmrccdurham.com](mailto:info@wmrccdurham.com)**

**\$60.00 Per Ticket**

**6:00 pm-12:00 am**

**Cocktail Reception: 6:00pm Dinner: 7:00pm**

**Saturday May 16th, 2009**

**CANADIAN MENTAL HEALTH  
ASSOCIATION—DURHAM BRANCH  
CAREGIVER SUPPORT GROUP**

**CMHA Durham is presently providing a support group for family and/or caregivers of those with a mental illness. The group takes place on the first Tuesday of every month from 6-7:30pm. The purpose of this group is to provide a forum for caregivers to come together and provide support to one another in a non-judgmental environment. The group is open to anyone in the community. For more information contact Skye McLellan at**

**905-436-8760, ext. 312.**

**RePLAY VIDEO GAMES**

Children and youth (ages 8-14) can learn how to challenge behaviours and attitudes as part of this online game about healthy relationships based on equality and respect. Resource booklets for youth, educators and parents accompany the video games. The package also includes research on best practices and Ontario youth preferences for video game design.

Developed by the Metro Action Committee on Violence Against Women (METRAC) with guidance provided by the Ontario Teachers' Federation.

Play the video game at

[www.metrac.org](http://www.metrac.org)

or for more information call

**(416) 392-2928.**



Our next edition of **THE SPARK** will be distributed in August 2009 with a forward look to violence prevention initiatives to be offered in the Fall of 2009. To be on our mailing list, or to make a submission:

Oshawa Community Health Centre,  
115 Grassmere Ave.,  
Oshawa, Ontario L1H 3X7

905-723-0036      905-723-3391 (fax)  
c/o llaflamme@ochc.ca

# SERVICE DIRECTORY

## GROUPS FOR WOMEN

### BETHESDA HOUSE SHELTER AND 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 information 905-623-6045**

**bethesdahouse1@rogers.com**

**24 hour Crisis Line 905-623-6050**

**outreach\_bethesda@rogers.com**

**Community Crisis Outreach Program 905-623-6045**

### 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, a 24 hour crisis line, supportive counselling, information and community resources and referrals. ....a confidential service.

**905-728-7311 1-800-263-3725 www.thedenisehouse.com**

### 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.

A Transitional Program is now available and women can call **905-426-1064** to make an appointment with a Transitional Worker at a community location in Pickering village.

**Crisis Line 1-866-437-4066 (1-866-HERIZON) administration@herizonhouse.com (905-426-1064)**

### NIIJKIWENDIDAA ANISHNAABE-KWEWAG SERVICES CIRCLE

Nijkiwendidaa Anishnaabe 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.

For more information, please contact Kim at **X229 1-705-741-0900**

### VICTIM/WITNESS ASSISTANCE PROGRAM

The Victim/Witness Assistance Program provides support/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.

**Ministry of the Attorney General, Victim/Witness Assistance Program 905-430-4170**

### 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 more information or to access services, please contact

**(905) 728-0978 or lukesplace@bellnet.ca http://www.lukesplace.ca**

### 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 that make a difference in the lives of 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**

## **DISTRESS CENTRE DURHAM**

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.

**905-433-1121**      24 hours a day      **1-800-452-0688**      **www.distresscentredurham.com**

**NOTE: Homicide Survivor Support Group and Suicide Survivor Support Group  
If these groups are of interest, please contact Karen or Victoria at 905-723-4461**

## **DURHAM RAPE CRISIS CENTRE**

**Direct Line 905-444-9672      Crisis Line 905-668-9200      www.durhamrapecrisiscentre.com**

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.

## **VICTIM SERVICES UNIT      DURHAM REGIONAL POLICE SERVICE**

The Victim Services Unit provides victims of crime and tragic circumstances with emotional support, assistance, information and referrals to community agencies. This service becomes 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 generally initiates contact with a victim after a 911 call or when a police report is filed. However, the Victim Services Unit encourages inquiries from the general public regardless of any prior police involvement. Unit members can then assist by providing appropriate referrals, options and support.

Victims Services Unit at **905-579-1520 X5616**      **victims@drps.ca**

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

The Domestic Violence/Sexual Assault Response team at Lakeridge Health Oshawa offers a team of specially trained nurses and physicians that provide assistance to both victims of domestic violence and sexual assault.

For victims of sexual assault, twenty-four (24) hour emergency medical services are available at Lakeridge Health Oshawa. Individual counselling is available for those of any age, male or female, who have been sexually assaulted in the past year. Group counselling is available for men and women who have experienced childhood sexual abuse.

**www.dvsacc.com      dvsacc@lakeridgehealth.on.ca**  
**905-721-6128 X2787 for information/referrals (8:30 a.m. to 4:30 p.m.)**

Victims of domestic violence..... those with physical injuries, even to a minimal extent, from their partner ....can access services by going, immediately, to Lakeridge Health Oshawa, Emergency Department. Ask for the Domestic Violence Nurse. A police report does **not** have to be filed and your decisions will be respected. Confidentiality is ensured unless written consent to release information is given. Services include: documentation\photographs of injuries; crisis support; safety planning; community referrals.      **905-576-8711 Emergency Department**

## **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 Life Education Programs: Register by calling **905-683-3451**

- Parenting Teens and Preteens - An 8-week evening series offered in Fall and Spring in Whitby. Begins April 21st, 2009
- Growing Great Kids! Growing as Parents! Monthly evening workshops for parents with children up to age 7 offered year round in Whitby.
- Helping Children Cope with Separation and Divorce. A 2-hour evening workshop for parents with children of any age offered in Whitby. April 30th and June 18th, 2009



## 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. For more information about on-going and future programs and services, please call **905-427-7849** or **1-8077-454-4035**.

### **WOMEN'S ECONOMIC ADVANCEMENT AND LEADERSHIP SKILLS PROJECT (PROJECT WEAL)**

**NEW** Participants will learn tools to enhance self-esteem, economic self-sufficient, and independence.

#### **PROJECT WEAL provides:**

- Life Skills Training (6 weeks) ... Communication, self-esteem, assertiveness, time and stress management, conflict resolution
- Leadership Training (8 weeks) ... Planning, creative writing, public speaking, organizing, interpersonal/public relations skills
- Career Workshops (8 weeks) ..... Learn employment options, training opportunities, resume preparation, interview skills
- Financial Literacy (5 weeks) ..... Basic financial management, effective budgeting, goal setting

**Contact Women's Multicultural Resource and Counselling Centre of Durham Region 905-427-7849**

## CATHOLIC FAMILY SERVICES OF DURHAM

Oshawa 905-725-3513

Ajax 905-428-1984

**Supportive counselling is available for those in abusive situations on an emergency basis.....  
Oshawa office 905-725-3513 or 1-877-282-893**

Port Perry 905-985-4221

Uxbridge 1-877-282-8932

[www.cfsdurham.com](http://www.cfsdurham.com)

### **NEW! 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. Please contact Jocelyn Henderson for dates and times of the next workshop. **905-725-3513 X116.**

- **WAVE (Women Against Violence Everywhere)—Part One**.... a 12 week psycho-educational group for women who have experienced abuse in an intimate relationship. Childcare is available. Oshawa ....evening group to begin in May 2009.
- **WAVE (Women Against Violence Everywhere)—Part Two**.....A group for women who have attended Part One, with a focus on stress management, assertiveness skills and self-esteem. Group will begin end of April 2009 in Ajax.
- **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. A new group will begin end of April/beginning of May 2009.
- **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 currently 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 the agencies work together to provide the services necessary to reach this goal.
- **French Language Services** ... Catholic 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 can be obtained by calling Diane at **905-725-3513**. General counselling services for French speaking clients are also available.
- **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.

# **ADDITIONAL SUPPORT GROUPS FOR GROWTH AND EMPOWERMENT**

## **ROSE OF DURHAM, YOUNG PARENTS SUPPORT SERVICES**

200 Bond Street West, Oshawa, Ontario L1J 2L7

At the main office in Oshawa, 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), Mommy and Me (a parent support group) 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 more information ..... **905-432-3622** [www.roseofdurham.ca](http://www.roseofdurham.ca)

## **SIMCOE HALL SETTLEMENT HOUSE**

Simcoe Hall Settlement House offers many beneficial programs and services including those described here:  
Call **905-728-7525** for the current schedule of programs and for registration [www.simcoehall.com](http://www.simcoehall.com)

**CONFIDENT LIVING LIFE SKILLS** .....a program that can help you get back up when life gets you down!!!  
Classes are held one afternoon a week for ten weeks from 1:00 to 3:00. There is a fee of \$50.00 but this is negotiable.  
**PARENTS HELPING CHILDREN COPE WITH SEPARATION/DIVORCE.....** This program offers strategies and tools to help parents (mothers and fathers) and their children deal with separation and/or divorce. A Parent Information kit is included. The workshop fee is \$8.00.  
**PARENT COACHING PROGRAM** .....Parents of school-aged children learn parenting skills and resources as well as kid-friendly techniques for discipline, nutrition, handling stress and teaching kids how to handle difficult situations. Thursday mornings for eight weeks. FREE!

## **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. For more information please contact:  
**905-723-8195 or 1-888-881-8878** [www.pinewoodcentre.org](http://www.pinewoodcentre.org)

## **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. The YWCA Durham is an inclusive community where women, children and youth are safe and encouraged to grow.

- Family Program Centre .. Provides quality, affordable recreational programs & summer camps ....**905-723-9922**
- Ontario Early Years Centre ....free early learning parenting programs, referrals and resources for parents and caregivers and their children 0 to 6 years **905-723-9922** [www.ywcadurham.org](http://www.ywcadurham.org)

## **INTERACT, COMMUNITY MENTAL HEALTH PROGRAM**

The Whitby Mall, 1615 Dundas Street East, Lang Tower, 2nd Floor, Suite W214, Whitby, Ont. L1N 2L1

Interact Community Mental Health Program 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. These "core" programs provide short-term (3 to 6 months) intensive therapy two days per week using solution-focused and insight-oriented processes. Follow-up and support groups are provided. One specialized program teaches healthy anger expression for separate groups of men and women in 8 to 10 sessions, using cognitive behavioural therapy techniques and other strategies. Referrals are welcomed from all professional and clients. Once referred, a client will be invited to an orientation group during which the client and therapist collaborate to establish therapeutic goals. The client is then matched to the most appropriate group program. Please call **905-576-8711 Ext. 6029** for information. Referrals may be faxed to 905-434-7716.

## PARENT INFORMATION PROGRAM

### **DURHAM FAMILY MEDIATION/INFORMATION CENTRE**

This free two-and-a-half hour information session is offered 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 your children cope; how to co-parent with your 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 helpful resources. Please register in advance. **905-579-1988 or 1-877-294-6529**

### COPE

COPE is a community mental health program offering 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:  
[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)

- **Individual Support** .... matching a COPE client with a trained volunteer who helps the client achieve personal goals
- **Group Support** ..... groups are offered in local communities for Family Support, Women's Support, Caregiver's Support, Social Recreation, Depression, Anxiety and Loss, and Stress Management
- **Education, Referrals and Information**

<b>Brock</b>	<b>705-432-3044</b>
<b>Oshawa</b>	<b>905-434-1693</b>
<b>Uxbridge</b>	<b>905-852-9560</b>
<b>Scugog</b>	<b>905-852-9560</b>
<b>Whitby</b>	<b>905-668-6223</b>
<b>Clarington</b>	<b>905-623-4123</b>
<b>Ajax/Pickering</b>	<b>905-837-0017</b>

### OUR WELLNESS PROGRAM

Oshawa Community Health Centre 115 Grassmere Ave., Oshawa L1K 3X7.

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 Dream Analysis, Yoga, and Story-telling. This program ends June 11th and resumes in September. **Contact 905-723-0036 X215 [www.ochc.ca](http://www.ochc.ca)**

## SUPPORT FOR CHILDREN

### WOMEN'S MULTICULTURAL RESOURCE AND COUNSELLING CENTRE OF DURHAM

WMRCC of Durham is an agency dedicated to the eradication of violence against women, youth and children. Along with providing counselling, referrals and advocacy, they also run youth workshops. Services are free and confidential. For more information about on-going and future programs and services for children and youth, contact **905-427-7849 1-877-454-4035 [www.wmrccdurham.com](http://www.wmrccdurham.com)**

### MOM AND ME ABUSE FREE

A group program for mothers and children who have experienced woman abuse. The children's group and the mother's group will run at the same time in the same location within the Durham Region. This program will run from 6:30 to 8:30, once a week for a total of twelve weeks. There are two children's groups, designed for children, ages 6 to 8, and 9 to 11.

There is no charge for the program and subsidies are available for childcare and transportation.

For more information about the next group, please call **905-728-7311 or 1-800-263-3725**

### SIMCOE HALL SETTLEMENT HOUSE

For information and program schedules, please call **905-728-7525**

**[www.simcoehall.com](http://www.simcoehall.com)**

**GIRL'S AND BOY'S AFTER SCHOOL PROGRAM:** The children's after-school program, intended to provide a wide variety of physical activities for the purpose of fun and fitness, as well as opportunities to participate in performance arts .....dance and music, guitar and singing lessons; sports skills clinics and nature-based activities.

**RAINBOWS PROGRAM:** Rainbows offers support to children who are dealing with grief as a result of family divorce, parental absence or death of a loved one. Children are encouraged to express and understand their feelings in a comforting and safe environment. Classes are free and run for 10 to 12 weeks.

**CONFIDENT KIDZ:** This free program is for girls 12 and 13 years of age, who would like information on how to manage stress, deal with difficult people, build self-esteem, and develop problem-solving skills.

## **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 more information and referrals please contact the administration office at (8:30 to 4:30) **905-721-6128 X2787**

### **CATHOLIC FAMILY SERVICES**

Please call **905-725-3513** for more information about groups and programs

[www.cfsdurham.com](http://www.cfsdurham.com)

### **PARENTING AFTER VIOLENCE AND CHILDREN EXPOSED TO VIOLENCE**

A 10 week program for women who have experienced violence. It focuses on strengthening parenting skills and understanding the effects of witnessing violence on their children. The CHILDREN EXPOSED TO VIOLENCE: SAFE GROUP are groups for children ages 5 to 7 and 8 to 12 that run concurrently with the Parenting After Violence Group. The program focuses on understanding abuse, learning to be safe, separation and divorce, anger management skills and social competence. Childcare/ transportation are available. Please call for the dates of the next group.

**CHILDREN EXPOSED TO VIOLENCE** ...This ten 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 in September 2009 in Oshawa.

## **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. For more information about programs for men, please call **1-800-663-2696**

### **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. Please contact Dawn Hops at **905-668-4113 ext. 3994** for further information and referrals.

### **SEXUAL ASSAULT CARE CENTRE**

Group counselling is available for men who have experienced childhood sexual abuse. This group meets once a week for approximately 10 weeks, and there is no fee for participation. Confidential services. For more information, please contact the Sexual Assault Care Centre Administration office (8:30 to 4:40) at **905-721-6128. X2787.**

### **JOHN HOWARD SOCIETY**

**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 ....safe and confidential environment.

**DADS PROGRAM** .... 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.

**905-579-8482**

[www.jhsdurham.on.ca](http://www.jhsdurham.on.ca)

### **CATHOLIC FAMILY SERVICES      CARING DADS PROGRAM**

The "Caring Dads" program is designed for fathers who have abused or neglected their children and/or exposed them to abuse of their mothers. ...A 10 week program set to begin January 2009 using a continuous intake mode at the Oshawa office. 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. Call **905-725-3513** .

