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Participants at the event play as a team, filling out answer sheets after listening to sound clips in various musical categories. Judges tally up the correct answers, and at the end of the night the winners go home with prizes and bragging rights!

This is our second annual Juke Box event and it just keeps getting better! Check out our website for the date of next year's Juke Box Mania at www.ccrcc-ptbo.com or call 742-4258 for more information.

Thank you to our sponsors: The WOLF/KRUZ/CHEX, The Peterborough Examiner, Collins Barrow Chartered Accountants, CIBC and Kawartha Chrysler Jeep Dodge; and to our corporate tables: Judyco.Holdings Ltd., Kawartha Participation Projects, Office Connection and Scotia Bank.

Beth McMaster & Doug Armstrong — our Juke Box raffle ticket sellers!

Juke Box Mania



In May 2007, over 300 people packed the hall at the Rock Haven for Juke Box Mania, an event that brought full tables to their feet dancing. Many teams dressed up as their favourite musical groups and celebrities such as the Jimmy Buffets, Neil Diamond and Barbra Streisand, to name a few!

Thank you as well to our generous Silent Auction and prize donors, and to all who joined us to have fun for a good cause!



As we wrapped up our 50th anniversary in 2006, we were pleased to develop a new look for CCRC, with a new tagline:

Helping turn things around

This phrase captures exactly what CCRC does every day, in all of our services.

When people come to see us, they come because they have something in their lives that they would like to change. It might be something very basic and immediate, like needing a roof over their heads, more security in their housing, or help in dealing with creditors and a high debt load; it can be something that has troubled them for some time, like a relationship that is not working or dealing with feelings from the past; or it might be something that is holding them back from getting on with their lives, like dealing with grief, family violence or poor self esteem.

The situations and immediacy may differ, but all services of CCRC *help turn things around*. Sometimes the thing needing turning around can be permanently improved, sometimes it is just improved for a while, but it is always a turn for the better.

Last year over 8,000 people were served by CCRC including 1,400 families who received credit counselling, more than 4,400 people who were homeless, or were at

risk of becoming homeless who were helped to keep their housing or find new housing, over 1,800 individuals who received one-to-one counselling, and almost 400 people who reconnected with the community through court ordered community service.

The stories in this newsletter show some of the ways these services *help turn things around*.

Erica Cherney Inspires!

CCRC was pleased to launch a new fund named in honour of Peterborough businesswoman and community leader, Erica Cherney in December, 2006. *The Erica Cherney Inspiration Fund* will provide CCRC with flexible funding to support priority service issues that emerge each year. It has been established to honour Erica's leadership, extensive community service and outstanding commitment to active citizenship, and to inspire others to support CCRC services.

The creation of the *Erica Cherney Inspiration Fund* was the culmination of our 50th anniversary celebrations. Our Board of Directors will determine the use of funds raised each year, based on client needs that we are not able to support otherwise. Members of the community interested in supporting these services by contributing to the Erica Cherney Inspiration Fund can contact us at 742-4258.



One Woman's Story

Tears quickly followed and she stated, "I wasn't going to do this." "Do what?" I asked gently. "Cry."

She sat down with a sigh of exhaustion. Once settled, she began to tell her story.

Hence began one woman's journey from despair and hopelessness to healing, hope and transformation.

This is the beginning of a journey that is familiar for many who turn to CCRC for compassion, support, and guidance. Each day, in the context of the therapeutic relationship between professional counsellors and clients at CCRC, we bear witness to stories of loss, crisis, trauma, stress, depression, anxiety, parenting challenges, life transitions, substance use concerns, relationship conflict, and a range of other life issues.

The counselling process supports growth, change, and transformation.

Each day, several times a day, a difference is made in the lives of our clients.

Expressions of gratitude from clients are part of our daily experience, from quiet and shy thank-yous, handshakes or hugs, to clearly

One woman's story...

articulated affirmations and feedback.

The client whose story began with tears is now an expression hope and optimism.

She has described her counselling experience as "a stabilizing force," an experience that has helped to "ground" her and will help her prepare for future life challenges.

She has stated that all staff she has had contact with at CCRC have been "very caring, non-judgmental, and supportive."

She has expressed appreciation for the insight offered through the counselling process through our Community Counselling program, and the practical assistance she has accessed through our Housing Resource Centre and Credit Counselling programs.

This woman has recently approached the end of her counselling process. This time, her tears express gratitude and joy. Her words of appreciation capture the sentiment of many clients, past and present: "I was thankful that you people were there. For me, counselling was a saving grace. **You have helped me want to go on.**"

Food for Thought

I have enough money to last me the rest of my life, unless I buy something.

I know how to double my money; I just have to fold it in half!

What is EAP?

What is EAP? This represents our Family Services Employee Assistance Program which is available to companies to assist their employees and their families.

Family Services currently provides Employee Assistance Program (EAP) services for more than 5,000 organizations, of which CCRC is a local EAP provider. The organizations we serve represent every sector of the North American marketplace, both private and public, union and non-union, from consumer goods to health care to real estate.

What can CCRC provide for you? We offer employees and their families:

- ◆ Confidential professional information, counselling and referral services
- ◆ Face to face services, to address personal and work-related issues

Our EAP services are tailored to meet your needs and include:

- ◆ Critical incident response (to reduce the negative impact on employees of workplace violence accidents or other traumatic events)
- ◆ Mediation and alternate dispute resolution
- ◆ Organizational change management
- ◆ Development of specific training programs to meet the organization's needs
- ◆ Health and promotion programs offering the latest information on stress management, effective communication, interpersonal skills, problem solving and credit management.

For more information, please contact CCRC at 742-4258 or go to www.family-services-eap.com.



Hydro Marketer Facts

Since 2002, Ontario consumers have had the choice to buy their electricity from their local utility or from private electricity retailers. Electricity marketers go door to door offering fixed rate, multi year contracts with promises of significant savings.

Unfortunately, marketer contracts can mean lights out for many low income customers. The rate most marketers currently charge at up to 10.5 cents per kWh for new contracts is **higher** than the local utility rate of 5.3 cents per kWh for first 600 kWh used and 6.2 cents per kWh for additional kWh used.

The Housing Resource Centre (HRC) is seeing more people struggling with higher hydro costs after signing with a marketer. Marketers appear to be targeting lower income households desperate to make their housing costs more affordable. Some marketers use dishonest tactics, including misrepresenting current and future hydro costs, harassing vulnerable people, allowing other people including children to sign on behalf of the contract holder, and forging signatures.

Hydro marketer facts ...

Consumers must pay a high penalty to cancel these contracts. Housing Counsellors have helped almost forty low income households end their contracts without penalty since last July, helping prevent future hydro emergencies. Over the last fiscal year, HRC helped over 250 households to prevent disconnection or restore hydro through the Emergency Assistance Fund, FUSE Fund, and Provincial Energy Fund, with help totaling over \$78,500.

For more information, please contact the Housing Resource Centre at 743-9122 or go to www.oeb.gov.on.ca or www.housingpeterborough.com.

**Quick Credit Tip**

Regardless of the type of credit you may use, it is important to keep in mind that a creditor's role is simply to sell you money at a higher price. You can't borrow yourself out of debt! Refinancing, consolidating or transferring balances may allow some breathing room but they are not solutions, they are a band aid fix. The debt is still there and has to be dealt with.

Attention Area Employers!

Would you like help to teach your staff how to get the most out of their paycheques? Want to ensure that your staff has reduced stress and is able to perform their duties as effectively as possible? We may be able to help!

Attention area employers ...

As part of our preventative education program, we can provide a free and very informative presentation to employees.

For more information call Credit Counselling services at (705) 742-1351.

Beware: Credit Repair Agencies

Internet, television, newspapers...advertisements for credit repair agencies seem to be just about everywhere. These companies all make very similar claims:

"Erase Your Bad Debt Today"
or
"Clean Up Your Credit Guaranteed"

For a fee, some companies will promise to clean up your credit report to enable you to start borrowing again, get insurance, or apply for a job. Save yourself time and money by disregarding these ads.

Any valid information on your credit report is there for 6 years from the date of last activity before it will fall off (be removed). Should you discover incorrect information on your credit report, you will want to request that the credit reporting agency launch an investigation.

More information on your credit report may be obtained at: www.transunion.ca or www.equifax.ca.

You can also learn how to order a free copy of your credit report from these websites!

For more information and confidential assistance with debt problems, please contact Credit Counselling Service at 742-1351.



**Welcoming New Community
Partners for Placement
Opportunities**

In 2006, the Community Service Order (CSO) Program had 397 clients referred to us from the courts and probation. In total, these clients completed over 16,000 hours of community service at various non-profit organizations in the Peterborough City and County.

With the help of our clients and community partners we continue to expand the range of community organizations receiving CSO placements. We look forward to continued involvement with our current community placement partners and to gaining more opportunities to work with new community organizations.

Inquiries are always welcome. Please contact Shelley Giardino, Community Service Order Program manager at 742-6376.

**Thank You to Our
Donors
For Making a
Difference in
So Many Lives!**

**Thank You to Our
Volunteers!**

**City Community Betterment Award
Won by Tom Robbins.**

Tom Robins was nominated by four organizations including CCRC for a City of Peterborough volunteer award and we are proud to announce that Tom was the winner of an award for Community Betterment! Tom received this award at a celebration at the Sports and Wellness Centre on June 5, 2007.

Thank you, Tom, for all that you do for us and the community. You truly help turn things around with all your hard work!

Tom Robbins and Nancy Jackson at the Sports & Wellness Centre June 5, 2007.

Volunteer Positions Available in the following areas:

Communications

Fundraising / Special Events

Juke Box Mania Committee

Contact us at 742-4258 ext 245 to learn more about how you can volunteer at CCRC.



**Community Counselling and Resource
Centre helps people strengthen their
lives and
promotes community well being.**

**We do this through services that offer
counselling, support and resources to
assist with personal well-being, credit
and financial management, access to
housing and connection with the
community.**

**CCRC has been an important part of
the community since 1956. We were
formed through an amalgamation of
the former Family Counselling Service
and
Volunteers and Information
Peterborough in 1998.**

**Our vision is to make a positive and
lasting difference in people's lives.**

Contact us at (705) 742-4258 or
ccrc@ccrc-ptbo.com
Or visit our website at
www.ccrcc-ptbo.com

Yes, I would like to help turn things around !

Name : _____

Street Address : _____

City: _____

Province: _____ Postal Code: _____

Email: _____

I would like to make a donation.

One Time Monthly

I would like to give:

\$200 \$100 \$50 \$25 Other \$ _____

You may donate by enclosing a cheque(s), by Credit Card, or by Preauthorized Payment.

Cheque(s) enclosed

Visa Mastercard Expiry Date: _____

Credit Card # _____

Signature: _____

Pre-Authorized Payment: _____

(I have enclosed a void cheque and I authorize CCRC to deduct my chosen amount either once or monthly as indicated above)

Signature: _____

I would like to become a member.

\$10 Individual (waged) \$PWYC* Individual

\$25 Organizational (unwaged)
* Pay What You Can

I would like to volunteer.

Please contact me to discuss what I can do to make a difference.

CCRC is committed to protecting the privacy and confidentiality of your personal information. The information you provide us may be used to assist in the proper administration of services, acknowledgement of your gift, to issue tax receipts, and to fulfill information requests. For more details please visit www.ccrcc-ptbo.com.

Charitable Registration # 11891 2880 RR 0001



Community Counselling & Resource Centre

Helping turn things around

