



**Community Counselling
& Resource Centre**

Helping turn things around

Newsletter

December 1, 2007

Accreditation Celebration!

CCRC has successfully completed Accreditation from Family Services Ontario and the Ontario Association of Credit Counselling Services (OACCS), receiving one of the highest ratings in the country.

To be accredited is truly a seal of approval. Accreditation reviews take place every five years and include extensive internal and external assessment of all Governance, Program and Administrative policies and practices. Accreditation ensures that clients, funders and the community are consistently receiving high quality services.

We thanked all our supporters and the community partners who participated in this review at an *Accreditation Celebration* on November 7th, with a special presentation by Henrietta Ross, Executive Director of the OACCS. We were pleased to have MP Dean Del Mastro, MPP Jeff Leal and Mayor Paul Ayotte join us to celebrate this achievement.

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Janice Green receives CCRC's Accreditation certificate from Henrietta Ross of OACCS

The Erica Cherney Inspiration Fund

CCRC launched this fund during our anniversary year to honour past Board member and community leader extraordinaire, Erica Cherney, and to inspire support for the work of CCRC. We thank all donors to this fund and are proud to report that during its first year *The Erica Cherney Inspiration Fund* has provided: \$5,000 to re-open CCRC's Art Therapy program for people who have experienced violence, \$5,000 for Counselling for people in need, and \$10,000 to prevent homelessness through our Housing Resource Centre's Emergency Fund.

The Erica Cherney Inspiration Fund addresses priority service needs presented by clients of CCRC but not supported by other funders. Priorities for use of this Fund are determined annually by CCRC's Board of Directors.

CCRC Achievements

CCRC is the only not-for-profit agency in Peterborough City and County that offers counselling, credit counselling and housing support services for people regardless of their ability to pay.

Congratulations are extended to Maisie Watson for being a finalist for the United Way's Scholfield Award for Community Achievement. Maisie was honoured for this at the United Way kick-off in September.

We were delighted to be one of three finalists for the Chamber of Commerce Excellence Award in the Non-Profit Sector. We were honoured for this at a dinner on October 17th and by inclusion in extensive media coverage of all finalists.



Excellence in Volunteerism

The Board of CCRC is honoured to have five new members join at our Annual General Meeting in June. We are pleased to welcome: **Anne Adair** of the Peterborough County-City Health Unit, **Emmet Connolly** of Lockington Lawless Fitzpatrick, **Tracey Gainforth** of St. Joseph's Care Foundation, **Sue Leeson** of TD Canada Trust, and **Judy Loukras**.

Our new Board members will join our ongoing Board members, Janice Green, Don Cumming, Meghann Agnew, Shirl Delarue, Karen Derian, Helene Lowry and Carole Pedler in continuing to offer excellence in leadership and governance to CCRC.



Juke Box Mania 2008: New Venue, New Menu!

Friday, April 25, 2008

Join us for Juke Box Mania 2008, a fun “name that tune” game, silent auction, and a chance to win some great prizes. Moved to the Evinrude Centre, this year’s event will feature a pizza party, new games and challenges to add to the fun. Sponsorship and corporate tables are available: you can have a fun night and receive recognition for your company while supporting a great cause. It’s a win-win-win! All funds raised by Juke Box Mania 2008 will go to support CCRC’s Housing Resource Centre. Tickets sell fast and were sold out in previous years. Call us now, at 742-4258, to book a table!

The National Child Benefit Fund

The National Child Benefit Fund cheques were sent on October 10th to 1,542 families with a total of 2,167 children. Each family received \$152.51 per eligible child. This Fund is sponsored by CCRC, in partnership with the City of Peterborough and Peterborough Social Planning Council. Final work on this year’s Fund will continue into December.

CCRC recently received an 18 month grant from the Ontario Trillium Foundation to develop and enhance our public education in the areas of personal, financial and housing well-being.

Special Emergency Fund Donation

CCRC would like to thank the George Street United Church Outreach Committee for its donation of \$1,000 to the Housing Resource Centre’s Emergency Fund. The Emergency Fund provides one-time, charitable grants to families and individuals who are literally homeless or at imminent risk of becoming homeless. The fund is open to all low income residents of Peterborough City and County regardless of source of income. The Emergency Fund is the only HRC administered fund that can be used for a broad range of needs, including transportation, last month’s rent, and moving and storage costs. CCRC faces ongoing struggles to keep this fund open for people in need, making George Street United’s generous gift particularly valuable.



Coping With the Holidays

Arthur Herold, Clinical Manager



It's the Holiday Season. All around us are images of happy families, busy shoppers and perfect holiday dinners. For those of us whose holidays will not follow this idealized storyline, this time of the year can trigger loneliness and despair.

It will be beneficial to anticipate some of the emotional challenges, firstly, by planning ahead. If your child is going to be away over the holidays, talk to them beforehand and plan out when you will celebrate together. If you have recently lost a loved one, talk to friends and family about your feelings as the holidays approach, and let them know how you are planning to celebrate or not celebrate the season.

Before the holidays arrive, have a good idea of what you would like to do. You could plan time alone or with a friend, doing things you enjoy, or don't usually have time to do, such as reading a good book or cooking your favourite dinner.

It may also be possible to find ways to be with other people. These could include volunteering to help those who need it, taking part in community events and activities, attending a religious service, or visiting an elderly relative or neighbor who is alone.

Also, it can be important to deal with our emotions by recognizing our losses and acknowledging feelings of sadness and hurt. Don't beat yourself up about feeling down. Set aside a time to deal with negative emotions. Have a good cry and then make the decision to get on with your holiday.

Now is the time to let go of unrealistic expectations for the holidays and create the scenario that works for you. And most importantly, *enjoy* a happy holiday season.

CCRC served over 8,050 clients in the past year. These services helped people to address issues such as poverty, domestic violence, homelessness and housing insecurity, credit and debt management, stress and isolation, and to improve their relationships and connections with the community.



Home for the Holidays **December 12, 2007**



The Peterborough New Horizons Band and Ensemble will be hosting the second annual holiday concert in support of CCRC's Housing Resource Centre and its Emergency Fund. **Home for the Holidays** will be held on Wednesday, December 12th at 7:00 p.m. at Thomas A. Stewart Secondary School. Tickets are \$10.

Please contact CCRC at 742-4258 for more information.

Coming soon....!

Help You Help Yourself: A guide to making the most of your money.

With the generous support of the United Way of Peterborough and District's Community Impact Grant, an updated third edition of this helpful booklet will be available in 2008. We will also offer workshops for clients or staff working with client groups. Please contact Credit Counselling Service for more information at 742-1351.



Planning Your Holiday Shopping

Steve Wesley, Credit Counselling Manager

It's still not too late to start planning your seasonal gift purchases. Determine first how much you are prepared to spend in total on gifts, and then decide how that will break down into individual gift expenditures. If you don't stray from this guideline you will not only enjoy a less stressful new year but will also be setting a good example for others.

Keep asking yourself before you and your family begin shopping, "Is this item likely to be a cherished, long term keeper or is it likely to be put out with next year's yard sale items?"

Never leave your gift purchasing until the day or night before the big event. Last minute panic shopping often results in a ruptured spending plan and rarely achieves the sort of satisfaction one is looking for in the giving process. This will always make the retailer happy but rarely the actual gift recipient.

Finally, rather than incur large expenditures on each other, spouses/partners may also decide to celebrate the season by going out to dinner, a movie, play, or concert and then give each other the best gift you possibly can by putting the left over funds towards your credit card debt.

What Can Volunteering Do For You?

Now that the cooler weather has finally set in, we find ourselves spending less time outdoors and looking for new and interesting things to do indoors. Volunteering is a wonderful way to put your skills, interests and talents to good use in a not-for-profit environment, and it's good for you! The satisfaction in seeing how your work can help others is rewarding. There are many benefits in appreciation for the gift of your time and expertise.

Volunteering opens up incredible networking opportunities and allows you to meet people in your community, including community leaders. As well, volunteering is an opportunity to observe and work with others in a variety of areas, with opportunities to cultivate new skills that can enhance a career and build self-confidence.

Volunteering can give you the fulfillment of knowing you are involved in your community and making a difference. You can strengthen your personal or professional mission and vision by exploring opportunities and expanding your horizons, spending time doing what you really care about.

We thank all who have donated to support CCRC services. Here are some examples of how you have helped:

- \$50 enabled a woman to feel better about herself through a support group
- \$150 assisted a couple in financial need to improve their relationship by seeing a professional counsellor
- \$350 enabled a household to retain their housing and prevent homelessness

What Can the CCRC Do For You?

CCRC has volunteer opportunities in many areas such as communications and marketing, research, fundraising/special events committees, and assisting with information fairs.

Interested?
Please contact CCRC at 742-4258

***Thank you to our wonderful volunteers!
You truly help "turn things around" with
all your hard work.***



Lois Reynolds:
a long-term volunteer

Housing Resource Centre: New Online Listing Service for Landlords

National Housing Day marked the first anniversary of the Housing Resource Centre's website. The site provides a one-stop information source on local rental housing and homelessness services. More than 16,000 visits have been logged since it was launched. At the request of numerous landlords, the Housing Resource Centre (HRC) is delighted to announce exciting upgrades to this site.

Vacancy listings can now be entered online making it easier for landlords and property managers to advertise their vacancies **free!** This new function will result in more online vacancy listings for the 1,500 tenants visiting the site monthly.

The website also provides information and tenant resources to help people find and keep affordable, decent housing. The site includes information on HRC services, including funds to help with housing and utility emergencies. There are also links, photos and information on affordable housing, local shelters and services for lower-income people. To learn more, please visit www.housingpeterborough.com!

Landlords can now use an on-line form to submit vacancy listings to the Housing Resource Centre website.

Community Service Order Program Assists VON in Unique Way

CCRC has partnerships and connections with over seventy community groups that work with us to achieve our goals.

The Victoria Order of Nurses (VON) provided a recent example of how non-profit organizations can benefit from the Community Service Order (CSO) program without providing direct supervision of CSO clients. Wooden birdhouses and toolboxes created at home by CSO clients were then donated to the VON for work with *their* clients. VON used these items for painting projects for clients dealing with Alzheimer's and recovering from strokes.

Linda Norris of VON stated: "With the kind support of the CSO program your donated birdhouses and toolboxes are helping us achieve our goal. Our Adult Day Program and Care Respite Program clients are delighted to have these products to paint." Linda reported that painting was therapeutic and allows VON to work with their clients' cognitive abilities and assist with recovery and coping skills.

Some CSO clients are unable to attend placements in the community due to employment/family commitments, health conditions, or lack of suitable placements. By completing a home project, these clients contribute to the community in an indirect way while satisfying their service requirements, creating a win-win situation for both the client and the non-profit organization.

Yes, I would like to help turn things around !

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Email: _____

Phone: _____

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 Pre-Authorized 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) \$25 Organizational

\$Pay What You Can Individual (unwaged)

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.cccr-ptbo.com.

Charitable Registration # 11891 2880 RR 0001

Our Vision

Community Counselling and Resource Centre exists to make a positive and lasting difference in people's lives. CCRC has been an important part of the Peterborough community since 1956.

CCRC helps people strengthen their lives and promotes community well being through our five programs:

Community Counselling
Community Service Orders
Credit Counselling
Housing Resource Centre
Employee Assistance Program (EAP)

Contact Us!

Phone: (705) 742-4258

Email: ccrc@ccrc-ptbo.com

Website: www.cccr-ptbo.com

459 Reid Street
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THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

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