



A United Way
Peterborough
member agency



This season can be magical can't it? For children that magic is the anticipation of the holidays, of playing in the snow, building snowmen and forts, skating and there may be a few out there excited about gifts. The air changes and has a rejuvenating quality as a child talks with excitement and wonder about what's to come this season. As we grow up, things change a bit, the magic is still there, but it shows itself in kindness paid to a stranger, in holding the door for someone, buying someone else a coffee, a laugh with a stranger. A communal sense of feeling connected to the people and community around you.

For those without family, without shelter, those grieving or those who have lost the ability to pay for the necessities in life, the magic just isn't there, neither is hope. For people who are struggling, the holidays can be a time of dread, of pain and of loss.

For over 60 years, CCRC's combined programs have been providing not only services, but also hope. Hope that someone can find a safe place to live, hope that one day people won't have to choose between utilities and food, hope that someday a person will be able to feel whole, to feel joy and perhaps find a little bit of magic again.

CCRC has amazing and dedicated staff, but they can't provide services without your help. Our donors are at the heart of our services, filling gaps in funding and making hope possible. This holiday season, please consider making a donation to CCRC, and know that your gift, for one person or one family, makes all the difference and just might bring some magic back into this holiday season.



Through the
'Donate Now'
Button on our
website
ccrc-ptbo.com

Mail or drop off
a cheque to:
540 George St N,
Ptbo, ON
K9J 3S2

Tell people about
CCRC, share our
posts on social media
or share your story
anonymously

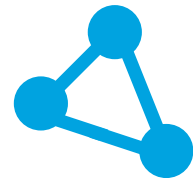
What's ahead



Save the Date

April 24, 2020

Ptbo Memorial Centre



New Integrated Services
Counsellor Position



Exciting Trillium Seed Grant
News and support from
Commonwell Mutual
Insurance Group

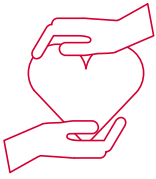
WELCOME

CCRC
Team members

And so much more...

**Housing Resource Centre, Credit
Counselling & Community Service
Orders, Administration & Philanthropy**
540 George St N, Ptbo, ON K9H 3S2
705-743-2272
welcome@ccrc-ptbo.com

**Professional Counselling & Employee
Assistance Program**
459 Reid St, Ptbo, ON
K9H 4G7
705-742-4258
ccrc@ccrc-ptbo.com



Amazing donors make CCRC services possible by filling funding gaps



Over 5600 Households Served by CCRC last year



239 Evictions/Utilities disconnections prevented last year through access to financial assistance.

59%

Reduction in Community Service Orders Program clients charged for non-compliance



Admit One

April 24, 2020 JBM will mark the 15th year of Jukebox Mania for CCRC. To celebrate, we've updated the logo and will be hosting our first ever Trip Raffle. Trip tickets on sale in January 2020



The Commonwell Mutual Insurance Group approved a \$5000 donation to CCRC through their C.A.R.E. program. Kirsten Armbrust, Executive Director of CCRC (pictured far left) accepted the cheque in September 2019, on behalf of CCRC.

Exciting News



CCRC is thrilled to announce that we have received an Ontario Trillium Foundation Seed grant for the purpose of hiring an Integrated Services Counsellor at CCRC. With the goal of providing 'holistic' services, CCRC wanted to go further by exploring the possibility of having one person able to address service needs across more than one program/specialty.

"You guys are my real life heroes. Thank you so much for everything"

- Client of the Housing Resource Centre



Leigh Carrod MSW

Having worked in various local organizations, Leigh Carrod, MSW, is currently supporting people in the evolving role of Integrated Services Counsellor at CCRC. "Life can be hard, and every one of us needs a team." In this role, I can support people by providing housing counselling, solution-focused clinical counselling and by working through financial stressors. Together we can learn how to access systems, connect with landlords, talk about spending plans and find ways to manage stressors. I'm here to work together to get your needs met". Leigh can be reached at our 540 George St location.



Matthew Asser, MEd, MA, CCC, RP (Qualifying)

A background in Economics, Environmental Science, Sales, and an Executive Coach & Business Consultant, Matthew Asser, MEd, MA, CCC, RP(Qualifying) recognized that there is no such thing as a 'singular problem' for people who are struggling. Challenges people face affect multiple parts of their lives, and as such, require assistance in multiple areas. He became interested in pursuing psychotherapy as a means to offer as holistic an approach as possible to his clients.

"In my coaching I have a lot of people coming to me; successful people who have suddenly lost their job, are in the midst of a marriage problem, or something else deeply troubling. These people are suddenly vulnerable and I'd help them as best I could to get back on their feet, but I wanted an opportunity to do that kind of work, to go further. I was looking to reach people at the grass roots; to help them."

While completing his Masters Degree in Counselling Psychology, Matthew sought an organization that offered "street level" services for his practicum. An organization that wasn't a hospital or a private clinic, one that was available to anyone in the area. He found CCRC by navigating a host of contacts and networks, and discovered an alignment of values with his own. Matthew describes the warmth he felt upon meeting the Professional Counselling team. "It was wonderful", he says.

Matthew completed the counselling requirements for his Masters program while offering the life-changing therapy that people in our community require to move forward in their relationships and their lives. When asked about the impact of counselling for his clients Matthew says "People who come for counselling are incredibly strong. People are often dealing with complex trauma, unspeakable abuse and neglect. For people to come in and have the opportunity to touch those experiences and separate themselves from them, many for the first time; it's powerful."

When asked what he thought people would do without access to CCRC's services Matthew replies "It'd be horrific. The suffering, and the impact on everyone around them. People find themselves in a state where they can't fully function, can't take care of themselves fully. It can often take all their effort to get out of bed and come to their counselling session. Access to counselling allows someone to re-engage with their lives, their families, and their work. It doesn't just have a benefit for them, but for everyone around them. It's not only the challenges of that person, their family, the people around them, but there's also an economic loss to everyone when someone doesn't have access to these services. My background helps me see the larger picture and tremendous need for these services."

Reaching the end of his practicum, and identifying the pressing need for counselling services in our community, he asked to extend his placement to continue counselling and work towards his licensing requirements. While we knew he couldn't continue indefinitely, we are grateful that he found our organization. Matthew will be concluding his time with CCRC in December 2019.



CCRC's 2019 United Way Organizing Committee From left: Kate Griffin, Sandy Garvey, Annie Hedden, Kim Hamilton & Anna Field.

Through various events and activities, CCRC has raised \$1,847.83 in donations and pledges in support of this years United Way Campaign.

98%
of our clients reported their well-being improved thanks to Professional Counselling Services



Creating a Money Vision

‘Household debt is 177% of disposable income..... households are using a record 14.9% of their spending money to meet debt obligations’, Global News, Sept 13, 2019.

Debt and money can be difficult topics to discuss, but these conversations are necessary, especially when people find themselves struggling to make payments. “We want to educate people so they understand their rights, their credit rating, to learn how they can get themselves out of debt and develop a spending plan that works for them” says Larry Keller, Accredited Credit Counsellor with CCRC. This is one of the reasons that CCRC has introduced FREE Credit Counselling Walk-in Clinics held at 540 George St North every Wednesday from 9:30 – 11:30, for anyone who has questions about their financial situation.

CCRC hosted a public Lunch & Learn on November 12, 2019 sponsored by Credit Education Week Canada. Nancy Jackson, Accredited Credit Counsellor, led the presentation and walked participants through the process of setting their financial goals and identifying what spending habits are keeping them from reaching those goals. Tools like the ‘Paycheque Calculator’ were just one of the items that participants used to help people be mindful of how small daily purchases add up over time. If you have questions about your credit, debt or are curious about any of the tools and resources our Credit Counselling program offers, please contact our George St office today.



Sarah Bass

Sarah Bass joined CCRC as the Fundraising and Communications Coordinator in September. She serves on the Peterborough Area Fundraisers Executive, is a part-time faculty at Fleming College, led Fundraising and

Communications efforts and various leadership positions at Array Services. She’s also typically behind the social media posts you might have caught. If you have any questions about CCRC’s fundraising efforts, or any feedback about what you’d like to see in CCRC’s communications, please give her a call at 705-743-2272 ext 301.

2076
The number of distinct households CCRCs Housing Resource Centre served in 2018

On Friday November 22, National Housing Day, we took stock of the accomplishments that organizations like CCRC have made in addressing housing security. We also reflected on the challenges. According to the United Way 3.3 Million Canadians don’t have access to affordable housing. An approximate 250,000 Canadians experience homelessness each year and we know that there are more people out there. National Housing Day is an opportunity to center the conversation on housing and a commitment to work towards the goal of safe, accessible and affordable housing for everyone.

Housing Resource Centre, Credit Counselling & Community Service Orders, Administration & Philanthropy

540 George St N, Ptbo, ON K9H 3S2
 705-743-2272
 welcome@ccrc-ptbo.com

Professional Counselling & Employee Assistance Program

459 Reid St, Ptbo, ON K9H 4G7
 705-742-4258
 ccrc@ccrc-ptbo.com



<http://www.ccrcc-ptbo.com/>
ccrc@ccrc-ptbo.com

@CCRC.Peterborough
 @CCRC_Ptbo
 @ccrc_ptbo

