



**Community Counselling  
& Resource Centre**

## **COMMUNITY SERVICE ORDER NETWORKER**

**'Open your doors by helping adults and youths build confidence and skills'**

**January 2009**

### **CSO THANKS COMMUNITY PARTNERS**

With 2008 behind us, staff at the CSO Program would like to extend our thanks to the many community partners for their dedication and support to helping youth and adults in conflict with the law!

In 2008, 326 youth and adult clients were referred to the program via the courts and Probation. Collectively, these clients completed a total of 14,475 hours within the City and County of Peterborough at various non-profit organizations.

Through our clients and community partners, we continue to further develop and broaden our services while increasing our clients' involvement and understanding of their community.

With this edition of the newsletter, placements will find a Placement Evaluation form to complete and return to us. Your feedback and suggestions are most appreciated and will assist us to improve the program overall.



## **WELCOME**

### **TO OUR NEW COMMUNITY PARTNERS**

- *Art Gallery of Peterborough*
- *Douro Juvenile Hockey*



The Community Service Order Program could not run without the support of our community partners. Our clients depend on these partnerships to complete their community service hours.

We are always looking for new partnerships and new opportunities for our clients to connect with the community. If you know of other non-profit organizations who could provide new opportunities for our clients and benefit from our clients' assistance, please contact the CSO Program Assistant Christine Hignett at 743-4485.

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Thank you for your support!

The CSO Networker is a newsletter of the Community Service Order Program of Community Counselling and Resource Centre. This program provides assessment, placement and supervision of adults and youths in conflict with the law in completing court-ordered community service hours within non-profit & tax-supported organizations. Through this newsletter, the CSO program will communicate with our 'placement agencies' (the groups & organizations that provide placements for CSO clients) about the program and what is happening within the placement agencies. Submissions with regard to placement services or events are welcome by contacting Christine Hignett by phone, fax or email. Please feel free to also share any success stories that you may have had through partnering with our Program.

## VALUE FOUND IN COURT-ORDERED PROGRAM

Taking the PAR (Partner Assault Response) course through the John Howard Society was a life changing experience for me. This program was my saving grace when my life hit bottom due to my inability to control my anger. The program not only helped me, it also helped my wife. It has helped both of us learn how to properly manage our anger in a much more positive way.

I have learned how important communication is and have a much better understanding of what it means to “pick your battles”. I can deal with disagreements without always raising my voice or thinking that my wife is out to get me. The tools that I have learned to use through the PAR program have helped me at my job and in dealing with every day stresses. Most importantly, I have learned how to enjoy both my beautiful children and my wonderful wife in a way that is completely new, different and exciting to us.

People who choose to ignore their anger issues in the hopes that the problem will fix itself are wrong. People need to know how that anger got there in the first place and then they have to learn alternative coping strategies to create a positive way of living.

As soon as I began taking the PAR course, both my wife and I noticed serious changes in our behaviour. Every night I went to my PAR course I felt more and more empowered as I learned that only I have control over my behaviours. I would come home and share all that I had learned with my wife as she self-admittedly dealt with anger issues as well. Now instead of both of us over-reacting on our emotions, we try our best to understand the entirety of the situation. We have gone from arguing instantly to listening and ensuring that both of us are accommodated.

I have learned that mistakes and conflict are an inevitable part of life. Every person has stress in his or her life but the important thing is to know how to deal with it. That was a huge epiphany for me, and as a result, I feel a lot less stressed about everything all the time. I have learned that I need to stop inflicting so much pressure on others and myself. I can't run my family like I run things at work. I've learned that I can deal with unpleasant times in my life without getting angry instantly.

The way I dealt with my anger before my PAR classes was destructive and ineffective. I used to jump to conclusions; I didn't believe my wife about silly and unimportant things. Since PARS, I have learned to remain calm and constructively have a conversation without getting angry. My wife and I desperately needed some help and some tools from somewhere, and PAR has provided me with the tools that I need. I recommend the PAR program for anyone struggling with anger issues.

*Written by an Adult CSO Client*

## HUNGRY? NOT AT BROCK STREET MISSION'S OPEN DOOR FOOD PROGRAM



Having a well-balanced meal may seem like the most ordinary, basic thing today to most of us, but for many in our community this is just not a reality. Hunger - one of our most basic needs - is more common among many of our most vulnerable citizens. Not knowing what your next meal might consist of seems incomprehensible to most of us. But in truth it is very easy to “fall through the cracks” in society and, in turn, be left behind.

This is where the Brock Street Mission Open Door Food Program comes in. A group dedicated to providing wholesome, healthy, well-balanced meals to those who could otherwise not afford it. Many of these people have stable housing but cannot afford groceries throughout the month. There are also those who are in more immediate need, such as those living in shelters, who just need a place to regroup and find their place in society – all of whom deserve a proper diet.

The Brock Street Mission Open Door Food Program feeds between 50 and 100 people a day. They serve everything from sandwiches and salads to wieners and beans, fruits and vegetables, juice, coffee/tea and even dessert. With many groups in the community lending support such as: church groups, the Kawartha Food Share, Sir Sandford Culinary Program and Country Style Doughnuts, are among those willing to lend a hand and help make this program possible in our community.

Personally, I think we should take some time to reflect on the things we generally take for granted and take time to remember those individuals willing to help the less fortunate in our community; possibly even learning from their lead. Thanks Volunteers! If we all stepped up and helped others in times of need maybe the world would seem a little less cold and a lot more inviting to those less fortunate.

*Written by an Adult CSO Client*

## PLACEMENT PLAYS AN IMPORTANT COMMUNITY ROLE

Brock Street Mission has played an important role in our community since 1986 by sheltering, feeding and providing other service to those in our community who are marginalized, in crisis and at high risk. Brock Street Mission has been a community partner of the Community Service Order Program for 20 years providing supervision for court ordered hours.

# YEAR END STATISTICAL REPORT FOR 2008

## CLIENTS

	ADULT	YOUTH	TOTAL
REFERRALS	221	105	326
COMPLETED	171	80	251
TRANSFERRED/INCOMPLETE	41	39	80
CHARGED	29	10	39
ACTIVE AT YEAR END	112	69	181

## HOURS

	ADULT	YOUTH	TOTAL
TOTAL HOURS ORDERED	11796	4960	16756
TOTAL HOURS COMPLETED	10221	4254	14475
RANGE OF HOURS ORDERED	10 - 240	10 - 150	

## TYPES OF CHARGES

CHARGES*	ADULT
THEFT UNDER	50
FAIL TO COMPLY WITH PROBATION	48
FAIL TO COMPLY WITH UNDERTAKING	26
ALL OTHER OFFENCES	261
# OF CLIENTS WITH MULTIPLE CHARGES	81
RANGE OF MULTIPLE OFFENCES	1 - 10
CHARGES*	YOUTH
FAIL TO COMPLY WITH SEC 137 YCJA	50
THEFT UNDER	24
FAIL TO COMPLY WITH UNDERTAKING	24
ALL OTHER OFFENCES	138
# OF CLIENTS WITH MULTIPLE CHARGES	49
RANGE OF MULTIPLE CHARGES	1 - 18

\*Top 3 charges were ranked, then all other offences totaled

Helping turn things around...



Ministry of Community Safety & Correctional Services & Ministry of  
Children & Youth Services



## ON THE LIGHTER SIDE...

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner Jake was barking and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked.

"It sure is," I replied.

Puzzled, the boy looked at me and then towards the back of the van.

Finally, he said, "What'd he do?"



## SPECIAL EVENTS

### 28th Annual One World Dinner ~ 'Food as Energy' Vegetarian Community Potluck!

**Date:** Saturday, January 31, 2009

**Time:** Doors open at 5:30pm

**Location:** St. Paul's Presbyterian Church Hall at the corner of Water and Murray Streets

**Tickets:** Suggested \$10/family at the door

**Guest Speaker:** Professor Haroon Akram-Lodhi

Everyone brings a vegetarian food dish with ingredient list to share with 4-6 people and a dish pack (plate, cutlery, cup and serving spoon). No desserts please. Beverages for sale.

All proceeds support global education and outreach in Peterborough area through **Kawartha World Issues Centre, Jamaica Self-Help, New Canadians Centre and Trent International Students Association.**



*Is your organization having a special event, fundraiser, silent auction or anything else that you would like the community to know about? Please submit the information to Christine Hignett, Program Assistant by fax at 705-742-3015 or at [csopeterboro@yahoo.ca](mailto:csopeterboro@yahoo.ca)*