



**Community Counselling
& Resource Centre**

COMMUNITY SERVICE ORDER NETWORKER

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

August 2009

CCRC LAUNCHES WEBSITE

On June 23, 2009, Community Counselling & Resource Centre (CCRC) launched a new website at our AGM. In addition to the Community Service Order program, CCRC offers Credit Counselling, Community Counselling, the Housing Resource Centre, Employee Assistance Program, and Public Education and Advocacy.

The new website not only provides a whole new look, it includes interactive forms, calculators, useful documents and access to newsletters.

Organizations can contact the Community Service Order office via an online form when they require assistance for upcoming events!

Please take a moment to visit the new website at www.ccrcc-ptbo.com to see all it has to offer!

WELCOME

TO OUR NEW COMMUNITY PARTNERS!

- *Little Lake Cemetery*
- *Our Space Drop-In Centre*
- *Ontario Public Interest Research Group (OPIRG)*

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Thank you for your support!

YOUTH CELEBRATED THROUGH BLUE SKY EVENT

On May 5, 2009, in recognition of National Youth Week, the City of Peterborough's Youth Council, along with various other youth organizations including the CCRC Community Service Order Program, hosted the Blue Sky event at Del Cray Park. This event was free to all participants and was organized as an opportunity to celebrate youth and their active participation in our community.



Youth paint on a community canvas during the Blue Sky event.

The event featured many outdoor activities for youth including yoga, jumbo boxing and pedestal jousting, and ribbon and belly dancing. As well, there was a jam session featuring several local youth bands. Community partners were also invited to set up booths to provide information and educational activities relevant to youth.

The Blue Sky event was a success with many youth in attendance and fun had by all! We look forward to Blue Sky 2010!

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.

CSO CLIENT SPEAKS OUT ABOUT HER BATTLES



Addiction, depression, loneliness – I've lived it all. I have been fighting this battle on and off for over 12 years. My name is Robyn. I'm 41 and I have 3 bright, beautiful girls. They've had the misfortune of walking this painful road with me.

My destructive path started with abusing pain medication. Unable to cope with the severe withdrawal and the neglect of my kids, I replaced it with methadone. For me, methadone was like a walking coma. I shut my windows, drew my curtains and lived in darkness. I ate junk and slept my life away while my children watched helplessly.

Everyday tasks became a burden so I gave up trying. As a result, I gained over 70 pounds and lost my teeth. The world I once belonged to went on without me. I hated anyone who appeared happy - they had what I desperately wanted. Suicide wasn't an option, although the thoughts tortured me. I resented my children for "making me stay on this earth". How could I love them when I didn't even love myself? I felt stuck treading in deep water, not able to swim to shore and unwilling to sink to the cold bottom. I constantly questioned people's daily activities: "Are they enjoying that or are they miserable like me?" I had no idea anymore - I was lost.

Feeling stuck, I started stealing – lifting anything that would fit in a purse. It was the only thing left that gave me joy. I got caught twice within a short period and still couldn't stop. Stealing was my new drug.

I have many painful memories because of my addiction and depression - enough pain to fill a room. Because of my determination to change, however, my life moves forward. Each time I relapsed into old behaviours, the drugs and depression soon followed. I took these opportunities to ask myself, "What did I learn and what can I do differently?"

Beacon House in Oshawa helped me with this. The clinicians and clients offered me the tools to feel without numbing myself. The more I practiced feeling my emotions the easier they were to handle. The program changed my life.

Nothing good comes from doing drugs - I learned this the hard way. By the time I realized I had a problem I was already on a path of self-destruction and taking my loved ones with me. Drugs can and will destroy you. If your body manages to stay alive, drugs will kill your mind and spirit.

To all suffering from addiction, regret, and painful memories of the past, our stories may be different but the pain is all the same. You can get back the things you miss most and regain the ability to cope when life throws you challenges. My question to you is how bad do you want it? And how hard are you willing to work to achieve it? Remember, nothing is impossible.

Written by an Adult CSO Client

PLACEMENTS TELL CSO....

At the beginning of the year a survey was sent out to Placement agencies and the responses were quite helpful. Thank you to all the Placements who took the time to complete the survey.

Many Placements reported needing assistance such as that provided through the CSO Program, especially for short-term help and saw this as an excellent option to share community resources. As well, some agencies indicated the client's were already connected with them through their own services. Finally, many Placements were enthusiastic about teaching new skills; building relationships and empowering criminalized people.

Some Placements indicated increased follow-up from CSO would be useful. Placements are always encouraged to contact CSO for any questions or concerns arising while working with clients. Unfortunately, limited staffing for CSO does not allow for any expansion to the current follow procedures.

Placements reported a number of tools used to motivate clients such as:

- Expressing appreciation
- Providing positive feedback
- Empowering clients by providing placements that provide responsibility and trust

We look forward to including some of the suggestions received for our newsletter in future additions:

- Client and Placement success stories
- Where (or what) clients are doing in our community
- Article on the criminalization of women

Once again, thank you to all those who participated in the survey. Please feel free to contact us at any time with your comments or suggestions.

*Shelley Giardino,
CSO Program Manager*



COMMUNITY PARTNER PROVIDES HELP FOR SHOPLIFTERS

I recently enrolled in the Stop Lifting course available through the Elizabeth Fry Society in Peterborough. I was somewhat skeptical at what this course had to offer, but all my nervous feelings left about 2 minutes after our first meeting. What I was left with were some very nice people and some interesting discussions. You begin to see you are not alone and you are certainly not the only one who could benefit from a course such as this.

I now not only have a new outlook on situations I may find myself in but am able to identify the triggers that may put me in those situations. I learned that I shouldn't go into a store with a purse or I should always have someone with me so that I am distracted from wanting to take something. For all of us that attended the 8 week course we realized that if it wasn't for a course such as this we may have ended up who knows where!

My personal view is there should be more courses like the Shoplifting course available in our community. I found leaving this course with the knowledge I had learned made me realize there are rules and boundaries that are in place for a reason for everyone of us! Once you find what your boundaries are then everything else will fall into place. I am not saying that we may never be tempted, but we need courses such as this to remind us what is important in our lives and our communities.

I do believe that there should be more education out there available to the community. I think this course would be good for anyone who wants to educate themselves on shoplifting triggers, not just those who have been ordered by the court to take the course. It's important to identify triggers before we find ourselves repeating the same scenarios over and over again. I can honestly say I felt very confident with the knowledge I learned through the course.

Thank you for taking the time to read my article. Perhaps you will now feel confident enough to enroll into any one of the courses that are available and truly utilize what is being offered to us as a community.

Written by an Adult CSO Client

Helping turn things around...



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



THE LIGHTER SIDE...



During the warm summer months there's nothing like a barbeque or a picnic with friends and family. And no outdoor summer meal is complete without a great potato salad!

So, follow this quick and easy recipe and take some time to relax and enjoy the sunshine!

POTATO SALAD

INGREDIENTS:

- 3/4 cup mayonnaise
- 1 tsp. yellow mustard
- 1/2 tsp. celery seed
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 4 cups chopped, cooked potatoes
- 2 hard-boiled eggs, chopped
- 1 onion, finely chopped
- 2 stalks celery, sliced
- 1/2 cup chopped sweet pickles

DIRECTIONS:

- Mix first 5 ingredients in a large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate several hours or until chilled.
- Enjoy!



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