



JUNE 2009

Child and Family Counselling Association (CAFCA)

CAFCA Colander

"Colander - A device that separates meal from the extraneous"

Our Board of Directors:

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April Agate, Vice President
Caroline Moore, Treasurer
Kira Reynolds, Secretary
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Michael Kennedy
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Bob Nye
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Brian Hill

Acting Executive Director:

Beth Leghorn

Money Minder:

Daniel Moses

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Libbi Godfrey

The Real Boss:

Elaine van Niekerk

Wallaby Wrangler:

Brad Kaefer

Herder of Kittens:

Samantha Crawshaw

Receptionist:

Mariko Bayley

Union Stewards:

Gerry Karagianis
Elaine Vincent
David Fulkco

Training Coordinator:

Nick Ruedy

CAFCA Mascot

Geordie the dog

POP,
You're
the Top!



HAPPY FATHER'S DAY!

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CAFCA Staff meeting

By Brian Hill

Time flies! The last general CAFCA staff meeting was in January. We planned to hold them every three months, but somehow three turned into five. Better late than never. The next staff meeting is scheduled for **Monday, June 22, 2009, from 2:00 p.m. to 4:00 p.m.** in the CAFCA board room. The staff meeting is an optional opportunity for CAFCA employees to raise issues of interest for discussion (please add agenda items to the whiteboard in the meeting room) and get an update on things from the Executive Director.

Autism Interventionist Peer Meetings for June 2009

June 9, 2009, from 6:30 pm - 8:30 pm at Community Living Victoria (CLV),
3861 Cedar Hill Cross Road

June 25, 2009, from 6:30 pm - 8:30 pm at 2849 Peatt Rd, Langford

Staff Training and Meetings for June 2009

| | | |
|---------------|----------------------------|-----------------------|
| June 5, 2009 | 9:30 a.m. - 11:30 a.m. | CQI File Audit |
| June 15, 2009 | 11:30 a.m. - 1 p.m. | Facilitators' Meeting |
| June 22, 2009 | 2 p.m. - 4 p.m. | Staff Meeting |

Weekly team meetings are as follows:

| | | |
|------------|-------------------------|--|
| Tuesdays | 9:30 a.m. to 11:30 a.m. | Aboriginal Child Protection at CAFCA |
| Wednesdays | 9 a.m. to 1 p.m. | Victoria Child Protection/Gulf Islands Team at CAFCA |
| Thursdays | 9 a.m. to 11:30 a.m. | Youth Services & ISSP at CAFCA |
| Thursdays | 10:30 a.m. to 12 p.m. | SCIT at MCFD |

Board Committee Meetings for June 2009

| | | |
|--------------|------------------------|-------------------------------------|
| June 1, 2009 | 5 p.m. - 7 p.m. | Board of Directors |
| June 5, 2009 | 9:30 a.m. - 11:30 a.m. | CQI Committee Meeting |
| June 9, 2009 | 1 p.m. - 1:15 p.m. | Safety Committee |
| June 9, 2009 | 1:15 p.m. - 3 p.m. | Personnel Program/Labour Management |

The following committees do not have meetings scheduled this month

Membership/Fundraising Committee
Executive Finance

Strategic Initiatives

By Brian Hill

Youth Housing

Thank you to Marion Little at Threshold Housing Society for being the central point of contact for the Youth Housing Network. Yay Marion!! Also, thank you to everyone who has contributed in keeping momentum going on the path to more and improved housing resources for youth. Next brown bag lunch will be held on Wednesday, June 17, 2009, from 11:30 a.m. to 1:00 p.m. at the Downtown YMCA in the upstairs meeting room.

An exciting development on youth housing is that the Federation of Community Social Services of BC (formerly Federation of Child and Family Services of BC) has offered to contribute their Applied Promising Practices (APP) approach to the Youth Housing Network. APP supports communities of practice to:

- consider evidence from both ongoing practice and from academic research;
- identify promising practices that appear feasible for implementation within the group of participating organizations;
- implement those practices within a community context;
- evaluate the practices and document the learning; and
- integrate new knowledge into agency practices and community initiatives.

More information on the planned Youth Housing APP will be coming soon.

Office Space

CAFCA's quest for office space continues. As previously reported in the May Colander, CAFCA has been exploring the feasibility of co-purchasing an office facility with Phoenix Human Services Association, John Howard Society of Victoria and the Community Council. At a meeting on May 11, 2009, this group agreed that it was not likely that these organizations would find a building to buy that would meet everyone's needs. Specific zoning and location needs were two potential "deal breakers." The project has been an excellent learning experience and has developed relationships for potential future collaboration. For now, it is most likely that CAFCA will stay put in James Bay for a while. In the meantime, we are exploring the possibility of renting a bit of extra office space that counsellors can use for confidential phone calls, meetings with clients and to do paperwork. We will continue to explore creative office space solutions with other organizations. CAFCA has hosted two well-attended community meetings on this topic. The Community Council will be hosting the next meeting before long. Stay tuned, there seems to be momentum gathering in the direction of creative collaborations.

Clinical Supervision Think Tank

By Brian Hill

The topic of clinical supervision has been surfacing in a number of ways at CAFCA over the past while. Two counsellors have participated in an exploration of clinical supervision through a project of the BC Federation of Child and Family Services. Two more took part in recent training on clinical supervision organized by the South Island Training Initiative. A number of staff have expressed a desire for access to some form of clinical supervision, and the board of directors has responded by confirming the importance of examining how CAFCA can respond.

So... we will be having a CAFCA Clinical Supervision Think Tank from 1:00 p.m. to 2:30 p.m. on Friday, June 26, 2009. The Think Tank is open to all interested CAFCA staff and board members and will be facilitated by yours truly. Please RSVP to the office by June 19, 2009, if you plan to attend.

Nurse Practitioner for Women and Families

Drop-in at Saanich Neighbourhood Place (in Pearkes Recreation Centre)
Tuesdays from 10:00 to 1:00 p.m.

What is a Nurse Practitioner?

- A Nurse Practitioner (NP) is a Nurse with advanced education and training.
- NPs are registered with the College of registered Nurses of British Columbia
- NPs act as health partners with clients of all ages.
- A holistic approach is taken to keep you healthy and prevent disease.
- NPs also provide some care that was only available from physicians.
 - » Diagnose and treat common acute and chronic health problems.
 - » Prescribe medications, order and interpret test.
- NPs work closely with other health care providers and can refer to specialists.

Clientele

- Women, their children and partners who don't have a primary care provider (i.e. don't have a general practitioner).
- Priority given to women facing multiple barriers to health.
 - » Physical issues: poor nutrition, dental problems, drug or alcohol use, smoking, chronic health problems, etc.
 - » Social/economic issues: limited English, lack of social support, history and/or current abuse, mental health problems, unstable housing, poverty, etc.

Seeing the Nurse Practitioner

- No form to fill out.
- No referral needed.
- Call or email for an appointment at the Gorge/Tillicum clinic.
- Clients don't need a Medical Service Plan (MSP) card to see the NP.
 - » Be aware that fees for labs, medications and Medical Doctors care (if needed) will still apply.

For more information please contact Hope Schreiber, MSN, NP(F) via phone: 250-380-6329 or email: Hope.Schreiber@viha.ca

Reminder: Resolving Conflicts with Ministry Personnel

By Brian Hill

CAFCA enjoys an excellent working relationship with the Ministry of Children and Family Development. Differences of opinion occur in even the best of relationships.

CAFCA's Continuous Quality Improvement committee has suggested that we remind staff of the procedures in our *Resolving Conflicts with Ministry Personnel* policy:

"In the case of a significant disagreement with ministry personnel regarding service delivery, CAFCA staff shall take the following steps:

1. A CAFCA counsellor shall first try to resolve the conflict with the ministry personnel.
2. If the disagreement persists, the counsellor shall consult with his or her team members to develop strategies for resolving the conflict, and the counsellor will again try to resolve the disagreement with the ministry personnel.
3. If the disagreement continues, the counsellor will consult with the Executive Director and take agreed upon steps to again try to resolve the disagreement with the ministry personnel.
4. If the disagreement is not resolved, the Executive Director will contact and problem solve with the ministry personnel's supervisor.
5. If necessary, the Executive Director will raise the matter with higher ranking officials of the Ministry."

CAFCA Team Day

The next CAFCA team day will be an informal picnic potluck held on:

July 17, 2009
12 p.m. to 4 p.m.
Willows Beach

What to Bring:

- Food for potluck - Teams will be assigned type of food (i.e. appetizer, main, dessert, etc.) ;
- Chair/blanket;
- Suntan Lotion;
- Musical instrument - *if you care to jam*;
- *Outdoor games (i.e. Bochi Ball, Frisbee, etc.); and*
- A fun attitude

MARK IT IN YOUR CALENDAR!

If you plan to attend, please R.S.V.P. to Mariko at mariko@cafca.ca, Sam at samb@cafca.ca or phone: 250-595-4423

Updated Confidentiality Policy

By Brian Hill

A recent review of CAFCA's confidentiality policies pointed out that we had a few different policies and a few loopholes. The policy elves have been busy and a new and improved version will be arriving in staff mail slots soon. Because we take confidentiality seriously at CAFCA, all staff will be required to sign a form indicating that they have read and agree to abide by the new policy.

Safety First!

By Brian Hill

If we are not careful, we can easily normalize increasing degrees of risk over time. We need to **STOP** and rethink risk and safety regularly. Please remember the CAFCA mantra "***If it is not safe, don't do it!!***" This is the foundation of CAFCA's *Safety of Employees* policy. The policy offers ideas for mitigating risk, but the above mantra is the bottom line. This public service announcement is brought to you by CAFCA management upon recommendation of the Continuous Quality Improvement Committee.

New Software Helps In Treatment Of Autism

If you want a centralized way to track info, medications, appointments, etc. you may want to check out the *Charm System*.

The *Charm System* gives parents a central location to log treatments, track progress and share information with other parents. There is also a demo to watch, so you can see if it makes sense for you and your family before you download the software.

The software is free to families. Here is the link to register <http://charmtracker.com/prelogin.sas>.

Happy Birthday!!

It's a new month, which means more CAFCA employees' and board members' birthdays. Please wish them a happy birthday on their special day.



June 14
Jennifer Grahame

**Submissions for the
July 2009 newsletter
must be in by:**

June 19, 2009

*Submissions can be faxed or
emailed to*

Attention: Sam
Email: samb@cafca.ca
Fax: 250-595-7318

\$1000 Community Economic Development Bursary

The Canadian Community Economic Development (CED) Network, together with Coast Capital Savings and the Vancity Community Foundation, are pleased to announce \$1000 bursaries are now available for ten practitioners to upgrade their CED skills and knowledge through Simon Fraser University's (SFU) Certificate Program for CED Professionals. Practitioners from Aboriginal communities and newcomer communities are especially encouraged to apply.

CED is at the forefront of the movement towards sustainability. The SFU Certificate Program for CED Professionals provides the practical tools and know-how for those wishing to specialize in this cutting edge field. For the 2009-2010 school year, the program is offered in Victoria and Vancouver.

Apply by June 30, 2009, at
**[www.sfu.ca/cscd/ced/
announcements.htm](http://www.sfu.ca/cscd/ced/announcements.htm)**



Aboriginal/Non-Aboriginal Coalition Changes its Name

By Brian Hill

On May 20, 2009, interested individuals and representatives of aboriginal and non-aboriginal organizations gathered to celebrate the history and successes of the Aboriginal/Non-Aboriginal Coalition and to create a path forward for cooperation. For this next step of the journey together, the coalition received a new name, *All My Relations Coalition*, and a new logo. Meeting participants noted the important role the coalition has played in supporting the development of Surrounded by Cedar Child and Family Services. Surrounded by Cedar has created a community approach to serving aboriginal children, youth and families and has recently received the transfer of guardianship services for a number of children and youth from the Ministry of Children and Family Development. Participants also underlined the unique nature of the cooperation fostered by the coalition, as well as the importance of sharing information and working together as services for and by the aboriginal community continue to evolve. CAFCA is pleased to serve on the committee that was struck to plan future coalition meetings.

CAFCA Autism Services Update

By Brad Kaefer

Our summer day camps are back! This year we are offering camps at three age levels to meet the needs of the children. Our Summer Day Camps are for children and youth with Autism Spectrum Disorder (ASD) (or with similar needs). Programs will be based at the West Shore Child Youth and Family Centre on Wale Road in Colwood. These camps will also have pick up and drop off capacity between family homes and this Centre.

The table below lists the programs particulars. We will facilitate these week long camps starting Monday, July 6, 2009, and finishing Friday, September 4, 2009.

| Summer Program | Age | Duration | Camp Dynamic | Cost |
|-----------------------|---------------|------------------|---|--|
| Junior | 6 – 9 years | 11 a.m. - 2 p.m. | Community activities | \$300 */5 day camp \$240*/4 day camp |
| Teen | 9 – 14 years | 12 p.m. - 5 p.m. | 2 hours at Centre/ 3 hours in Community | \$440 */5 day camp \$350*/4 day camp |
| Youth | 15 – 18 years | 1 p.m. - 5 p.m. | Community activities | \$475 */5 day camp \$385*/ 4 day camp |

** camp costs are early bird prices if registration is by June 15, 2009.*

For more information, please call Brad Kaefer at 250-595-4423 or email brad@cafca.ca.

Best Babies II has moved to Fridays

Capital Families offers a support program for new mothers and fathers and their babies and toddlers (up to 30 months). Please be advised that Best Babies II is now taking place on Friday mornings. It has also changed to a drop-in group and extended the age limit to 2^{1/2} years.

The group meets every Friday from 10:30 a.m. to 12:00 p.m. Coffee, tea and a small snack are provided. Like all of Capital Families' programs, free bus tickets are available for those who need them. Please ask any staff member for assistance.

So come on by and join the fun!

CAFCA Board Retreat

By Brian Hill

On April 6, 2009, CAFCA's Board of Directors met for an afternoon retreat. Most of the afternoon was spent reviewing and confirming strategic priorities. The board confirmed existing priorities including finding more suitable office space and collaboration with aboriginal organizations. The board also underlined the need for a sustainability plan for CAFCA's Autism Services Program, and supported the exploration of how clinical supervision might be adapted to CAFCA's ways of working. CAFCA's current strategic plan is for the period of 2007 – 2010, so we will soon be preparing a more thorough strategic planning process to guide CAFCA into the future.

Also at the retreat, the board and management had a very informative dialogue with professional fundraiser Judy Lightwater. The board has discussed the possibility of augmenting CAFCA's funding with fundraising for programs and/or the purchase of office space. The discussion with Judy provided concrete information for the board to consider in relation to the place of fundraising at CAFCA.



The Other Eleven Months of the Year (TO-EM) Fund

by Kira Reynolds

I've been tasked with writing an article for the Colander on CAFCA's "The Other Eleven Months" fund (aka: The TO-EM Fund).

The TO-EM fund was developed by a former (and affectionately remembered) board member of CAFCA: Harvey Rogalsky. Harvey wondered why resources for families in need at Christmas were more plentiful than the other eleven months of the year. Thus the TO-EM fund took root. Harvey (and his compassionate partner Flo Steel) seeded the TO-EM fund with saved money and the fund grew with money generated out of garage sales, participation in the Thrifty Foods Smile Card Program, donations from the Zonta Club, and various other donations. There are many ways to raise money and keep the fund alive. For instance, in 2009, our Board Member, Caroline Moore walked the 56km Great Lake Walk and raised \$2,000.

The main reason there is a TO-EM fund is because of the continued cutbacks to social services programs. We now need to fundraise in our efforts to help children, youth and their families. Staff submits requests (up to \$200 per application) for various client needs which are not otherwise funded elsewhere. The applications are subject to available dollars and approval of the Executive Finance Committee.

You know this – I'll recap it nonetheless: The mandate of the fund is *to enhance life skill training, parenting and child development for our clients with the intent to foster a sense of self-worth, self-confidence and self-reliance.*

We (the members of the Executive Finance Committee) review each request and for the most part, we approve. However, from time-to-time we have hot email debates about an application and this will result in a request for more information.

What we really look for in an application is whether or not a client will derive long-term emotional and/or social benefit through the purchase or provision of a course or material good not otherwise available to the client and if it is for the purpose of meeting the client's goals. We will ask the question as to whether or not other charitable sources have been approached.

When you are submitting an application for TO-EM Fund, please help the Executive Finance Committee by being really clear how this fund helps clients (and their families) grow, develop, and is relevant to meeting their goals.



Name Change Brings Spotlight to Vital Social-Service Sector

A long-standing organization that works on behalf of more than 115 community social service agencies in B.C. has changed its name to better reflect an expanding focus. Formerly known as the Federation of Child and Family Services, they will now be known as the Federation of Community Social Services of British Columbia.

The important work that its 119 member agencies do around the province will continue unchanged, but the new name is a much better fit considering that the kind of community work member agencies are doing these days is considerably broader than the Federation's original focus on children in care.

The newly renamed Federation will continue to support and advocate for children, youth and families, bringing even greater focus to that work through the creation of a new entity, COREbc. This Centre for Dialogue and Learning on Child, Youth and Family Practice will be the Federation's research and learning hub leading to better practice and policy on a number of fronts relevant to strong and healthy families.

Along with the new name, the Federation has launched a new website and brand. Visit www.fcssbc.ca for more information on the valuable, made-in-B.C. community services Federation members provide.

My Practicum Experience at CAFCA

By Cynthia Lee (Aboriginal Protective Services Team, Practicum Student)

How would I describe my practicum experience with CAFCA? Well, the words that come to mind are *fun*, *interesting* and a *rich learning experience*.

It was *fun* because I worked within a team that was welcoming and has a whole lot of team spirit.

My practicum was *interesting* because it was hardly ever predictable. One day I would be working at the petting zoo or swimming pool with a family, the next day I would be at the food bank, a community centre or in the Ministry of Children and Family Development (MCFD) office. The variety of influences (e.g. historical, local, relational, cultural, political) on families and learning to navigate the complexity of practicing within a child protection context was challenging, but also helped to keep me interested in this work. Shadowing and sharing case loads with other counsellors allowed me to learn their 'tricks of the trade' for supporting MCFD involved families. I learned different ways to provide parent support and education, develop rapport and relationships with clients and other workers, promote connections among family members, collaborate and communicate with MCFD social workers and connect families to community resources.

My *rich learning* experience involved both key personal and professional learnings. I learned the strengths and challenges of using a peer-supervision model, different strength-based approaches to working with families and I learned about my identity, my skills and my practice with families in this setting.

I have enjoyed my time at CAFCA and getting to know staff, clients, families, members and affiliates. Thanks for the opportunity and the experience at CAFCA!

Pacific Centre Family Services Association 41st Annual General Meeting

June 18, 2009
starting at 4 p.m.
West Shore Child, Youth and
Family Centre,
345 Wale Road

A panel discussion will be held from 4 p.m. to 5 p.m. on the subject, *Youth in our community: asset or liability?*

The following panellists will be participating in the discussion:

- Ryan Thirlwall, Co-Chair Community Youth Development Coalition of BC and Youth Advocate
- Joseph Boutilier, Sooke Youth Council Co-ordinator
- Jane Worton, M.A., Research Director, Community Social Planning Council
- Councillor Lillian Szpak, author of "Giving Voice to Young Women" (MA, Thesis, 2008)

Light refreshments will be served between 5 p.m. to 5:30 p.m. and the annual general meeting will commence at 5:30 p.m.

Please R.S.V.P. by June 12, 2009

For more information or to R.S.V.P, phone: 250.478.8357 or email: imason@pcfsa.org

Passion For Work: What Motivates Us?

By Brad Kaefer and the Autism and Community Living Services Staff

This month I asked several of our Autism Interventionists and Community Living Services staff to comment on what makes and keeps them motivated in their work with children and young people, who have, amongst other things, a developmental delay. These young people have been diagnosed to fit somewhere along the Autism Spectrum. Each child is unique and how their impairment presents itself can be at times such an indefinable quality, like a classic artwork or a magnificent game of sports that you will always remember. It can be a mystery and significant how it occurs but there are usually some common elements that we can examine in how to work with these children.

Some of our excellent staff took time out from their frantic weeks to put down some thoughts on paper:

- *"I peaked intellectually at 14, so working with young people is a natural fit."*
- *"The clients I work with are complex, interesting, challenging, and unique. I'm seldom bored."*
- *"I don't have to wear a name tag, uniform, or hair net."*
- *"We just love these kids, they are truly originals you never know what they're going to do or say next."*
- *"When I work with kids who are on the Autism Spectrum, I am in a zone that only includes them, the environment and me. I am not obsessing about my past (paths not taken) or my future (what to cook for dinner). It even gives me a break from worrying about my own son and his Autism Spectrum challenges. At the end of the day, or session, or camp, I have to consciously come out of the ether of what I have been doing, to think about the rest of my life and what is going on that day for my family. I am refreshed. Thank goodness for the intensity of autism, it really works for me!"*
- *"99% of the time clients/families value and appreciate the work that I do."*
- *"Sharing this work with my colleagues who appreciate the kids' successes no matter how big or little and knowing they always have my back when we're having a tough day. I can depend on our team we have a great bunch of Interventionists here at CAFCA."*
- *"Working with children and youth helps keep me be active and engaged with life. I feed off their energy."*
- *"Working with kids who have various challenges, including their parents, thinking of new resources, and spending money at dollar stores."*
- *"Quite selfishly, it is because the work I do keeps me in the present."*
- *"I have a million stories and memories to last a lifetime. That's what keeps me coming back each and every day. I know we're making a difference and that's what's important!"*

Thanks for giving us a small insight on what helps you to sustain working with these young people every week.

What's happening at the Library for Children?

Summer Reading Buddies in English and French

July 6 - August 21, 2009
For children in Grades 2-4

Does your child need a little help with reading and writing?

Reading Buddies provides

- regular one-on-one reading and writing practice with a volunteer teen Big Buddy
- fun activities
- increased confidence and motivation
- French or English (French program for Immersion students only)

Space is limited.

In person registration begins Tuesday, June 16, 2009, at all branches. Call individual branches for more information.

For branch information, visit <http://www.gvpl.ca/>

CAFCA Crisis Debriefers

The following CAFCA staff members have volunteered to be crisis debriefers. This is service for CAFCA staff in crisis (not just work crisis).

Cheryl Adams
250-889-9441 (cell)

or

Chris
250-812-8552 (cell)

What's happening at the Library for Youth?

Teen Volunteers Needed! Be a Big Buddy

July 6 - August 21, 2009

* Registration begins June 16, 2009

GVPL hosts a reading program that pairs teen volunteers aged 13-18 with younger children to participate in paired reading, crafts and fun reading based activities. Volunteering for this program will provide you with an excellent opportunity to gain great experience working with kids. This summer teens are needed to volunteer one or two hours per afternoon Monday-Friday or Tuesday-Saturday for one or more weeks. The program will take place at all library branches.

Zinesters

"Zines", pronounced "zeens" are low budget magazines and comics published by anyone about anything. Teens are invited to join regular Zinester gatherings to share creations, exchange ideas and make new friends. Meetings will begin in June. Just bring an open mind and come prepared to have fun. For ages 13-18.

To register please call the Saanich Centennial Branch at 250-477-9030. Registration begins April 1, 2009.

Saanich Centennial Branch
Friday, June 12, 4:00-5:00 pm

For more information visit
<http://www.gvpl.ca/>

Brad Kaefer Marries The Same Women Twice!

By Samantha Crawshaw

Elaine van Niekerk and I had the honour of attending Brad and Catherine Kaefer's wedding yesterday, May 26, 2009 (on their two year anniversary). Brad and Catherine have been married civilly, for two years, but it was important for them to be married in the Catholic Church.



Catherine, Brad, and friends after the ceremony



Raffee is entertained while Mom and Dad tie the knot.

At the ceremony Raphael (aka: Raphy), their 22 month old son, walked both parents down the aisle. Catherine looked gorgeous in a white strapless dress that she wore at her first wedding. Brad wore a traditional Irish kilt from the O'Shea Clan, which is the tartan used as the Kilkenny tartan - Brad's favourite tartan and one of his favourite Irish export beers.

A traditional Catholic service was performed (thanks guys for making sure it was in the program, so that we could follow along) and Brad and Catherine

looked very happy while they exchange vows and rings.

Once they were pronounced husband and wife, everyone milled about offering congratulations.

Everyone was invited to join in the celebration at the Cactus Club Cafe. Neither Elaine nor I attended, though

Gerry Karagianis did so to get the good gossip about the after party, check with him.

Congratulations Brad and Catherine!



Catherine and Brad exchange vows

Volunteer Board Positions Available with the Child & Family Counselling Association (CAFCA) Board of Directors

Requirements:

The CAFCA Board of Directors is accepting applications for Board membership, particularly from individuals with an interest or background in public relations, fundraising, finance or business. The Board and its committees generally meet every two months. The term of this voluntary position could be one year, two years or three years depending on the applicant's preference.

Responsibilities:

The position involves attending bi-monthly board meetings and participating on at least one Board committee.

About Us:

We are a non-profit, charitable society with services contracted to the Ministry of Children and Family Development to assist the Ministry with its work with child/youth protection, youth in care, youth justice and children/youth with developmental disabilities. In addition, we provide services to families wherein children and youth have been diagnosed with autism.

For more information about CAFCA, please visit our website at www.cafca.ca

IF INTERESTED IN APPLYING CONTACT:

President
CAFCA Board of Directors
Suite 5, 230 Menzies Street
Victoria, B.C. V8V 2G7
Tel: (250) 595-4423
Email: mail@cafca.ca

Forward Equestrian and Wellness Centre

Forward Equestrian and Wellness Centre provides Equine Facilitated Wellness programs guided by a holistic approach combined with classical principles of equitation and horsemanship. Through therapeutic interaction with horses on the ground and/or mounted, mental health and life skills are enhanced for children, youth, and adults (ages 8 and up).

Trained facilitators and health care professionals guide interventions that promote self awareness, empowerment, learning, healing, and personal growth. Individual and group sessions in equine assisted learning/therapy and therapeutic vaulting and/or riding are available. Previous horse experience is not required to participate.

Why "Forward"? Forward motion in the horse creates balance which is reflected in the regularity of the tempo, rhythm of the steps, and calmness. Forward motion is also a metaphor for overcoming challenges and achieving balance in a person's life. Forwardness implies purpose and direction.

Rebecca Phillips is the Owner/Director of Forward Equestrian and Wellness Centre. She is also a Child and Family Counsellor/Behaviour Interventionist and is associated with Child and Family Counselling Association (CAFCA). Rebecca is currently completing a PhD. in Clinical Psychology (neuropsychology) at Fielding Graduate University, Santa Barbara, California and is involved in autism and face recognition research with Dr. Jim Tanaka, Department of Psychology at the University of Victoria. Since early childhood she has trained in the classical principles of dressage by Master Frank Grelo, Cedar Mills Classical Riding School in, Caledon, Ontario.

To learn more about the programs and centre please visit our website at www.forwardequestrian.ca and direct any inquiries to Rebecca Phillips at info@forwardequestrian.ca or (250) 588-2583.

Accreditation 2011

We are looking for staff to participate in reviewing the following accreditation standards:

1. Administration and Management (AM)
2. Ethical Practice (ETH)
3. Finance (FIN)
4. Governance (GOV)
5. Human Resources (HR)
6. Performance Quality Improvement (PQI)
7. Risk Prevention and Management (RPM)
8. Administrative and Service Environment (ASE)
9. Behaviour Support and Management (BSM)
10. Client Rights (CR)
11. Training and Supervision (TS)

If you are interested in participating please email Elaine van Niekerk (mail@cafca.ca) or write your name and the topic you are interested in on the sign up sheet on the board room door.

Where in the world is David Burns?

This will be our second and LAST installment of *Where in the World is David Burns*, because hee's baaacck! Since I wrote a little blurb in my last installment of *Where in the World is David Burns*, on the last town (San Felipe, Baja California) David was residing in, I will give Victoria the same courtesy.

As we all know, Victoria is the best city on earth (that's not just a marketing strategy), but shhh...don't tell the rest of the world.

There is a rich diversity of landscapes within the cool Mediterranean climate of the region, ranging from the Douglas-fir forests along the coast to the drier, exposed conditions of the higher, rockier elevations which support Arbutus (madrona) and Garry Oak forests. Flowers bloom year-round in Victoria, which makes exploring the outdoors here enjoyable in any season.

As you'd imagine in a region where a large urban population interacts with such a delightful natural tableau, a vast network of walking, hiking and biking routes leads through the many parks with which the city is blessed. Although the mountainscape on the southern end of Vancouver Island is not as rugged as the North Shore mountains that rise above Vancouver, this actually mitigates in favour of hiking, as the physical demands for reaching viewpoints is not as great. On the other hand, the views are as panoramic and breathtaking as anywhere in the province.

Beacon Hill Park is the heart of Victoria's central city's main urban green space. Its area of 75 hectares adjacent to Victoria's southern shore includes numerous playing fields, manicured gardens, exotic species of plants and animals such as wild peacocks, a petting zoo, and views of the Strait of Juan de Fuca and the Olympic mountain range.

Victoria is a major tourism destination. In the Greater Victoria's regional downtown, many night clubs, theatres, restaurants and pubs are clustered, and where much larger regional public events occur. In particular, Canada Day fireworks displays and Symphony Splash concerts draw tens of thousands of Greater Victorians and visitors to the downtown core.

The city has hosted sports events including the 2009 Scotties Tournament of Hearts, 2005 Ford World Men's Curling Championship tournament, the 1994 Commonwealth Games, and 2006 Skate Canada. Victoria co-hosted the 2007 FIFA U-20 World Cup, and is the venue for the Bastion Square Grand Prix Criterium road cycling race.

Every year, the Swiftsure International Yacht Race brings boaters from around the world, to participate in the boat race in the waters off of Vancouver Island as well the Victoria Dragon Boat Festival brings over 90 teams from around North America. The Tall Ships Festival brings sailing ships to Victoria for the public to see and feel the sailing way of life in the past and present. Victoria also hosts the start of the Vic-Maui Yacht Race, the longest offshore sailboat race on the West Coast.

A number of well-known musicians and bands are from Victoria, including Nelly Furtado, David Foster, Johnny Vallis, Bryce Soderberg, Swollen Members, Armchair Cynics, and Hot Hot Heat. From the film industry, Hollywood director Atom Egoyan was raised in Victoria. Actor Cameron Bright (*Ultraviolet* (film), *X-Men: The Last Stand*, *Thank You For Smoking*) was born in Victoria.

If it is an outdoor activity you dream of, Victoria has it. If it is an indoor experience you desire, Victoria has it. Let's face it...Victoria has it all.



Capital Families' Resource Room is open for families!

Capital Families offers a free clothing exchange for children, women and men. A large donation of maternity wear was recently received, so stop by to take a look. They are located on the main floor at 345 Wale Road.

Hours of operation:

Mondays: 9:00 a.m. to noon
 Tuesdays: 1:00 p.m. to 3:00 p.m.
 Wednesdays: 9:00 a.m. to 12 p.m.
 Fridays: 9:00 a.m. to 12 p.m.

Look for the open sign, and if it is not during our regular hours of operations, please feel free to ask any Capital Families staff to open the room.

If you have any clothing to donate, please contact Susanne at 250-391-4320, ext. 352. Only gently used clothing is accepted, as space is limited. Toys, furniture, equipment or house wares items are not accepted.

CAFCA Timesheet Schedule

Remember to submit your timesheet before you leave for vacation

Greater Victoria Child and Family Counselling Association (CAFCA)

Suite 5 - 230 Menzies Street
Victoria, BC V8V 2G7
Canada

Phone: 250-595-4423
Fax: 250-595-7318
Email: mail@cafca.ca
Website: www.cafca.ca



Accredited by the Council on Accreditation

FOR ALL SERVICES
** Note: Client Logs are only due for Autism Services

AUTISM SERVICES ONLY

FOR ALL

| Payroll Number | Timesheet and Client Log due dates | Pay Period Covers (Including km's and Expenses) | Quarterly Report due date | Dates covered by Quarterly report | Payday |
|----------------|------------------------------------|---|---------------------------|-----------------------------------|--------|
| 2009 | | | | | |
| 13 | 12 Jun | 1 Jun - 14 Jun | | | 19 Jun |
| 14 | 26 Jun | 15 Jun - 28 Jun | | | 3 Jul |
| 15 | 10 Jul | 29 Jun - 12 Jul | 7-Jul | 1 Apr - 30 Jun | 17 Jul |
| 16 | 24 Jul | 13 Jul - 26 Jul | | | 31 Jul |
| 17 | 7 Aug | 27 Jul - 9 Aug | | | 14 Aug |
| 18 | 21 Aug | 10 Aug - 23 Aug | | | 28 Aug |
| 19 | 4 Sep | 24 Aug - 6 Sep | | | 11 Sep |
| 20 | 18 Sep | 7 Sep - 20 Sep | | | 25 Sep |

Donations Accepted

If you would like to make a tax-deductible donation, please complete the section below. Mail your completed form with your donation to:

Child and Family Counselling Association
Suite 5-230 Menzies Street
Victoria, BC V8V 2G7

Name: _____

Address: _____

Phone: _____

Fax: _____

Email address : _____

Enclosed donation amount: \$ _____

Want to Become a Member of CAFCA?

If you would like to become a member of CAFCA, please complete the section below, mail it to CAFCA and we will send you a membership application to complete. The membership fee is \$5 per year.

Mail to:
Child and Family Counselling Association
Suite 5-230 Menzies Street
Victoria, BC V8V 2G7

Name: _____

Address: _____

Phone: _____

Fax: _____

Email address : _____