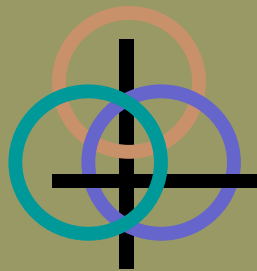


Child and Family Counselling Association (CAFCA)

CAFCA Colander

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



NOVEMBER 2010

Our Board of Directors:

Andrew Morgan, President
April Agate, Vice President
Harry Brown, Treasurer
Kira Reynolds, Secretary
Marc Storms
Minnie Clark
Bob Nye
Rachel Phillips
Ben Temple
Caroline Moore
Beth Leghorn, Staff Rep

On the Ball

(Executive Director):
Brian Hill

Money Minder:

Daniel Moses

Financial Wizard:

Libbi Smith

The Real Boss:

Elaine van Niekerk

Wallaby Wrangler:

Brad Kaefer

Admin Ninja:

Tara Dupuis

The Newbie:

Jessica Vivian

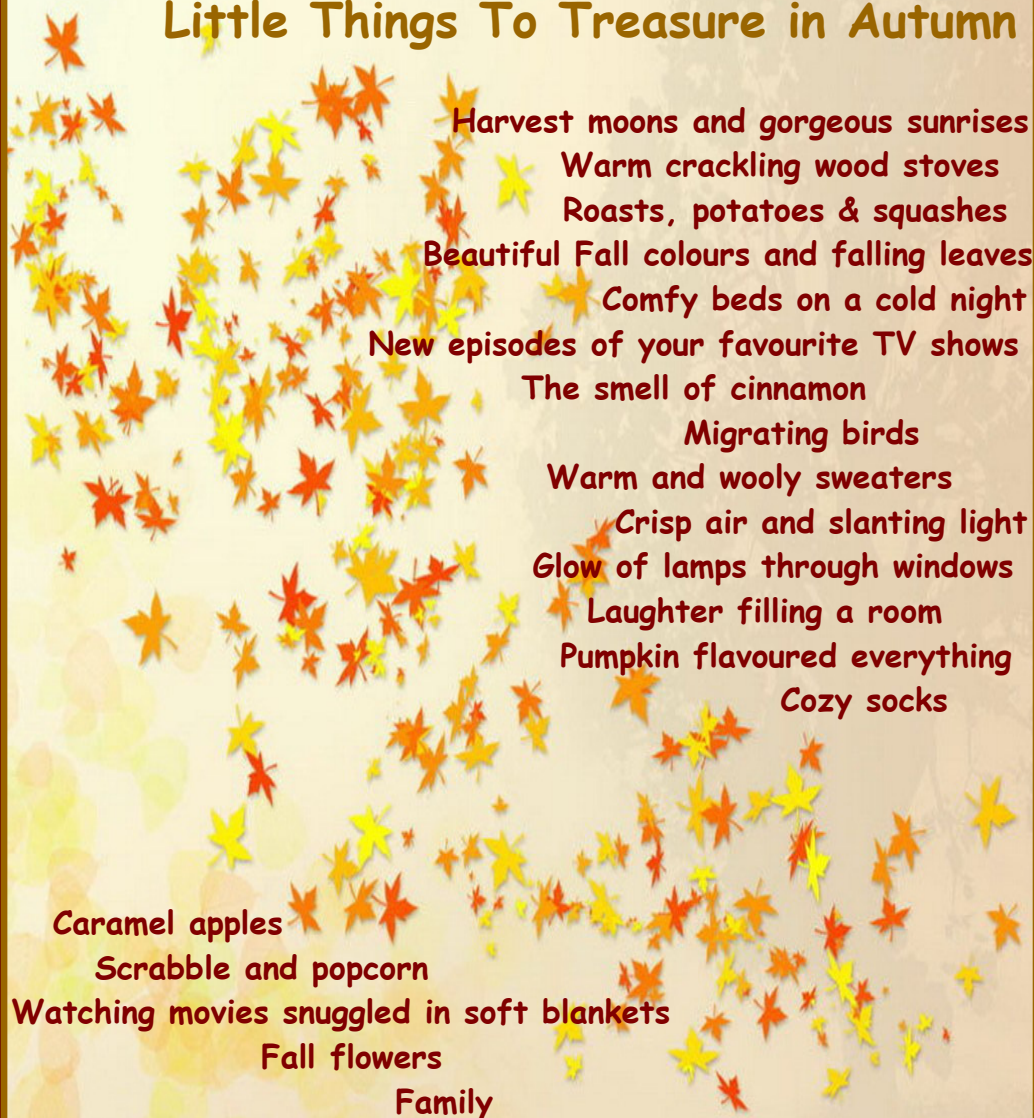
Union Stewards:

Gerry Karagianis
Elaine Vincent
David Fulkco

Training Coordinator:

Nick Ruedy

Little Things To Treasure in Autumn



Harvest moons and gorgeous sunrises
Warm crackling wood stoves
Roasts, potatoes & squashes
Beautiful Fall colours and falling leaves
Comfy beds on a cold night
New episodes of your favourite TV shows
The smell of cinnamon
Migrating birds
Warm and wooly sweaters
Crisp air and slanting light
Glow of lamps through windows
Laughter filling a room
Pumpkin flavoured everything
Cozy socks

Caramel apples
Scrabble and popcorn
Watching movies snuggled in soft blankets
Fall flowers
Family

Don't forget the Fall time change!

On Sunday, November 7th, remember to "Fall Back"

At 2:00am, change your clock back one hour to 1:00am



Inside this issue

CAFCA Meetings/Training	2
Happy Birthdays	3
Great People in Tough Times	3
CAFCA Christmas Potluck	4
CAFCA Staff Notices	5
Community Events	6
CAFCA Timesheet Schedule	8

Board Committee Meetings

November 22 5:00 - 7:00pm Executive Finance/Membership & Fundraising

Autism, CYSN & Casual Staff Training

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Training & Peer Supervision</u>
Nov 9	6:30 - 8:30pm	Community Living Victoria 3861 Cedar Hill Cross Rd	Peer Supervision Service Intervention
Nov 25	6:30 - 8:30pm	South Island Dispute Resolution Centre 102-2220 Sooke Road	Peer Supervision Service Intervention

Team Meetings

Weekly team meetings are as follows:

Tuesdays	9:00am - 11:00am	Aboriginal Child Protection at CAFCA
Wednesdays	9:00am - 1:00pm	Victoria Child Protection/Gulf Islands Team at CAFCA
Thursdays	9:00am - 11:30am	Youth Services & ISSP at CAFCA
Thursdays	10:30am - 12:00pm	SCIT at MCFD

Upcoming Training and Event Schedule

Date	Time	Location	Training/Event
November 18	1:00pm - 2:00pm	CAFCA	Staff Meeting

Great People in Tough Times

By Brian Hill

I would like to thank everyone at CAFCA for their professionalism and graciousness through what has been, and continues to be, a very challenging time for CAFCA and others providing services in our community. While I was away on vacation last month, we received notice of termination of our two main contracts with the Ministry of Children and Family Development to take place on November 30. This triggered layoff notices for many CAFCA staff and a time of great uncertainty for everyone at CAFCA. We then received notice that we had won a contract with MCFD to deliver Family Development services in Core Victoria. This contract will provide work for some CAFCA counsellors and enable us to fulfill our mission of serving families as we develop new program opportunities. A lot happened while I was away! Many thanks to Beth Leghorn, who has received wonderful reviews as Acting Executive Director in my absence, and to Elaine van Niekerk, CAFCA's indomitable Manager of Finance and Administration, for their leadership.

Though we have gained some work since our MCFD contracts were cancelled, we will still be saying good-bye to wonderful counsellors on November 30 when layoffs take effect. As services shift, CAFCA counsellors will also be parting with their current clients and are hoping to support them in transition to other services. It is a tough time. Long-standing CAFCA teams are dissolving and big changes are afoot for counsellors losing their jobs and for those who will be working in a new service delivery model. Staff in our Autism Service program have also been living with uncertainty regarding the future of the program, which has now been confirmed to continue at least through March 2011. And the volunteers on our board of directors have had to deal with lots of change and have faced challenging decisions with the good of our clients, staff and community in mind. Thanks to everyone at CAFCA for being great in these tough times.



"It's Remembrance Day, Bob... you're supposed to be wearing a poppy!"

Expenses

To all CAFCA Staff:
Please remember to submit your expenses for each pay period with your bi-weekly timesheets (not monthly).
If you have any questions, please contact Dan, Libbi or Tara.



Happy Birthday!!



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

November 5
Marc Storms

November 19
Carinna Kenigsberg

November 20
Nancy Buhr

November 25
Carmen Eisenhauer

November 25
Trevor McNairnay



Submissions for the
December 2010 Newsletter
must be in by
November 19

Submissions can be faxed or
emailed to

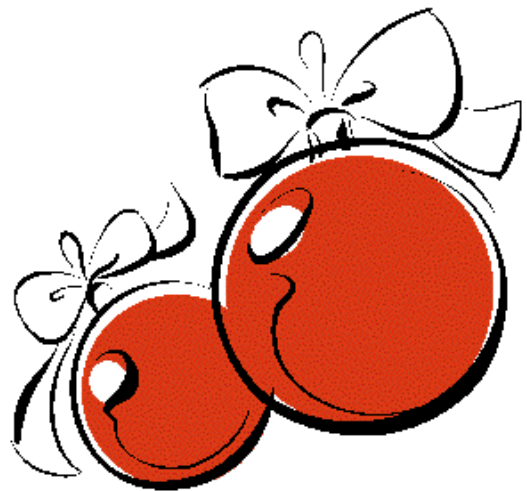
administration@cafca.ca
250-595-7318



Friday, December

**CAFCA
Staff
Christmas Potluck**

at the home of a
staff member,
details to follow...



Farewell...

...to Chris Cunin as he says goodbye to CAFCA to start a new position.



Good luck, Chris!

Save the Date

Set aside time on your calendars for a CAFCA Social Event!
at the
Sticky Wicket
919 Douglas St Victoria, BC



November 26
4:30pm

Details to follow.
Hope to see everyone there!

New CAFCA Staff Board Representative Needed

There is an opening for a new Staff Representative (Staff Rep) on the Board of Directors. Staff Reps are required to attend a board meeting every second month and participate on one of the board's subcommittees.

The purpose of the Staff Rep is to ensure that the board is privy to input from staff doing work directly with people the agency serves. Staff representatives on the board participate as any other board member in the activities of the board. Potential conflict of interest will be addressed through the procedures outlined in CAFCA's Conflict of Interest policy. Topics that would involve conflict of interest for staff representatives on the board include, but are not limited to, staff remuneration and confidential personnel issues.

If you are interested in the position please contact administration or Brian Hill.



On Friday, October 22 Sam stopped by the office with baby Avery. They say hi to everyone and hope everyone's doing great!

Your Health and Safety Committee

Union Reps
Elaine Vincent
Gerry Karagianis

Elaine van Niekerk
Brian Hill

Alternate
David Fulkco
Employer Reps

CAFCA Crisis Debriefers

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

Cheryl Adams at 250-889-9441 (cell)

Free Energy Saving Upgrades for People with Limited Budgets

The Energy Conservation Assistance Program (ECAP) is a BC Hydro funded program available on Vancouver Island, the Lower Mainland, and in the Southern Interior of BC. The program provides qualifying BC Hydro residential account holders with a home energy evaluation, the installation of energy saving products, and personalized energy efficiency advice. All of this is free of charge to the participant.

Who qualifies for the program? BC Hydro residential account holders in the Lower Mainland, Vancouver Island, or Southern Interior with a combined household income below the Low-Income Cut-Off (LICO) as published by Statistics Canada, with an annual electricity consumption over 8,000 kWh a year (roughly the equivalent of electricity bills over \$600 per year). Applicants must provide proof of income for every member of the household 18 years or older by providing a Notice of Assessment from the Canada Revenue Agency.

To apply, print out and complete the Energy Conservation Assistance Program Application Form and submit it to BC Hydro. Be sure to include your proof of income documents, sign the bottom of the second page, and if you rent your home, remember to provide the Landlord Consent Form.

For a form or for more information, visit www.bchydro.com/ecap or call 1.877.431.9463.



Putting the Magic Back into your Holidays:
HANDLING LOSS AND TRANSITION DURING THE HOLIDAY SEASON

A 3-HOUR WORKSHOP THAT WILL HELP YOU TO:

- ❖ Deal with the Emotional Challenges that sometimes come with the Holiday Season
- ❖ Create Your Own Holiday!!
- ❖ Design Your Own Family Rituals

Presenter: HELEN LENNIE B.Ed., M.Ed., C.C.C.





812 Broughton Street, Victoria B.C.
(across from the Royal Theatre near Stanshard and Broughton)

1:00pm – 4:00pm – SATURDAY, November 27th, 2010
OR
1:00pm – 4:00pm – SATURDAY, December 04th, 2010

ADMISSION: \$30 per person

SEATING IS LIMITED - TO REGISTER CALL
250-386-4331

GO, SALMON KINGS, GO!

Salmon Kings Score One for Charity!!



January 28, 2011 @ 7:00 pm
v. Las Vegas Mavericks

Tickets only \$25, or 4 for \$80

- Net proceeds support the families of children with disabilities via The Cridge Respite Services
- Great present for the hockey lover in your life
- Treat your family while providing a lifeline to others

For tickets call (250) 995-6419
or email swhissell@cridge.org



the cridge
respite & respite
services



NOVEMBER 20 2010 6 pm
Mary Winspear Centre 10pm
 2243 Beacon Ave., Sidney

On National Children's Day, VIAC presents a fundraising evening of live music and educational presentations to raise awareness and promote child safety and wellbeing. A fun and informative event for families and individuals of all ages!

Featuring
 The Vic High Rhythm and Blues Band | The Joe Blues Band

Ticket Price: \$12+
Includes The price doesn't include food or beverage

Free for children 12 and under

More information: 250-385-6111

Presented by:  Organized by:   Sponsors:  

BCSS Support Groups

BCSS has started a new support group for families and friends of someone with a mental health issue to gain information and support. This group is targeted to people who may have a loved one in EMP hospital, a loved one maybe needing mental health services and unsure where to start, or wondering if their loved one needs mental health assistance.

BCSS provides referrals and broaden awareness of local resources as well. They have a variety of other support groups and peer services available to the family/friend caregiver/supporter , and person with a mental illness seeking recovery. No registration necessary. Happens on site at Eric Martin Pavilion, main floor board room, every Wednesday evening

As well, BCSS has the following 3 free 10-session courses that run twice per year: (registration needed)

Kids in Control – for children 8-12 yrs of age to learn about mental illnesses, coping, communications in a safe/fun environment with kids in similar situations. (Saturdays)

Teens "I'm Not Alone" – for teens 13-15 who have a parent with a mental illness (with or without addictions) to meet other teens and learn in an age appropriate setting. Final day is celebrated with an event such as rock-climbing. (Tuesdays)

Strengthening Families Together – a psycho-education course where family and friends can learn about schizophrenia, bipolar disorder, major depression with or without addictions. Families gain support from each other and learn up to date information. Facilitated by trained family peers. (Starting Spring 2011)

For more information, please contact:
Hazel Meredith, Executive Director
BCSS Victoria Branch (Inc.)
250-384-4225 / www.bcssvictoria.ca

Toy Lending Library



Children & Youth



The YMCA offers a wide assortment of themed toy bins and large toys for toddlers, preschoolers and early elementary age children

Starting November 7
 Sundays
 10:30am – 12:00pm

Members - \$5.00 per month / Non-Members—\$10.00 per month

Purchase your toy lending library membership today by calling the YMCA at (250) 386-7511 or visiting online at www.victoriay.com



CAFCA Timesheet Schedule

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
2010					
23	12 Nov	1 Nov - 14 Nov			18 Nov
24	26 Nov	15 Nov - 28 Nov			2 Dec
25	10 Dec	29 Nov - 12 Dec			16 Dec
26	22 Dec	13 Dec - 26 Dec			30 Dec
1	7 Jan	27 Dec - 9 Jan			13 Jan
2	21 Jan	10 Jan - 23 Jan			27 Jan
3	4 Feb	24 Jan - 6 Feb			10 Feb

Greater Victoria Child and Family Counselling Association (CAFCA)

Suite 5 - 230 Menzies St
 Victoria, BC V8V 2G7
 Phone: 250-595-4423
 Fax: 250-595-7318
 Email: mail@cafca.ca
 Website: www.cafca.ca



Accredited by
 the Council on
 Accreditation

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: _____