

*Alberni Community and
Women's Services Society*



GREAT CANADIAN GIVING CHALLENGE 2019
HELP US WIN \$10,000


Because all children matter

Every dollar donated to *Alberni Community & Women's Services Society* through CanadaHelps.org in the month of June gives us a chance to win \$10,000. We'll be sending out more information in June so keep your eyes open to see how you can help!

What would we do with \$10,000? We would help children in our community lead healthier, happier lives through programs such as our Sexual Abuse Intervention Program (SAIP). This children's program uses counselling and psychotherapy as well as expressive arts (including art play and sand play therapy) to support children and youth ages 3– 18 who have been sexually abused, where sexual abuse is suspected, and children 12 years and under who display inappropriate sexual behaviors. The children may also be taught safety skills. Education, information, and support is provided to parents and caregivers as well.



AMAZING ARTWORK BY OUR CLIENTS—THANK YOU



For more information about our programs and services, or to find out how you can help please call 250.724.7111, visit our website @ www.acaws.ca or visit us on Facebook.

PROGRAM SPOTLIGHT— PEACE PROGRAM

In 2011, I became employed with ACAWS at the Transition House for 6 months. I moved on to my current position and I have spent 7.5 years working with families as the PEACE Counsellor.

The PEACE Program is a Psychoeducational program that signifies **P**revention, **E**ducation, **A**dvocacy, **C**ounselling and **E**mpowerment for Children and Youth ages 3 to 18 who have experienced violence and abuse against their mothers. In addition, Play Therapy is offered to the children and youth to support healing. The children benefit from their innate ability to verbalize their feelings and solve problems through play. Various modalities are used, including stories, puppet play, sand play, painting, drawing, crafts and games.

What inspires me to do the work I do is my love and compassion for children and youth. I strive to make a difference in their young lives, to help them along their journey to heal and to provide a solid foundation of tools to keep them safe and comforted. Children and youth need to feel empowered during difficult times in their life. This empowerment helps them feel a sense of control and provides support to help them choose healthy relationships and break cycles of violence and abuse as they move toward adulthood.

Brenda Wainwright



"Sometimes the smallest things take the most room in your heart." - Winnie the Pooh-A.A. Milne

THE PEACE PROGRAM SUPPORTS CHILDREN AND YOUTH TO:

- Access a safe place to talk about their feelings
- Understand what violence and abuse is and the impact on themselves and their mother/caregiver
- Develop a safety plan and recognize who their support people are
- Identify their feelings and learn to communicate them in a healthy manner
- Manage anger in a healthy way
- Recognize their strengths and increase their self-confidence
- Identify what healthy boundaries are
- Promote self-care

PEACE SERVICES OFFERED

- Free counselling 8—12 sessions
- Individual and group counselling support for children and youth
- Support for non-offending parents and caregivers
- Delivers violence is Preventable for Very Important People programs for schools and the community
- Delivers the BELIEVE presentation through schools—a sexual violence prevention program for grades 6—8

THANK YOU

We are grateful to BC Housing, Ministry of Justice, Ministry of Children and Family Development, Vancouver Island Health Authority—Aboriginal Health, BC Gaming, City of Port Alberni and many individuals, groups and businesses for their generous support.

Thank you for being part of the solution.

Thank you to everyone who organized and attended the Burger and Beer Event. It was a fantastic event. The winner of the 50/50 draw was Marilyn Koehle. In total \$1,576.50 was raised.

Way to go Royal LePage!

