

**Prevention and Support Services:**

**What does the Prevention and Support Program do?**

**We provide support to our communities in the following ways:**

Confidential supportive listening, and referrals to community resources; Crisis services and suicide intervention; Safety planning and education regarding interpersonal violence and abuse; Workshops on the prevention and education of interpersonal violence and abuse; Advocacy services ; Education and information on Parenting; Presentations to agencies, groups, schools or businesses. Please contact Karen MacCarville for any of the above by emailing:

[kmaccarville@partnersfamilyservices.ca](mailto:kmaccarville@partnersfamilyservices.ca)



**Triple P Program: Who is the Triple P Parenting Program for?**

The 3 P's of "Triple P" are Positive Parenting Program. This is a program for ANY parent/caregiver with children ages 0-12. This is a program for ANY parent/caregiver who needs some extra help and/or support with parenting. This is an evidenced base parenting program that has been proven to work for parents who are struggling to deal with the day to day challenges of parenting. Feel free to check out the Triple P website as well [www.triplep-parenting.net](http://www.triplep-parenting.net) for any information or success stories from parents! For any questions or referrals in regards to Triple P please contact PARTNERS Family Services and ask to speak to Teryn Ulriksen or contact her by email at [tulriksen@partnersfamilyservices.ca](mailto:tulriksen@partnersfamilyservices.ca)



**Family Support Program: Who does our Family Support Program help?**

The Family Support Program provides support to families with identified needs varying from basic life skills to routine parenting strategies to encourage a healthy home environment. Our Family Support Workers work with families in the home and community to achieve desired outcomes. Families can be referred to our Family Support Program via a community resource or by self-referral by contacting our office.

You may contact Crystal Perkins for more information about this program: Please feel free to email her at [cperkins@partnersfamilyservices.ca](mailto:cperkins@partnersfamilyservices.ca) or give her a call at 306-682-4135 to answer any questions you may have.



**Board of Directors**

- Andy Burgess, Chair
- Andre Kruger, Vice Chair
- Colleen Lessmeister, Treasurer
- Deborah Bryson-Sarauer, Secretary
- Corrinne Arnold, Board
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- Crystal Perkins– Family Support Manager
- Karen MacCarville- Prevention & Support Manager
- Teryn Ulriksen– Triple P Coordinator/ Family Support Worker
- Maureen Poncelet– Book Keeper
- Jenna Holt– Office Coordinator/ Family Support Worker
- Trina Joa– Maternity Leave
- Renae – Family Support Worker
- Heather – Family Support Worker
- Kathy– Family Support Worker

**Supporters**

- Government of Saskatchewan
- Sask Lotteries
- Good Neighbor Store
- And the many Individual and Business Donations we receive!

# PARTNERS NEWS

## 15 Years of Building Hope

On February 25th, 2016 PARTNERS celebrated 15 Years of serving Humboldt and area with past and present Board of Directors.



**Mission**—We are committed to nurturing positive choices that sustain safe and healthy individuals, families and communities through support , education and partnership.

**Values**  
**CARING** through compassion and empathy  
**COMMITTED** to safe and healthy individuals and communities  
**ACCOUNTABLE** in taking responsibility for our decisions and actions  
**RESPECTFULLY** treating people with dignity and equality

**In This Issue:**

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- Program Updates
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- Program Descriptions



**Want to become a Member?**

Membership fees are \$20.00 for the year, expiring April 30th of each year. As a member you will have the opportunity to attend our Annual General Meeting in the spring and this membership will give you the right to vote on executive positions and other items presented to the members.

**We appreciate our Board of Directors!**

Want to become a Board Member of PARTNERS Family Services? Please call our office at 306-682-4135 and ask to speak with Hayley Kennedy.



Women's Creative

### Prevention & Support Program: Karen MacCarville

As I go into my second year of employment with PARTNERS I reflect and think of all the wonderful people I have had the opportunity to get to know and assist. It has been a true honor for sure! Please feel free to drop by and see me in the future or call and make an appointment if you wish to see me. It is a sign of strength to ask for help!

I continue in my role of supporting women and men who have been exposed to interpersonal violence. When you come to see me I will often assist you in finding the correct information that you need to make informed decisions. I offer the ability to safety plan, transport families or individuals to shelters, or I can provide a supportive listening ear. I have been busy recently with bullying presentations. If you need a presentation provided on bullying or healthy relationships to your school, community or workplace please give me a call. I would be happy to assist you!

PARTNERS is starting an ongoing Women's Support Group for women who have been exposed to Interpersonal Violence. It will run the first Monday of every month from 10:30 to 11:30. Coffee and support will be supplied. This group starts on March 7<sup>th</sup>. Please spread the word and bring a friend.

We have also started a group for men and women called Coffee Group this is to be held Friday mornings and is open to everyone. This is to serve as a drop in peer support group. We would love to have you join us from 9:30 to 11:30! If you wish please feel free to bring a favorite card game or board game with you.

Women's Creative will be held on the following dates in March 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> and in April we will meet the 13<sup>th</sup>, and on the 27<sup>th</sup>. This group starts at 9:30 and runs until 11:00. Bring your smiles and creativity to this group, hope to see you there.

Calling all parents please come out and join us for Parent and Tot group held from Monday to Wednesday mornings from 9:30 to 11:00 a.m. Come on out and have some fun with your children and maybe meet some new people.

### Family Support Program:

"Family" is a single word, with many different meanings. The dictionary defines family as all descendants from a common ancestor. The census says it's a married couple, common law couple or lone parent with children. The Urban Dictionary states a family is a group of people who hate each other but eat dinner together. The Business Dictionary says a family is a group of people who have a shared commitment to a mutual relationship. No two definitions are the same yet what they all have in common is that in some way shape or form a family is a group of people. PARTNERS definition of family is what you consider your family. As you can see from above there is no clear cut rule. The Family Support Program is able to offer services to your family, no matter what that may look like.

-Crystal Perkins

### Programs:

#### Women's Creative

(9:30-11:00AM)

Every 2nd Wednesday

Next Group:

March 2nd, 2016

#### The Coffee Club

(9:30-11:30AM)

Every Friday

#### Parent & Tots

(9:30-11:00AM)

Monday-Wednesday

### Family Support Worker:

As my one year anniversary of being a Family Support Worker at PARTNERS Family Services approaches I wanted to share a little bit about myself and what brought me to do this line of work.

I grew up in the small town of Quill Lake and then moved to Regina to attend University. My education has assisted me throughout my year at PARTNERS. I have my Victim Services Coordination Certificate and I am almost finished with my Sociology Degree with a Minor in Anthropology. I knew that I wanted to work with people and when I was hired to be a Family Support Worker here at PARTNERS I was excited to use the skills I have learned and help families in need.

There has been a few changes throughout my time at PARTNERS. For example, I now am the Office Coordinator here at the office and still a Family Support Worker. I love being in the office and working with my ambitious co-workers. I truly learn something from them every day.

Finally, as I reflect back on the work I have done throughout this year I feel proud to be a part of such a great organization. I absolutely love the work I am doing and people I have met along the way.

-Jenna Holt

### About our Board Treasurer: Colleen Lessmeister

I have been on the PARTNERS Board since June 2014, and it has been a great learning experience. I was approached to be on the board because of my marketing and business experience (as I am the owner of Graphic Ad). The board's goal at the time was to raise the profile of the organization in the community and through focused efforts on marketing and the very successful Community Rising fundraisers in 2014 and 2015, I believe we have achieved that goal. In order to instill confidence in both our clients and the larger community, the creation of professional marketing materials, events and signage is a stepping stone to show we are a credible and growing agency.

Since joining the board, I have been elected Treasurer which is a responsibility that I do not take lightly. We have to be sure our funds are being utilized to serve our clients in the best way possible, and that there is adequate funding to do that as well. Maureen, our bookkeeper, keeps the organization's accounting tasks complete and up-to-date which is a large job, as we have had tremendous growth in the last couple of years. This makes the Treasurer's position a great deal easier.

I am proud of the work that Hayley and our staff do on a daily basis, and I feel that they are making a difference, both for our clients and the community. As a board member, we provide guidance to our Executive Director, and it is because of her and her staff working one on one with our clients that true progress happens for the agency.

I feel that the work PARTNERS does will continue to evolve to meet the needs in our community. We hope to build on and collaborate with other agencies and non-profits to ensure the citizens of the area are safe, free from violence, and supported in times of crisis.

Caring for People—Bridging Resources—Building Hope

### Triple P Program: Teryn Ulriksen

Triple P is doing well and keeping steady. We are keeping busy with the Self-Help Program that is running through Family Support. The feedback from this program seems to be very positive and the parents like it.

Group program is half done in Kinistino. We started with twelve participants. Two people have recently backed out of the program due to other commitments, but those that are attending seem to be getting a lot of out of it. There has been a lot of great questions and discussion around several of the topics and strategies. We have had interest from some other communities such as Wakaw for programming, so looking ahead to book something there in the near future. I have a seminar coming up in Wakaw at CTCRC with the Adult Education class and it is set for the first week of March.

*"I was a bit skeptical about how much this would help my non-typical kids as much of this I had tried before but now that he's older I was pleased to see some positive change. We still have a long way to go but are getting there! Loved the non-judgemental discussions."*