



## Empowering Women

Dress for Success Saskatoon, [www.dressforsuccess.org/saskatoon](http://www.dressforsuccess.org/saskatoon), is a community agency that offers services to women who are working to secure employment and who have financial barriers to accessing work appropriate clothing. The first step in the support they offer is to make sure women have work appropriate clothing for interviews, employment, work placements and internships.

PARTNERS Family Services is the first referral agency for Humboldt and area. Any woman finding themselves in the situation stated above, may meet with Jenn to discuss the possibility of being referred for an appointment with Dress for Success Saskatoon.

Anyone desiring to donate new or like new clothing, jewelry, purses, coats, shoes, boots can drop them off at two Conexus locations in Saskatoon.

### Get Active This Summer

Humboldt now offers sports/recreation funding opportunities through both Canadian Tire JumpStart, Creative Kids AND KidSport! All organizations fund children between the ages of 5yrs and 18yrs. Applications are available at the PARTNERS Family Services office.

### A BIG Thank You

PARTNERS Family Services is so thankful for all the community support we have received over the past months. The Soup Kitchen is still going strong on donations alone. Without the money and food donations the kitchen has received it would be impossible to run such a needed and effective program!

Thank you to the volunteers who help out on a weekly basis with the Soup Kitchen and other PARTNERS Family Services events! Again these events and programs would not be possible without you!!

If you are interested in volunteering to help with PARTNERS Family Services programming and/or the Soup Kitchen, please call the office at 306-682-4135.



ISSUE

# 04 PARTNERS Family Services

April 2013

## Board of Directors

- Shirley Guest
- Elaine Loehr
- Marie-Louise Ternier-Gommers
- Rita Crone
- Collette Hystad
- James Hay
- Brenda Curtis
- Christy Waldner

### OFFICE STAFF

- Collette Lessmeister
- Glenda Frey
- Crystal Perkins
- Jenn Bird
- Tracey Shewciw
- Vicki Lund
- Kayla Klimosko

### FINANCIAL SPONSORS

- Ministry of Social Services
- Ministry of Justice & Attorney General
- Community Initiatives Fund
- Sask Lotteries
- Good Neighbor Store
- Ursuline Sisters
- Sisters of St. Elizabeth
- Student Employment Program
- Westminster United Church
- Muttart Foundation
- SaskHealth Region



## [www.partnersfamilyservices.ca](http://www.partnersfamilyservices.ca)

PARTNERS Family Services is very excited to announce that our website is now up and running!!! We have spent a lot of time with the website company to create a site that is user friendly, full of information and easy to navigate. The website features a calendar of events that highlights our programming and up coming

events. There is a link to a donations page for those wanting to contribute to the work we do. There are also resources, information about PARTNERS Family Services and a nifty "Hide" page feature that links you to the Weather Network. Let us know what you think!

## Message From The Executive Director

PARTNERS Family Services has had a busy year in 2012 of responding to families and individuals in need. Our programs and services have provided crisis intervention and prevention services to over 3000 people in the City of Humboldt and the surrounding region. We provided services in crisis supports, emergency food, safety planning and referral services. The new Child and Family Services Program now has a case load of over 20 families where supervised visits, transportation, respite and intensive in-home family supports are provided. 44 individuals and families were supported with interpersonal violence and abuse. Over 1500 nutritious meals were served in a friendly social environment at the Humboldt Soup Kitchen and over 50 families have been supported through our Before and After School program at St. Dominic and Humboldt Public Schools as well as our annual Summer Fun Program.

We continue to build strong partnering relationships with

other community agencies by providing 10 presentations in partnership with Safe Communities Humboldt and Area that have been made to youth about Beyond the Hurt – a Red Cross Anti-bullying program. A Seniors Abuse drama production was completed in partnership with Humboldt Seniors Club, HCI and Safe Communities Humboldt and Area. Two new programs have developed in partnership with Big Brothers Big Sisters of Humboldt: Just Girls and Game On that are prevention programs for boys and girls ages 11-15.

All of these services and programs would not be possible without the support of our community: in partnering to provide crisis service, partnering on projects like the recent St. Patrick's Day success and we are able to work together to provide healthy meals to vulnerable people. We would like to take this opportunity to thank our community for your support! Together we can make a real difference in the lives of others!!

-Collette Lessmeister

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## PARTNERS Family Services April 2013 Issue 4



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[www.partnersfamilyservices.ca](http://www.partnersfamilyservices.ca)

Hours of Operation:  
Monday to Thursday  
9:00am to 4:00pm  
Open Over Lunch  
Friday  
9:00am to 12:00pm

Closed Weekends and Stat Holidays

### Want to become a Member?

Membership fees are \$10.00 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.

Members also have the satisfaction of knowing they have taken part in creating and maintaining safe, healthy families in the community.

## PARTNERS Family Services Inc.

### Vision Statement

Partners Family Services will be the hub of services and resources in the development of safe and healthy individuals, families and communities.

### Mission Statement

PARTNERS Family Services is committed to promoting safe and healthy individuals, families and communities through education, support, advocacy and collaboration.

### Core Values

\*Relationships built on safety and trust

\*Collaboration and partnership

\*Universal respect and meeting basic human rights

\*Inclusive, accessible and accountable rural services

\*Innovative leadership that identifies gaps and initiates solutions

### Organizational Goals

\*To increase the capacity of PARTNERS Family Services to deliver current services and programs

\*To share our vision with organizations and community stakeholders

\*To increase community services to meet the needs of our growing population

\*To continue to partner with a variety of community service agencies to have a single access space

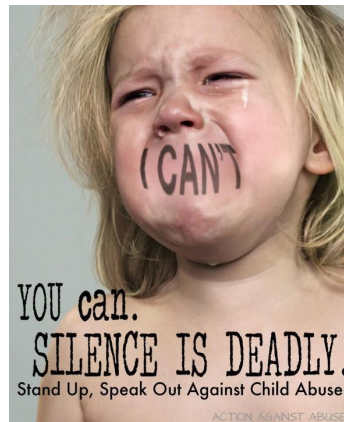


## Sexual Abuse: What Can YOU Do?

Child sexual abuse is happening more often than you think. The thought of it is so horrendous that people tend to think that it couldn't possibly be happening in their town, school, church, or family. Child sexual abuse thrives in an environment of denial and fear, so if we all begin by opening our eyes, and talking about it, we will be able to light up those dark corners that so often encapsulate our children.

Statistics show that 1 in 3 girls, and 1 in 6 boys will be sexually abused by the time they reach adulthood. More than 90% of children who are sexually abused know their abuser. It is important for us to note that people who abuse children look and act just like everyone else, and they will in fact try even harder to appear trustworthy. Males and females can be abusers, and approximately 70% of sexual offend-

a minor or between two minors when one exerts power over the other. It is also forcing or



engage in any type of sexual act. Besides sexual contact, it also includes non-contact acts such as exhibitionism, exposure to pornography, voyeurism, and communicating in a sexual manner by phone or internet. How can we help stop child sexual abuse?

1. Learn the facts and understand the risks. Realities – not trust – should influence your

decisions. And remember that in Canada, it is the law that any citizen report any form of suspected child abuse. If you are not heard the first time – keep reporting.

2. Minimize opportunity. If you can eliminate or minimize one on one child and adult situations, you will lower the risk of abuse. Adopt an open door policy in cases where an adult must work alone with a child.

3. Talk about it!! The more we talk, the more children will understand that it is NOT a secret. If a child discloses abuse, believe them.

4. Pay attention. Signs of child sexual abuse are very rarely obvious.

5. Make a plan. Learn where to go, whom to call, and how to react. The way you handle the initial disclosure will make a world of difference for the healing of the child, and if handled in the wrong way, it can be devastating to the legal processes.

6. Act on suspicions. The future well-being of a child is at stake, and remember that in Canada, it is the law that any citizen report any form of suspected child abuse. If you are not heard the first time – keep reporting.

7. Get involved. Volunteer, teach others, and financially support organizations that fight the tragedy of child sexual abuse.

We are always looking for casual employees for our Child and Family Services Program. If you enjoy working with families and are looking for a few extra hours a week please contact Crystal at 682-4135.

### Programs for Children & Youth

#### Battle of the Bands:

This year's annual event will be held on June 21st at the Humboldt Uniplex Jubilee Hall. Registration is now open. There is space for 6 band/groups which must consist of two or more members and all must be under the age of 25. Registration is \$100 per group. Great prizes are up for grabs!

#### Before & After School Program:

Before and After School Care in Humboldt: this fee for service program is currently offered at Humboldt Public School and St. Dominic School. Please contact our office for more information.

#### JumpStart/KidSport/Creative Kids:

PARTNERS Family Services staff are qualified to apply for individual sports, culture and recreation funding through these resources. Please contact our office for assistance.

### Parenting Programs

#### Positive Parenting:

A program for parents with children 0-12. Highlights positive parenting techniques, disciplinary ideas, idea and experience sharing. Held monthly. Please call to register.

#### Parent & Tot Playgroup:

Drip in for moms, dads and children under school age. Every Monday, Tuesday and Wednesday, 9:30am – 11am.

#### Teen Parent & Tot:

A drop in specifically for teen and young adult parents. Every Wednesday, 5-7pm.

### Adult & Family Programming

#### Women's Wellness Series:

This series is for women who are looking for an opportunity to get active, build self esteem and feel good about themselves. These sessions are all based around physical activity. Monday's 6:30-7:30pm at the Humboldt Senior Citizen's Club (701 6th Avenue). Free to attend and free childcare is available on site! No registration is required.

#### Women's Creative Club:

This is an opportunity for women to show expression through arts and crafts and also to discuss issues concerning them in a confidential, relaxed atmosphere. Free to attend at PARTNERS, 1st & 3rd Thursday of each month, 1-2:30 pm, no registration is required.

#### X-Men:

This series is for men who are looking for an opportunity to socialize & discuss issues concerning them in a confidential, relaxed atmosphere. Free to attend at PARTNERS, 1st & 3rd Monday of each month, 1:30-3 pm, no registration is required.

#### Soup Kitchen:

This supper takes place every Thursday at the Humboldt Seniors Hall from 5 – 7pm. Everyone is welcome and there is no charge.

Call or visit our website to learn more about our full Programming & Services Line Up!

## New Staff

PARTNERS Family Services has made some wonderful and exciting changes over the past year. Jenn Bird is our Service Coordinator, Tracey Shewciw is filling a new position as Program Coordinator, Crystal Perkins is now Child & Family Services Manager, and Vicki Lund is Outreach/Community Development Coordinator. It is great to have these talented team members on board.



## SUMMER FUN Program

Promotes a safe, affordable and accessible summer fun environment for children and youth ages 6-12. This program also offers a youth mentorship component for those aged 13-15. Program operates July and August, Monday through Friday 9am – 5pm. Registration opens on May 15 at \$75 per child per week. A maximum 12 children per day is allowed. Possible subsidy is available.