



Castlegar & District Community Services Society

Spring Newsletter 2014

BRIDGES FOR WOMEN PROGRAM

In the spring and fall CDCSS plans, promotes and delivers services to support women.

The goal is that every woman affected by trauma, violence, abuse or neglect will have the resilience and economic security to support herself and her family, and to thrive in safety, wellness and empowerment.

Bridges is an innovative, heart-centered community program. Our trauma-informed employment training and supportive programs inspire women affected by trauma, violence, abuse or neglect to reclaim their lives and build economic security.

The Bridging Employment Services Model draws on its research and expertise in the impacts of abuse on employability to provide education, training and consulting to community agencies, partners, employers and governments.

The program is over an 8 week period and included is the following trainings: Personal Safety, Food Safe, First Aid, WHMIS, and Serving It Right. Also provided over the year is a weekly drop in group for women.



In past years, the group has worked on Psycho Educational sessions which include:

- Boundaries & Assertiveness
- Grounding for Intense Emotions
- Communication
- Identifying Strengths
- Healthy Thinking Patterns
- Conflict Resolution
- Stress Management
- Overcoming the impacts of Violence and Abuse
- Healthy Eating and Walking
- 5 sessions with the Kootenay Career Development Services employment counselor
- Self Defense 2 day Course
- Self Empowered Healing Talk
- Drum Making with the Aboriginal program
- Opportunity for participation in the Clothesline project

Visit our Information Booth
@
SUNFEST 2014
June 6 & 7 in Kinsman Park

Learn more about us
Everyone Welcome! 😊

**A Word from the Executive Director
Kristein Johnson**

Just like spring cleaning a house, it is critically important that an agency that serves the community as a whole, look through their services and assess if they are working to their maximum capacity, and if they are helpful, relevant and efficient. For example, the need for youth programming within the area is of high need. Community Services is proud to announce the success with funding from Columbia Basin Trust and the Vancouver Foundation to launch youth programming within the city of Castlegar. This program will have a strong emphasis on partnerships and community involvement, to ensure this program is youth focused.

As our fiscal year ends, we are looking forward to the 2014/2015 year; we continue to focus on the needs of the community.

We know only too well, from the experiences of the people who use our services, that the needs of individuals and families are often great. We are also painfully aware that resources are limited and many people are required to wait for services. Nevertheless, our day-to-day experience, our community involvement, our client feedback, and the work being done by our exceptional staff also tell us that Castlegar and District Community Services possess a great deal of strength, compassion and resourcefulness.

There can be no hesitation that the organization and all it has to offer will carry on to work for the community, and move forward to continue with the hard work in being strong and striving to be better.



**Facility Upgrade
from Committee Chair Vince Salvo**

With the support of the Board, the Facility Committee and the Executive Director have been busy with changes intended to reduce the maintenance costs in our building. The most noticeable change has been the drastic reduction of glass exposure (from over 325 square feet of single pane glass and plexi in the front to less than 110 square feet). Equally important is the window replacements in the upper apartments. All the new windows are top energy star rated. The work was completed by Max Kutasewich of MAX Construction, on time and under budget.

