

## Calgary Counselling Centre's Bravest Men event postponed



CALGARY'S BRAVEST MEN

Plans were well underway for Calgary Counselling Centre's Bravest Men event this year, when we learned of the untimely death of our 2010 guest speaker, Dr. William Fals-Stewart, a leading expert on family violence and substance abuse.

Due to Dr. Fals-Stewart's passing and the shortage of planning time, we have decided to postpone this year's Bravest Men celebration. We offer our sincere condolences to Dr. Fals-Stewart's family and colleagues.

We are now working on the 2011 Bravest Men gala and welcome your participation and nominations for Calgary's Bravest Man.

Our 2011 celebrations will again consist of Calgary's Bravest Man Award made to a man or a group in the community who has demonstrated significant leadership in the area of stopping the cycle of domestic abuse; and, a Youth Forum presented in partnership with schools and community organizations to connect youth to the realities of domestic and social abuse.

## Make your vote count against domestic violence

The Mayoral race is now in full swing in Calgary, yet important issues such as domestic violence continue to maintain a low profile among candidates and voters alike. Calgary's mayoral candidates must consider important issues such as domestic violence in their platform for mayor.

As a leader in domestic violence Calgary Counselling Centre has played an active role on the Calgary Domestic Violence Committee (CDVC) and this year we are launching a campaign: **Make Your Vote Count against Domestic Violence**. Through this campaign, we hope to educate candidates and the public on the issue and the resources available to them.



Domestic violence is a major criminal problem and a major social problem in Calgary. In fact, in 2009 **one-third of the eight homicides** reported were domestic in nature – sadly, almost half of these victims were children.

“Calgary's mayor has a responsibility to envision a violence free community and provide the leadership to ensure that Calgarians live in a safe city, safe communities and safe homes,” says Robbie Babins-Wagner, CEO, Calgary Counselling Centre. “Violence prevention begins with talking about healthy relationships: making it safe for people to go to school, work and to be in their homes.”

Everyone has a role to play in reducing domestic violence in Calgary. Get informed, know where to call for help and elect a mayor who takes domestic violence and its impact on our community seriously.

For more information on CDVC or Make Your Vote Count against Domestic Violence:

Website: <http://www.voteagainstviolence.com>

Email: [voteagainstviolence@calgarycounselling.com](mailto:voteagainstviolence@calgarycounselling.com)

## 3rd Annual Break the Cycle Event (Sat. August 28, 2010 at North Hill Centre)



**F**or the first time all summer, we were o.k. to have an overcast day on the weatherman's forecast. On Saturday, Aug. 28, at North Hill Centre, over 70 bricks and 110 boards were broken by different members of the

Ohtsuka Amateur Karate Foundation (AKF) Karate at SAIT club. In total, \$7,035 was raised to support Calgary Counselling Centre's Family Violence prevention program.

The grande finale alone was a huge group break, representing

72 bricks, broken by eight of the more senior members of the club.

Thanks to members of the AKF organization, for supporting us in this growing and exciting event. And thanks to all of our sponsors:



## River Spirit Golf Club Charity Golf Classic an Olympic success



*Two special celebrity golfers – Olympians Colleen Sistoric (Women's Hockey) and Carol Huynh (Wrestling) – were on hand to play with lucky bidders at the 4th Annual River Spirit Golf Club Charity Golf Classic, benefitting Calgary Counselling Centre.*

**T**he 4th Annual River Spirit Golf Club Charity Golf Classic, benefitting Calgary Counselling Centre was a tremendous success: the tournament sold out for the first time in its history.

Golfers got a sneak peek at our new Depression and Anxiety program, which will launch this fall. Since 2002, the Centre has offered this successful program for people with depression. New this fall, we'll be adding practical, specific exercises that clients will be able to apply to their lives when they experience depression symptoms. Golfers were able to try some of those skills in the activities on the course.

The proceeds this year go to fund Resident Bursaries at the Centre. Thank you to the many golfers, sponsors and donors for helping us reach a record level for the tournament: over \$37,000 was raised.

## Calgary Counselling Centre welcomes our new students

**O**n Sep. 7, Calgary Counselling Centre welcomed 29 new graduate and post graduate students to our Haskayne Learning Centre for Graduate and Post-Graduate Counselling Studies. The students come to us from 22 of our educational partner institutions.

Graduate students/Interns come to the Centre to gain knowledge and experience with a community counselling agency, to gain practical experience, which compliments their university degree program. During the training, Interns are involved in all aspects of the counselling process.

Post Graduate/Residents have completed their Master's

degree and come to Calgary Counselling Centre to enhance counselling knowledge and develop advanced counselling skills, making the important transition to their professional designation and full-time employment.

Calgary Counselling Centre has been educating students since 1962. We are recognized as a national leader for professional training in the fields of psychology, social work, and marriage and family therapy. The training program is the largest in Western Canada and the 75 - 80 students who enroll in the new Haskayne Learning Centre each year will go on to practice in hundreds of communities throughout North America.

# Calgary Counselling Centre speaks against the proposed census changes

*Calgary Counselling Centre submitted this OpEd to the Calgary Herald this July, for consideration in their guest editorial feature.*

## Canada's social service agencies **DEPEND** on counting the bedrooms of the nation.



**O**n behalf of one of Canada's leading counselling organizations, which depends on research to support the needs of 8,000 clients last year, I am adding our name to the growing outcry over proposed changes to the long-form data for the 2011 Census.

I hope the Government of Canada will hear the devastating impact removing the compulsory, long-form questionnaire from the Census will have on social service agencies that provide essential programs for communities across Canada. Not only the agencies – but the people who need our help.

The Government of Canada maintains the questions asked on the compulsory long-form Census are too intrusive and answering them should not be mandatory. But the essential data collected in the Census far outweighs these concerns. Canadians should know the information collected has a direct impact on the quality of their lives and the well-being of their communities.

In our own community of Calgary and southern Alberta, we provide counsel, advice and evidence-based research to governments, other social service organizations, educators and funders about social programs.

My social service colleagues and I have invested years of study to interpret statistics so we may provide leadership and make recommendations about the social needs of the communities and people we serve. Changes in populations and changes in poverty levels are two key areas we must have to make informed, evidence-based recommendations to government policy makers, funding bodies and justice systems.

The data collected by Statistics Canada on the compulsory long form is critical for us as we develop our strategic plans to proactively forecast program needs years into the future.

In Calgary and southern Alberta, it is through Statistics Canada data that we are able to identify demographic changes in Calgary's housing conditions. It is essential for us to know how many bedrooms are in a house and how many people live in that house as we look for ways to help our citizens facing poverty, homelessness, addiction and family violence.

For example, the information tells how many people are unable to find an affordable place to live; where the pressure points are in our communities, where help is most needed and who is at greatest risk.

The Government says a voluntary survey achieves this. But how does the Government guarantee we will have reliable results for poorer neighbourhoods, new immigrants or Aboriginal communities? Who speaks for them? These are the populations social agencies serve.

Knowing census data changes also helps us plan programs. How can a person trying to find a job, who is just learning English, who is experiencing family violence, be helped if we don't have the evidence to prove we need to offer programs in different languages, at different times of the day?

In order to preserve the quality of the programs we offer to Calgarians and the benefits of having comprehensive, reliable statistical data for all users, we encourage the Government to continue the mandatory, long-form questionnaire and also encourage the reinstatement of other vital Statistics Canada surveys that have been discontinued in recent years including: the Survey of Household Spending, the Workplace and Employee Survey, the Survey of Financial Security, and the Longitudinal Survey of Immigrants.

We urge Calgarians to contact their Member of Parliament and to get involved in this discussion. We believe, the more you learn how decisions and funding are made for social services in our communities, the more you will see how essential this data is for all of us who want to live in healthy and safe communities.

Robbie Babins-Wagner,  
CEO of the Calgary Counselling Centre

(To read the complete article, visit:

[http://calgarycounselling.com/newsletter/2010fall\\_news\\_census\\_OP\\_Ed\\_final.html](http://calgarycounselling.com/newsletter/2010fall_news_census_OP_Ed_final.html))

# Always up for a challenge - Meet our staff: Margarita Shabash

*Some of the most amazing skilled people work at CCC. This ensures our clients get the very best therapy in North America.*



**M**argarita (Rita) Shabash, Financial Coordinator at Calgary Counselling Centre (CCC) is never one to turn down a challenge. It was only a year and half ago that Rita started here, and she has already whipped our accounting system into shape. With her 15 years experience in accounting and her Masters in

economics and trade, she was definitely the right candidate for the job.

Of the work she has done at the Centre, Rita is most proud of putting together a more streamlined, third party billing and payment system. She's also built relationships with external funders to help with the processing and payment of our accounts receivables. It took time and wasn't easy, but today because of Rita's help, the future of CCC's finances is bright.

"It was a real challenge my first few days working here," says Rita. "I saw there was so much to do and I got a bit overwhelmed. But then I decided, 'this is my baby and I can create this'. I was happy to take on the challenge and am so proud of where we are today, with the great help of others."

Rita's success at the Centre can be attributed to her hard work and dedication to everything she does. "When I don't know something I get someone to teach me, and I put 110 per cent into learning it," says Rita. "I can be taught anything."

A case in point in 2004, when Rita moved to Calgary from Russia with her family, she did not speak any English. She persevered, signed up for a six month English course and soon after was fluent enough to look for accounting jobs.

While Rita was in her job hunt, our own Dianna Campbell-Smith, Director of Counselling mentioned there was an opening for an accountant at the Centre. Although Rita hadn't worked for a charitable organization; she had worked with Dianna before and was impressed by Dianna's excitement for the Centre and wanted to be part of our team.

"Before CCC, I had no idea what kind of spirit there is at a non-profit," says Rita. "It's very exciting to be a part of this organization."

Rita will never stop learning and finding new ways to challenge herself. The next challenge she's getting ready for is to conquer riding and owning her own motorcycle.

## CCC's counsellors presenting at conferences

**C**algary Counselling Centre continues to advance the knowledge of what works in counselling. We are Canada's source of research, bridging academia and community based practice. We see the value in sharing resources and gaining information from each other in order to better meet the needs of our clients and in our community.

Check out our busy schedule this year: [http://www.calgarycounselling.com/newsletter/2010fall\\_news\\_conference.html](http://www.calgarycounselling.com/newsletter/2010fall_news_conference.html)



Calgary Counselling Centre

**October 7 is  
NATIONAL DEPRESSION  
SCREENING DAY**

Visit [www.test4depression.com](http://www.test4depression.com) to participate.

## CCC continues to improve counselling outcomes

Developing today's counsellors is one of the Centre's strategic focuses. Calgary Counselling Centre is proud of our work, integrating the latest research into educating new counsellors.

In August, members of our leadership team attended the Train the Trainer's Conference offered by the International Centre for Clinical Excellence (ICCE). Their goal: how to train counsellors to be more effective with clients.

Representatives from Australia, Sweden and all across North America met in Chicago to enhance their ability to train counsellors in the use of outcome measurement methods and feedback.

"It was an exciting experience to see how far along we are in this area of work," says Dianna Campbell-Smith, Director of Counselling. "With representatives from all over the globe, we were reminded how innovative and leading edge Calgary Counselling Centre is."

Since 2002, Calgary Counselling Centre has been working with outcome measurements, a compass for whether we are heading in the right direction with our clients. In the last year, the Centre has worked extremely hard to continue to improve clinical outcomes by consulting with Scott Miller,

who is the founder of ICCE, to provide more support to our clinicians at the Centre.

"While other agencies were just trying to get this type of measurement tool into their agency, we have been diligently working with it for eight years," says Dianna. "This workshop was a reminder what we can do to help our supervisors, our counsellors and our students. We are now able to train all our supervisors at the Centre to nurture the best from their counselling teams."

The kind of feedback a counsellor receives from a supervisor, will help gain efficiency with the tools, using them to their full potential.

"Coming away from the training, we are more confident we are on the right track," says Lynda Snyder, Director of Education. "It is clear we have come a long way in having the Centre's counsellors integrate client feedback in their work with people wanting to make change in their lives. Attending the Train the Trainer's conference provided us with practical information and useful strategies we can immediately begin to use as we continue to train counsellors in how to work effectively with clients from all walks of life."

## Ahoy! CCC participates in youth scavenger hunt

On Friday Aug. 6, 2010, Calgary Counselling Centre participated in a Service Canada Centres for Youth (SCCY) scavenger hunt. The event helped inform youth about what the community has to offer in terms of volunteer and work experience opportunities. Calgary Counselling Centre's own work experience students created an interactive activity for youth ages 15-30, highlighting our services.

"It is the first time we have participated in something like this," says Robbie Babins-Wagner, CEO, Calgary Counselling Centre. "Since five of our summer student positions are funded through Service Canada, it's a great opportunity for the Centre to promote our services to youth in Calgary."

The participants enjoyed an activity from our Depression and Self Esteem Program.

"The activity was a great one, to highlight one of the great aspects in our program," says Tara McLean, Communications summer student, who modified the game, profiling the Centre itself. "In our group therapy programs, the activity helps clients balance negative thoughts and change the way they feel about their situation. For the purpose of the scavenger hunt, we presented information about our services instead. We hoped people could learn more about Calgary Counselling Centre, while they read the statement and understood what our clients go through personally."

The activity was tested out not only on youth, but also CCC staff. The activity was such a hit, we also used it for our 4th Annual River Spirit Golf Club Charity Golf Classic benefiting the Calgary Counselling Centre. It became one of the activities at the tournament holes.



4<sup>th</sup> ANNUAL  
**River Spirit Golf Club  
 Charity Golf Classic**  
 BENEFITTING  
 Calgary Counselling Centre  
 August 30, 2010

*Thank you to everyone making  
 the 4th Annual River Spirit Golf Club  
 Charity Golf Classic a success*



**Committee Members**

Cathy Burton Barry Carbonetto Barry Cochran Bill Gourley Dale Green Linna Morgan Trevor Williams Robbie Babins-Wagner Kathryn Lyster Kathleen Bell

**Tournament Hosts**



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In accordance with Section 4(1) of the Alberta Charitable Fund raising Act, Calgary Counselling Centre (CCC) is pleased to provide the following information.  
 Projected revenue for this appeal is anticipated to be \$15,000 in support of subsidized fees. The cost for this appeal is \$2.60 per piece.

**YES!** I WOULD LIKE TO RECEIVE INFORMATION, VOLUNTEER OR MAKE A DONATION:

- \$35    \$60    \$100    \$250    \$500    \$1,000    \$2,500  
 OTHER \_\_\_\_\_    \$ \_\_\_\_\_ MONTHLY  
 (WILL BE PROCESSED ON THE 20TH OF EACH MONTH)

I PREFER TO PAY BY:

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CALGARY COUNSELLING CENTRE (CCC) RESPECTS YOUR PRIVACY AND ADHERES TO ALL PROVINCIAL AND FEDERAL PRIVACY LAWS. CCC WILL USE YOUR CONTACT INFORMATION TO PROVIDE YOU WITH GENERAL INFORMATION ABOUT CCC PROGRAMS, EVENTS, CHARITABLE TAX RECEIPTS, ANNUAL REPORTS OR OTHER INFORMATION PERTINENT TO YOUR DONATION.

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