



November 2010

PATHS Bi-Monthly Newsletter

Volume 1, Issue 2

Featured Shelters:

- Shelwin House
- Prince Albert Safe Shelter for Women
- Battlefords Interval House

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Narrative Approaches to Counselling: Working with sheltered/abused women

Narrative approaches to counselling are based on the idea that every individual has her or his own unique life-stories, or 'narratives', that are not only based on personal experiences, but also on social, cultural, and political contexts. Narrative Therapy is grounded in the belief that no 'one' objective truth exists, rather, many multiple possible interpretations of any given event or experience exist. Therefore, narrative approaches to counselling focus on the lives of clients as multi-storied as opposed to single-storied. Narrative approaches to counselling are respectful and collaborative between the counselor and the client and allow clients to be the experts in their own life. The counselor therefore does not dictate what the client should or should not do. During the guided process of the telling and re-telling of client narratives, clients will develop their own ideas about ways in which they can change prob-

lematic situations. This approach to counseling is particularly useful in working with women and children who have experienced violence and abuse and who are currently accessing sheltering services for a variety of reasons. First, narrative approaches can be effectively used in time-limited circumstances which is most often the case in our work with shelter clients. Second, part of the sheltering process is telling and re-telling narratives, which, if done properly, can be extremely therapeutic in and of itself. In addition, narrative approaches to counseling see problems as separate from people. This belief is directly in line with the view that abuse is the result of unhealthy and pathological behaviours and perceptions of the abuser himself, not the woman. Lastly, narrative approaches step away from patterns that reinforce oppressive thinking and focus on the strengths, hopes, desires, and dreams of cli-

ents. "In essence, within a narrative therapy approach, the focus is not on 'experts' solving problems...it is on people discovering through conversations, the hopeful, preferred, and previously unrecognized and hidden possibilities contained within themselves and unseen story-lines. This is what Michael White would refer to as the 're-authoring' of people's stories and lives." (Narrative Therapy Centre Website). For an easy-to-read introduction to narrative approaches see *What is narrative therapy: An easy to read introduction* by Alice Morgan, Dulwich Centre Publications, 2000.

Please remember, as with all therapeutic tools and techniques, it is your ethical and professional obligation to be knowledgeable about and well aware of the approaches you choose to employ and the potential effects they will have on the individuals with whom you are working.

Message From the PATHS Office

I am very excited to see our second newsletter all ready to be sent out. I want to thank the PATHS Staff Advisory Committee for their work in writing and collecting the information you will find in this edition. The PATHS Staff Advisory Committee plays an essential role in representing shelter staff as we move forward with our Status of Women Project. The main objective of the

project is to "support women and girls in making the successful transition to a violence-free life by improving the level of responsiveness of shelters and services in the province." We are doing this through developing standards, piloting a mentorship program, enhancing our website, ensuring high quality service to Aboriginal clients, hosting a spring confer-

ence, and through this newsletter. I'm looking forward to a future of working with all our great shelter and services staff and directors as we come together to improve the circumstances of the women and children we serve.

-Diane Delaney, Coordinator

***“You must
be the
change you
wish to see
in the
world”
-Mahatma
Ghandi***

Shelwin House

Shelwin House is located in Yorkton, SK and has been in service since 1985. The first four letters of our name come from the word shelter and the last three represent ‘women in need’. We are licensed to accommodate 15 residents and offer 24hr service. We are a three-story house that was built in the early 1900’s. We have recently added an addition which has provided us with more office and meeting space and a play/book area for children. Lavern Dumka, the Director of Shelwin House has been an employee since it first opened its doors. She actually worked the very first shift as a support worker. Lavern has been Director for 17 years. Shelwin House provides a safe, supportive, and confidential environment for women and children. We offer guidance

Prince Albert Safe Shelter for Women

We offer safety, shelter, nutrition, support, advocacy, referrals, and information for women and children who are experiencing physical, emotional, sexual, mental, and/or spiritual abuse. We provide a caring home-like environment where women can make healthy choices for themselves and their children. We operate on a 24 hour basis, 365 days a year and can accommodate up

Battlefords Interval House

The Battlefords Interval House opened its doors on April 1st, 1980. 13 years later we moved into our current facility. We have six operating bedrooms that can accommodate 16 clients. There are many advantages to our new shelter facility. Security and supervision are now easier to maintain, we can ensure the safety of our children in a fenced yard, and the added square footage

and supportive counseling to women and their children to overcome the crisis they are presently experiencing. We assist women to utilize resources in the community, to obtain housing, and to relocate in the community of their choice. Every Wednesday evening Shelwin House co-facilitates a support group for women at the Pine Unit of the hospital. “Crossroads” has been in service for over 10 years and is open to all women who feel a need for support dealing with family and spousal violence. Support from our community has been phenomenal. Various groups do fundraising, have food drives, and donate many homemade quilts and gift baskets. A Child Support Worker position has recently been implemented. This position was designed to sup-

port the needs of children and their mothers who have experienced abuse, feel traumatized, and to develop a positive mother-child relationship. Our Outreach Program was designed to assist communities in preventing violence. It assists with school programs including bullying, DV, healthy relationships, dating violence, and child abuse. It also raises awareness for Shelwin House services through media and pamphlets. Our rural Outreach Worker, Michelle Goulden, takes part in the Yorkton Partnerships Against Violence Committee and Child Action Plans in various communities. Shelwin House also takes part in yearly events such as National Child Day, resource fairs, Candlelight Vigils, and International Women’s Day.

-Cindy Alexander, Support Worker

Stats April 1-Sept 30 2010

- Avg room occupancy rate 1st 6 months was **99%**
- Avg person occupancy rate 1st 6 months was **94%**
- Total # of bed nights provided 1st 3 months was **4082**
- Total amount turned away were **693**
- Total amount admitted were **159**
- Total request for services **852**
- Theresa Lanigan, Support Worker

to 24 residents at any given time. We have trained and experienced staff on duty at all times. We offer 24 hour information and support to non-residents in the community and surrounding district. The PA safe shelter is funded by the Ministry of Justice, private donations and fundraising initiatives. It is operated by the Board of the Native Coordinating Council.

has given us more room for office and storage space. On Monday October 18, 2010 we celebrated our 30th anniversary. We hosted an open house from 2:00pm-4:00pm. Later on that evening we continued the celebrations by hosting an anniversary dinner at the Western Development Museum. Doors were open at 6:00pm and dinner followed at 6:30. The highlight of the eve-

ning was a presentation by our honoured keynote speaker, Tanya Brown. Tanya is the sister of the late Nicole Brown Simpson. Tanya was an excellent speaker. She was friendly and very open and willing to talk. Overall the evening was a success.

-Judy Armstrong, Support Worker

Book Review - When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships

Authors: Jill Cory and Karen McAndless-Davis

This is an easy to read book that I have found to be quite helpful for clients. The book is written by two women from British Columbia and includes personal stories of women who have decided to leave violent relationships. This book covers many aspects of the abusive relationship and has a workbook style to it. There are 10 chapters which start at the cycle of abuse and carry on through to healing from the abuse. It includes diagrams, journal questions and information that other abuse survivors have shared with the authors.

A brief overview from the back cover:

"Love is meant to be supportive. But what happens when you are hurt by the one you love? This book will help you interpret your relationship in valuable new ways. Drawing on your own wisdom and the wisdom of many women who share your experience, *When Love Hurts* will help you find the answers you've been looking for. *When Love Hurts* will help you discover courage and wisdom within yourself and give you hope for a brighter future."

I have found the information in this book to be very useful in groups as well as when I am

working with women one to one. A few things that I really like about this book are that it encourages the women to name their experience with their own words, thoughts or feelings. It also encourages women to complete a power and control wheel specific to their experience, from their perspective. I believe this is very empowering as it assists a woman in identifying her experiences which she may have had difficulty naming as abusive before. Overall this is a good resource for a reasonable price, plus it is Canadian.

To purchase this book, go to Amazon.ca

-Dena DeMarce, Moose Jaw Transition House

Movie Review - An American Girl: Chrissa Stands Strong

This is a heart touching story of a young girl who overcomes the challenge of being bullied. Grade 4 student, Chrissa Maxwell, starts a new school mid-year. On Chrissa's first day she is faced with three girls who greet her with teasing and tricks which continues to escalate. Even though the change is hard for Chrissa, she learns what it means to be courageous, to be a friend, and to be

herself.

This movie takes the audience through the emotions that the victim of bullying endures, how the bully is perceived and what can be done to change the negative behavior.

Being a 2009 production, it is a great resource for all young girls and boys, whether they are being bullied or have tendencies of being the bully. It

teaches what the victim can and should do, as well as gives reasons why the bully acts the way they do. Many children that have been brought to a shelter face the same challenges being the new kid in school.

To purchase this movie, go to Amazon.ca.

-Melinda Davis, Child Support Worker, Shelwin House

Teen Girl Resource Book

The Shelwin House Outreach Program facilitated a 20-week after school girls group for girls age 13-15. The program included sessions around Friendship and Girls, Self-Esteem, Healthy Relationships, and Relationship Violence. Once a month the participants determined what they wished to talk about. For example, the girls decided they wanted information on internet safety so a speaker was brought in to give

them information on that topic.

A grant was obtained from The Painted Hand Community Development Corporation to put together a resource book for teen girls. All information that the girls received was put into this book. It also includes some writing and art work that the girls did and questions that the girls answered in each section. The participants of girls group will all receive a copy of

the book. The book is a wonderful way to build self-esteem as the girls will see their writings and art in the book as well as information they contributed to the group. The remaining copies of the book will be handed out to schools and groups in the area to promote shelter services as well as provide education. This book will serve as a wonderful memento of an incredible program that provided us with the opportunity to make a difference in the lives of many young girls.

-Michelle Goulden, Shelwin House

"A good example has twice the value as good advice"
-Unknown

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Status of Women Canada Women's Program



Battlefords Interval House
(306) 445-2742
Envision Counselling and Support Centre
Weyburn (306) 637-4004 Estevan 842-8821
Hudson Bay Family and Support Centre
(306) 865-3064
Moose Jaw Transition House
(306) 693-6847
North East Outreach and Support Services
(306) 752-9464
Prince Albert Safe Shelter for Women
(306) 764-7233
Piwapan Women's Centre
(306) 425-3900
Project Safe Haven
(306) 782-0676
Qu'Appelle Safe Haven Shelter
(306) 322-6881

Regina Transition House
(306) 757-2096
Regina YWCA Isabel Johnson Shelter
(306) 525-2141
Saskatoon Interval House
(306) 244-0185
Saskatoon YWCA
(306) 244-2844
Shelwin House
(306) 783-7233
SOFIA House
(306) 565-2537
Southwest Crisis Services
(306) 778-3386
Waskoosis Safe Shelter
(306) 236-5570
WISH Safe House
(306) 543-0493

Visit the PATHS website at
www.abusehelplines.org

ANNOUNCEMENTS

Candlelight Vigil, Yorkton

A candlelight vigil will be held Saturday December 11, 2010 at 2:00pm at Sacred Heart High School in Yorkton, SK. Cathy Kaip, along with Gail, a local woman will discuss how stalking and harassment has effected their lives.

PATHS Board Meeting

A reminder that the Winter 2011 PATHS Board Meeting will take place in Regina on February 2 & 3 at the United Way.

The PATHS Staff Advisory Committee will meet at this time.

PATHS Shelter Workers Conference 2011

The PATHS Conference Committee is pleased to announce that the PATHS Shelter Workers Conference: **Creating Supportive and Effective Relationships** will be held in Regina, SK at the Ramada Hotel, May 17, 18, & 19, 2011. Registration forms will be available soon.

If the Narrative Therapy piece on page one sparked your interest, be sure to attend the Narrative Approaches to Counselling Survivors of Intimate Partner Abuse workshop being offered during the 2011 conference.

Facts & Stats from Poverty Free Saskatchewan

- Saskatchewan's poverty rate is 15.3% - affecting 140,000 people. This is above Canada's overall poverty rate which is 14.5%.
- Over 90% of women that use Saskatchewan shelters live below the poverty line.
- At 16.7%, Saskatchewan has the third highest provincial child poverty rate in Canada.
- 45% of Aboriginal children in Saskatchewan live in low-income families.
- Sadly, the poorest of the poor in Saskatchewan are children living in female single-parent families—47.5%.

Poverty Free Saskatchewan (PFS) is a province-wide movement made up of individuals and organizations that are working towards the elimination of poverty. PATHS is a member of PFS. For more information on PFS and how you can get involved, visit www.povertyfreesask.ca.