



# Newsletter

February 2012

## *She Creates...*

### *International Women's Week - March 3 - 11, 2012*

Donna Forster, Program Manager

#### *Killing Us Softly- Kingston's Premier Screenings*

In recognition of International Women's Week (IWW), the K3C Women's Program has partnered with Queen's University and the Kingston Police Department to provide two local screenings of this unique film documentary. Produced by noted filmmaker, Jean Kilbourne, Ed.D., the film documents how the media distorts and uses women's bodies and in doing so, may be associated with violence towards women. For more information on this and other local IWW events, visit <http://www.wedontstopkingston.com>.

K3C Community Counselling Centre is committed to reducing the incidence of family violence and to reduce its impact on those who have experienced violence within their intimate relationships. We partner with organizations across the region in a variety of projects to achieve these goals.

#### *Teen Violence Prevention Groups -Winter & Spring 2012*

The first Teen Violence Prevention Group ended in December 2011. The second group is currently underway and is being offered by Kingston Interval House and Girls Inc. There will be a third and final group starting in the late Spring of this year. The Groups are 12 weeks long and are for young women between the ages of 12 and 14 who have experienced dating violence or who have witnessed violence within the family. The group is designed to increase awareness of healthy and unhealthy relationship dynamics while promoting leadership and advocacy skills. Group members complete a community development/awareness raising

activity of their choosing within the group. For their community awareness raising activity, the first group of young women decided to do a DVD presentation on Healthy Relationships which can be viewed at [www.k3c.org](http://www.k3c.org)

#### *Healthy Me in Relationships Group*

K3C Community Counselling Centres is currently running a Healthy Me in Relationships Group. This group promotes healthy self-identity in women and encourages women to develop and express healthy boundaries and self-esteem in all their relationships. The Healthy Relationships Group will be offered in Verona in June of this year.

#### *Family Court Support Worker*

The agency receives funding from the Ministry of the Attorney General for a Family Court Support Worker. This position supports women who are leaving relationships in which there has been domestic violence and helps these women as they move through the Family Court Process. It provides support with legal documents, safety planning and referrals to other agencies. The Family Court Support Worker is in both Kingston and Napanee Offices.

#### *Partner Assault Response Group Programs*

K3C Community Counselling Centres is committed to efforts to reduce domestic violence through increasing offender accountability. Men and women who have been convicted of domestic violence join a 16 week psycho-educational group which is designed to increase their understanding of relationship dynamics and more specifically, the ways that they have used power and control in their own intimate relationships.

# Beware of calls offering a quick fix for your debt problems!

## *Recent Media Release*

K3C Credit Counselling is in full agreement with the Financial Consumer Agency of Canada (FCAC) who issued a consumer alert January 10, 2012. The FCAC alert cautions people to take a closer look at the claims to slash debt, protect credit ratings and that imply government involvement.

“Unfortunately, people do not always see the benefits that debt reduction companies lead them to expect—and some people wind up even deeper in debt than they were before,” says FCAC Commissioner Ursula Menke. “If an offer to reduce your debts seems too good to be true, it probably is.”

Locally, K3C Credit Counselling, a not-for-profit, community service provides consumers with what makes the most sense - a complete review of their situation; an expert overview of all the options available; suggestions for immediate actions or changes; and the support to follow through with a long-term plan.

K3C Credit Counselling Manager, Debbie Gillis said, “When we talk to people about their debt, we try to identify how they came to be in this position. Often, the situation is created by factors such as underemployment or family separation. Also, there are times when it’s a lack money management and budgeting skills (we can teach those). That’s why making a plan that’s specific to that person or

family is so important. Budgeting is like a diet - if it’s too strict; it’s hard to stick with it. It’s a way of life, not a quick fix.”

The Ontario Association of Credit Counselling Services (OACCS) has more than 40 members, including K3C, who have been providing not-for-profit credit and debt counselling services for over forty years. “During 2011, we successfully helped almost 195,000 Ontarians in need, with more that \$730 million in consumer debt under management,” said OACCS Executive Director, Henrietta Ross.

K3C is working in partnership with government; education; and financial sectors; the United Way and other credible organizations to help clients move beyond their debt issues and become financially fit.

For more information about local not-for-profit credit counselling and debt management, call 613-549-7850 or visit our website [www.k3c.org](http://www.k3c.org) for a free online assessment.

## ***Male Sexual Abuse Survivors Groups - March 2012***

K3C is interested in letting its community partners know that the first Adult Male Sexual Abuse Survivors Group finished in early February and the next group will begin late March 2012. This is a 12 week supportive group for adult male survivors of sexual abuse. The group covers a variety of topics including the impact that sexual abuse has on adult survivors. It is meant to introduce men to the idea that they can recover from the sexual abuse and provides a supportive atmosphere in which they can discuss their experiences with other men who have been through similar events. There is an initial interview with the group leaders in order to ensure that the men are ready to discuss their stories within a group format.

**For more information  
Call 613-549-7850  
or 1-800-379-5556  
or visit our website at [www.k3c.org](http://www.k3c.org)**