



Newsletter

October 2011

It Takes a Village...

Donna Forster, Program Manager

November is Woman Abuse Prevention Month. Having an entire month devoted to thinking about woman abuse provides us an opportunity to focus our attention on the root causes of domestic violence and more importantly, what we as community members can do to eliminate domestic violence from the lives of the women and children who live with its consequences. Sometimes, it is hard to shift our focus away from the immediate and real issues faced by the clients in our offices and waiting rooms. And yet we need to take the time to imagine a world where women and their children can live without fear for their physical, emotional or sexual safety.

In an article written a few years ago, Wolfe and Jaffe (1999) outline several strategies that can be taken to prevent domestic violence. In addition to discussing the value of strategies which treat the offender and his behavior, the authors also talk about the importance of efforts to prevent domestic violence in the first place. Wolfe and Jaffe talk about working with young children and adolescents who are considered to be at high risk of violence in intimate relationships and helping them to understand what healthy relationships look like and also, how to build trust and respect within relationships. Some of these strategies look at young children (6-12 years of age) and help them develop alternative conflict resolution skills. Within a slightly older group (13-18 years of age), strategies include teaching about dating violence and healthy intimate relationships. All of these strategies are aimed at reducing the incidence of intimate partner violence.

In the fall of 2010, K3C Community Counselling Centre had the opportunity to apply for funding from the Canadian Women's Foundation. This particular funding supports community based efforts to prevent violence in teenage relationships. In partnership with Kingston Interval House and Girls Inc, K3C Community Counselling Centre received funding which will go towards offering groups to female teenagers between the ages of 12 and 14. The "Girls Taking Action Against Violence" groups teach these young women about healthy relationships, conflict resolution and dating violence. There is a community development project which the young women will complete and which will help them to develop their leadership skills and speak out against relationship violence. The first group started in October and others will begin in January and April 2012.



The 'Girls Taking Action Against Violence' program is a small but important example of community based efforts to prevent woman abuse. African storytellers tell us that it takes a whole village to raise a child. This program takes our children one step closer to living a future without domestic violence.

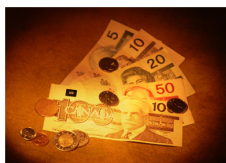
References:

Wolfe, D.A., Jaffe, P.G. (1999). Emerging Strategies in the Prevention of Domestic Violence. *Domestic Violence and Children*, 9,3, 133-144.

Visit

www.k3c.org

for more information and registration forms for Girls Taking Action Against Violence.



Know Your Limit

Chris Myers, CPGC

Like any social activity or form of entertainment, the decision to gamble involves responsibility and planning, especially regarding how much time and money is spent.

To increase the likelihood that gambling will remain a fun, enjoyable and recreational activity, please consider these points before, during and after your participation in any form of gambling:

Before you begin to gamble

- Set a time limit and consider how much time you have to spend gambling, without compromising any of your commitments.
- Figure out your loss limit and how much money can you afford to spend on gambling after all of your other financial commitments and plans have been taken care of.
- Think about a win limit. If you have wins, what are you going to do with them? Some people take the 'left pocket-right pocket' approach to gambling, which means money in their left pocket is used for gambling while any winnings are cashed out and kept in their right pocket. This ensures that you will not lose all of your winnings if you continue to play.
- Ask yourself: why am I gambling? Is it really for the fun and entertainment, or is it to try and win money? Be honest with yourself. If you are trying to win money, chances are that you will be disappointed. Gambling should only be considered a form of entertainment, which, like any other, comes with a cost.
- Take time to understand the game(s) you will be playing and most importantly the cost associated with playing them.
- To maintain a social element, consider playing with a friend as opposed to gambling on your own.

- Tell others what you're doing. Being secretive and hiding your gambling is risky behaviour that can lead to problems.

While you are gambling

- Take breaks regularly. Go grab something to eat or simply go for a walk.
- Separate some or all of your winnings from money you've committed to spend.
- Keep your emotions in check and know that losing is part of gambling. If this causes frustration or anger, then you need to re-examine your expectations.
- Resist the urge to chase lost money. Continuing to gamble in order to try and win back the money you lost will only create further losses.
- Leave your credit and debit cards at home to avoid the temptation of withdrawing more cash. This will keep you within your pre-determined spending limit.

After you finish gambling

- Review your time and spending limits. Did you stick to your own guidelines and play within your limits? If not, examine the reasons and consider what changes you will make next time.
- Think about your motivations for gambling and the experience that you've had. How do they match up to why you decided to gamble in the first place? Do you need to adjust your expectations or learn more about the cost of playing and how the games work?
- Does gambling cause you to feel sad, depressed, embarrassed or regretful? Remember: entertainment is supposed to be enjoyable.

Chris is the Problem Gambling Coordinator with Options for Change Addictions Team and works closely with our Credit Counselling Program.

For more information

Call 613-549-7850

or 1-800-379-5556

or visit our website at www.k3c.org