

Local Dynamos Connect for a Cause

Organizations like Citizens' Counselling Centre couldn't succeed without supporters who have deep roots in the community.

Vicki Kuhl and Donna Curtis recently served on the steering committee of Citizens' annual fundraising event, Tip a Fool. They tapped their considerable network to ensure this annual event, held at the Union Club in March, was both a financial success and an opportunity to introduce people to the work done by the Centre.

"The four Tip a Fool events have raised more than \$80,000, widened our circle of Friends, and helped keep our doors open," said Brenda Wilson ED of the Centre. "With Donna and Vicki as our champions, we have ended our fiscal year in the black."

Connected and caring, Donna and Vicki are successful business people who have given back to the community in countless ways. Donna is an award-winning Realtor in Victoria, and Vicki is a highly regarded communications and local government specialist.

"We'd like to see local businesses support the Centre"



Vicki Kuhl and Donna Curtis, championing the 2011 Tip a Fool

Donna and Vicki both have a personal connection to Citizens' Counselling. Vicki's experience is first hand. In the late 1970's, she used the Centre's services when she was going through a separation and divorce. During that time, and later when she was a single parent, the counselling she received helped her realize she could survive and succeed.

As Vicki observes, "Often people who are active in

the community and working hard at keeping everything together need support and the confidence to carry on. Citizens' provides that, and makes it affordable and accessible to anyone."

Donna has witnessed the dedication of the volunteer counsellors and the extent to

which they go in support of their clients. Her partner and a number of friends are volunteer counsellors at the Centre.

As business people, Donna and Vicki know that mental health issues can take a toll on workplaces: "We'd like to see local businesses support Citizens' Counselling Centre. It's a sound investment in the community."

If your business would like to learn more about supporting our counselling programs, please contact Brenda Wilson at brendawilson@citizenscounselling.com or call 250-384-2934.

**Citizens
COUNSELLING
CENTRE**



Assisting adult community members in attaining socially and psychologically satisfying lives by providing quality, accessible, volunteer counselling services.

Flying High & Blooming with Compassion

The community wins when young, energetic people make a big commitment to giving back.

Genevieve Stonebridge, B.A. (Psychology) is a volunteer counsellor at the Centre. She recently won two WestJet tickets worth \$4600, at the Centre's fundraising dinner, Tip a Fool.

It would be difficult to think of a more deserving recipient. This inspiring young woman volunteers not only at the Centre, but with Lifetime Networks, an organization that supports people with disabilities. She works part time caring for children with Asperger's Syndrome. In the summer, she works at the Canadian Cancer Society's Camp Goodtimes.

Genevieve entered the counsellor training program in September 2009 on the advice of her mentor, who had spent time at Citizens' during a practicum. She told Genevieve that the experience and training at the Centre would offer a wonderful opportunity to not only give back to the community, but to also explore counselling as a career. "Try it out and see if it is a good fit for you," was her advice.

It has been more than a good fit for Genevieve. She loves working with the Centre's clients, and the



Citizens' volunteer counsellor, Genevieve Stonebridge

credentials have helped her land jobs. Just as important, the listening skills she has gained have enriched her everyday life. This fall she will be starting her master's degree in counselling psychology at UVic.

"I am truly grateful to WestJet and other Centre supporters."

She says, "By donating to the Centre you are giving someone one of the most precious and needed gifts in the human experience: a listening ear and compassionate heart. Through sharing their stories, people are given the opportunity to be heard. This is such an integral part of healing and growing. To build a

healthy community we need to listen to each other more, and Citizens' is a safe place for that to happen."

And where is Genevieve planning to travel? "I haven't yet booked the trip, but am in the works about it! So excited to go somewhere warm in the winter. I think Victoria is a magical place to live, but a good dose of vitamin D would be D-lightful come December," she laughed.

Thanks to volunteer counsellor / Tip a Fool steering committee member Brigitte Breault, for lining up this great prize from WestJet. The Centre raised \$4,000 through the sale of raffle tickets.



Thank you! Tip a Fool was a Huge Success

A wonderful night of celebrity fool-making for a very good cause - us!

On March 26th, after a brief hiatus, Citizens' Counselling Centre's signature fundraiser, Tip a Fool, took place once again at the Union Club of BC.



An energetic host of local celebrities and Centre volunteers joined M.C. Dave Lennam and almost 100 guests to raise more than \$20,000 for the

Centre. "It is truly a night like no other," said Food for Thought's Deanna Young - two-time 'Top Tip-Collecting Fool' winner. "Great fun was had by all!"

See www.tipafool.com for pics of the evening's shenanigans and mark Sat. April 7th, 2012 on your calendar for next year!

Thanks to You, We're Moving Forward!

Core counsellor training program reinstated for 2011/12

by Brenda Wilson,
Citizens' Executive Director

When our long time VIHA contract was terminated effective January 2010, one of the first things to go in our efforts to save money was our annual counsellor training program.

Last year was the first time in forty years we did not offer our ten-month training. Since all our direct services are provided by volunteer counsellors, we knew this training had to be reinstated in order for us to continue to offer our services. To this end, we have embarked on a fundraising campaign to raise the \$36,000 needed to cover the costs of the program.

We are very pleased to announce that we will be offering our training program this fall.



"I believe in the power of counselling to help heal wounded hearts, to help people problem-solve and to help motivate people to grow and create positive changes in their own lives as well as in the lives of others."

Cheryl MacKinnon,
Citizens' new trainer

We have just hired Cheryl MacKinnon, MSW, RSW as our head trainer. Cheryl is a psychiatric social worker in Psychiatric Emergency Services at the Royal Jubilee Hospital.

In her private practice at Origins Counselling she specializes in multi-generational Family Therapy.

Cheryl first joined the Centre years ago and has given over 600 hours of counselling service here. We are very happy to be able to attract someone of Cheryl's caliber to join our professional team of Trainer/Supervisors.

Cheryl says, "As a practitioner in our health care system, I have come to appreciate Citizens' as the only affordable counselling venue accessible to many citizens of Victoria."

"I have the utmost respect for the counsellors and practicum students who volunteer to maximize their counselling skills, to donate their time and talent providing counselling services for our community. I feel it is a real honour to be part of CCC."



Your donation goes a long way!

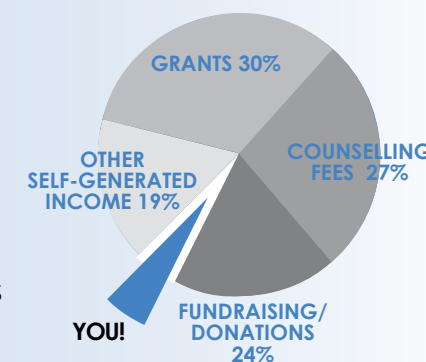
100% of direct service to clients is provided by our trained volunteer counsellors.

\$1,000,000 is the market value of counselling services provided by trained volunteers

FOR FISCAL 2010/11

- 10,000 HOURS OF SERVICES
- 1028 CLIENTS SERVED
- 105 ACTIVE COUNSELLORS
- 1 EFFICIENT AGENCY

CITIZENS' REVENUE SOURCES



YOU CAN FILL IN THE MISSING PIECE OF THE BUDGET - TODAY

CLICK HERE TO
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AGM - June 28, 2011

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Friends of the
Centre
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Reaching Out for Help and Giving Back



Tom Longman and volunteer counsellor Doug MacDonald

Connection and trust lead to positive life changes.

In 2010, Tom Longman signed up for the Centre's Mindfulness Based Cognitive Therapy group for people with anxiety and depression. His doctor had referred him to the Centre. Tom knew he was depressed and angry and the group seemed like a good place to start.

Unfortunately his work commitments meant he had to withdraw from the group, so he decided to come for individual counselling and was matched with one of the Centre's volunteer counsellors, Doug MacDonald.

"I really liked working with Doug. He's a real easygoing, friendly guy and very easy to talk to. If I started to ramble he would bring me back and help me focus on what I came for. He listened well and only interjected when he felt it necessary. He helped me put things into perspective."

Tom says the major thing he truly 'got' during his counselling at the Centre was that he couldn't control everything.

"That was a real calming thing for me. My frustration and anger had been with me for years, mainly showing up in workplaces. Now I can go with the flow so much better, things don't bug

me so much. Recently I was in a minor car accident. Before my counselling I would have completely lost it, but I said to myself - what can you do, nobody's hurt, the car can be fixed."

"I still get frustrated but I understand and accept things as they are so much more now. And that has built up my confidence in many areas of my life. I have applied to the Centre's volunteer training program to become a counsellor. I think the Centre is wonderful and it has been really good for me. Now I would like to learn how to help that happen for others."

Tom's counsellor Doug took the volunteer training program in 2007 and has been actively counselling since then. He learned a lot in the ten months of training but most of all the value of being more conscious.

"I've always had a fascination with people and their stories and this gives me a wonderful opportunity

to meet people at a deeper level. I see parts of my self in so many of my clients. Com-

mon stories run through us all. It's affirming to sit with those stories."

"A lot of my career was in IT work and I wanted to do something more heartfelt, more immediately valuable to the world. I can do that at the Centre and hope to do it for many more years."



"He helped me put things in perspective."

Monthly Giving Pays off for You and the Centre

Stability You'll be helping us plan for the future and demonstrate to funders that we have a steady commitment from donors.

Impact Every month, you'll be reminded that you are helping someone feel good about themselves.

Convenience You won't have to scramble at the end of the year to make your donation before the December 31st tax deadline.

Here are three easy ways for you to make a monthly donation:

Call our office and let us know that you'd like to start donating monthly.

Mail your completed form into the Centre. (See attached form)

Website – go to our website and click on the DONATE button. This will connect you to Canada Helps. Simply fill out their secure donation form and check off monthly donation.

You'll receive a tax receipt, whatever method you choose.

Thank you!

Greater Victoria Citizens' Counselling Centre

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