Journey to Healing

When Josh* first came to Closer to Home at the young age of 9, he often felt angry and anxious. Behind the freckles dancing on his face and dark eyes, a history of trauma left a wound that made it difficult for him to regulate his emotions. He needed a safe space to heal. Mature beyond his years, Josh was determined to feel better and do better.

For a short time, Josh lived in one of Closer to Home’s Community Teaching Homes, where he learned many essential skills such as how to communicate and express his feelings. While he was there, his family worked closely with a Family Specialist in our Family Matters program. The intensive support program helped his family learn new skills, while strengthening their abilities to overcome their challenges. Over time, the family’s confidence blossomed.

Soon, Josh was ready to be reunited with his family. His grandmother, Trish*, welcomed him home with open arms and an understanding heart. It was a special day for the two “peas in a pod”, who share a special kinship and sense of humour.

Today, Josh is enjoying his summer at home, making new friends, playing golf and soaking up the sun. Although healing will take a long time and, like any family, Trish and Josh will face challenges, they are thrilled to be on this journey together knowing that our dedicated staff will always be here, guiding and supporting them along the way.

You can help children like Josh heal and strive for a brighter future. Become a monthly donor today by filling out the form on page 4 or sign up online at www.closertohome.com.

* Names changed to protect privacy

Donations Needed for Homework Club

Our West Central Community Resource Center runs Homework Clubs in Shaganappi, Glenbrook and Lincoln Park communities in Calgary. Around 20 to 25 students from grades 1 - 6 attend each of these Homework Clubs.

Our Homework Clubs will need some stationery items to support the kids in these programs this fall. Items needed include:

- Duo-tangs
- Pencils
- Crayons
- Papers
- Pencil sharpeners
- Rulers
- Water bottles

If you are interested in donating any of these items please contact Jessica Melnychuk at (403) 543-0550 Ext. 250 or email her at jmelnychuk@closertohome.com.

Closer to Home Community Services, 3507A 17 Avenue SW Calgary, AB T3E 0B6, (403) 543-0550, www.closertohome.com, reception@closertohome.com
How do I teach my child to accept “no”? 

I’m in the habit of buying small treats or toys for my 5-year-old when we go shopping, but now she expects it every time. When I don’t buy her something, she gets upset. How do I curb this behaviour? - Melanie

Children naturally gravitate toward consistency and routine, so it’s typical that your daughter now expects a treat whenever she goes out.

To help your daughter practice the skill of accepting “no,” plan a short practice trip, like going for bread or milk. Sit down with her before you go to the store and prepare her for what she can expect, making an effort to keep it positive. Tell her specifically what she needs to do when told no (stay calm, say ok). Since she’s young, it might be helpful to use dolls or stuffed animals to illustrate your teaching and help her practice this new skill. Have her repeat the interaction back to you so you can be sure she understands.

She will probably want to know why she needs to accept “no,” so you can explain this to her by letting her know you will have more time to do other things she wants to do, like going to the park after the store.

To help encourage her further, you can keep a chart on the fridge, and for every time she accepts “no” she gets a sticker on the chart, resulting in a small prize or trip to the park at the end of the plan. Be consistent, and be creative! You know best what motivates your daughter. Good luck!

- Laura, CTH Family Support Worker

OUT IN THE COMMUNITY

At the Calgary Farmers’ Market, meeting Calgarians and sharing our work with them. 

Visiting with employees at Stantec and chatting about volunteer opportunities.

Aboriginal drumming and dancing added fun and a cultural experience to our annual agency picnic at Edworthy Park.

Excited to be a part of the first-ever TELUS Spark Science Centre Family Night.

Do you have parenting questions for our staff? Send them to us at jmelnychuk@closerathome.com and you may be featured in our next newsletter!
Enroll Now In Our Community-Based Programs

The West Central Community Resource Centre will resume various outreach programs this fall to meet the needs of our community. Registration for some of these programs is open so feel free to contact the Centre to enroll or help spread the word to someone who could benefit from these programs.

Homework Club: Helps students from grade 1 - 6 with their homework and social skills. Children without homework are welcome to attend and will engage in age-appropriate educational and recreational activities while practicing social and life skills. Homework Club in Shaganappi will start on September 19 and in Glenbrook and Lincoln Park on September 20. Please contact the Center at (403) 543-0555 for more information and to register.

Family Café: Parents/caregivers with children ages 0-5 are invited to attend the Family Café at Rosscarrock Community Hall (4411-10 Avenue SW) every Thursday starting September 2016. The Family Café will host the Mother Goose program, educational games, and will provide opportunities for families to connect with one another. Coffee and snacks are provided. Please contact Laura Eeles at (403) 680-6149 or email leeles@closetohome.com to register.

Brown Bagging: This group of volunteers meets once a week to provide healthy and nutritious meals to elementary and junior high school kids. This program will start in September, dates to be announced soon. Please contact Jodie Moffatt or Laura Eeles at (403) 543-0555 Ext. 244 for more information and to register.

More programs like Common Sense Parenting and Financial Literacy are available when adequate registration is received. Please contact one of our staff at the Centre or check our website www.closertohome.com to see what other programs are available and to register.

Foster Parents: Our Everyday Superstars

This June, we brought together some very special *superstars* for an exciting project.

Stay tuned for a heartwarming series of videos that will showcase our incredible foster parents and the difference they are making every day in the lives of kids.
We make a living by what we get, but we make a life by what we give.

- Winston Churchill

Thank You!

Closer to Home would like to recognize our supporters for the last quarter (April 1, 2016 - June 30, 2016)


FAMILY SPECIALIST

In this Part-Time (potentially leading to Full-Time) position, the Family Specialist works as part of the Family Matters program, to support families in learning skills necessary for them to more effectively meet the needs of their family and life situation.

For a detailed job description and for more career and volunteer opportunities, please visit our website at www.closertohome.com.

Opinion Poll

What is your child’s favourite part of going back to school?

- Seeing their friends again or making new friends
- Learning new things
- Recess or lunch
- Meeting their new teacher(s)
- Playing sports
- Going back-to-school shopping
- I don’t have school-aged children
- Other (Please specify)

Please visit our website www.closertohome.com to respond! Do not forget to check our fall newsletter for the result.

Method of Payment:

☐ My cheque made payable to “Closer to Home Community Services” is enclosed.

☐ I would prefer to use my credit card. For credit card donations, we will call you to verify information and process your donation through CanadaHelps (www.canadahelps.org). Ph: _____________________

Cardholder Name _________________________

Card # _________________________ Exp ____/____

Cardholder Signature _________________________

Please return your completed form to:

3507A 17 Ave SW Calgary, Alberta T3E 0B6

Or fax your completed form to (403) 246-6406

Questions? Contact us at (403) 543-0550 Ext. 250

I would like to make a MONTHLY GIFT of:

☐ $100/mth ☐ $20/mth ☐ $10/mth ☐ Other $___/mth

OR, here is my SINGLE GIFT of:

☐ $500 ☐ $200 ☐ $75 ☐ Other $____

Name ____________________________

Address ____________________________________________

City ____________________________ Prov ______ Postal Code __________

Phone # ____________________________ Email ____________________________

☐ I would like to remain anonymous, please do not recognize my name in the Donor Recognition section of CTH publications such as this quarterly newsletter.