

## 'Creating Respectful Relationships'

- another term ... another success

Mary Milroy and Christine Carpenter, counsellors at our North Shore office have successfully completed yet another girls peer group at Birkdale Intermediate School during the term and have been invited back this term to run another one.

'Creating Respectful Relationships' addresses issues such:



What builds respect in friendships.

What can undermine respect

Dealing with issues such as bullying, gossip and harassment

### Participants' thoughts

What I will do differently in my friendships:

"Walk away if necessary"

"Don't be so bossy"

"Be more assertive"

"Be more respectful"

"Improve on not fighting"

"Think of others feelings"

Communication and assertion skills

Personal limits and boundaries

The most helpful part of the group was

"Having someone to talk to"

"Getting my friendships on track"

"Expressing my feelings"

## SUPPORTERS GROUP NEWS

### Mt Eden LADIES GOLF DAY

All efforts are focussed on the Annual Ladies Golf Day at Onewhero Golf Club on Monday 4 December. The day will see enthusiastic teams of four playing on this picturesque country course. Sausage sizzlers on the course will be followed by a great country lunch, giveaways, raffles and a silent auction for a weekend away. The atmosphere promises to be one of excitement and of course, a lot of 'drive'.



Please contact:

Christine White on 524 4796 to book your team or if you or your company would like to sponsor a hole along the course for \$200.

### North Shore MOVIE EVENING

'Beyond the Sea' is the next movie to be shown at the Bridgeway Cinema, Northcote, on Sunday 19th November.

The film follows the career and life/loves of American singer Bobby Darin, played by Oscar winner Kevin Spacey who sings all the songs himself. Others in the star-studded cast include Brenda Blethwyn, Bob Hoskins, Greta Sacchi, John Goodman, and Kate Bosworth as Sandra Dee.

This film will have you tapping your toes and smiling wide, so diarise now!

For tickets to "Beyond the Sea"(\$15), phone Eileen at 444 8291, or Christine at 419 9699

Warm thanks to Christine and Eileen for organising the August movie 'Mrs Palfrey at the Claremont' which raised \$1350.

To know more about us please visit :

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# Home and Family Society Inc

counselling and supporting people

November 2006

## A letter from a client

*Hello, my name is Heather and I would like to share my experience of counselling with you so far - I consider it an honour to be given a chance to do this.*

*Before I started counselling with Home and Family Society, I felt numb and sick inside. All the years of abuse and responsibility were tearing me apart. It really was the end of the road I didn't want to go on living, I was in so much pain.*

*After my first session with you, I felt there was a glimmer of hope for the future. Every time I left after a session, something seemed to have changed. I didn't understand it, but I could feel things shift emotionally and mentally.*

*I had lost sight of who I was but through our work, I am now starting to gain some knowledge of my identity.*

*I appreciate your depth of insight, sensitivity, knowledge and understanding in our working together. Working through years of abuse is a slow process, but I know I am making ground by continuing to chip away at my own pace.*

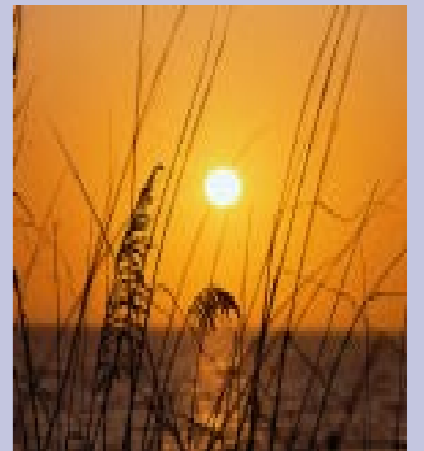
*Counselling is hard work, it uses up a lot of energy, but is worth it. I know I can have a better life for myself and this is turning out to be the best life-changing decision I have ever made. I have learnt so much about the area of abuse, power and control, denial, guilt, grief, anger, sadness and rejection.*

*You said to me once you entered my world for a while thank you for sharing that with me. No one has ever wanted to spend time with me. I feel like a great weight has been lifted off me. I work hard with my counselling, but I couldn't be where I am now if you weren't the person you are. I find counselling is a two way street between the counsellor and client.*

*I've gained some things which are precious to me my relationship with my mom has improved and I have made peace with my dad who is in hospital with bowel cancer. I am starting up a relationship with my brother in Australia who I lost contact with as a child. It feels wonderful.*

*When I came to Home and Family Society, I was beyond help. No words can ever make up for the help I received. Thank you from the bottom of my heart for accepting me and bringing me back from the point of no return. Thank you for coming on my journey with me.*

*Heather*



On a personal note...

I am 55 years old, single and have multiple disabilities. I have had major back surgery and am recovering alcoholic since 1984. I have a lifetime experience of alcoholism and abuse. For the last year I lived with my 80 year old mother as she had health problems and couldn't live alone.

Following a major physical assault on us both by another family member, the police became involved.

Something inside me snapped. I completely lost it and was pushed over the edge. I was desperate and sought help from my GP - she referred me onto Home and Family.

## Directors Note



A brighter, snappier look for how we give you our news is the aim behind our new format newsletter. Its shorter format makes it an easier read and contains costs as well.

Featuring client stories of our counselling and group work enables us to keep you in touch with the vital work the counsellors do and the ways that we all contribute to turning people's lives around.

as being a great fundraiser for us, Christine has built up her counselling skills as an intern with the North Shore team. It's great to have her now formally on the team.

Our fundraising efforts continue and our **North Shore Events Committee** has another cocktail party in the planning for late February to March next year.

Unfortunately we ran into difficulties with the venue for **'Jail and Bail'** so have postponed it until next year. More information on where and when in our next newsletter! We are meantime identifying celebrities to approach in support of this event, so if you have any celebrity contacts please phone Petra or me and we'll do the rest.

Another new venture coming up next year is a **men's golf tournament**, so if you'd like to be involved with this in any way- helping organise or attending, please send us your email address or phone in.

Our Mt Eden **Supporters Group** has a wonderful golf tournament planned for Onewhero Golf Course on 4 December and is planning further events for the New Year. Warm thanks to all our many helpers and supporters for your time, energy and money that have supported us in 2006. Best wishes for a happy Christmas and fruitful New Year.

Mary Gray  
Director

*If you'd like to receive your news letter online, email our editor Manju at [pr@homeandfamily.org.nz](mailto:pr@homeandfamily.org.nz)*

This year is one of change, and we are farewelling another long-standing member of our counselling team, **Miles Briggs**. Miles has been with Home and Family for nine years but now wants to extend his private practice and sadly is moving on. His work with couples, families and individuals has been strong and his departure leaves a large gap to fill. His wonderful sense of fun, and good humour, along with his support for our computer systems will also be missed. **Joy Tai** our Chinese counsellor has also resigned, although she will continue to run the Chinese Solo Parents group. Joy did a wonderful job, pioneering our work with Chinese-speaking clients in the two and a half years she has been with us. She is planning further study for next year. We welcome **Jenny Hsu** in her place. Jenny has been on the staff at Massey University and is already settling in well. Jenny sees clients speaking English as well as Mandarin and Taiwanese. We are delighted to also welcome to the paid staff Christine Carpenter. As well

## 2 ways to get involved with Home and Family Society

### Leave your stamp on the future

Leave a gift to Home and Family in your Will so that the children and families of the future can also have the benefit of professional, high quality counselling.

This kind gift will make a huge difference to the lives of future generations.

*Your legacy will leave a lasting gift!*

### PLANNED GIVING PROGRAMME

Planned Giving gives you, our supporter, the opportunity of pledging money to Home and Family on a regular basis, which enables us to plan the future accordingly knowing exactly how much money is coming in and when.

Payments can be made monthly or as a lump sum annually the choice is yours! For minimal effort make automatic payments through your bank account or credit card - *make giving hassle free.*

Contact Petra Page our funding coordinator for more details at 630 8961 ext 3 or email [petra.page@homeandfamily.org.nz](mailto:petra.page@homeandfamily.org.nz)

## 'Parenting through Separation' generates enthusiastic feedback

27 participants have benefited hugely from the three Parenting through Separation courses we have run so far.

Participants have particularly valued learning about developing a parenting plan, keeping children out of adult disagreements and how to talk to children about separation.

**Parenting through Separation** is an education course for separating parents about how to take care of their children through this stressful process. The course is designed by the Ministry of Justice. Home and Family Society is proud to be one of the programme providers.

*To enrol for the next course on December 2, phone 630 8961 ext 0. Further courses will run in the New Year*

**“ If parents manage the separation well, children have a much better chance of being okay. ”**



Anya Godwin and Muriel Castelino, our counsellors who facilitate the programme.



“ It brings the focus back on children rather than back on the split with your ex.”

### Participant feedback

“ I found it very informative and useful. I have split with my partner years back, but it still taught me a lot.”

“ I hope every parent who is even remotely thinking of separation attends this programme”

“ The worst thing to do is put the other partner down. This has taught me how to handle dealing with my separation.”