

# FAMILY LIFE

## NEWSLETTER

The start of summer 2021 fills us with optimism. The high rate of people being vaccinated against COVID-19 means a return to community activities and loosening of mask and social distancing protocols, all coinciding with the warmth of sunny days. It was so many months ago that the world, and indeed CFLA were in challenging times. The world and our community are renewed!

CFLA has made giant leaps over the past quarter. Some of our volunteer counsellors have completed their donated/ volunteer hours as we continue to support our new and existing clients. We are thrilled to have been awarded several grants and received generous donations from community. And we have hired a new Clinical Counselling Supervisor as of July 1, 2021.

With the loosening of restrictions, we are excited to return to in-house counselling. Our two counselling rooms are getting a refresh, and the former ED office, now home to the new Clinical Supervisor adds a third room when needed. The positive that came from counselling via Zoom was that we could offer evening and weekend sessions, something we didn't do prior to the pandemic. Those sessions are still available.

We are also thrilled to bring back our Child and Family Counselling

program starting in September 2021, thanks to two grants – one from the UWNCVI and another from Pacific Blue Cross. We encourage you to spread the word to those who may be looking for support for families and children ages 5 -12 who are impacted by issues including anxiety, grief, loss, divorce/ separation, bullying, or other situations. More information will be provided through local and social media as it becomes available.

On behalf of Rhondda and our volunteer counsellors, I wish Rick

Stordeur a relaxing retirement. Rick came onboard as our Clinical Supervisor in early 2019 on a wing and with our prayers. Without him, we would have been unable to continue to do the important work of counselling services and

training new volunteers. He has been a gracious mentor for the volunteers, a solid support for Rhondda, and a wealth of information and guidance for me. On July 1, we welcome Ron Jorgenson into the role and are excited about the expertise and ideas he brings to CFLA. See page 3 for his story.

As always, thank you to all who support CFLA. We are always looking for volunteers, Board Members, and donors. Give us a call, or stop in and say hi.

**Madelaine MacLeod**  
Executive Director



### COWICHAN FAMILY LIFE



*Supporting  
Cowichan Families  
since 1970.*

#### **Our Mission:**

*To support individuals and families to strengthen relationships and reach their full potential.*

#### **OFFICE**

28 - 127 Ingram Street  
Duncan, BC V9L 1N8

PH: 250.748.8281

cfla@cowichanfamilylife.org  
www.cowichanfamilylife.org

Like us on Facebook

Check us out on Instagram



*CFLA's Emotional Support Dog - Mason- offers a helping hand.*

## NOTICE OF ANNUAL GENERAL MEETING

**You are invited to our annual AGM**  
**Light Snacks - 5:30 p.m.**  
**6:00 Presentation (tba)**  
**6:30 AGM and Election of Officers**

Held at the CFLA office  
 #28, 127 Ingram Street, Duncan  
 (please come to our back door on Evans Street  
 below the CFLA sign and ring the buzzer).

**Please RSVP to 250-748-8281**

*\*Members can renew their membership at the meeting. If you would like to be a new member please purchase a membership prior to August 11, 2021.*

## HELPING HANDS

CFLA is grateful for our donors this quarter. Special thanks to the Royal Canadian Legion - Branch 210, Dinters Nursery, A. Rimmer, T. Clements - Thrift Town, G. Robb, & M. Stevens.

We also received some wonderful grants from The Hamber Foundation, Pacific Blue Cross, First West Foundation - Island Savings Community Endowment grant, Telus Corporation, & the United Way Central and Northern Vancouver Island.



Charity #106990484

## CFLA IS SUPPORTED SOLELY THROUGH GRANTS AND YOUR GENEROUS DONATIONS. HERE ARE SOME EASY OPTIONS:

- ❖ Become a member – just \$10 per year covers you and your family
- ❖ Donate on-line through the Canada Helps portal on our website
- ❖ Cash, cheque or etransfer always appreciated
- ❖ Through Island Return-It (when you return your bottles or cans at either the Cobble Hill or Duncan locations, just tell them you're donating to Cowichan Family Life)
- ❖ By providing our Peninsula Co-op Membership #54479 when you fill up with gas at Co-ops from Mill Bay through Duncan.
- ❖ Donate by using Thrifty Smile Cards (available in our office)



## Your Donation Means We Can Help Others!



Learn more at  
[www.cowichanfamilylife.org](http://www.cowichanfamilylife.org)



People feel as though they have a moral duty to use what they have to help others — a sentiment that is rooted in their personal values and principles.



### \$75

will subsidize one person to take one of our Personal Growth Workshops.



### \$240

will subsidize 8-weeks of one-on-one counselling for one person



### \$400

will pay for one young adult to take our Young Adult Mentorship Program

Your charitable tax donations can inspire your friends and family to also give to causes close to their heart. It could even bring about a family-wide effort to support a charity or charities that have special significance to you.

With giving, not only can you offer monetary support, but you can also donate your time, which is priceless.



Charitable #106990484

#28, 127 Ingram Street, Duncan 250.748.8281

## RON JORGENSEN

### OUR NEW CLINICAL SUPERVISOR



I grew up in Southwestern Ontario and after graduating from Western University, I taught for 9 years in Ontario secondary schools before moving to the west coast of Vancouver Island. Following the

4 years teaching in a West Coast First Nations Community, I received my Master's degree in Education at UVic. My experience with First Nations communities and educational background led me to be engaged in consulting in BC and Alberta in transfer of Educational Authority to First Nations Bands. I taught Peer Counseling Training of Trainers at University of Victoria, across Canada and internationally, and improved support in colleges for First Nation adult learners in Addiction Services, Education, and Economic Development.

While working at a community non-profit in Esquimalt, I returned to UVic once again, where I received my degree in Counselling. I spent several years as a counsellor in the Port Alberni school district, and started my own counselling practice, Orca Healing Solutions with extensive experience in work related stress, family issues, solution-focused therapy, among others. Over the years, I have engaged in cultural awareness, and include martial arts, kayaking, and gardening as favorite hobbies.

My wife and I recently moved to Cowichan to be closer to our grandchildren, and found many interesting and significant contributors to this community. This awareness led me to CFLA. I am excited for the opportunity to bring my experiences in community development, peer counselling, counselling training, counselling and service into focus, and be part of an organization with over 50 years of contributing to a healthier community.

## TAKE THE PLUNGE INTO ONE OF OUR PERSONAL GROWTH WORKSHOPS

### HEALING ANGER

4-week workshop  
Saturdays 11-2

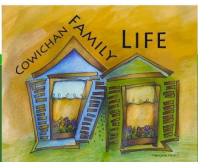
### PERSONAL POWER & SELF ESTEEM

5-week workshop  
Wednesdays 6-8:30

#### REGISTER NOW!

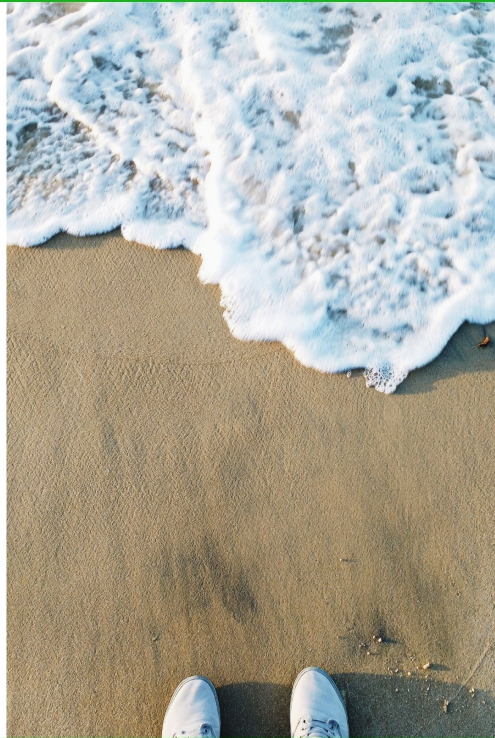
Dates to be announced  
when 6 people register.

Cost \$75



[cfla@cowichanfamilylife.org](mailto:cfla@cowichanfamilylife.org)

250.748.8281



We are looking for  
volunteers to help with  
the following:

- ♦ Someone with solid typing skills to update a large manual.
- ♦ Social media skills
- ♦ Putting posters up around the community letting people know about our services and workshops.
- ♦ Fundraising projects



## CALL OUT!

Are You interested in being  
a member of our Board?

We currently have 4 vacancies

We are looking for individuals to be active members of our volunteer Board. People who support what we do and who can commit to a few hours a month to attend meetings, fundraise, and network! Contact Madelaine for more information.

“Sometimes you  
will never know  
the VALUE of a  
moment, until it  
becomes a  
MEMORY.”

DR. SEUSS

