



Winter

Jan. 2009



DROP-IN FAMILY SUPPORT CENTER

Partners for Rural Family Support

Warm greetings from Partners for 2009!

Thank you to the Humboldt and area communities for your generous support of our programs and services in 2008. We celebrated many successes in 2008 including:

The White Ribbon Campaign, the Humboldt Museum Wreath Auction, launch of the Adult Friendship Group and Living Well With Chronic Illness Support Group, the Partners Sports Celebrity Fundraising Banquet, a summer BBQ, and the Raffle to name a few!

Partners provided programs, support and referrals to **2398** individuals in our community through a variety of school programs, drop in support and resource referrals.

Program Highlights for Winter/Spring 2009

- Building Self-Esteem for Women -**February 28th**
- Building Assertiveness for Women - **March 21st**
- Positive Parenting - From Frazzled to Fun! -**April 4th**
- Anger Management for Families—**April 29th**

Phone Partners to register 682-4135 or 1-866-682-4135

Congratulations Raffle Winners!



★ 1st Prize –Deah Munday, Watson - Handmade quilt made & donated by Rose Missouri (Prairie Patchwork Quilters Guild) ★

★ 2nd Prize –Bryce Crone, Spalding –Custom Made Sweater –knit by Laura Jurgens with wool provided by Haus of Stitches ★

★ 3rd Prize –Celena Nickerson, Naicam –Basket of Goodies donated by the Prairie Patchwork Quilters Guild ★

Thanks for your support!



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Partners 2009 Wellness Series

BUILDING SELF-ESTEEM FOR WOMEN

Saturday, February 28th

9am –4pm (Includes breakfast & lunch)

BUILDING ASSERTIVENESS FOR WOMEN

Saturday, March 21st

9am –4pm (includes breakfast & lunch)

POSITIVE PARENTING –TIPS & TOOLS FOR MOVING FROM FRAZZLED TO FUN!

Saturday, April 4th 9am –4pm (includes breakfast & lunch)

We will discuss various aspects of parenting such as different parenting styles, the importance of encouragement, taking care of yourself as a busy parent, positive discipline and many more topics.

ANGER MANAGEMENT FOR FAMILIES

Wednesday evening, April 29th 5:30pm –9:00pm (includes supper)

There is **NO COST** for all of the above programs. Please call Partners to register.

682-4135 or 1-866-682-4135

Sponsored by:



Celebrate International Woman's Day at our Coffee House!

Join us for a steaming cup of gourmet coffee as we celebrate in honour of International Women's Day on **Friday, March 6th**. Drop in anytime from **11am to 2pm**. Enjoy good coffee, great conversation, community displays and remember the women whose lives have been taken or forever changed.

Annually on 8 March, thousands of events are held throughout the world to inspire women and celebrate their achievements.

You can make everyday International Women's Day by doing your bit to ensure that the future for girls is bright, equal, safe and rewarding.



For information on the Partner for Community Peace Award please call us or see our website at

Adult Friendship Group celebrates 1st Anniversary!

A year ago on February 9th, The Adult Friendship Group (AFG), the creation of an "It's Cool to Be Kind" kinda guy, James Folster, was launched. The AFG meets at Partners on the first and third Wednesday each month from 4:30pm - 7:30pm. New faces are always welcome! It is very informal

so you do not have to pre-register. The Adult Friendship Group provides a welcoming atmosphere for people to meet, enjoy good food and great company. Activities revolve around cards, board games, potluck meals and good conversation. Occasionally the group travels to activities such as bowling and mini golf. For more

information on the AFG please contact the office at 682-4135 or stop in at 636 9th St Humboldt (across the street from the clinic).



When a Relationship Ends –Healing & Moving Beyond the Pain

You are not alone. The ending of a marriage or love relationship can be deeply unsettling and painful. Normal feelings can include intense grief, shock, fear, disbelief, anxiety, sadness, guilt, depression, anger, rejection, disappointment, numbness, emptiness, despair, revenge, and feelings of being overwhelmed and out of control.

Join others in a supportive,

confidential and safe environment as you journey through the feelings, emotions, changes and challenges, into hope, understanding, forgiveness, trust, love and freedom.

Learn ways to care for yourself during this life-changing event: grieve, create a support system, honour your good memories while gaining awareness of the opportunities for growth

and renewal. This 8-week program will provide resources, tips and tools enabling you to move forward gently, and in your own time.



Welcome to Playgroup!

Partners for Rural Family Support Parent and Tot Playgroup is the perfect place for parents and caregivers to relax and enjoy “adult” company while your children enjoy play time with other toddlers. The Playgroup runs every Tuesday and Wednesday afternoons from 1:30 till 3:00 and Friday mornings from 10:00 till 11:30. The Parent and Tot Playgroup is a very informal drop-in format.

Partners Welcomes New Program Coordinator

Carol Marriott joined Partners as Program Coordinator on January 7th. Carol has a strong background in not-for-profit organizations, a sincere interest in Partners programs and resources and a desire to assist people in developing self-esteem, healthy relationships, safe schools & communities, enhancing kindness, respect and compassion for all. A big thank you to *Amy Jurgens* who brought so much energy, enthusiasm and hard work to Partners. Amy has moved on to an exciting new role as Caseworker and Interim Executive Director with Big Brothers Big Sisters of Humboldt.

Drop-in Resource & Support!

Partners for Rural Family Support offers many programs throughout the year which require pre-registration but our main focus still lies with our supportive drop-in support. Partners was founded in 2001 to deal with a lack of services in the area of domestic violence. Since 2001 we have continued to expand and develop programs and services focused on topics such as parenting, coping skills, bullying prevention, and

healthy relationships. We offer supportive listening, a wonderful resource lending library, educational programs and workshops, support groups and referrals directed at a wide variety of family and relationship challenges. We also welcome anyone dealing with any of these or other concerns to drop in. When people ask what we do here our list is long as we welcome and support people almost everyday and the topics differ from

day to day.

Partners is a great place to start when looking for help in the community. We have a comprehensive list of agencies which we refer people to depending on the needs of individuals and families.





THANK YOU for SUPPORTING PARTNERS!

DROP-IN FAMILY SUPPORT CENTER

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Fax: 306-682-4154
Email: partners1@sasktel.net

*Drop-In Family Support Centre
Serving Humboldt and Area*

**Check us out online
www.partnersrfs.ca**

Government of Saskatchewan: Advanced Education & Employment; Regional Intersectoral Committee (Prevention and Support Grant); Social Services; Service Canada SEE Grant; Saskatoon Health Region; SaskEnergy - Share the Warmth Committee; RCMP Foundation; Ursuline Sisters; Humboldt Good Neighbour Store; The Saskatoon Foundation - Lionel McGillivray Fund For Children and James P. Mahoney Fund, Humboldt RCMP; Sagehill Community Futures Development Corporation; Farm Credit Humboldt; Knightly Entertainment; City Taxi Humboldt; CJVR Radio; Humboldt IGA; Humboldt Co-op; Schuler Lefebvre Funeral Home; South 20 Dodge Chrysler; Discovery Ford; City of Humboldt; This is Your Computer; Having Fun and Doing Good Quilters Group-Humboldt; Humboldt Journal; Prairie Patchwork Quilters Guild; Humboldt Royal LePage Carlton; Behiel, Will, & Beimans; Humboldt & Dist. Labourer Council; Horizon School Division; Humboldt Ministerial Association; St. Elizabeth Hospital Guardian Angels; Donor's Choice - Muenster, Watson & Naicam; Action Cleaning Services; Movie Gallery; Conexus Credit Union; St. Augustine Parish and CWL; I CAN Trading; Prairie Pure Drinking Water; Muenster Wellness Clinic; Berting Glass... and the many individuals who have helped our organization in so many ways!



JOIN US! BECOME A PARTNERS MEMBER!

Partners for Rural Family Support is a non-profit Drop-In Family Support Center located in Humboldt. We provide services to Humboldt and the surrounding area. We are committed to providing safe and healthy individuals, families and communities. We provide a friendly drop-in atmosphere for children, youth, adults, families and parents.

We offer supportive listening, resource materials, education, various programs, support groups and referrals directed at a large variety of family and relationship issues.

As a member you will receive a quarterly newsletter to keep you informed about what we are planning. Our Annual meeting is

held each Spring and as a member you have the right to vote on executive positions if you so wish. And most importantly you will have the satisfaction of knowing you have taken part in creating and maintaining safe healthy families in your community.

If you wish to become a member please fill out the form below.

Membership Form

- I would like to renew my membership
- I am a new member

Membership Fees: \$10.00 for 1 year

Expiring on April 30th of each year

Name: _____

Address: _____

City/Town: _____ Prov _____ Postal Code _____

Telephone: _____ Fax: _____

Email: _____

Please send your cheque or money order (Payable to Partners For Rural Family Support) with this form to:

Partners For Rural Family Support

P.O. Box 2741, Humboldt, SK S0K 2A0