

North Halton Youth Services

A welcome outpost for parents, children

By CHRIS AAGAARD
Herald Staff Writer
A welcome outpost in

an area where some social services are hard to find, North Halton Youth

Services help parents and their children having trouble coping with each other.

Since the organization opened its doors in November, dozens of referrals have been directed into its Acton office.

Sometimes young people walk in on their own; sometimes they are referred to the office by school guidance counsellors and sometimes an entire family arrives for help, realizing they have differences which can lead to irreparable damage.

"They know that something's not right," Youth Services social worker Sandy Kemp told The Herald Thursday. "Often, these young people have a poor self-image of themselves or have feelings of hopelessness and hostility. Other people just have better defenses for getting through tough times."

Funded by the prov-

ince's community and social services ministry, North Halton Youth Services, while only just recently established, rests on a solid foundation of experience. Its parent body is the Burlington Youth Agency which functions throughout Halton and operates special classrooms for kids with behavioral problems and group homes.

OUTREACH

The north Halton office is part of the Agency's "outreach" work. Services include group sessions with parents, kids or sessions with the individual families.

These services, Hugo Filice, program director at the Burlington Youth Agency says, help parents look at and revise their parenting skills and they help young people with problem solving and "life skills".

In a family crisis, there really aren't any bad people, Mr. Filice said.

only people caught up in a confusing maelstrom of events.

"Most people in a crisis don't realize what they are doing, and they tend to lose control," Mr. Filice said.

The next problem to overcome, he added, is getting people who need help into the office.

"Reaching out for help is very, very difficult," Mr. Filice commented.

"It's even more difficult in a smaller community where people may be more aware that you or your family are having problems."

"People are afraid to seek counselling, they're afraid of what counselling means," Mrs. Kemp said, also stressing the importance of reaching the family before it runs out of pride.

PRIDE

"Pride is very important. People have to hold onto that and we try to help build it up again," she said.

They stress that North Halton Youth Services, working from an office in Acton's social services and information building at 113 Mill Street East, is not a marriage counselling agency. But, Mrs. Kemp said, it does help children and families settle problems and come together once again.

Ways of growing up and



Parents and kids are benefitting from a new agency in Halton Hills. North Halton Youth Services opened last November and has been regularly helping families resolve their problems. The youth services office is run by social worker Sandy Kemp (left) and the office, funded by the province's community and social services ministry, is part of the wide network of services offered by the Burlington Youth Agency. Mrs. Kemp and Hugo Filice, a program director at the Burlington Agency, talked about the Youth Services role in the community last week.

Sessions help alleviate the strains of parenting

By CHRIS AAGAARD
Herald Staff Writer
The system works, two Milton mothers agree, referring to sessions they participate in to help them cope with the chores of parenting.

They say that while there's training for just about anything imaginable, until recently no one has looked at educating parents on how to bring up children.

"We're trained for all kinds of jobs, but not the most important of them all," Mrs. X told The Herald Monday. She and Mrs. Y volunteered to talk about sessions they take with other parents sponsored by the North Halton Youth Services, although their names aren't being used.

Mrs. X is the mother of five children. She wasn't faced with serious strife in the home, but wanted to know more about parenting, how other people cope and some of the problems they face.

Mrs. Y was referred to the sessions to help her deal with problems in her

single parent relationship with her daughter. Her daughter declined to attend the sessions.

Mrs. Y says she isn't ready yet to measure the success of the sessions against an improvement in their relationship.

However, the sessions, directed by Youth Services social worker Sandy Kemp (Hugo Filice conducts similar sessions in Acton), have been of great personal benefit, Mrs. Y maintains, helping to find new strength with which she can handle the relationship better.

Many parents at the sessions are having trouble dealing with the "power struggle" which sometimes preoccupies the relationship between kids and their parents, Mrs. Y said.

"By going, it gives me a sense of not being the only one in the situation," she explained. "Children want to grow up, what what I've learned is that I can't always take the blame for what they do. The sessions have helped me deal with this and

keep me from getting uptight."

"Each member," Mrs. X added, "has something to add to the discussion. We learn to handle the situation in different ways."

"It's introducing aspects of a parent that most of us didn't realize and it's helping us deal with problems in the proper manner."

GUESTS
The group gathers in various locations once a week in Milton. Special guests are brought in occasionally to fill in the discussions and add new light on issues.

A psychologist talked about children and a police officer told the group about drugs and the problems they cause among teens.

Mrs. Y is also impressed at the sessions' focus on "communication skills", encouraging parents to deal with their children by listening and talking "rather than by shutting them out".

By attending the sessions, Mrs. X has been

made more acutely aware of the differences in kids' personalities, even within her own home. Parents have to know how to deal with the sibling hierarchy, how the first born child regards his position in the family and how his brothers and sisters regard theirs, Mrs. X noted.

"The sessions often suggest something better you could be doing to cope," she said. "They may not solve all of the problems, but they'll at least give you some direction."

"Nobody teaches you to be a parent," Mrs. Y said. "And you often don't know what to expect. I've often wondered if I knew then what I know now whether some of the mistakes could have been avoided."

"It's a great idea," Mrs. X said. "I remember, saying a few years ago that I wish parents could get together like this. It would be especially nice for young parents just starting out with children."

offset the financial problems or obtaining knowledge through courses which will provide you with a higher income. It is most important to avoid arguments and direct your energy into education, work, and helping those less fortunate.

It is difficult to be specific where your husband is concerned without an accurate birth time and place. His chart however does appear to be clearing up for the time being. He will be going through many changes towards the end of 1984 right through until the end of 1987.

Dear Eugenia,
I was born September 25, 1972, in Guelph in the later afternoon. Could you tell me what's going to happen in the next year?
A Libra

Dear Libra,
You are an extremely strong Libra. The 80's have not been the best for you however your chart is clearing up and I can assure you they will undoubtedly improve. During 1983 your chart still shows touches of deception, suppressed anger, fevers, infections, and a danger through poisons. It will be favorable for associations with groups and organizations also for artistic and musical pursuits. There will be opportunities to work with interesting friends through group activities, making it the year to get involved. You will obtain progress and achievement where your goals and objectives are concerned and receive help and recognition from those in established or authoritative positions so it is a good year to ask for assistance. You could have some conflicts in the fall with peers and you would be best to keep things to yourself during this period and work quietly on your studies in order to achieve positive results.

Y summer camp

The Georgetown YMCA invites all parents and children to their summer camp open house Monday May 16, 7-9 p.m. at St. Joseph's School in Acton. The Y will be offering day camp, with a sailing option as well as creative arts camp. The Y's summer camp programs will be held at Kelso Conservation Area. For further information call the Y at 877-6163.

Provincial Riding of Halton-Burlington Progressive Conservative Association

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Monday, May 16 - 8:00 p.m.

GUEST SPEAKER
The Honourable LARRY GROSSMAN
Minister of Health

- EVERYONE WELCOME -

ASTRO ADVICE

by Eugenia Witham

Dear Eugenia,
I am a Pisces born March 1, 1954 at 7:29 p.m. The past hasn't been too good for my family or for me and 1983 hasn't started off too well. Can you see things getting any better in the near future. We have had a problem with money due to high interest rates. Also my husband has had a health problem and the doctors can't find what is wrong, all of this has put a strain on all of us. My husband is a Libra born September 26, 1950.

Thank you Mrs. Pisces
You didn't mention your place of birth which could affect the accuracy of your chart. The sign Pisces is predominant, which indicates that you are up for many changes over the next couple of years. Last year was particularly frustrating where your home environment and status was concerned. If your chart is accurate I see changes in your work houses which can mean that you will be working to

Kiwanis Club donates \$250 for hospice

A donation of \$100 was made by the Kiwanis Club of Georgetown to the St. Francis of Assisi School for the purchase of playground equipment. The equipment will be used by the community as well as the school.

North Halton Hospice care group was also the recipient of a Kiwanis donation, of \$250. The hospice group provides palliative care to the terminally-ill and their families.

Maple syrup sales by the club brought in \$91.50. The pilot project looks like it may be repeated.

June 2 is the fifth anniversary of the Kiwanis Club of Georgetown. They're looking for three more members by May 31 and an additional five to

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Garage sale
The Georgetown Track Club will be holding a garage sale Saturday May 14 at 9 a.m. This fund-raising event will be located at the Guelphview Plaza, the corner of Highway 7 and Mountainview Rd.

Tulip walk
Halton Hills Arts Council member Audrey Symmes will be presenting a "Tulip Walk" Sat. and Sun. May 14 and 15 from 1:30 to 4 p.m. The walk will find hikers following a trail through almost 200 acres of woods and spring wild flowers on the 34th Sideroad north of Terra Cotta. Tickets cost \$5. English tea is included in the price. All proceeds go to the Unitarian Service Committee. Call 838-2549 for more information.

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