

Cameray Child & Family Services

Administration Office
4585 Hastings Street,
Burnaby, B.C. V5C 2K3
Tel: 604-291-7422

Burnaby Office
#203-5623 Imperial Street
Burnaby B.C. V5J 1G1
Tel: 604-436-9449

New Westminster Office
#6-602 Seventh Avenue
New Westminster, B.C. V3M 2J3
Tel: 604-520-0009

MISSION STATEMENT:

Cameray Child & Family Services is a community-based agency committed to the strengthening of individuals and families through a spectrum of services including counselling, education, outreach, and advocacy.

WEB-SITE: CAMERAY.CA

We are a non-profit agency serving Burnaby and New Westminster residents since 1972.

You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.

~Clay P. Bedford

FUNDED BY:

Ministry of Child & Family Development
Fraser Health
Ministry of Child & Family Development – Children First
Ministry of Public Safety & Solicitor General

PARTNERS WITH:



United Way – Success by Six

WITH DONATIONS FROM:



Calkins & Burke Stan Milacek

CB Island Fisheries Ltd.

Literacy Now

TD Canada Trust

Pacific National Exhibition

United Way – donor designation from:

- Burnaby School District
- Royal Columbian Hospital – Acute
- Canada Post Corporation
- Fluor

Chris & Sheila Hildred J.B. Orr
Vancouver Sun Raise-a-Reader

Donor Highlight Canada Post

We are thrilled to receive a Mental Health grant from Canada Post. This grant has allowed us to add additional hours for counselling and groups for children and youth, as well as to buy some additional program supplies which are always needed. We are very grateful to Canada Post for this funding, as this will positively impact the lives of many children and youth in our community.

Issue No. 21

February 2012

Cameray Newsletter

Administration Office: 4585 Hastings Street,
Burnaby, B.C. V5C 2K3 Tel: 604-291-7422



Young children usually don't know that they are experiencing anxiety. They just know that they have stomach aches, headaches or other physical symptoms of anxiety. Children also know that they just don't want to do certain activities. So children might express their anxiety by complaining about physical discomfort, avoiding social activities, refusing to go to school or acting out.

CAMERAY WISHLIST

Please contact one of our offices if you are able to donate any of the following items:

Magazines & Books (including coloring books)
- to be used in the waiting room for parents and children

Art Supplies (Paper, Sand, Clay)
- to be used for art therapy and for the group and childminding rooms

New Toys
- to be used for play therapy and for the group and childminding rooms

Helping Anxious Children

Children and teens notice and react to stress in their family and also experience their own stress. It is important to recognize stress in children and teens and help them with healthy coping strategies. The strategies they learn often stay with them into adulthood.

Generally, anything that may cause children fear and anxiety can cause stress. This can include being away from home, starting a new school or moving to a new location, being separated from parents or caregivers, worrying about school and getting along with others, worrying about their changing bodies, and worrying about the future.

The following are some common signs of stress in different age groups.

Pre-schoolers and toddlers

- Anger
- Anxiety
- Eating and sleeping problems, including nightmares
- Fear of being alone
- Irritability
- Regressing to infant behaviours
- Trembling with fright
- Uncontrollable crying
- Withdrawal

Elementary-age children

- Being distrustful
- Complaining of headaches or

stomach aches

- Feeling unloved
- Having no appetite
- Having trouble sleeping
- Needing to urinate frequently
- Not caring about school or friendship
- Acting withdrawn
- Worrying about the future

Pre-teens and teens

- Anger
- Disillusionment
- Distrust of the world
- Low self-esteem
- Stomach aches and headaches
- Rebellion

Helping with stress

Adults can help children and teens with stress in many ways. Two important ways are creating a low-stress environment and helping them develop positive coping skills. The following can help develop a low-stress environment:

- Acknowledge your child's feelings.
- Develop trust and let your child know that mistakes are learning experiences.
- Be supportive and praise your child.
- Show care, warmth, and love. Hug your child often.

(continued)

- Have clear expectations without being overly rigid; emphasize co-operation over competition. Do not over-schedule your child into too many activities.
 - Find ways to have your children contribute to the family.
 - Build on the strengths of the family.
 - Be aware of what your child wants (not just what you want).
- It is important to help children develop positive coping skills, as these skills are often carried into adult life. You can help by:
- Providing a good example. Keep calm and control your anger. Think through plans to decrease stress and share them with the family.
 - Encouraging rational thinking. Be sure your children think about consequences of their actions. Help them understand what is fantasy and what is reality. For example, a child's behaviour did not cause a divorce, or they are not failures because they were not picked first for something.
 - Providing them with some control. Allow your children to make choices within your family framework. For example, allow them to arrange their room, choose family activities, and help make family decisions.
 - Talking openly. When appropriate, talk about your stressful day. Encourage them to talk about what is bothering them.

- Finding a physical activity and/or hobby that they enjoy and encouraging them to participate.
- Encouraging them to eat healthy foods and emphasizing the importance of a healthy lifestyle.
- Learning and teaching your children relaxation skills.



HealthLinkBC, Healthwise Staff, June 14, 2002, www.healthlinkbc.ca



Indoor Rainy-Day Ideas



The rainy weather may seem dreary, but it can also be a time to have fun and spend quality time with your child! Here are some activities you can try to make your family's rainy blues go away:

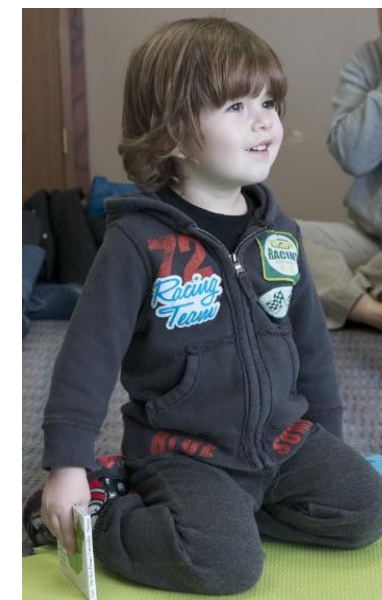
1. Indoor Scavenger Hunt
2. Charades
3. Bake or cook with them
4. Put on a talent show and invite their toy friends. They can even make them invites!
5. Indoor hand-hockey (make a ball with paper and nets with cans or shoes)
6. Read a book to or with your child
7. Make paper puppets and put on a show!
8. Take a trip to the public library or pool
9. Build an indoor fort or obstacle course with pillows, blankets, chairs, and more! (Make sure to be safe)
10. Dance to music! This can include doing the limbo, freeze dance, or musical chairs.
11. Crafts! (e.g, finger/foot painting on paper, macaroni jewelry with string, nature collage)
12. Play a board game or card game
13. Draw pictures! This can include doing drawings of each other or the rainy day outside.

FREE BOOKS FOR KIDS

First Book Canada donated 45,000 books to kids all over BC last week, and Cameray Child & Family Services was one of the recipients.

Cameray received more than 1,100 brand new books. These books will be used for the Parent Support Program's Literacy Circle, which gets children from 18 months to five years old reading books, singing songs and playing literacy games to help build literacy skills. The kids are encouraged to read by getting one free book for every 10 books the parents read to them at home.

Many thanks to First Book Canada for their generous donation!



Dean Self listens to a story read at the Family Literacy Circle.

Announcements

Congratulations to Catherine Browne on the birth of her twin girls! Also, for 5 years service at Cameray!

Welcome Sam Wilkie, our new evening Receptionist in the Burnaby office.

Welcome to Pardeep Tatlay Hoonjan, our new Coordinator in the New West office.

Other new employees who were hired in the past 6 months include: Adrian Sacks, Christine Pfeifer, Sarah Sinnamon, Dawn

Levera, and Sarah Volpatti

Welcome to our practicum students, Christine Yu, Caroline Lupetin, and Deborah Law.

Our heartfelt goodbye to two long-term employees, Helen Huang and Mena Perrotta. Thank-you for all your hard work at Cameray. You will be missed!

Congratulations to the Burnaby office for winning "Most Popular Vote" for the Christmas Tree Contest at Bonsor Rec Center!

Yes! I would like to support Cameray Child and Family Services:

Please accept my donation of: \$10___ \$15___ \$50___ \$100___ Other___

Name: _____ Phone #: _____

Address: _____

Mail to: 4585 Hastings Street, Burnaby, BC V5C 2K3
(Tax receipts will be issued)