



**Cameray**  
Child & Family Services

# Cameray Child & Family Services

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## BENEFITS OF GROUP THERAPY



Have you ever felt alone in your struggle? Do you feel like no one understands? Cameray Child and Family Services is here to help by offering a variety of services including group therapy. Group therapy may be a way for you to connect with others while getting the support and information you need to face difficult situations. According to [PsychCentral](https://www.psychcentral.com) here are 5 Benefits of Group Therapy:

### 1. Group therapy helps you realize you're not alone.

According to Irvin D. Yalom, M.D., in *The Theory and Practice of Group Psychotherapy*, "Many patients enter therapy with the disquieting thought that they are unique in their wretchedness, that they alone have certain frightening or unacceptable problems, thoughts, impulses and fantasies."

While it's true that each of us is unique and may have unique circumstances, none of us is alone in our struggles.

As Ali Miller, MFT, said, group therapy reduces isolation and alienation. It increases the sense that "we're all in this together," and normalizes suffering, she said.

### 2. Group therapy facilitates giving and receiving support.

One misconception about group therapy is that members take turns receiving individual therapy from the therapist while others observe, Miller said.

However, as she clarified, members are actually encouraged to turn to each other for support, feedback and connection, instead of getting all of that from the clinician.

### 3. Group therapy helps you find your "voice."

Miller defined voice as "becoming aware of your own feelings and needs and expressing them." In her groups, she strongly encourages members to notice how they're feeling throughout the session and to talk about it.

"Many people don't know how they are feeling when they are interacting with other people, because it can be challenging to be self-connected when connecting with others. This is one of the things I focus on most in my groups."

#### **4. Group therapy helps you relate to others (and yourself) in healthier ways.**

Often people don't understand why their relationships aren't working, said Judy Hess, Ph.D, who has taught Group Dynamics at the California Institute for Integral Studies in San Francisco. "In the safe atmosphere of group therapy, members can get honest feedback from others who care about them to one degree or another."

#### **5. Group therapy provides a safety net.**

In Miller's groups, called "Authentic Connection," members struggle with being authentic and speaking up for themselves in their lives. They practice these skills in the group, and as they do, their confidence for practicing them outside the group grows.

They're also able to carry the groups' support with them between sessions, making it easier to take risks, she said. "[I]f you know you can report back to a group of people who care about you and will listen to your experience, you tend to feel braver. Knowing someone will catch you if you fall emboldens you to leap. The group becomes the net."

Cameray Child and Family Services continue to offer a range of group therapy through our Parent Support Program (PSP) and Counselling Program. PSP provides group support to parents of children under 5, and distributes their calendar of groups on a monthly basis.

The Counselling Program currently offers Connect Parent Groups, DBT Mindfulness Skills groups for teens, and Hope Endures, a psychoeducational group for pre-teen and teen survivors of sexual abuse. If you are interested in hearing more information about our groups please contact your counsellor or make a referral.

## **WHAT'S NEW?**

### **WE ARE MOVING!!!**

Cameray's administration office is moving to the main floor, suite 102! Construction is currently under way in preparation for the big move. The Parent Support Program will be facilitating its parenting groups in this new space as well as having their counselling sessions there. Our Victim Services Program will also be moving downstairs. It will be much easier for our families to access the main floor and we are very excited about gaining much more needed space!

### **Refugee Trauma Program**

Cameray Child and Family Services has had the privilege to collaborate with the New Westminster School District and New Westminster Child and Youth Mental Health to create a program for working with refugee families from Syria. This was all made possible because United Way of Lower Mainland has dedicated funding for helping Syrian refugee families settle in the Lower Mainland. Thank you to United Way of Lower Mainland for making this possible!



## Working With Families in Separation and Divorce

On November 25, Cameray hosted a very successful professional workshop at the Italian Cultural Centre. The morning was an extremely full and informative session on family law and how it intersects with therapeutic work with families going through separation and divorce. The session was facilitated by psychologist Dr. Lisa Ferrari and two esteemed Vancouver family lawyers: Lisa Hamilton and Craig Neville. The afternoon session was facilitated by Mena Perrotta, RCC, who presented resources and therapeutic strategies for supporting families through this transition. Lara Wease, RCC also presented and discussed her book *Mom Days, Dad Days (and Dolphin Day is Every Day!)*, an excellent tool for helping families negotiate co-parenting and transitions. It was an information-filled and successful day all around! Stay tuned for another "Building Your Toolbox" event next year!



Vancouver Sun United Way Day of Caring  
TD Bank volunteered 3 of its employees on January 16, 2017 who came in to clean and sterilize toys. Thanks to Eric, Eric, and Wilson for all your help!



We were very excited to be part of the City of Burnaby's proclamation of National Child's Day on November 20, 2016



Thanks to donations from TD Bank, our Parent Support Program families had a great holiday party!



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**Cameray**  
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**Stronger Children,  
Stronger Families,  
Stronger Communities**

**FUNDED BY:**

Ministry of Children & Family Development  
Ministry of Public Safety and Solicitor General  
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Council On Accreditation  
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**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.*

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## Donor Highlight

### Canada Post Community Foundation

We are very pleased to have received a grant from Canada Post Community Foundation for our Counselling Program to train in and offer Dialectical Behaviour Therapy (DBT) groups. Thanks to this grant we were able to host a two-day training with Dr. John Wagner of the DBT Centre of Vancouver in January 2017, at the beautiful Byrne Creek Centre for Dialogue. Cameray opened up this training for their staff to other community partners, such as Burnaby School District Counsellors, Burnaby and New Westminster Child & Youth Mental Health, and other community service providers who offer therapeutic services to youth. The training will be put to use as Cameray will now offer three DBT-informed groups for children/youth in 2017. Thank you Canada Post Community Foundation for this wonderful opportunity to build community capacity and provide quality services to youth! For more information on upcoming groups, please contact Michele Holding, Clinical Coordinator at michele.holding@cameray.ca.

