



The Tweed

A Message for Executive Director - Nancy Bradley



Welcome to our Spring & Summer newsletter. Spring always conjures up the notion of new life, and fresh starts. We are no different at Jean Tweed.

This Spring, we will be offering a fresh start for many women through the introduction of 32 new supportive housing units for homeless (or marginally housed) women with substance use problems. This housing, which is located in the Queen and Dufferin area, is offered in partnership with Mainstay Housing and is one of two supportive housing initiatives underway at Jean Tweed. The second is in partnership with the YWCA and will offer 30 units at their new Elm Street location with move-in scheduled for late Summer.

Having a home that is safe, secure and permanent is a key determinant of health and well being. We are very happy that

we are now able to support women in this manner. Later in this edition we will learn a bit more about housing and, in particular, the perspectives of the women moving in.

Our feature piece in this issue focuses on one of our key outpatient services, Continuing Care.

We know that change takes time and women need ongoing support as they continue on their journey. Continuing Care can make the difference, particularly during those early months after programming has ended.

I mentioned Spring in my opening comments. As I write, I can see the buds on the lilac tree from my office window. It reminds me of the circle of life and renewal. I hope you enjoy this issue of *The Tweed* and that this Spring brings new beginnings to each of you.

"It is never too late to become what you might have been." George Elliott

Inside this issue:

The Importance of Continuing Care	2
Education Fund - Helping women reach their goals	2
Supportive Housing	3
A Place for the Children	3
Cumberland House - A Safe Haven	4
13th Annual Staying on Course Charity Golf Classic	4
Keeping in Touch - Facebook & Twitter	4
Her Story - A Story of Courage and Strength	5
Mining for a Heart of Gold	6
Our Programs and Services	6
Outpatient Services - Helping Women and Their Families	7
Coming Up Soon	8

The Jean Tweed Centre assists over 1,200 women each year.

Services are also offered to their families and children.



The Importance of Continuing Care

Continuing Care is an integral part of a women's change process. Women who receive Continuing Care services are much better equipped to meet their substance use and gambling related goals. Through Continuing Care, women examine their choices and strengthen coping skills.

Jessie Manley, the Continuing Care counselor at the Jean Tweed Centre, is an inspiration to many women. Jessie provides hope and support during this crucial period of time.

At the Jean Tweed Centre, Continuing Care is available for up to 2 years to women who have completed one of the intensive programs, whether it is the Day, Residential, Moms and Kids Too, or the Individualized Counselling Program.

Women can make profound changes and realizations during these programs and it takes time, support and commitment to integrate these changes and new knowledge into one's life.

Research has shown that success in meeting one's substance use or gambling related goals is increased by participating in some kind of continuing care program for at least three months.

The JTC Continuing Care program includes two weekly drop-in groups, individualized counseling sessions, and phone support for women who live outside the GTA. Many women find once they make significant change regarding substance use or gambling, that there are a myriad of other issues to deal with such as underlying anxiety, impacts of abuse and violence, depression, relationship challenges, grief and loss, and self-esteem.

In the groups, women have an opportunity to learn from each other, practice safer coping skills, and to decrease isolation and increase motivation. In individual sessions, the focus is tailored to the needs and goals of each woman. Continuing Care is available to support maintenance of

changes women have made, to respond to emerging needs and goals and encourage improvements in quality of life.

Jessie describes the impact of Continuing Care as, "an incredibly inspiring program to work in. Each day, I witness women build their knowledge and skills to prevent relapse, get to know themselves in a new way and reclaim their lives."

The Continuing Care program offers two group meetings each week and women have the opportunity to see or call Jessie Manley, Continuing Care Counsellor, on an as needed or on a limited individual basis.

Helping women reach their goals

The Jean Tweed Centre's mission is to provide counseling and care to assist each woman to restore herself to a meaningful life within her community.

The Joyce Shipley Education Fund for Women supports the mission of the Jean Tweed Centre and was established to assist women to further their education.



Maryjane, a former counselor at the Jean Tweed Centre, and a treasured staff member was convinced of the power in each woman to make changes in her life. She helped women

to know their strengths and believe in their goals.

THE JOYCE SHIPLEY EDUCATION FUND for WOMEN

IN MEMORY OF MARYJANE
SCHMITZ

Maryjane's commitment is exemplified in her desire to continue to support women through the establishment of an Education Fund in her mother's name, Joyce Shipley.

Joyce Marion Shipley's family history of substance abuse and sorrow contributed to her own personal battle with substance abuse. She strived to teach her daughters to assist other women to increase their self esteem and to support those who are struggling with substance abuse.

For further information about the Education Fund, visit www.jeantweed.com



Did you know?

You can designate your donation directly to Continuing Care. This will offer opportunities to women to seek the support they need to make important changes in their lives.



Thank you for Making a Difference

A big thank you to all our donors and supporters for your dedication and generosity.

The Jean Tweed Centre continues to enhance and maintain vital programs and services through individuals and organizations like you! All of us at the JTC thank all of you for your ongoing commitment and support each and every day.

Supportive Housing - *What does housing mean to you?* by Chelsea Kirkby

For women entering a new supportive housing program offered by The Jean Tweed Centre in partnership with Mainstay Housing (a non-profit agency which provides supportive housing), it can represent safety, stability, a chance to reconnect with loved ones, and most importantly positive change.

In May 2011, a group of women and women with children experiencing homelessness or precarious housing will be moving into new apartments. This new, permanent housing is offered to women with severe and active substance use. The program is based on the “housing first” approach which focuses on providing stable, safe housing quickly along with their goals around substance use. This approach stems from the belief that housing is an essential need, and any issues, such as substance use, that individuals are facing can be best addressed once they are living in their own secure space.

The Jean Tweed Centre and Mainstay Housing’s partnership is one of six new supportive housing partnerships funded by the Ministry of Health and Long-Term Care for people with problematic substance use that are underway across Toronto, but it is the only one that is women-specific. This focus on women is important in addressing barriers to housing that women face.



To better understand the impact of housing on women in this program, here is what some of the women have told us:

- ...housing is helping me feel the security that I need to re-build my life*
- ...The most important thing to me right now is to be stable...Housing has given me a new perspective on how I want to live.*
- Getting into housing means a whole world of difference to myself and my children; it shows me that...people still care in helping me (become) a stronger mother for my children.*
- To do it alone seems impossible, especially when you're dealing with the stigma of addiction.*
- ...my safety is at risk and the cost of living is too great. Getting accepted makes me feel hopeful...*
- For me, getting into housing means I have a safe and supportive home, not just housing (and this) will allow me to focus on recovery, not just safety.*
- With support on site, I will be able to begin the process of mending fractured relations with my daughter and...with time, the ability to be an active member of my community, once again.*

For the Jean Tweed Centre, the inclusion of supportive housing in our service continuum is a critical step forward in providing a holistic response to the many challenges women (and their families) face.

With a safe, stable and affordable place to live, the meaning of housing for a number of women in this program includes a renewed sense of healing, growth, well-being and moving forward - at home.

Chelsea Kirkby, Manager of Research & Planning Development, Jean Tweed Centre

A Place for the Children

Mothers participating in the Jean Tweed Centre’s day, outpatient and outreach programs have access to an on-site fully licensed therapeutic child development centre located at the Jean Tweed Centre.

The childcare centre provides a warm and nurturing environment for children to play and learn helping them to meet their developmental milestones.

Services include: child care, onsite parenting workshops, parenting consultations, attachment intervention, home safety assessments, information and support.

If you wish to support the Child Care Centre or Mom and Kids Too with a monetary donation, children’s gently used clothing, toys or food, please contact Andrea at ext 245.



A safe haven



Cumberland House

Cumberland House, a Victorian house built in 1880 and identified as an important heritage structure by the Ontario Heritage Foundation.

Though it is a residential treatment centre, the building has retained its home-like atmosphere with its airy rooms, beautiful garden, comfortable living areas and spacious kitchen which provides the women with a place of sanctuary and connection.

Since 1984, this stately residence has been home to thousands of women with substance abuse. Here, women feel nurtured, cared for and safe. Women are able to integrate the life skills taught in the program and work together to begin the process of healing and positive change.

Keeping in touch - everyday!

The Jean Tweed Centre is now on Twitter and Facebook!

Become a friend and follow us. Connect and keep updated on the daily news of JTC!

Catch up, drop a note, check out a photo, read a quote and stay in touch!



You are invited!

Join us for a day of fun while supporting the Jean Tweed Centre!

The day is filled with 18 holes of golf, lunch, dinner, prizes, contests, silent auction and so much more!

Gather your friends and register as a foursome or come out on your own and get to know the Jean Tweed supporters.



Event Sponsor

The Stuyvat Foundation

Visit www.gtigolf.com/stayingoncourse for registration information or call Andrea at 416-255-7359, ext 245.

Proceeds from this event will benefit the programs and services offered at the JTC!

Her Story - A Story of Courage and Strength

 by Clare S.

Clare S., is a woman in our Continuing Care program. Her story is one of courage and inspiration — a story of strength and the will to change.

How do I describe the woman I am, the child-woman, with relentless fears, and a cauldron of turmoil ever-brewing inside me? How do I tell this story? One which most people would term as my “fall from grace”, wrought with exquisite pain and drama. How can I tell a story that I truly don’t understand myself?

In many ways, I’m not so different from other people. Yet in an inherent way, I am truly dissimilar. It’s taken me most of my 48 years to only begin to understand that who I feel I am has partly been created at the hands of others - that the nightmares that I contend with are an integral part of my “story”.

I have used substances since I was about seven years old, yet I was able to establish a façade of capability. A successful business woman for over 19 years, free from substance for 2-five year periods and living my life as a highly functioning woman, you would never have guessed. You could never know.

My sister must have sensed the anguish that I lived, asking if there was a little girl inside me who needed to be given things that as a child, I had never received. Like being held, rocked and soothed in a parent’s arms; like being protected. Her words stayed with me.

I yearned, for something I’d not known. As for that little girl - I knew she was there all along, terrified, just like me. The little girl inside me and I connected; we whispered of finding a safe, sacred place.

I discovered The Jean Tweed Centre through my therapist, and arranged to attend an information session to discuss treatment. I paused outside the front door of the centre, thinking, “Well, this is what I have come to...” And it dawned on me that I was timidly taking a step forward towards an unknown world and that this was meant to be.

During the residential program, I learned not to compromise myself; I’m all I’ve got. I learned how to inquire of myself how I am doing—physically, mentally, emotionally and spiritually. And then I listen...I learned that nothing changes if I don’t change. Yet I can’t just change because I want to - if it were that simple I would have done it years ago! I needed help.

I took the first steps, but there is so much more! I want to develop the self-esteem and courage to talk about what happened to me as a small child, and how my life has been affected in the years since. I want to see life as it actually is, to recognize that what is occurring is in the here and now and is not misconstrued by anything else. It seems to me that my reality and my past are intricately intertwined.

My final day at Cumberland House, I felt I had a tiny foundation on which to stand. I got a taste of what safety felt like and I didn’t want to leave. For the first time, I was safe and needed to stay in this place, to be sheltered and encouraged to blossom into my true self, rather than return to being the woman others expected me to

be.

She came forward once again - that little girl. This time she wasn’t crying or pushy, just matter of fact. She only made one statement - that it was time for me to be honest with myself. Facing the reality that I lived was such a formidable task. She stood there quietly, and waited.

By deciding to enter treatment, I made the choice to care for that little girl who now stood patiently, expectantly waiting. I felt that she was bestowing the power of her trust in me. I would either have to make that decision again, or hurt her. These were my only options. I tried, but I couldn’t summon the will to consciously do her harm.

I forced myself to take the next step, a Continuing Care group, where I have found a sense of safety. I am surrounded with other women who are incredibly compassionate and willing to share their lived experience, as they focus not only on helping themselves, but others as well. It is as though we heal ourselves through collaborative support, and the focus and guidance of our counsellor, Jessie.

I needed more than a group session and though I didn’t believe I deserved it, I asked for help.

Jessie provides crucial support through one-on-one counselling sessions. Jessie exudes absolute acceptance of me as I am and a view of me as a whole person. She helps me to see reality and find balanced thoughts.

She is the safest person I know.

My healing continued as I mustered my desperation and resolve, and asked for more help.

I met with Tammy, Jean Tweed’s Trauma Counsellor, and am now attending a trauma care group called Seeking Safety. In this smaller, more focused group I am able to attend to my lived reality, and I am learning to treat myself with some compassion and understanding. I know I need more and am on a wait list for individual counselling with Tammy.

To put it simply, Continuing Care and Seeking Safety, are truly my life line. These groups keep me focused and facilitate a forward process in my life. By their very existence and my attendance, they verify the progress that I am making. Each group that I attend attests that I am alive and on my journey for a reason, and that someday this reason may be fully revealed to me. What is most precious to me is that I am here, right now, in this place.

I am safe.

Not using substances is one thing; maintaining my life without substances is more convoluted. For me, a safe environment is essential to my survival, and I struggle with the reality that in less than a year, I will no longer qualify to stay in the 2 year Continuing Care program.

I catch myself wistfully wishing that I could rely on this group of women forever. And I dream of how secure I might feel if these sessions were never ending. Of knowing I will always have a safe place to turn to. For both of us - this terrified woman and that frightened little girl.



Third Party Events

Are you thinking about holding an event
in support of the Jean Tweed Centre?

An event held by you, your organization or workplace will assist the Jean Tweed Centre in creating community awareness while supporting our fundraising goals.

If you would like more information about hosting a third party event, please contact Andrea Peca at 416-255-7359, ext 245 or by email at andreapec@jeantweed.com.

We are here to help make your event a success.

Thank you to all the organizers and participants of past and upcoming events in support of the programs and services offered at The Jean Tweed Centre.

Thursday November 3, 2011

This spectacular event is one you definitely do
not want to miss!

For more information visit www.mfahog.com



If you wish to find out more information about the programs and services offered at JTC, visit our website at www.jeantweed.com



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Programs and services offered at the Jean Tweed Centre

A weekly open Support and Stabilization group offers immediate support and information.

Each 3 week intensive residential program accommodates 18 women in residence and up to 7 day clients.

A second 7 week day program is available to 6 parenting women and up to 7-10 children under the age of 6.

Outpatient services include individualized substance abuse and/or problem gambling programs

Family support services are offered to family and friends on a weekly basis

Trauma counseling services are available to all women attending programs

Continuing Care groups are also available to all women who have completed programming.

On-site child care is available to women accessing services at the Centre.

In total, we deliver services to more than 1200 women and their families each year

Outpatient Services - Helping Women and Their Families

Families Matter

Living with the issues of substance abuse and/or gambling can be lonely and overwhelming for families and friends. They also play a vital role in supporting women to make changes in their life. Whether it is dealing with the personal impact or figuring out how to help a loved one, families and friends require support and assistance.

The Jean Tweed Centre offers an open support group for families and friends offering a variety of topics of interest. Some of the topics include:

- Understanding substance use/gambling and their impact on families
- Taking care of yourself when someone you care about has a problem
- Finding and using support
- Staying safe and handling crises
- Acknowledging what has been lost
- Effective communication
- Setting limits
- Finding hope again

You can help reduce wait-time lists for Outpatient Services.

Designate your donation to outpatient services and make a difference in the lives of women and their families.

Individualized Family Counselling services are also offered at the Centre by appointment.



Trauma Services

Many women who struggle with substance abuse or problem gambling have experienced some type of trauma in their lives, i.e. physical and/or sexual abuse during childhood, or possibly living as adults in situations where they are in danger. Gambling or using may function as a coping mechanism in these situations.

All clinical services offered at the Jean Tweed Centre are trauma informed, which means it is understood the role that trauma may have played in each woman's life and a safe and caring environment is provided while the women begin to make life-style changes.

Two Trauma specific services are available:

- The first is a 'Seeking Safety' group (based on Lisa Najavits' work). It's offered weekly for approximately 20 weeks, two or three times a year. This group focuses on safety skills, coping, empowerment, detaching from the effects of trauma and personal support.
- The second is for women who wish to do more in-depth work on trauma. Individual counselling is available for a two-year period following completion of substance abuse/problem gambling programming.

Thank you to our many volunteers
for giving your time to the
women, children and families
each and every day.

We appreciate you and all that
you do!

*"You helped me see things I couldn't
see. And when I wanted to give up on
myself, you wouldn't give up on me.
No one else has ever done that.
Thank you."*

Jean Tweed Client



Coming this fall/winter...

- >13th Annual Staying on Course Charity Golf Classic on September 13, 2011
- >Mining for a Heart of Gold Event on November 3, 2011
- >Annual General Meeting - all are welcome to attend.
- >Volunteer Recognition
- >Jewellery Hatbox Campaign - Call for your Hatbox. We need your help!
- >Food drive for the families of Jean Tweed
- >Donor Recognition Celebration
- >Holiday Giving Campaign

Check the website for other
events, dates and further info!

Each and every day, a woman turns to our Centre for support—for herself,
her children and her family. There are many ways you can make a
difference in support of our programs and services.

Donate to Jean Tweed online! Canada Helps simplifies the donating process,
making it quick, easy and secure. Visit jeantweed.com and DONATE TODAY!

To donate by cheque, VISA or MasterCard, complete this form and mail to JTC.

YES, I would like to support the Jean Tweed Centre
 \$20 \$50 \$75 \$100 Other \$ ____

YES, I would like to join JTC Monthly Giving Program with a monthly gift of:
 \$10 \$15 \$20 Other \$ ____

Method of Payment:

My cheque to the Jean Tweed Centre is enclosed
 I authorize the Jean Tweed Centre to charge my credit card: one time monthly
 Visa MasterCard

Card #: _____ Expiry Date: _____

Signature: _____ Telephone #: _____

Receipts are issued for all donations of \$10 or more.

Charitable Registration No. 118973528RR0001

Go Green

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other communications by email, subscribe
by visiting www.jeantweed.com.



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Hope Help Healing