



Community Services & Quality Assurance



Office Locations:

Fort Frances Office
(Main office)
240 First Street East, Suite 200
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Fax: (807) 274-6646

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P.O. Box 2050
Atikokan, Ontario P0T 1C0
Phone: (807)597-2700
Fax: (807) 597-6920

TOLL FREE NUMBER
1-800-465-7764

May is Supervised Visitation Month—Please Wear a Ribbon in Support

The orange ribbon is a symbol of supervised visitation. When parents separate, visits or exchanges can be difficult for the whole family. Problems sometimes arise between parents or other family members at the time children are exchanged. At other times, there may be concern about the visits themselves.

The Supervised Access Program offers families a way to cope with some of these problems. The Supervised Access Program provides a safe, child-focused, neutral setting where visits or exchanges can take place.

What color signifies safety better

than orange? Orange is a bright colour used to warn people to watch out and take notice. We want everyone to see the orange ribbon and take notice of children and families in need of this service.

The purpose of the campaign is to use the symbol of the orange ribbon throughout the month of May to raise awareness about the need and impact of supervised visitation.

Help us spread the word throughout our community; wear your orange ribbon throughout the month of May. You can pick up your orange ribbon at the Family and Children's Services offices at 240 First Street East, in Fort Frances.

The three exchange locations within the Rainy River District are Fort Frances, Emo and Atikokan. For further information about the Supervised Access Program call Becky McClain at 274-0381 or toll free 1-800-465-7764 or check on our website www.facsrr.ca.



Becky McClain
Coordinator



Children's Mental Health Services

Combating Drug Abuse



As we listen to media reports these days, the rising tide of drug use within our community becomes more and more apparent. Although experts have offered many solutions, drug abuse continues to take its toll on our society. This is a complex problem and combating it will not be easy, simple or cheap.

One of the easiest things that everyone can take part in is early identification. This means knowing what is out there and the terms used by the people within the drug culture. Here is a list of drugs and some of the street names that are associated with them.

Stimulants/Uppers

- **Cocaine** — Coke, Nose Candy, Snow, Dust, Crack, Freebase, Rock.
- **Methamphetamine** — Meth, Crystal, Ice, Gib.
- **Amphetamine** — Speed, Bennies, Uppers.

- **Ecstasy** — E, XTC, Hugs, MDMA, Love Drug.
- **Rohypnol** — GHB, Date Rape Drug.
- **Nicotine** — Cigarettes, Smokes, Cancer Sticks, the Patch.

Depressants/Downers

- **Barbituates** — Ludes, Pheno, Tranqs.
- **Benzodiazepines** — Valium, Ativan, Librium, Restoril.
- **Alcohol** — Booze, Brewskees, Shots.

Opiates

- **Heroin** - Smack, Hog, H, Junk, Smack, Skag.
- **Morphine** — Morph, M.
- **Codeine** — T3, Code.
- **Methadone** — Script.
- **Oxycontin** — Ox, Pill.
- **Demerol**.

Hallucinogens/Psychedelics/All Arounders

- **LSD** — Acid, Cid, Microdot, Blotter, Trips, Cartoons.
- **Ketamine** — Special K, K.
- **Psilocybin** — Magic Mushrooms, Shrooms.
- **Mescaline** — Cacti.
- **PCP** — Angel Dust, Pony-Tranq, Dust.

Canibis/Eurphorics/THC

- **Marijuana**—Weed, Pot,



Grass, Smoke, Hemp, Tye Stick, Hydro.

- **Hashish**—Putty, Blonde, BlackTurk.
- **Oil**—Hash Oil, Honey.

Open a dialogue with the youth in your life, as a parent, grand parent, uncle, pastor, or friend. You owe it to the youth of our community to educate yourself and work together to battle the ever growing drug trade. No action is too small. Even as you read this, new names are being created and slang terms are evolving. It will be hard to keep up but we must stay diligent.



Kevin Campbell
Children's Mental Health Therapist

If you would like to receive this newsletter electronically; or to provide feedback about the newsletter, please notify us by sending an e-mail to: Information@facsrr.ca

Children's Services

Foster Parenting



Single people or couples, loving people from all walks of life can become foster parents. Foster parents are people who believe in investing in the future of our children. Foster care provides substitute families for children and youth who are unable to remain in their birth family's home for different reasons and for varying lengths of time.

At the present time, Family and Children's Services is faced with

the challenge of providing good homes for children who are coming into our district from other agencies. The influx is causing an increase in the need for new foster homes.

It can be challenging to parent children with difficult histories. For those who are caring, understanding, patient, adaptable and able to "hang in there" without expecting immediate results, the challenges can result in long-term rewards and opportunities.

Family and Children's Services is increasing our efforts to find individuals and/or families who would consider making this very important investment through the newspaper, school and church

bulletin boards, as well as through presentations at Agency meetings and at local schools.

The aim of the foster care program is to provide safe, loving and nurturing foster homes for children and youth. Foster parenting changes lives - one child at a time.

If you feel that you can assist in making a change in a child's life and your own, please contact the Foster Home Worker or Coordinator at (807) 274-7787 ext. 226 in Fort Frances or (807) 597-2700 ext. 26 in Atikokan.

Diana Ellieff
Foster Home Worker
Atikokan

We are on the Web!
www.facsrr.ca

Please post on your bulletin board!



Child Protection Services

The Stress of Parenting

Being a parent can be one of life's most joyful and gratifying experiences, but there are times in everyone's life when the demands and hassles of daily living cause stress. Whether you are a stay at home parent, a working parent, single parent, mother or father, or have more than one child, remaining calm and energetic will get you through the most stressful day.

The additional stress of caring for children can, at times, make parents feel frustrated, anxious, or just plain "stressed out". These tensions are a normal, inevitable part of family life, and parents need to learn ways to cope so that they don't feel overwhelmed.

Here are a few tips to help cope with the stress of parenting:

- Make time for yourself.
- Take care of your health with a good diet and regular

exercise.

- Avoid fatigue. Go to bed earlier and take short naps when you can.
- Look for community programs for parents and children. They offer activities that are fun and allow you to have conversations with other parents.
- Ask for help. Have friends, neighbors, family help with tasks like shopping, babysitting, cleaning.
- Learn ways of unwinding to manage the tension. Simple daily stretching exercises, vigorous walking, aerobics or sports are excellent ways for some people to unwind and work off tension. If you don't have a lot of time, try deep-breathing exercises.
- Practice time management. Set aside time to spend with the children, time for yourself, and time for your spouse and/or friends. Learn



to say "no" to requests that interfere with these important times.

- Get your older children to help. Giving your older children more responsibility will eliminate some of your stress.

By employing some of these strategies into your family's everyday routine, not only will it make life easier, it will ensure that you are raising successful children.



Chris Bourgeois
Family Service Worker

Call your local office of Family & Children's Services
24 Hours a day,
7 Days a week
Or visit us on the web www.facsrr.ca

Developmental Services



May is Speech and Hearing Awareness Month, the one month in the year when thousands of professionals involved with the treatment of speech, language and hearing disorders come together to participate in a public awareness campaign that encourages early detection and prevention of communication disorders, and seeks to increase the public's sensitivity to the challenges faced by individuals experiencing them.

If your child is having problems with communicating, or appears not to hear properly, don't wait to have him/her assessed. Many problems can be resolved with early intervention. See your doctor or infant and child development program. Developmental Services can help you get the assessments you need.

Debra Bruyere
Community Integration Worker

