

When Someone You Care About Drinks Too Much

Many times when a family member, friend or colleague drinks too much, we wait for them to get the help they need. Often we have to wait a long time for this to happen. We encourage you, however, to get the help and support you need through personal and/or family counselling to assist you in looking at your choices and options. Call today to make an appointment 905-684-5050.

Don't Wait for the Eulogy

Many people wait for the eulogy at a loved one's funeral to share treasured stories about the deceased. Don't wait to share those stories until then. Share them now.

If you have aging parents, aging aunts and uncles, adult brothers and sisters, friends or others, share these treasures while they are still here. Write down a special story, wonderful memory, humorous incident, words of wisdom, special support you received, and share it with your loved one now.

Are you not sure what to give at Christmas, birthdays, anniversaries, father's and mother's day? Share some of the ideas just mentioned. Perhaps you can create an album of stories; or you can create a joint gift from many people.

Don't wait for the eulogy, share these treasures with your loved ones now.

New Office Address:

Our new Niagara Falls office is located at 5274 Victoria Ave. in a chiropractor's office (Dr. Michael Delduca). Parking is in the rear, entrance in the front.

Stuck in a Rut

People often report being "stuck in a rut" at certain times in their lives. You may have experienced this rut as well. The "rut" is often viewed as being a negative place to be. In fact it may actually be the place and time for some very positive reflections and discussions. It may be in the "rut" that you can ask the right questions to help prompt and motivate yourself to make important and healthy life decisions.

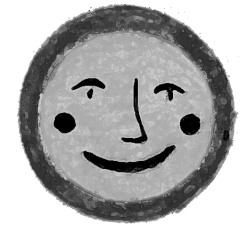
The following questions may be helpful when you find yourself in a rut:

1. Is now the opportunity for me to expand my creative outlets and activities?
2. Is this the time in my life to focus on personal and/or vocational changes?
3. Do I need to put extra or renewed focus on my family and friends to make my life more satisfying and enriching?
4. Do I have interests, strengths or talents that I have not yet fully expressed or developed?
5. Is this the right time in my life to make those necessary changes that I have been thinking about for a long time?
6. Is now the time for me to become more spiritual as I understand my life's purpose and direction?

It is often in ruts that people can do healthy self-reflection, and begin to create the positive next steps for themselves. Get yourself unstuck, and view the ruts in your life differently from now on.

Lidkea, Stob, Venema & ASSOCIATES

FAMILY COUNSELLING SERVICES



Employee Assistance Program Newsletter

Main Office: 126 Niagara Street, St. Catharines, Ontario L2R 4L4

Branch Offices: St. Catharines, Welland, Niagara Falls, Beamsville, Fort Erie

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"Cuz That's What Families Are For..." Fall/Winter 2007

Fall and Winter are seasons in where we typically seek out the physical and emotional context of "warmth". Comfort food. Indoors together. Eating and drinking. Candlelight. Soup. A crackling fireplace. Mulled cider. Romance. Togetherness.

It is human nature to yearn for a sense of "family" – through our actual family network, or through our friendships and community. The old "We Are family" song comes to mind.... It is possible to use the formula of: close family = a sense of safety and well-being. It is also possible to recognize: lack of a sense of "family" = a sense of loneliness and feeling "left out."

As we walk through the stages of our lives, we all tend to pause and do inventory from time to time, sometimes contentedly, sometimes with a sense of despair, in terms of who we are in relation to our "family."

We at LSVA, as therapists, often journey with our clients in examining a sense of "me" in relation to "family." Some examples of "how" we are can emerge in the descriptions of: intact or broken, close or distant, nuclear family, extended family, reconstituted family, single parent an/or "traditional" family make-up.

We may explore patterns of interacting such as: communication styles, boundary issues, expressions of affection (or lack thereof), family history and role modeling (current and/or past).

Are we lonely in our own family? Do we feel safe? Do we experience support? Does love feel conditional or unconditional?

What about family secrets? What about family hopes

and dreams? Is it actually "Good to be Home?" If not, how can we make it better? What do I need to acknowledge about my own contribution that could be improved? Are we forgiving? Do we know how to "let go" of pain or anger and move on? What can I control and what can I not control? Do I put effort into being kind to others?

Our relationships with ourselves often reflects how we relate to others (and visa versa). While we cannot change our past, we can reflect and constructively heal, and change in how we relate in the here and now. That is the beauty of any counselling journey! While we may not be able to change others or their choices, we can learn to improve how we handle ourselves and grow in how we respond (and not react) to the "family" around us.

We of the LSVA "family", as a counselling team, will always commit to doing our utmost to facilitate growth, healing and new beginnings with all clientele that we engage with. We are not perfect but hey, we're like any family in terms of our professional intentions. We'll try to be here for you "Cuz that's what families are for...."

Enjoy the season.

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The Lidkea, Stob, Venema & Associates' Family Counselling Team

Partners: John Stob, MSW RSW and Thomas Venema, MSW RSW. Our retired partner: William Lidkea, MSW RSW

Our Associates:

Alice Carter BA MSW	Kimberley Gunning BSW MSW	Sherry Campbell MA RSW
Len Dykstra MSW RSW	Diana Cunningham BA MA	Mary Gostlow MSW RSW
Judy Cook BA MEd	George Nicolaidi BA MEd	Ruth Beekhuis MSW RSW
John McLachlan MSW	Diane Keenan MSW RSW	Michelle McPherson MSW RSW
Geoff Harvey MSW RSW	Catherine Doan MSW RSW	

Our secretary/receptionist:	Anne Kennedy
Our office manager:	Debbie Ecker
Our statistician and Asst. Receptionist	Kim Penwarden

* RSW indicates Registered Social Worker with the Ontario College of Social Service Workers and Social Workers. All associates are registered with a professional organization assuring a Code of Ethics is in place.

"One kind word can warm three winter months." Japanese Proverb

Everyday is Valentine's Day

People in healthy relationships are always investing time and energy into their partners. Don't just wait for Valentine's Day to do something special. Often it's the everyday things that connect people in a strong and healthy manner. Here are some ideas and suggestions to help keep your relationship fresh:

- Make coffee or tea in the morning for your partner
- Say "thank you" frequently
- Call during the day
- Put out fresh towels
- Come home with a special treat
- Cook together
- Warm up the car/scrape the windows
- Go on walks
- Compliment your partner
- Watch a good movie together
- Touch frequently

Risk

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach for another is to risk involvement.
To expose your feelings is to risk exposing your true self.
To place your ideas, your dreams, before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To believe is to risk despair.
To try is to risk failure.
But risks must be taken, because the greatest hazard in life is to risk nothing.
The people who risk nothing, do nothing, have nothing.
They may avoid suffering and sorrow, but they cannot learn, feel, change, grow, love, live.
Chained by their attitudes, they are slaves;
They have forfeited their freedom.
Only a person who risks is free.

Did You Know?

- That it is a myth that people who talk about suicide do not actually commit suicide. The fact is out of 10 people who kill themselves, 8 have given definite warnings of their intentions. Suicidal comments, threats and attempts must be taken seriously. Often their "cry" for assistance and support is given in coded signals and messages.
- That in healthy relationships there is a reliance on the "power of love". In unhealthy relationships there is a "love of power". Taken from the book "[Making your Life Work](#)".
- That anger is often a cover emotion for other emotions such as anxiety, fear, frustration, disappointment, sadness, shame, etc. Counselling people with anger difficulties often includes teaching them to identify and express the wide spectrum of emotions in a healthy and appropriate manner.
- That many people who struggle with concerns about their sexuality often have symptoms of anxiety and depression. Counselling is a great option for people dealing with sexuality concerns as it provides a safe, supportive and confidential setting to deal with struggles, questions and concerns.
- That lack of sleep may actually increase overeating and obesity in children and adults. When we are sleep deprived we produce more ghrelin, a protein hormone that promotes hungry feelings and less leptin, a protein hormone that signals feelings of being full. More reason than ever for your children and you to get more sleep "nutrition".

*Keep
away from people who try to
belittle your ambitions. Small people
always do that, but the really great make
you feel that you, too, can become great.
Mark Twain*

Dear Counsellor

I am a twenty-eight year old single female and have had feeling of sadness, loneliness, anxiety, low self esteem as well as trust issues since I was about twelve years old.

I come from a good background with a loving family and I have a good job. However, from about grade 6 to grade 11, I was teased unmercifully by several of my classmates. It was a very awful time in my life.

I read something recently that stated that the after effects of bullying could continue well into adulthood. Could the bullying that happened to me when I was a teenager still be affecting my emotional well being today?

Signed, "After Effects"

Dear "After Effects":

Yes, recent research is demonstrating a strong correlation between bullying and long lasting emotional effects similar to the feelings you have just described. As a counsellor I have heard similar descriptions of your experiences from many, many people. That is why bullying in any form, at any age, in any setting i.e. home, school, work, must be eliminated.

It will be important for you to understand that old core beliefs about yourself need to be challenged and changed. Consider attending personal counselling so your old wounds and hurts can be healed and healthy scripts can be practiced and integrated. Self-talk that often feels so automatic and familiar, can be changed into a self-dialogue that is healthy, positive, confident and compassionate. This transformation should significantly reduce the feelings of sadness, loneliness, anxiety, low self-esteem and the lack of trust you have described.

It will be important for you to understand that bullies are very troubled individuals. Make the decision that the bullies will not get one more day of "after effects" from you. Decide enough is enough. Picture yourself in a brand new chapter in your life.

Build on the strengths of your good background, loving family, good job and enjoy good living. Best wishes in your counselling process.

Sincerely Counsellor

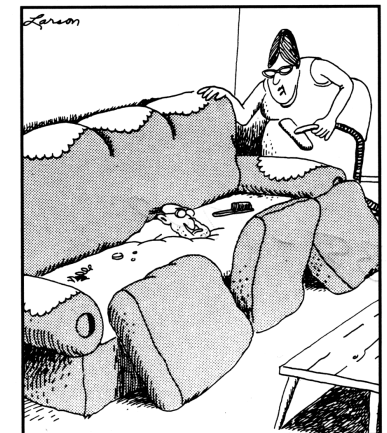
Our Picks

Interested in some excellent reading? Three of our counsellors share with you their recommended reading "picks." Books can be a great resource in achieving and maintaining good health and well-being. Enjoy our selections.

Title of Book: [From Panic to Power](#)
Proven techniques to calm your anxieties, conquer your fears, and put you in control of your life.
Author: Lucinda Basset
ISBN # 0-06-092758-5
1995 Harpercollins Publishers
Recommended by: Len Dykstra MSW, RSW

Title of Book: [The Seven Principles for Making Marriage Work](#)
A Practical Guide from the Country's Foremost Relationship Expert.
Authors: Dr. John M. Gottman, Nan Silver
Publisher: Three Rivers Press, New York, NY 1999
ISBN # 0-609-80579-7
Recommended by: Kimberley Gunning, MSW, RSW

Title of Book: [Get Out of My Life, but First Could you Drive me and Cheryl to the Mall](#)
A Parent's Guide to the New Teenager, Revised and Updated.
Author: Anthony E. Wolf
Publisher: Douglas and McIntyre Ltd., Canada 1991, 2002
ISBN # 0-374-58553-5
Recommended by: Sherry Campbell, MSW, RSW



"Andrew! So that's where you've been! And good heavens! ... There's my old hairbrush, too!"