

VIOLENCE PREVENTION



A BETTER WORLD FOR WOMEN

SUMMER 2006

In The News

New Domestic Violence Court

On July 27, 2006 a press conference was held to announce the location and the judge responsible for the new Domestic Violence Court that is to be initiated here in New Brunswick. Joan McAlpine-Stiles (Minister Responsible for the Status of Women), Bruce Fitch (Justice and Consumer Affairs Minister) as well as Wayne Steeves (Minister of Public Safety) all spoke at the conference. Moncton was officially announced as the location of the court, while Judge Anne Dugas-Horsman was announced as the judge responsible for the court. In addition to Dugas-Horsman, there will also be a team of professionals set in place to work with the court and provide a variety of services specific to domestic violence. The domestic court is a key initiative in the five year action plan titled: A Better World for Women: Moving Forward 2005-2010. For more information go to [www.gnb.ca/Departments and Agencies/Executive Council Office/Women's Issues Branch](http://www.gnb.ca/Departments%20and%20Agencies/Executive%20Council%20Office/Women's%20Issues%20Branch).

Wellness

Need a Break?

Ever feel like you need a break or just want to get together with some people for a nice relaxing weekend? Maybe you are organizing a group meeting or planning session. Whatever the reason, sometimes it is just nice to make it a getaway. For many of us the words getaway or retreat bring to mind peaceful rolling hills or turquoise waters of foreign countries, but believe it or not, New Brunswick has a little relaxation and serenity to offer as well. And it may be just around the corner.

New Brunswick has many fantastic retreats across the province to offer. They can accommodate anywhere from five people upwards and can host personal retreats, corporate retreats, conferences, banquets and receptions. Accommodations can range from cottages and cabins to converted monasteries and timeless homes. Many of the retreats are centered around themes, for example religion, the great outdoors or specific hobbies.

There are a variety of services offered by New Brunswick retreats. They vary from outdoor activities, to relaxation and meditation, conference services, counseling, and specialty services related to specific hobbies, for example writing. Some retreats also offer Restaurants or meals included in the price, as well as spa services, banquet and reception services and package deals (ex: golf packages).

As you can see, there are a myriad of services and retreats available. So if you're looking for a little relaxation for you or your office there are plenty of ways, and places, to rejuvenate yourself in New Brunswick. For more information search the Internet for "New Brunswick Retreats".

Did You Know?

Did you know that New Brunswick has 11 Aboriginal Cultural Centres? If you'd like to find one near you head to www.collectionscanada.ca click English-Aboriginal Resources and Services-Directory of Resources- then search for 'resource or service' in the province you select (ours would be NB) Alternatively click Français-Resources et services autochtones-Annuaire des ressources-faites un recherche des ressources dans la province de votre choix.

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Network News

Second-Stage Housing Project

The Kent Centre for the Prevention of Family Violence is currently working on a second-stage housing project. Having studied the problems faced by women seeking housing in rural areas, the Centre would like to help provide battered women with safe, affordable housing by opening 3 apartments for battered women living alone. The project started in January 2006, and its objective is to have some apartments available by 2008.

L'Ombre de Samuel Anti-Bullying Project

The Kent Centre for the Prevention of Family Violence has a bullying awareness program called *Deux sons de cloche*. This program led to a play entitled *L'Ombre de Samuel*, which has been so successful that the Centre has developed an intervention guide and a CD-ROM to help other regions develop similar anti-bullying projects. A tour of the Maritimes is currently under way to present the project and promote the intervention guide.

Tidbit: October 18, 1929 – Canadian women became persons under the law.



Crisis Intervention Model

The Kent Centre for the Prevention of Family Violence has a family violence crisis intervention guide designed to help professionals and organizations working with victims of family violence.

Last spring, the Centre was asked to offer crisis intervention training in the Edmundston area of New Brunswick. The 35-hour training course is designed to enable professionals to intervene in crisis situations to help victims of family violence. The training includes the crisis intervention guide.

With the help of the guide, the following topics are covered:

- 1) How to detect family violence
- 2) How to intervene in a crisis
- 3) Intervention tools
 - a) danger signs
 - b) the cycle of violence
 - c) the wheel of power and control
 - d) other useful tools

To obtain the intervention guide and receive training, call the Kent Centre for the Prevention of Family Violence at (506) 743-5449.

L'Escale MadaVic Inc.

The team from L'Escale MadaVic and a volunteer committee organized a benefit supper to raise funds. It was held on August 3, during the Foire Brayonne in Edmundston, and all 400 tickets were sold. *Pour vous mesdames* was a resounding success! By way of entertainment, we had a saxophone player, a silent auction, and a female comedy duo.

As for our new projects, L'Escale MadaVic inc. is working on a new outreach program for Madawaska/Victoria County. The goal is to establish a means of communicating with battered women living in rural areas.

Practical Yoga for the Caregiver

You Can Do it Right Now!

So, it's a new fall. You had a good summer, you look great, and feel like you might even sign up for that extra thing "I'm definitely going to get a handle on my stress this time – sign up for a yoga class..."

Flash forward to November. You're back to your old survival tricks. You're getting through the hard bits of your day with caffeine or nicotine or sugar or chocolate. You're getting by but you have bags under your eyes. Maybe you'll try yoga after Christmas...

What happened? How is it our good intentions are so often bull-dozed over and we wonder how we went from feeling in the driver's seats of our lives to barely hanging on to the careening vehicle? Believe me, as a yoga teacher and therapist, and just as challenged as anyone else to take care of myself, I know! Every week students of all ages come into my yoga studio believing that if they could just get through: this day, this week, this family occasion, this work project, this relationship crisis, this Christmas, this retirement.....then, then they're going to relax, and start living that joyful, balanced life they know is their birthright. At that theoretical future moment, then they'll be doing yoga...

The great news is that no matter the state of your life, whether you're signed up for, coming or not to a class, YOU can still BE YOGA RIGHT NOW! Realize that yoga is every choice you make to cultivate a desired state of being, which is eventually reflected in the body. Call it peace, calm, inner connection, heart, awareness. You know what it is when you are that.



It's any tools that help us, day by disciplined day, come to live more and more in that state. You can be in a hospital bed with IV lines coming out of your arms, or overweight, or sick, or not flexible, and still be very yogic. It's your intention. To everyday, moment to moment, make those choices, which lead to greater, and more sustained and deeper habits of peace, calm and inner connection.

So stop, right now, and do (be) some yoga... Stop trying to do everything and take care of everyone and just appreciate this moment. Stop thinking and see, really see the what's around you right this moment. Appreciate colors, textures, smells. Take a break just for this moment from worrying, and laugh at the absurdity of how important, earth shattering you think whatever "this" is (you can worry freely again in another moment!) Believe, just for right now that there's a spacious flow to today, enough time to get everything that really, really needs to get done.

In this moment, choose, to NOT get "it" done by reaching for the coffee and instead move your breath from that anxious chest stress breath, into your

belly, which instantly tells your body, RELAX! (That's how babies breathe. No wonder they coo.). If you can, stand up, and let your body find a delicious stretch, nothing formal or imposed, just unwinding some of the stress that gets tucked in there in the course of a day. Breathe gently and easily, each breath a feast as you appreciate its in and out, until body and mind relax, and you get a little quieter inside. Appreciate that moment of quiet. Know that you can come back to this place of quiet anytime, on a few breaths, and no one will even know you've gone. Let yourself imagine another thing you will do for yourself today that will fill your well, take care of your spirit and mind and body, another step towards authentically taking care of you so that you can authentically take care of others.

Congratulations, you've just done some yoga! There's lots more to learn, a lot of tools that really really help. But basically

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that's it - the ability to take care of yourself in and celebrate this moment. And how much more likely we are to authentically take care of others and make some real contribution from this place. Enjoy!

Kathryn Downton is a Master Viniyoga teacher and Certified Yoga. She is the founder and director of the Lifesong Yoga and Wellness Centre, at 73 York Street, in Fredericton, which offers age and stage appropriate yoga classes, private consultations, workshops and other wellness services. For more information, call 455-2444 or visit lifesongyoga.com

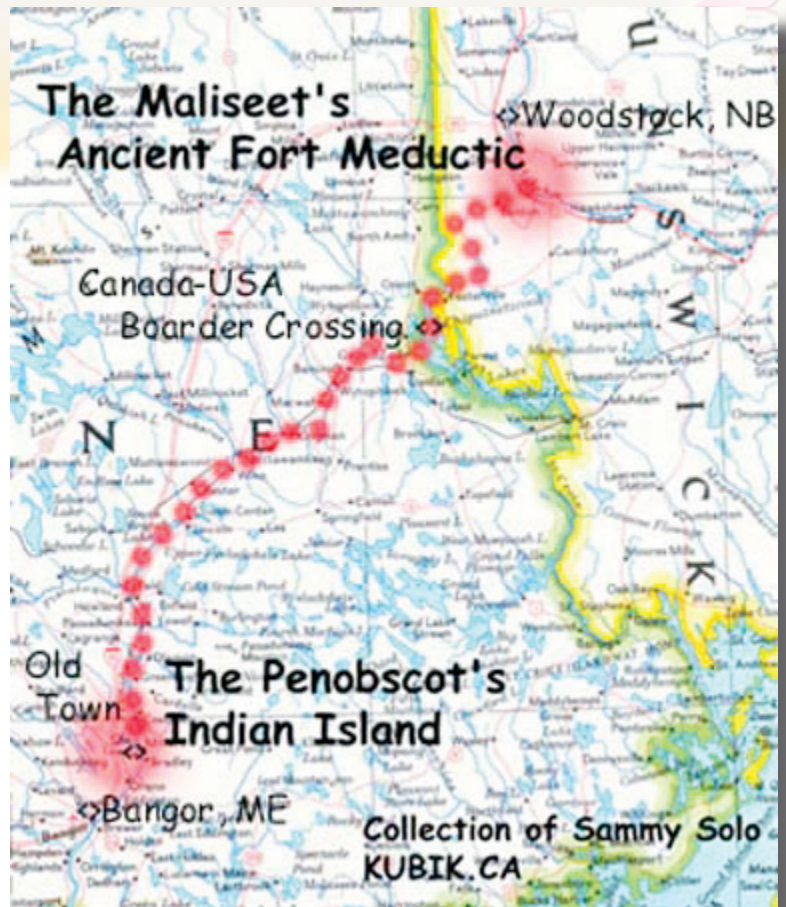
Resource Corner

Favorite Spaces

This is a section of the newsletter when we find out some great places, in fact our favorite places play, live and laugh or do whatever! And we get the goods from the locals who know their stuff!

Looking for a good trail to hike with a lot of history? Try the Maliseet Trail. It was used by the Maliseet people as a link between the St. John River and the St. Croix River as well as the Penobscot River. The trail connected the Maliseet's ancient Fort Medoctec (12 kms south of Woodstock, NB) to Penobscot's Indian Island (North of Old Town, Maine). The most popular part of the trail takes you to Hayes Falls, but you can continue the trail by foot and by canoe as far as Old Town, Maine. You can access the trail just south of the town of Woodstock (about 3kms) on the left hand side of the highway (Route 2, Exit 212 Westbound or Exit 200 Eastbound, onto Route 165). Happy trails.

(www.MaliseetTrail.com, [http://wikitravel.org/en/Woodstock_\(New_Brunswick\)](http://wikitravel.org/en/Woodstock_(New_Brunswick)), www.tourismnewbrunswick.ca/, Worldweb.com New Brunswick Self-guided tours.)



Need a good icebreaker activity?

Head to www.wilderdom.com/games/Icebreakers.html. With lots of activities to choose from, you're sure to have some fun!

Tidbit: On October 17th 1956 Mae Jemison was born. She was the first African American woman to travel in space (on the Endeavour). She now owns her own advanced technologies company.

Tidbit: October 17th is the United Nations International Day for the Eradication of Poverty.

If you have any comments or events or articles you'd like to submit to the newsletter please feel free to contact the Women's Issues Branch:

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We look forward to hearing from you!