



Windsor Essex Child/Youth Advocacy Centre NEWSLETTER

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Kids should **ONLY** have to
tell their story **ONCE!**

What is Self Care?

By: Sabrina Damphouse, CYC Placement Student

You have probably heard the phrase self-care and the importance of practising self-care many times during this pandemic. However, finding time for self-care can be challenging for students, professionals and caregivers. Not surprisingly, many people feel drained and have little motivation to focus on themselves at the end of the day.

Self-care is a practice that will help you limit the stresses and strains that you are bound to encounter in your life and cope with those that do arise.

Practising self-care will help you:

Identify, limit, and manage the stresses that you encounter in your daily life .

Be mindful of potential situations of retraumatization (if you have been a victim of trauma), vicarious or secondary traumatization (if you work with individuals who share their own traumatic experiences with you), and compassion fatigue (if you are caring for a victim who has been traumatized).

Achieve balance in your life by paying attention to the different domains of your life in your way.

Start your self-care journey with small steps. Remember, being emotional and taking breaks are okay. Just try to remain consistent with your practices.

Some examples of self-care practices to start with are:

Physical Self Care

- Eat Well - Take time for breakfast, lunch and dinner.
- Move your Body - Find a friend and try walking, riding a bike or taking an exercise class
- Sleep Well - Create a relaxing bedtime routine by reading a book or meditating

Psychological Self-Care

- Pay attention to your feelings - Identify the things in your life that help your mental and physical health and those that don't

Emotional Self-Care

- Spend time with others whose company you enjoy
- Find things that make you laugh

Spiritual Self-Care

- Make time for reflection
- Meditation

Relationship Self-Care

- Ask for help when you need it
- Make time to see friends and family

What is your current
self care practice?

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WECYAC



@we_cyac

Our Vision

A safe, responsive environment providing advocacy and healing to children/youth victims of abuse.

WE CARE

Written by

Alexa Pugh, BSW, RSW, Advocate, WECYAC

Within my practice, I follow an anti-oppressive and trauma-informed lens to ensure the wellbeing and needs of our clients are acknowledged. In Canada, children are entitled to their own rights. However, not everyone is given equal opportunities due to systemic barriers. As an Advocate, I work to empower children and address those barriers they may face. As I can actively work to be a voice for those who may be oppressed, I am contributing towards the overall safety of children within our community. By raising awareness, providing education, and identifying the various supports that are available for families, my goal is to help diminish the multi-generational cycle that exists within child abuse and maltreatment.

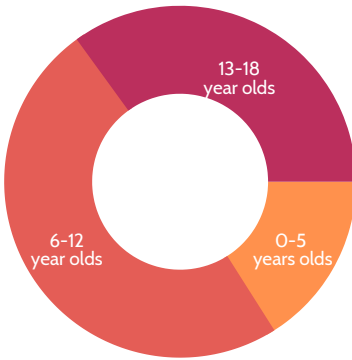
Written by

Aimee Hartigan, BSW candidate, Advocate, WECYAC

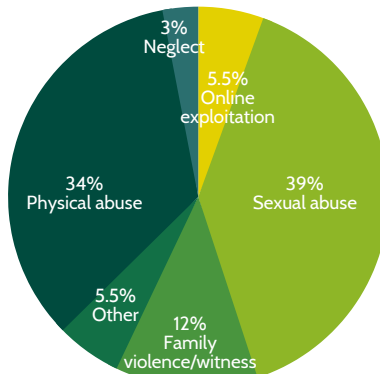
We often see that child abuse is generational. A child who is raised in an abusive environment may not learn the skills to become an effective parent themselves, leading to the perpetuation of abuse. The Child and Youth Advocacy Centre model seeks to end that cycle of abuse. Children and youth who have suffered abuse come to our Centre, and they are seen, heard and supported. I am fortunate to have the opportunity to use my professional and personal experience to advocate for these children and youth and their families. Using trauma-informed care and offering non-judgmental support I am able to assist families in identifying and addressing the systemic barriers that may be perpetuating the cycle of abuse. Moreover, I can encourage and educate families on how to advocate for their own needs. Through this work, we are helping create a healthier community and helping to reduce the likelihood of future abuse.

Quarterly Statistics

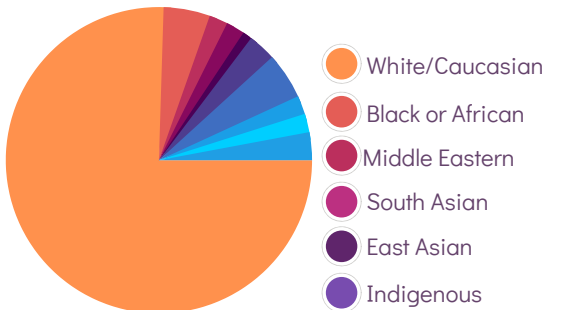
Age of child/youth victims served



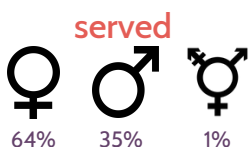
Types of alleged abuse



Demographics of child/youth victims served



Sex of child/youth victims served



Awareness Initiatives

Mindfulness Mondays



Victims and Survivors of Crime Week and Networking Luncheon

WECYAC acknowledges financial support from



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Canada

Ministère de la Justice
Canada

Proud Funded Partner of



United Way
Centraide
Windsor-Essex County

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Foundation



Fondation
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