

Meet the Team



Main Office Staff:

Sharon Marshall, *Executive Director*
Katherine Hollingsworth, BA,
Program Facilitator / Client Support
Brenda Woodley, *Bookkeeper*

Counsellors:

Sara Combs, MSW, RSW, BCCSW
Melanie Gale, MSW, RSW, BCCSW

Outreach:

Tamiko Keating, HSW

Board of Directors:

Gary Brezden, *Chairperson*
Ingrid Sivorot
Wade Stolz, *Treasurer*
Britt McMichael

What we've been up to

Redeveloping our Great 2B Me Program

Partnered with the Kelowna Foundry

Continue to provide counselling services to youth & families in need & at risk

How to Become Involved with Reach Out

- * **Become a Member**
- * **Become a Volunteer**
- * **Plan a Fundraising Event for us**
- * **Employee/Employer Matching Funds**
- * **Invite us to speak at your function**
- * **In Memoriam: donate in memory of a loved one**

We acknowledge the following for their financial assistance in the last year

City of Kelowna, Central Okanagan Foundation, Cops for Kids Charitable Foundation, United Way of the Central and South

Okanagan Similkameen, Lions & Lioness Clubs, Knights of Columbus Councils, Catholic Women's Leagues, Kelowna Trinity Baptist Church, Porrelli Law, Green Shields, Kelowna Roman Catholic Parishes, Gorman Bros. Lumber, Rotary Clubs, Courage Foundation, St. David's Presbyterian Church, Winfield United and Faith Lutheran Churches, Anthony's Auto Sales, Okanagan Kids Care Funding Society, Ford Family Foundation, Royal Bank of Canada, Kiwanis Clubs, The R.C. Bishop of the Nelson Diocese, the Province of British Columbia, MCC Thrift Shop-Kelowna

Merry Christmas



2017 Newsletter



REACH OUT
Youth Counselling & Family Services

1868 Ambrosi Rd, Kelowna BC V1Y 4R9

Phone 250-763-7892 Fax 250-762-8543

www.reachoutyouthcounselling.com

reachout@shaw.ca

Yes, I want to be a Yearly Member and help a young person.

(Please Check Box If You Want To Be A Yearly Member (Indiv. Or Family)

Please Check Box If You Are A One Time Only Donation Amount\$ _____ Cheque# _____

Name: _____ Address: _____

City _____ PC _____ Phone Number: _____

Email Address: _____

What we offer

One-on-one Counselling Programs

Youth Counselling ages 13 to 25
Parents & Family Counselling
Fees—Side Scale Based on
Individual or Family Income

Alternate Counselling Programs

Couples & Single Adults over 25
Fee Scale-Set Rates

Reach Program

One on One Client Support for youth
13 to 25 that are in need.

Satellite Counselling Office

2424 Apollo Road in West Kelowna
(book appointment through main office)

Partnership with Kelowna Foundry

Pre-Scheduled Appointments available
100-1815 Kirschner Road, Kelowna, BC

Additional Resources

- * Client advocacy and support
- * Outreach services to schools & the community
- * Computer access for clients and resource library

Save the Date!

Monday, February 26th 2018
Third Annual
Hearts For Youth Fundraiser at
Olympia Greek Taverna
Tickets \$30 in advance only

From our counsellor

This past year has been busy, with an increasing number of Clients. My learning goals this year were: Gaining new counselling perspectives and strategies, using CBT: Exposure therapy in children, and Ethical dilemmas in counselling and within the organization. Learning new counselling and teaching skills this past year has had a positive impact on my counselling practice.

My case load is heavy in both volume and seriousness of issues and through further education I feel more confident in working with this type of case load. One goal was to learn alternative perspectives and deeper understanding on personality and our position within the world.

Addressing how responsibility, accountability, and living a meaningful life contributes to self-perspective.

This education has assisted my counselling practice by being able to identify the need for balance between responsibility/ purpose and pleasurable experiences within individual lives. Working in an ethical manner is a continuous goal.

This past year has been rewarding, observing clients as they develop new skills, insight, and confidence in order to have the internal strength to address barriers and move forward in their lives.

Sara Combs, BSW, MSW, BCCSW

A message from the director

As we end another year and approach a new one, I'd like to take a moment to express my thanks to all who were involved in helping us continue to achieve our mission in 2017. To the board members who come each month to review our progress and plan the future of the organization, I thank you for your time and dedication to our Registered Charity. To the counsellors who come and listen in confidence to their clients; who guide, counsel and support them to overcome, to believe to hope once again. Thank you. To staff; our front line workers, your one on one support allows clients to feel valued, welcomed and empowered towards change and renewal. Thank you. To our donors, members and partners. Thank you for your support, your participation and your collaboration. We can't really get too far without you! To our clients who come, who trust and who share. You are the reason we do what we do. We believe in you and what you can achieve. Thank you for believing in us!

To all of you, thank you for being part of an incredible journey in serving thousands of youth and families in our community for more than 33 years.

*I wish each and every one of you a
wonderful Christmas and a very
Happy 2018!*

Sharon Marshall