



CONNECTIONS

LOCAL EFAP NEWS

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Feature of the Month

EFAP/North

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PARENTING

Keeping communication open with teens

Think back to your own youth. Was the door open for you to go to your parents with your problems? Ask yourself: *When was the last time my child came to me asking for help?*

Respectfully listening and talking to our kids is a powerful form of violence prevention. When we talk about what's weighing on their minds, they not only unburden themselves but they learn new coping skills and self-control. Teens who have an open-door relationship with their parents are fortunate. In addition to receiving lots of TLC, they are more likely to ask for help when they're in trouble.

Getting past "Yeah, whatever..."

Getting through to our kids can be difficult. They can be sensitive, defensive, resistant and downright stubborn. Building bridges often involves trying something new. The trick to passing through communication roadblocks and other diversionary tactics is to keep your focus. Be patient and be smart. Don't let your kids change the subject, talk you out of it, prey on your guilt, or sucker you into an argument. Take no detours. Accept no excuses. We can't make our kids talk to us when we want them to, but we can ask nonjudgmental, open-ended questions

and really listen when they do have something to say. Better listening, being direct in bringing up tough issues, setting firm limits and taking more time face-to-face will help you get through to your child.

By Ken Druck, Ph.D., and Matthew Kaplowitz

15th Annual General Meeting

April 18th, 2007 @ 6:00 p.m.

Elks Lodge

Guest Speakers:

Sgt. Norm Shillington, NBPS
(Retired)

Insp. Mark Montgomery, NBPS
(Retired)

and Dominic Mammola NERMHC

will present information of the
North Bay & District Critical
Incident Stress Team.

They will speak of their experiences
in providing Critical Incident De-
briefing to New York police & fire-
fighters following the 9/11 Tragedy.

\$30.00 per ticket (3 or more \$25.00 ea.)

Call Debbie at 494-8086 before
April 5th to reserve your tickets!



CONNECTIONS

DEPRESSION

Depression affects your thoughts, moods, feelings, behaviour and physical health.

Depression is not a weakness and you can't always treat it on your own.

CAUSES OF DEPRESSION

- There is not always a single cause
- Often due to environmental factors, stress, physical illness or a chemical imbalance
- Family history, hereditary
- Long term use of certain medications
- Having a chronic illness
- Low self-esteem or being negative
- Postpartum depression
- Alcohol, nicotine and drug abuse
- Diet low in vitamin B12 and folate

SIGNS AND SYMPTOMS

- Loss of interest in normal activities
- Feeling sad, helpless or hopeless, and have crying spells
- Sleeping too much, having trouble falling asleep, waking early in the morning and not being able to get back to sleep
- Trouble concentrating or making decisions
- Appetite or weight increase or decrease with no known reason
- Restlessness, agitation, irritability, and easily annoyed
- Talk or move slowly
- Less energy, feeling as tired in the morning as when you went to bed

- Less or lack of interest in sex
- Feel worthless, have excessive guilt
- Thoughts of death, continuous thoughts of death, dying or suicide

WHAT YOU CAN DO

- Participate in social activities to decrease isolation and loneliness
- Do fun things that you used to enjoy
- Talk it out
- Let yourself cry to release feelings
- Analyze your situation to find out what might be causing this
- Find the positive in your life
- Eat a balanced and healthy diet
- Exercise, once you start you should feel better
- Express yourself creatively by drawing, singing, dancing...
- Avoid alcohol and drugs
- If you have prescribed medications, take them even when you feel okay
- See a health care professional

IF YOU KNOW YOUR FEELINGS ARE NOT NORMAL AND YOUR EFFORTS ARE NOT HELPING

- Get help!
- Call EFAP/North at 494-8086
- See a health professional (doctor, nurse)
- Go to the Emergency Department at the general hospital
- Call your local Crisis Intervention number

The Members Page

**EFAP/North congratulates the North Bay Police Service for their
125th anniversary**



Celebrating our Police

Pastor Ken Jeffrey of the Gateway Church, 147 Marshall Avenue will be hosting a non-denominational service to celebrate our Police Service and our members, past and present on Sunday, May 27, 2007 at 2 p.m. A special remembrance will be made to honour Constable Fred Lefebvre and Constable Leonard Slater who paid the ultimate sacrifice while serving our community.

Golf Tournament

A 2-person scramble golf tournament has been scheduled for June 16, 2007. It will be held at Osprey Links Golf Course, with dinner to follow at the Callander Legion.

Tattoo

The North Bay Police Service will be partnering with 22 Wing, Canadian Forces Bases North Bay, to present a Tattoo of both military and police pipes and drums bands. The date has been set for November 25, 2007 at Memorial Gardens.

Sponsorship Opportunities

Your business or organization is invited to provide sponsorship for the events planned to celebrate this significant milestone in the proud history of our Police Service. These events will also be used as platforms to fundraise for the Ontario Torch Run for Special Olympics, which is the charity of choice for the Ontario Association of Chiefs of Police (OACP). You can provide support by visiting the web site at: www.northbaypolice.on.ca and completing the Community Supporter form and e-mailing it to the attention of Mr. Gerald Lalonde or through the mail by sending the completed form to our Police Service. Thanks for taking the time to consider this offer.

CONNECTIONS

Q and A

Dear EFAP/North:

Lately I have been having difficult enjoying life, I feel lethargic and seem to have difficulty concentrating. I'm not sure why I feel this way but I am worried about it.

Should I be worried?

Dear Worried:

Everyone goes through emotional ups and downs. However, when the lows become frequent and prolonged they can affect one's health, erode a marriage or undermine a career.

It is possible to drift into a state of depression without realizing it. The symptoms are not always clear and obvious. Some possible indicators are:

- Low mood swings that won't go away
- Lost of interest in everything – your job, family life, hobbies and friends
- No appetite or an excessive appetite
- Sleep disturbance
- Low self image
- Unusual nervousness or irritability
- Frequent crying spells

If you recognize these warning signs of depression in yourself and if the symptoms persist for a number of weeks with no sign of improvement, it is time for you to seek help. EFAP/North can help you get the assistance you need.

Yours in health,

EFAP/North



Book of the Month

GET A LIFE

You don't need A MILLION to retire well

by Ralph Warner

Nolo 5th edition ISBN 1-4133-0084-7

You can't buy a satisfying retirement. Brokers, bankers & investment advisors warn:

- *"You must save megabucks for retirement!"*
- *"Millions risk an important impoverished old age!"*
- *"Buy the right mutual funds or live unhappily ever after!"*
- *"Social Security is sure to go bankrupt!"*

Get a Life says: "Baloney!"

Although few people in mid-life are ready to hear it, the chances of enjoying an active, fulfilling retirement have almost *nothing* to do with money. What really matters are the life choices you make before you retire. They will largely determine whether retirement will find you busy or bored, happy or lonely, healthy or sick.

