



**September is  
Kids Help Phone Month!**

Back to School Issue

September 2010

# Connections

## Supporting Kids Help Phone in Barrie and Simcoe County

### This September, be there for kids. Kids Help Phone Month kicks off at City Hall

On Monday, September 13th, at 11:30, the Barrie Chapter of Kids Help Phone kicks off Kids Help Phone Month at Barrie City Hall. September is Kids Help Phone Month in Barrie. The community is invited to help celebrate another year of Kids Help Phone supporting Barrie's youth.

On the agenda is a lunch hour seminar with renowned Marilyn Barnicke Belleghem:

*Marilyn Barnicke Belleghem has been described, as "Irreverent. Inspirational. Insightful." She uses jolts of humour and a candid honesty to shed light on the complexities of the human condition. Audi-*

*ences are encouraged to push beyond their comfort zones to confront shared challenges. Marilyn dares to deal with taboo themes to demystify and defuse their hidden power.*

*Through open, honest and dynamic storytelling, Marilyn has earned a reputation as an entertaining and knowledgeable speaker to corporations, school boards, universities, service clubs and professional organizations. Her talks are grounded by extensive formal studies in psychology, family studies and education. She has also been a counsellor in private practice since 1981, registered as a marriage and family therapist. There is a connection be-*

tween youth with poor self esteem, and adults with behaviour problems like workplace bullying. Marilyn will share stories of people who needed the support of a service like Kids Help Phone, and the benefits to communities that comes from supporting youth, their mental health and building self-esteem.



**Renowned Marilyn Barnicke Belleghem speaks at Kick Off luncheon seminar**

## Local Student Ambassador heads for Harvard

Story by Liz Rodgers

While perhaps not the very first, **Gary Gerbrandt** was one of the only Student Ambassadors in Barrie for approximately 8 months. His decision to become a Kids Help Phone Student Ambassador came through his awareness of the organization's existence. "I've never

used it but I've always remembered it as a little insurance policy. It helps kids after all. When they can't turn anywhere else, Kids Help Phone is always there," he notes. Having begun his Ambassadorship while attending Innisdale Secondary School,

Gary will proudly take his place this June among his numerous peers in Innisdale's graduating class of 2010.

Attributing his choices in life to goal-setting and positive thinking Gary notes, "I've pulled myself out of some rough times by remembering that things always work out. I'm always (con't page 3)

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#### Special points of interest:

- Local Hip Hop Artist to partners with Barrie Kids Help Phone
- VIP Booster Night at Boston Pizza for Kids Help Phone fans
- BMO Student Ambassador Awards
- Boo-la-thon



## Kids Help Phone Month Kick Off!

### Here's what's happening:

11:30: Registration  
12:00: Workplace Bullying - Marilyn Barnicke Belleghem, M.ED, Renowned Therapist, Author & Speaker.  
Light lunch included  
1:00: Mayor David Aspden will raise the Kids Help Phone flag at City Hall.

### Registration & Tickets:

Please register at:  
<http://kidshelpphone.eventbrite.com>  
Tickets for the event are \$10. All proceeds are to Kids Help Phone. Tickets can be paid for online by credit card, or cash or cheque at the door.  
*Please register early registration to avoid disappointment.*

### About Kids Help Phone

Our mission is to improve the well-being of Canadian children and youth by providing them anonymous and confidential professional counselling, referrals, and information through technologically-based communications media. Last year, we helped Canadian kids in need well over two million times through our phone and online counselling services.

## Kids Help Phone Counsellors prepare for back-to-school blues

Many adults fondly remember their years in school and the excitement of the back to school period; new binders, new lockers, and new classes. They may have forgotten the unease that can also be attached to it all. For many kids, the thought of going back to school brings nothing but dread, fear, and anxiety. These feelings can manifest physically in things like nightmares, upset stomachs, and headaches. Concerns about academic success, as well as apprehension about the complex social reality of a new class and new classmates can leave kids feeling stressed and overwhelmed.

### Cause for concern

Each year, the counsellors at Kids Help Phone experience an increase in call volume during the back to school period, a period that extends easily into December when the excitement of the back-to-school transition fades and the reality of school life sets in. Many kids are calling about academic-related stress, including:

*Trouble with specific courses*

*Worry about grades and wanting to do better at school*

*Fear of failing and not getting into specific schools or programs*

*Anxiety about disappointing their parents*

*Disappointment about not receiving academic awards*

Academic worries aside, back to school can bring about social challenges that are

*"I feel like my head's gonna explode. I worked so hard last year but I can't seem to get a mark higher than a 70, my parents keep telling me I'll never get into university, and lately my friends want nothing to do with me. I know I'm supposed to relax cuz it's summer, but I'm so stressed about going back to school that I just can't stop thinking about it. I hate it."*

just as stressful. Some of the main concerns for kids are:

*Bullying—by friends and other kids at school*

*Relationships—worries over those that ended badly and anxieties about making new friends*

*Fitting in—feeling like an outsider*

### Help Wanted

The need for help at back-to-school time is echoed on Kids Help Phone's website, where September visits to the topic library nearly double those from August. And along with this increase in visits comes a shift in emphasis -- during the 2009 school year, bullying took the top spot as the most visited topic, whereas the summer months saw peak visits to the more relational topics of dating and coping with strong feelings.

### Being there

Parents and guardians can help alleviate back to school stress and one important tip is to talk about the possible stressors. Many kids fear that their parents won't be willing to hear them out. Let them know that you are safe to talk to, that you want to understand them, and that you will take their concerns seriously. Know that it's okay not to

have all of the answers; you're not expected to. If you feel stuck, remember that Kids Help Phone is always here to help sort through all of the possible solutions to come up with the ones that will work best for your child. Why not suggest calling us, or place the call together?

This year, Kids Help Phone launched two brand new websites for kids and teens, featuring the Info Booth, a library of content enhanced with new topics, as well as interactive tools for helping kids cope. The new sites signaled a new era of Kids Help Phone, which the charity will bring to the public in the fall of 2010 with the launch of its first youth awareness campaign in six years. And since the best way to reach kids is through school, the campaign will target elementary and high schools across the country.

If you know a child or teen who may need help with back-to-school stress, encourage them to get in touch with us at **1-800-668-6868**, or [kidshelpphone.ca](http://kidshelpphone.ca). Available by phone and web, any time of the day or night, Kids Help Phone is the go-to resource for kids in Canada, for professional, anonymous and confidential service. No matter the question, no matter



## Harvard ... continued

by remembering that things always work out. I'm always running towards the little light at the end of the tunnel." For Gary, becoming a Student Ambassador with an organization clearly devoted to empowering today's children and youth, it seemed a natural fit to his strength-based outlook on life. Realizing his ability to "spread the word" about the good work of Kids Help Phone, Gary also saw fundraising as a crucial element in the continued success of the organization. Likewise he saw his tenure as a Student Ambassador as an opportunity to be a part of the outstanding legacy of Kids Help Phone.

"Working with Kids Help Phone is so important because it's always working. It's an active service that shines when everything else fails," he notes adding, "

KHP has shown me the good that just a little bit of work can do. It has reminded me that there's always a little safety net, even when it seems like the world is falling down. I think KHP has made me see that someone is always there who cares." Gary's decision to reciprocate that caring spirit saw his participation in both the May 2009 and 2010 Walk for Kids Help Phone. "I walk to help kids. I walk to help KHP help kids because otherwise they'd be alone in their darkest hour. I walk because Kids Help Phone is always there," he notes with pride. Gary will be leaving Kids Help Phone in August as he prepares to become a part of yet another "helping" legacy. Matriculating to Harvard, he will begin a new path which hopes to see a career in politics or government. Gary aspires to be



come a campaign manager or diplomat. "I'm excited out of my mind, though I'm sad to be leaving Kids Help Phone but I'm mainly excited," he notes with his usual spirited chuckle. Gary's enthusiastic spirit will remain a cherished part of the Kids Help Phone Student Ambassador legacy, as he is wished only the very best throughout this next chapter in his amazing personal life story. All the best Gary and never stop running toward that light.

## Gerbrandt double winner of BMO Student Ambassador awards

**BMO Financial Group** bursaries recognize those graduating Student Ambassadors who are going to college or university and who have demonstrated dedication to Kids Help Phone and the Student Ambassador Program; have shown initiative in all aspects of the program; have given their time above the program expectations; are achievement oriented, and have overall leadership qualities.

This year, **Gary Gerbrandt** was recipient of the BMO bursary as well as the Leadership Award for his outstanding contribution.



**Rick O'Neill of BMO presents Gary Gerbrandt with his bursary**

## Calling all High School Students!

**Are you looking for a unique and meaningful volunteer experience?**

Then register for the upcoming...

**VOLUNTEER TRAINING CONFERENCE**

**Monday, September 20<sup>th</sup>, 2010**

**4:00 pm to 6:00 pm**

**At: Creative Space—89 Dunlop St E, 2<sup>nd</sup> Floor  
(Behind Casa Cappuccino) Barrie, ON**

The Conference is FREE Snacks will be provided

Volunteer time may be eligible for required volunteer hours – *check with your school*

**GREAT OPPORTUNITY TO GET INVOLVED, GAIN EXPERIENCE, MAKE A DIFFERENCE AND HAVE FUN!**



## 2010 Walk for Kids Help Phone - \$24,000 + thanks! From Deb Exel, Chapter Chair

Kids Help Phone has more than 24,000 reasons to say thanks to all the many people who supported the **Walk for Kids Help Phone** in Barrie on May 2nd. Together, over **\$24,000** was raised—over \$4,000 more than last year - allowing Kids Help Phone to continue to provide Canada's children anonymous and confidential professional counselling 24 hours a day, 365 days a year.

**Thank you to all our partners and suppliers:** The A Channel, Ann Green of Bliss Yoga, B101, BMO, Boston Pizza, Cookstown Foodland, Home Depot, Lindsay Stevenson Photography, Metro, Mike Guilbault Photography, Party Packagers, RNR Patient Transfer, Stephenson's Rental, Tim Horton's, Travis Prout of Please and Thanks Hip Hop, and Zehrs.

*I would really like to say thanks to everyone. I am this far today because of you guys. Imagine if I had never come across this site then this would still be happening to me. I'd still be struggling with everything. Here's a girl that YOU guys helped. You made her move on. You got her through this. You stood by her. Thanks!  
(actual child's post from [www.kidshelpphone.ca](http://www.kidshelpphone.ca))*

**Thank you to our Kilometre Sponsors -** Bell Canada, Vireo Research, MHConnect, Manic Media, Catalyst Choreography and One World Branding.

**Thank you to all our prize donors:** Barrie Colts, Barrie Kempettes, Bear Creek Golf Club, Bob Elliott of Royal Lepage, Champion TKD, Goodlife Fitness, Hardwood Hills, Home Depot, Lil Kridders, McLaren Art Centre, Mike Guilbault Photography, Puma, Rainbow Riding, Snow Valley Ski Resort, Snow Valley Summer Camp, Thunder-hoops, Travelodge, and Vertical Zone Trampoline Center.

**And a very special thanks to our 2010 Walk Committee and their volunteer crews -** it is through their industry and commitment that we were able to create a great walk experience for our participants. Also a very big thanks to our dedicated walkers who showed up to walk in spite of the weather forecast. Never underestimate the importance of people - they are everything.

**On behalf of the Barrie and District Chapter of Kids Help Phone - 24,000 thanks and we hope to see you all on May 1<sup>st</sup> 2011!**

## Barrie Fire Fighters Fire it Up to win Guns n' Hoses award

**Barrie's "finest," "hottest" and "bravest" public guardians** squared off in a friendly competition to see who will secure the most pledges to support the community's most precious of assets, our kids. Barrie's Police Services, Fire Fighters and Canadian Forces Base Borden personnel walked so kids can talk in the first annual **Guns 'n' Hoses** challenge. The winner: The Barrie Firefighters.

Thanks to those women and men in



uniform for supporting Kids Help

Phone. All three organizations have already committed to taking part next year and plan to make it even more successful.



Volunteer Liz Rodgers presents award to Chief John Lynn

## Nantyr Shores scoops Bell Canada Student Challenge

The Walk for Kids Help Phone Student Challenge sponsored by Bell Canada, now in its 4th year, was initiated to increase awareness of Kids Help Phone in area high schools while providing community service and leadership opportunities for high school students.



Bell Canada Executive Sponsor Jamie Nightingale presents trophy to Nantyr Shores Student Ambassadors and team

## Set to soar at Walk for Kids Help Phone

Story by Liz Rodgers

His name is Gesar Saunders and he's definitely going places. Having become a Kids Help Phone Student Ambassador Liaison in BC at the age of 17, Saunders through tenacity and genuine good will volunteered his assistance in pre-event preparations for the recent Walk for Kids Help Phone in Barrie. "I came out to help with setting up because as a Student Ambassador Liaison, I felt compelled to be part of the volunteer team as well as a walker, plus an extra hand never hurt anyone," he suggests. Saunders, an 18 year-old student is a Canadian Forces Private who is preparing for a bachelors degree in Political Science/ Anthropology at Mount Allison University in New Brunswick. He hopes to further his education through law school either during or upon the completion of his degree program. Having lived the majority of his life in British Columbia, he joined the military in 2008 and has spent the past year residing at Canadian Forces Base Borden. As a Private with the 192 Construction Engineering Flight in Aldergrove BC, Saunders relocated to Borden Ontario in 2009. While working on his occupation qualification courses at Base Borden the young Mobile Support Equipment Operator Trainee plans to



Gesar Saunders

transfer to 3 Military Police Unit in Moncton New Brunswick.

With the introduction of the Kids Help Phone Guns N Hoses walk challenge to this year's event; he joined his Canadian Forces counterparts in the friendly May 2<sup>nd</sup> rivalry between the military and Barrie police and fire services. This 5 kilometre

trek to secure the most pledges would for Saunders however merely be the beginning of his exciting adventure along Barrie's beautiful waterfront.

Under the auspices of the West Jet Cares for Kids Campaign and the generous donation of a pair of tickets to anywhere within their scheduled network of flights, Saunders' name would ultimately be randomly drawn as the delighted recipient. "It feels awesome to have won the West Jet tickets and I'd like to thank West Jet for their generous contribution to Kids Help Phone," he adds.

As he prepares to embark on his ambitious academic journey this September, the forward-thinking soldier who is already considering our Canadian winters notes, "I haven't decided where I will be travelling with the West Jet tickets but my eyes are on Ja-

maica, or some other warm country, to take refuge during the winter break."

In keeping with his life-long passion for assisting others, Saunders looks ahead to the 2011 Walk. "Kids Help Phone is an awesome organization and everyone should recognize its great commitment to helping kids and teens across the nation," he suggests. Saunders attributes much of his appreciation for Kids Help Phone to his experience as a Student Ambassador Liaison. "It has made me

realize that there are a many kids and teens out there that really rely on such a wonderful organization

**"Kids Help Phone is an awesome organization and everyone should recognize its great commitment to helping kids and teens across the nation,"**



**WESTJET**  
CARES FOR KIDS 

## Kids Help Phone Boo—la—thon



Sunday October 24th  
Barrie Bowlerama

### Kids Help Phone - Barrie & District Chapter

The Barrie Chapter has an active group of volunteers who are implementing great fundraising and awareness initiatives throughout the area.

We are currently seeking personable, responsible, committed adult leadership volunteers to build our Barrie Chapter.

A positive attitude and willingness to pitch in and work as a team are essential. We're excited about continuing to grow the Barrie Chapter - for further details on volunteer opportunities and other ways you can help us please contact :

[barrie.chapter@kidshelpphone.ca](mailto:barrie.chapter@kidshelpphone.ca)

<http://org.kidshelpphone.ca/en/choose/ontario/barrie>

Join our Facebook Group or follow us on Twitter

## Kids Help Phone ... in the community

**Booster Night 2010 at  
Boston Pizza  
September 29th  
6-8pm**



Come join us for a fun VIP evening for our fans and supporters.

With 'A' Channel's **KC Colby** and **Please & Thanks Hip Hop's Travis Prout**.

Prizes, 50/50 Draw and free sample appetizers compliments of Boston Pizza.

Tickets \$10pp - all proceeds to Kids Help Phone.

Contact the Barrie Chapter for tickets.

### Please and Thanks partners with Kids Help Phone

Please and Thanks Children's Hip Hop is donating \$1.00 of every CD sold to Kids Help Phone. Units are \$10 and will be available on iTunes [www.myspace.com/pleasenthanks](http://www.myspace.com/pleasenthanks), via email paypal [pleaseandthanks@live.com](mailto:pleaseandthanks@live.com) & various locations around central Ont



### Enjoy Boston Pizza and Support Kids Help Phone year round

Each time your team/group, family or friends come in to Boston Pizza you can support Kids Help Phone.

It's easy—once you have finished enjoying a delicious meal at Boston Pizza, simply write **Kids Help Phone** on the back of your receipt and place in the drop box at the front of the restaurant.

Kids Help Phone will receive **10%** of whatever you spend!

