11th Annual Charity Golf Invitational

June 7th marked our 11th Annual Charity Golf Invitational and we are happy to announce it was a huge success. Thanks to our generous sponsors and participants, we raised over $91,000 to support our Big Brothers Big Sisters and Caring Network programs.

Kicking off the day, Eric Lastowka entertained the crowd with his trick shots. His final shot of annihilating a whole watermelon was extraordinary!

Special guests from our Big Brothers Big Sisters program included Big Sister Jeanine and her “Little”, Ana. Jeanine shared her experience as a mentor and expressed her deep gratitude to all the donors present for all their support. Child & Family’s Board President, Anthony Cordeiro, thanked everyone for their generosity and their continuous participation at this event.

To date, this annual charity event has raised over 1 million dollars!

Thank you to our generous sponsors

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The Greater New Bedford Community
for their continued support and generosity

Russell Oagles Jr. of Five Star Collision
for donating clothing and outerwear for children in need

Dartmouth Building Supply
for their donation of lumber for our CFS Garden Project

Price Rite New Bedford
for donating shopping bags for our Hetty’s Thrift Shoppe

Robyn Rogers, Registered Play Therapist, and Tracie Rothwell, LICSW, answer questions about Play Therapy

What is Play Therapy?

What is play therapy?
Play Therapy is the only form of therapy that was designed and researched specifically for use with young children. It is based upon the same principles as adult-focused therapies, but the techniques are delivered using play rather than just talking. Since children lack the emotional vocabulary needed to fully benefit from traditional talk therapy, play therapy is a way for them to work through difficult emotions and events. Play is comfortable for children, it’s fun, and it provides an opportunity to act out troubling feelings, or practice important skills.

How is this different from my child playing with toys at home?
Play during Play Therapy is purposeful, and each activity is carefully chosen by the therapist. Play therapists are able to provide safe, calm, accepting, and therapeutic play spaces for their clients, and they are trained to interpret the play and assess for any underlying emotional disturbance that may be occurring. So, what looks like “just playing” is actually very intensive therapeutic work.

What does a session look like?
Each play session will look different depending on your child, their personality, their current goals, and their therapist’s style. Your child will have the opportunity to play with many different toys and games, specially chosen by their therapist to use in sessions. For example, a child with a known history of trauma could have items such as a doll house available to help them express difficult memories, which could help them resolve some of the problems connected to the trauma.

Will my child talk about their feelings during play?
They may, but not always with direct words. Children’s play during a therapy session can follow themes relating to something that is bothering them, or something they need to work through. They will often act out feelings or events during play, which their therapist can respond to therapeutically, helping the child process difficult emotions.

Will I be involved in my child’s Play Therapy?
Input from parents is always very helpful, and can lead to your child receiving targeted and specific treatment based on their needs. If more hands-on involvement is necessary, your child’s therapist may suggest a type of Play Therapy called Filial Play Therapy, which strengthens the parent-child relationship by encouraging the parent to become part of the session. It works best when all major behavioral issues have been resolved. Over the course of 2-4 sessions, your child’s therapist would show you how to use some play therapy tools that you could then use at home with your child.

CFS Welcomes New Board Members

Lynn A. Motta
Matthew H. Roy
Laura F. Ribeiro
William Boles
Nadine L. Gomes

Planting Seeds of Hope

“Due to serving hundreds of families in the area, we have become acutely aware of the impact that food insecurity has on many of them. Many of the families that we serve experience a daily struggle to provide food for themselves and their children. As you can imagine, the impact on their lives is significant. Nutrition, a major factor in all areas of well-being is often a need that can be hard to meet in the populations we work with.

With this in mind, we’ve decided to start a community garden at CFS of New Bedford. Many of our staff have knowledge and experience growing food and are enthusiastic about sharing this experience with our clients. Aside from being able to provide quality food to our most in need families, we also foresee many other benefits.

The Therapeutic Mentoring program alone services approximately 250 clients, many of which struggle with severe social and emotional issues. We’ve seen how therapeutic and positive the experience of growing can be and we look forward to sharing this experience with our clients. Some of the qualities we hope to help cultivate through this project include increased self-esteem, self-assuredness, cooperation, patience and the experience of taking care of something and producing a positive result. In short, we feel that this project can benefit and strengthen the community on many levels.” Joey Spangler, Therapeutic Mentor
CHILD & FAMILY SERVICES

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Our Mission

“...to heal and strengthen the lives of children and families.”

For tickets, or for more information, please call Susan Remy at 508-742-1032.

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