



# FRONTENAC YOUTH SERVICES

## Newsletter

### February 2017



## Children's Mental Health Week

**May 1-5, 2017**

Frontenac Youth Services

**Annual BBQ Event**

**Wed. May 3<sup>rd</sup>, 2017**

*(Save the date!)*

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"Believe you can ... and you're halfway there."

*Theodore Roosevelt*

"You can't put a limit on anything. The more you dream, the further you get."

*Michael Phelps*

### 11th ANNUAL GOLF TOURNAMENT

July 10, 2017

12 noon (Lunch and Registration)

ROYAL ASHBURN GOLF CLUB

Ashburn

For more information contact:

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or

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or

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18 holes of Golf \* Power Cart \* Welcome Gift \* BBQ Lunch \* Dinner and Reception

Use of Practice Range and Putting Greens \* All on Course Games

## CLIENT'S COMMENTS

These comments are collected as part of the client surveys which take place after all services are finished at the agency.

"Tell us what  
you think!"



### What did you like about Frontenac?

- it was fun coming here; I liked my worker/counsellor, she listened to me and was very nice
- the environment in our sessions was welcoming and relaxed
- it was encouraging and helpful
- an amazing counsellor who truly understood my child
- I liked how the worker listened to what I said
- that my anxiety decreased
- I like that I had someone to talk to when needed and that the people here were very friendly
- how involved I was allowed to be with the program
- I liked that I was welcomed in, there was no judgement as well as I was heard, how I felt and what I needed
- very well supported and excellent
- it helped my family get through a difficult time
- convenient times, friendly counsellor
- very safe and comfortable environment and friendly people
- it helped our family achieve our goals
- casual atmosphere
- I liked the friendly and accepting environment; I always felt respected and like I was never being judged; I like how Frontenac helped me achieve my goals while allowing me to take the lead in discussions etc.
- the atmosphere as well as service and additional groups
- friendly and professional
- my counsellor was very nice; she did her very best to help me see the improvements I wanted to see

### What could we improve upon?

- service wise, nothing, not very much room in waiting area however
- nothing
- communication between Frontenac and my school
- less of a waiting list
- nothing really, very rich in resources

### General Comments:

- counsellor was fantastic to me; she was a major part of why I feel so good now; I am happy she was my counsellor
- pretty happy with the growth I've developed and the help I've gotten; very thankful for all that has been done with regards to helping me get results and be a better me – Thank you very much
- my son has been able to use his skills he learned in real life situations; it has improved his confidence

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