



In This Issue

Advanced Course Intro

FHI & Supported Housing

Kudos Winners

Sanctuary Theme of the Month

Safety Updates

Flourish Together

An Introduction to the Advanced Course in Life Skills Mastery

CCS's third Introduction to the Advanced Course is set to begin March 1, and you are invited. Initially offered as a pilot program for direct-care professionals in 2015, the course has proven so beneficial that it is now open to interested staff members from all areas of the organization.

"I became more mindful of my communication style and more aware of effective ways to communicate my needs and feelings," said Rick Newton. "I also believe I became a more compassionate listener."

The course covers our Theory of Change and how to apply it to our daily lives; mindfulness; honest, compassionate communication; the pillars of Sanctuary; mastering time; financial literacy and more. From March 1 through May 10, participants will meet every Wednesday, 3:00-5:00PM at St. Mary's Church in the Guadalupe House, located at 728 SW Ellsworth St. in Albany. For more information, contact AlexAult@ccswv.org or KimberlyGrace@ccswv.org.

[Introduction to Advanced Course Flier](#)



Partners Lift Up Families in Need FHI and Supported Housing Receive Major Grants

Catholic Community Services has received several votes of confidence from funders for our ground-breaking work in combining affordable housing with services and on-site support. Kaiser Permanente recently announced that it has granted \$325,000 to help CCS serve community members struggling with behavioral health or substance abuse issues in our Fostering Hope Initiative (FHI) neighborhoods. The grant will allow CCS to provide training to FHI staff to become Certified Community Health Workers. It will also help CCS to enhance housing support services and advocate for statewide policy changes to increase affordable housing in Oregon.

Oregon Housing and Community Services has also committed to work with us through a Local Innovation Fast Track (LIFT) housing grant for \$3,462,478. These funds will be used to build a new supported housing complex in Woodburn on donated land. These grants are a tribute to the success of the Fostering Hope Initiative and its Strengthening, Preserving and Reunifying Families Program. Together with the \$1,700,000 Saint Monica Apartments Capital Campaign, the LIFT and Kaiser Permanente grants will result in nearly 30 new supported housing units. More importantly, they will pave the way for more success stories for families like Crystal and her baby.

[Hear Crystal's Story](#)



They've Got Swag!

Congratulations to the winners of our first Kudos drawing! The following winners were drawn from a list of staff members who were named in the Intranet Forum Kudos thread during November and December: Francesca Hawatmeh, Amanda Ryan, Michelle Spry, Chrysalis White, Kim Grace, Stephanie Stoker, Randi Labrousse, Jill Nuttbrock, Ben Carlson, and Janet Johnson. Winners received \$30 worth of merchandise of their choosing from the new [CCS Company Store](#).

To enter a coworker to win in the next drawing, thank them or tell others why you appreciate them on the Intranet in the Forum "[Kudos](#)" thread. People who nominate others will also be entered in the next drawing, which will take place in April.



Sanctuary Theme of the Month: Emotional Intelligence

Emotional intelligence can be defined as our ability to identify a wide variety of emotional states in ourselves and others, to express our feelings in words and to respond to the emotions of others with patience and empathy. Research shows that emotions play a major role in our behavior at work, and they influence both the social climate and productivity of any organization.


Emotional intelligence and emotion management are important in every position within Catholic Community Services. These skills and abilities are practiced through community meetings, check-ins, and our commitment to non-violent communication.

[Read More](#) [Download Safety Plan Template](#)



Don't Forget Your Badge!

To ensure the safety of our staff and customers, the Safety Committee has put some new security measures in place for the Bishop Steiner Building (BSB). Please be aware that a visible, CCS-issued ID badge or visitor ID badge is now required at all times while at the BSB. Adult visitors must sign in and out at the front desk, where they will receive their visitor badge. Children are not required to have a visitor badge, but they will need to be signed in with their legal name by their parent or guardian.

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