

CBC News - Catawba, Burke & Caldwell

Catawba County
 Angela H. Phillips
 District Administrator
 465-1165, ext. 4
 Julie A. Beebe, NCCP
 Program Assistant
 465-1165, ext. 1
 Sydney Smith
 Program Supervisor
 465-1165, ext. 2
 Teresa Goodemote
 Program Supervisor
 465-1165, ext. 3

Burke County
 Laurie George
 Program Supervisor
 438-5470

Caldwell County
 Karen Finley
 Program Supervisor
 759-8418

Burke/Caldwell
 Tiffany Munday
 Program Supervisor
 438-5470 or
 759-8418

In-Service Training Opportunity

WHAT: In-service,
 "Resources for Families &
 Children"
WHEN: November 10th:
 5:30 to 8:30 pm
WHERE: GAL Office

Please contact either Teresa Goodemote or Sydney Smith at 465-1165, to reserve your space today!

NOTICE/CAUTION If your case is the subject of a new investigation, please call your supervisor. DO NOT go see the child or speak to anyone before making contact and receiving guidance from staff. Any contact you may make could jeopardize the situation. For example: There is a report made alleging neglect in the foster home. Call your supervisor before proceeding.

"What do I do if I can't get in contact with my GAL supervisor?" Emails and telephone messages should state if we are out of the office. Please call another supervisor's extension. If that fails, please call your attorney advocate. Make sure you have those phone numbers handy!

Angela's Corner
SELF CARE

The number one question that new volunteers ask is "How do we take care of ourselves amidst all of the sadness"? Our new volunteer

training manual addresses this very well.

The manual asks us to consider several issues. The questions posed include: "What is one thing you've done in the past to sustain yourself or renew your motivation during a difficult or frustrating time period? How will you sustain your motivation in your role as a GAL volunteer? How will you create boundaries for yourself so you do not become overly involved in the problems of the children and families with whom you will work?"

The answers are not simple but they are helpful. #1 Volunteer Support – this includes your acknowledgement that you cannot be an expert in all of the fields you will touch. Your job is to bring energy and creativity and common sense to the work. #2 Staff have the responsibility to provide you with encouragement, guidance, and resources. #3 In-Service Trainings-things are always changing. One way we deal with the changes is through continued education. Currently, we offer in-service trainings on important issues on alternating months. Watch for the announcements and come learn with your fellow volunteers. #4 Peers-Use each other to brainstorm, problem solve, and for support. #5 Personal Support Networks-build social and emotional support so that you can take better care of yourself. Thank you again for all you do! Excerpts from National CASA Volunteer Manual, V10-5

HOLIDAY CLOSINGS

Please note that our offices will be closed on the following dates to observe the holidays.
 November 11-Veteran's Day
 November 26 & 27 - Thanksgiving
 December 24 & 25 - Christmas
 January 1 - New Year's Day

Remember to Fall back to Daylight Savings time on November 1, 2009.