



MAY 2011 NEWSLETTER

Why Neurofeedback Training?

I cannot express enough how important neurofeedback training is for children in foster care. Children in foster care have experienced different levels of trauma due to unfortunate experiences in their past. Sadly, many continue to re-experience this trauma as their brains persist to try and make sense of the past and apply this learning to the present. Consequently, an unstable and volatile past often produces an unstable and volatile present and future for these children, which often results in turbulent relationships, alcohol/drug misuse, crime, and a host of mental health issues.

Neurofeedback is a clinical intervention that has helped children by providing their brains with an opportunity to heal itself. When their brain begins to heal, unhealthy thinking, painful emotions, and problematic behaviors start to decrease, and with enough training and social support, can eventually disappear. Due to a variety of reasons, such as mental health issues, past experiences, age and trauma many children lack the insight into their issues while others refuse, or are too scared to re-open Pandora's Box in order to examine their past pain. Neurofeedback allows the child to heal without having to dig into their issues; on the contrary, neurofeedback training is often a fun experience.

I work with several therapeutic modalities (i.e. Hypnosis, Cognitive Behavioral Therapy (CBT), Narrative Therapy (NT), and Metaphor Therapy (MT)), but in my experience, nothing has worked as immediate and thoroughly as neurofeedback. I have been a neurofeedback practitioner for the past 18 months, and have helped children I would have never been able to reach with these other conventional therapies; and with other children, I have been able to help them in a much shorter time period thus reducing the stigma of being in "therapy."

-Mark Thomas, MA, CADC(c), CHt, RCC
Clinical Supervisor, and Neurofeedback Practitioner
SOS Children's Village BC

Client Testimonial

"My child has been doing neurofeedback training for just over 2 months, and the change in him is wonderful to see! He is a lot happier, he is using his manners again, and he is working more independently both at home and school without fighting with us, or his teacher. Even my family has noticed the changes in my child, stating that he does not seem to be living in a "mad world" anymore. He is the happy child that he used to be, and he is more happy than negative. More people should explore this form of therapy for their children because my son doesn't mind coming at all as it doesn't make him feel like he has a problem or isn't normal."

April Village Update

The past couple of weekends at the village have been an exciting time for the kids and staff. More than 70 teachers, principals and staff from **Cefa: Core Education & Fine Arts**, donated their time and talents gardening, painting and cleaning on Saturday April 16th to help improve SOS Children's Village BC.

To view more pictures from this fun and fantastic project please visit:

<http://www.facebook.com/SOSChildrensVillageBC>

A huge thank you to **Cefa** for such an amazing day!





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April Village Update (cont'd...)



The Easter Bunny stopped by the Village and left an array of brightly covered eggs for the kids to collect, although the highlight of the day was the definitely the festive cake complete with neon marshmallow bunnies!

The fantastic *Daymaker Day* put on by the talented **Megahair Family** of estheticians and stylists took place at the Village on April 26th. This annual event is always highly anticipated by the families living in the Village who get to experience the relaxation of a spa at their own home. Thank you so much to the incredible **Megahair Family** for making our day!

SOS Children's Village Run

Sunday, May 29th, 2011 @ 8:30 am

Richmond Olympic Oval Plaza, 6111 River Road, Richmond

This year, the SOS Children's Village Run and Festival is going to be bigger and better than ever before!

Raise over \$100 and receive Incentive prizing...

Register today at www.sosrun.ca

Welcome Nicole Minions



SOS Children's Village BC would like to welcome our new Executive Director, **Nicole Minions**, to our team. Nicole has previously served on our Board of Directors and has been involved with SOS BC for the past three years. She brings six years of financial industry experience, along with a strong skill-set in Public Relations and Program Management. We look forward to her

new ideas and leadership in the future! You can reach Nicole directly at nicoleminions@sosbc.org or call 604-574-2964 ext. 225.

Volunteer Opportunities

- Event:** Parade of Trees
- Positions:** We are looking for committee members to help with the following positions:
- | | |
|-----------------|-------------------|
| Committee Chair | Silent Auction |
| Set-up/Clean up | Trip Lottery |
| Entertainment | Sponsorship |
| Volunteer | Tree Sponsorship |
| Ticket Sales | Communications/PR |

For more info and position descriptions please email leahdullum@sosbc.org or call 604-574-2964 ext. 228.



Knitting for Change

Spend the day sharing your time and talent for kids in need

Saturday, July 23, 2011

10:00 am to 2:00 pm

Lansdowne Mall, Richmond, BC.



We'll supply the wool and needles, along with snacks and refreshments. You supply the talent and enthusiasm for making a difference. Together we will collect pledges and knit or crochet 15 cm squares to create blankets to be distributed to kids in need.

Squares can also be made in advance (15cm, 5 mm needles, Kitting Worsted with 26 stitches cast please) and brought to the event as a donation, or made on site with the assistance of our knit-savvy experts.

To register for this event, please email Leah at leahdullum@sosbc.org or call 604-574-2964 ext. 228