

## **We Are in Your Corner**

### **Advocates for Seniors Experiencing Bullying**

Our senior years should be one of enjoyment, peace, comfort, safety, emotional healing and creativity. If you or someone you know is struggling, then we want you to know that you have just found an amazing resource. Our goal is to be a voice for those who are most vulnerable, a voice of reason, understanding and compassion. To educate, support and help restore dignity to those who have been bullied. We want to offer additional support to seniors, their families and caregivers, and ensure that you are aware of policies and procedures to prevent the abuse of bullying or psychological harassment, and that these policies are being followed consistently.



**“Janice Stefanic and Nolan Crouse are committed to helping seniors”.**

Senior-related bullying and intimidation takes on many forms. Some seniors are bullied by their own children or grandchildren, and others experienced the abuse in their lodges or facilities. Unfortunately we also see seniors who are bullied in their personal homes or in institutions. Categories of such bullying are many i.e.: language barriers, financial intimidation or growing multicultural challenges. Seniors may be vulnerable due to a physical or intellectual disability, mental health issue, or other conditions. If you have questions or concerns: Nolan and Janice are available to provide support and guidance. We facilitate group sessions, deliver workshops, assist as trainers, and helping families or assisting individual seniors themselves.

**Feel free to contact Janice or Nolan at**

Janice Stefanic  
Nolan Crouse

Email  
Email

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## **Workshops Available:**

Customized to meet the needs of each caller: Options are 30 minutes or 60 minutes, or more.

- What is, what is not bullying?
- Risk Factors, Causes, Tactics used to bully.
- Impact on victims and bystanders
- Extent of the Problem
- Intervention

**Consultations:** To inform and educate the necessary steps & procedures when dealing with those who are being bullied and the ones that are doing the bullying.

**Coaching Sessions:** To equip staff, seniors or family members, how to deescalate hostile or aggressive situations and remain in control and be the voice of reasoning. As well the necessary steps to follow insuring consequences for those who are doing the bullying.