

Subject: RE: Information On Anger Management

Date: Sun, 2 May 2004 23:17:22 -0700

From: "Ernie Crist" <ernie_crist@dnv.org>

To: "Cascadia Workshops & Counselling Services" <cwcs@telus.net>

CC: "FONVCA (E-mail)" <fonvca@fonvca.org>, <Cagebc@yahoo.com>

Dear Mr. Moes:

Thank you very much for your email. You are absolutely right, there is a side to the story that has not been made public. The tragedy is that the facts have not been revealed in a truly none biased and professional manner by the press. The name Noam Chomsky comes to mind. We must not forget also that with the exception of a rather small number of civic minded citizens, this is a small town possessed by a small town mentality, albeit in terms of numbers of inhabitants it is close to 90,000. We must also be cognizant that the degree of public interest in local affairs beyond local trivia in this community is less than its interest in the flea plague in Somalia, by way of example This provides a first class platform for mediocrity especially in the District where the level of comfort is rather extensive.

I will reiterate again, however, that in light of the harassment and the provocations I have had to endure from this politically motivated Mayor and Council of the District in which I find myself a minority of one, I am truly amazed that I have been able to keep my composure so consistently.

Incidentally, the instance referred to in the press occurred in 2001. It was a minor incident by any standard and never reached the inside of a court room and for good reasons. What you have read in the press is merely a reflection of a desperate attempt by a special civic interest group to keep this issue alive in an attempt to divert attention from the really serious issues in this community of which the list is rather long.

However, I thank you for your offer.

Yours truly,

Ernie Crist

-----Original Message-----

From: Cascadia Workshops & Counselling Services [<mailto:cwcs@telus.net>]

Sent: May 2, 2004 10:05 PM

To: Ernie Crist

Subject: Information On Anger Management

To Ernie Crist,
Councillor,
District of North Vancouver

May 2, 2004

I am writing to you after reading the articles in the Outlook and the North Shore News. It appears that you have been put in a difficult situation. It also seems clear that you do not see an anger management course as a suitable option for your situation. Perhaps there is a side to the story that has not been made public.

I am sending you this correspondence to provide some clarity on what a personal anger management program might look like. Anger management courses or 'counselling' can be perceived as - indeed even used as - punishment for allegations both founded and not. It is also, of course, an opportunity for any individual to take a closer look at how they relate to anger in their world both professionally and personally.


Last year I counselled 150 men. I offer anger management groups and work with people individually. The course includes 6 - 12 hours of confidential anger management counselling in a group setting or in a more private setting at my office or a place of my client's preference. In general men call me when they have found that their reactions to their anger has created difficulties or challenges either in their work life or their home life. My approach involves creating a deep understanding and respect for each

person's individual situation. This work is about ideas and possibilities.

I am sorry to hear of the situation surrounding you. I recognize the political nature of the work that you do and know that publicity like this can often cause stress in the workplace. I imagine that confidentiality is of utmost concern. If you are at all curious about what I have to offer or if you have any questions, I would be more than happy to speak with you over the phone or in person.

Respectfully,

Alistair Moes
Director, Counsellor
Cascadia Workshops & Counselling Services
Ph: 604.255.6306
Cel: 604.723.5134
E-mail: cwcs@telus.net

 winmail.dat	Name: winmail.dat Type: application/ms-tnef Encoding: base64
---	---