



MATTERS Of Substance



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Minister Applauds NCSA Research Team

The national response to the local drug problem here in Barbados requires consistent, reliable, and current information and it is against this backdrop that The Barbados Drug Information Network (BARDIN), remains an integral tool for policy making and programming as they provide an insight into the local drug situation, affording us to craft the most appropriate responses for specific populations.

These were the sentiments of Minister of Home Affairs, Information, and Public Affairs, Wilfred Abrahams



as he delivered the feature address at the launch of the key findings from the report, conducted by the NCSA Research Department.

He noted that BARDIN remains a key component to the National response to the local drug situation.

“The 2019 BARDIN Report ensuring the appropriateness of our responses is especially important for the youth, as research has shown that drug use during adolescence is associated with a number of negative outcomes, including low educational attainment, involvement in crime and substance abuse disorders in adulthood,” he noted.

Minister Abrahams says the NCSA, the authority in Barbados for drug demand reduction, remains committed to reducing, and delaying the onset or preventing the misuse of substances and improving mental health by using

evidence-based prevention programmes. “This ensures that resources are allocated appropriately to solving community problems. Therefore it is incumbent upon us to take every step to prevent the early onset of drug use; and findings such as those presented today can inform an evidence-based approach – which, of course, is the gold standard,” he stressed

The BARDIN 2019 Report indicates that Barbados is still very much engaged in the battle of drug use and abuse especially amongst young males under the age of 40. Of note he said is that the NCSA is also concerned with the low number of women seeking treatment for substance abuse and that there is evidence that suggests that women who wish to seek treatment for substance abuse cannot do so because of their inability to find caretakers for their children.

The minister went on to assure participants that his administration remains committed to drug demand reduction, and as a result, will continue to support the NCSA with funding to improve their research capacity which has seen the conclusion of the National Primary School Survey, the start of Barriers to Substance Abuse Treatment in Barbados: Factors Hindering Women’s Use of Treatment Services and also proposed to start The Barbados Secondary School Survey, National Household Survey, Workplace Survey and Tertiary Level School Survey all over the next financial year.

Submitted by PR Consultant Ms. Deanzer Roberts

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Marijuana Still The Drug Of Choice!



**By: Mrs. Laura Foster
Research Assistant**

On August 18, 2021, the National Council on Substance Abuse (NCSA) hosted a virtual meeting to disseminate the findings from the 2019 Barbados Drug Information Network (BARDIN) report. The use of a virtual approach to research dissemination aligns with the NCSA's Drug Education Through Technology programme and also allows the Council to reach a wider audience.

The session was attended by contributing agencies as well as stakeholders from within the demand reduction and supply control sectors. Representatives from regional drug councils and international partner agencies, such as the Inter-American Drug Abuse Control Commission, were also in attendance.

The findings were presented by the Council's Research Assistant, Mrs. Laura Foster, while Dr. Jonathan Yearwood, Research and Information Officer, discussed the emerging issues and presented a number of recommendations for the way forward. Other speakers included: the Minister of Home Affairs, Information and Public

Affairs, Hon. Wilfred Abrahams, M.P., and Deputy Manager, Mr. Troy Wickham.

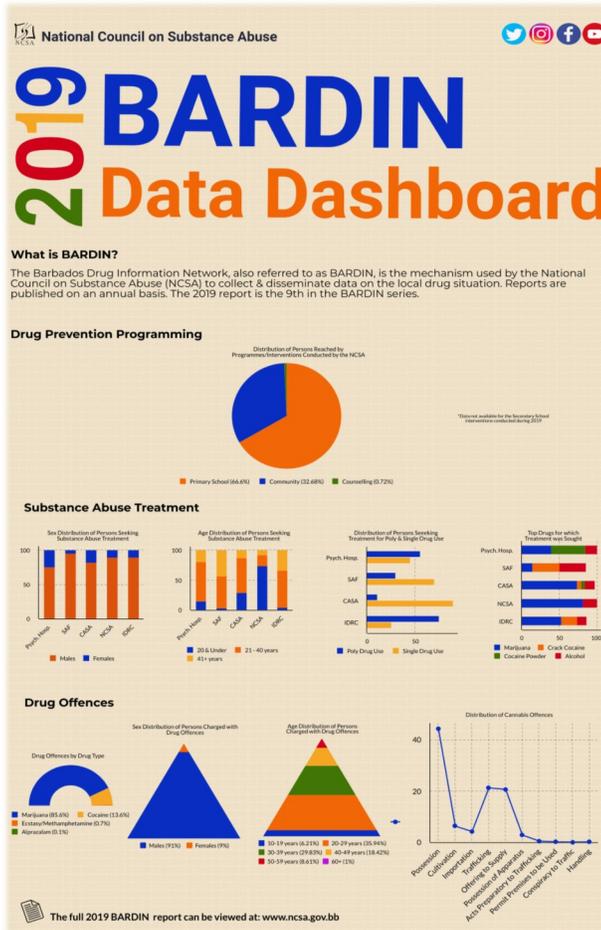
During his remarks, Minister Abrahams underscored the importance of research in the development of evidence-based approaches to drug prevention. He also applauded the NCSA for its continued efforts to strengthen and facilitate data collection, analysis and information sharing within the fields of drug demand reduction and supply control.

Key Findings

The 2019 BARDIN report once again highlighted the comparatively low number of females seeking treatment for substance abuse. It also pointed to

the fact that marijuana appears to be more problematic among persons under 40, while drugs such as alcohol and cocaine have a greater impact on individuals 41 years of age and over.

While alcohol, marijuana and cocaine (crack, powdered) remain the main substances characterizing the local drug situation, the findings show that it is continuing to slowly diversify. This is evidenced by the small, but sustained, presence of non-traditional drugs such as ecstasy, methamphetamine and alprazolam within the treatment and supply control data. The findings also show that persons seeking treatment for these "newer" drugs are generally in the 40 and under age group.



Overall, marijuana continues to be the drug capturing the attention of law enforcement officials while "Possession of Cannabis" remains the single most common drug offence recorded by the Royal Barbados Police Force. This corresponds with the fact that the majority of cases tried within the law courts were marijuana-related while drug possession was the most common drug offence for which persons were incarcerated.

Also of note is the finding that males under 40 continue to be among those most commonly arrested and incarcerated for drug offences.

Next Steps

The NCSA is looking forward to the 2020 BARDIN report. Data collection has commenced, and the report should be particularly insightful as it will provide an overview of the drug situation within the context of the COVID-19 pandemic.

"After all, the ultimate goal of all research is not objectivity, but truth. " Helene Deutsch

The Barbados Drug Information Network

Key Findings from the 2019 Report

The Barbados Drug Information Network (BARDIN) is the mechanism used by the National Council on Substance Abuse to collect & disseminate data on the local drug situation. Reports are published on an annual basis. The 2019 report is the 9th in the BARDIN series.

 The full 2019 report can be accessed at: www.ncsa.gov.bb

1

Marijuana

During 2019, marijuana continued to be the main drug capturing the attention of law enforcement officials, accounting for the majority of drug-related seizures, arrests & incarcerations. Its consumption was also very popular among young persons, particularly those under the age of 20.

2

Emerging Drug Trends

The local drug scene continued to show signs of diversification during 2019. While traditional drugs such as alcohol, marijuana & cocaine remained most dominant, there were increasing reports of seizures, arrests & persons seeking treatment for drugs such as ecstasy & methamphetamine. Treatment seekers also reported lifetime use of drugs such as LSD, mushrooms, speed & lean.

3

Gender Disparity

Males continued to outnumber females in terms of drug-related arrests, convictions & substance abuse treatment admissions.

4

Drug Treatment Profile

The majority of persons seeking substance abuse treatment in 2019 were unemployed, single, had no dependents, lived in their family home & had attained a secondary level education. Most persons also reported a family history of drug use, particularly among immediate family members such as parents & siblings.

5

Drug Offender Profile

Barbadian males between the ages of 20 & 39 accounted for the largest proportion of persons charged for drug offences during 2019. Possession of marijuana was the most common offence with which persons were charged. While this offence may occur independently, it often occurs in conjunction with other, more serious drug offences e.g. trafficking & intent to supply.

6

Adjudication of Drug Offences

During 2019, the majority of drug-related cases were adjudicated in the Magistrates' Courts & involved cannabis offences. Regardless of drug, the most common offences tried were "Possession", "Trafficking" & "Intent to Supply". The most common sentence outcomes for these offences were "Reprimanded & Discharged", "Convicted, Reprimanded & Discharged" & "Fine".

7

Suspicious Transaction Reports & Money Laundering

Suspicious transaction reports (STRs) are the building blocks for money laundering investigations. 4.1% of the STRs received by the Financial Intelligence Unit in 2019 were drug-related while a predicate offence could not be easily identified for 52.7% of the STRs. The latter is of importance as police investigations may later reveal a drug-related link. None of the 11 money laundering arrests recorded by the police in 2019 were drug-related.

Medicinal Marijuana Time For A Discussion



By: Dr. Johnathan Yearwood Research & Information Officer

The National Council on Substance Abuse (NCSA) believes that the time has come for serious discussion on establishing a recreational marijuana sector in search of economic drivers.

We are of the view that discussions on the economic benefits of marijuana should attempt to balance the potential profits from the cultivation and sale of marijuana with the type of prevention programmes consistent with deterring marijuana consumption, particularly among minors and adolescents.

The following are several areas for consideration:

1. A careful balance of the potential economic benefits from the cultivation, production, and export of marijuana with the social costs of increased marijuana consumption, particularly among minors and adolescents.
2. Build on efforts currently pursued by NCSA in developing new or modifying existing drug prevention and education programmes focusing on the harms of drug use.
3. Developing a regulatory framework for the advertising and marketing of recreational marijuana.
4. Regulating the potency of marijuana or marijuana products by imposing a maximum THC concentration, a minimum Cannabidiol (CBD) concentration, or a THC: CBD ratio below a certain threshold (CDD a derivative from marijuana linked to reducing anxiety and has anti-psychotic properties).
5. Providing information on additives and concentrates on product labels. For example, the infusion of marijuana products with alcohol or nicotine.
6. Promoting a more robust understanding of the benefits but also the adverse effects of marijuana in the media and public.
7. Identify specific medical conditions applicable to prescription marijuana and protect the rights of prescription marijuana users and the rights of employers to dismiss workers for accidents in the workplace because of an employee's current marijuana use.
8. Exploring broader workplace regulations governing drug testing
9. Promote further research on the structural reasons for marijuana use and its trafficking.

Within this context of economic growth verses social costs, the NCSA encourages debate on the recreational consumption of marijuana.



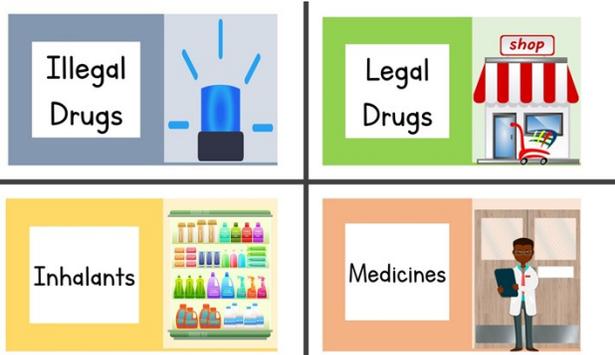
World Drug Day. The theme “Share Facts on Drugs, Save Lives” could not have been more appropriate and it set the tone for each session as we explored the potential harms of a range of drugs including alcohol, medicines, MDMA also known as Ecstasy or Molly and electronic cigarettes or vape. Cubs, Leaders and parents were also able to take virtual tours through tobacco fields and explore the biology of human lungs in 3D.

We encountered challenges along the way, some with the nature of technology and some with Mother Nature. The damage caused by the passage of Hurricane Elsa, forced the postponement of the second Badge Day. However, this also provided the oppor-

The thought of spending three hours on a Saturday morning, talking about drugs hardly sounds appealing. But once you add videos, music, quizzes, games and some energetic Cub Scouts to the mix and you have the beginnings of fun experience that should not be missed.

The NCSA Virtual Substance Abuse Badge Day for Cub Scouts was initiated by calls from Cub Scout Leaders, who wanted their boys to work on this badge, thereby making them eligible for the Mahogany Award, the highest achievement in the Barbados Boy Scouts Association, Cub Scout programme. A draft outline was prepared and a proposition was made to the recently installed Chief Commissioner, Mr Trevor Jones. The response was overwhelming with two hundred and ninety-one boys indicating their interest in the event. It soon came to light that the Virtual Badge Day would be the first time the majority of the boys would have participated in any Cub Scout event since the onset of the Covid-19 pandemic. As a result, what had originally been scheduled for one day had to be extended to three, in an effort to accommodate as many participants as possible.

The first event was held on June 26th,



tunity to make some improvements to the programme and find solutions to the other technologic issues.

The Badge Days were conducted using the interactive Nearpod software and each session climaxed with the ever popular “Time to Climb” where the boys answered questions in a bid to win the race to the top of the mountain. Even the Cub Leaders could not resist the lure of a competition as they too joined in the online contest.

As the NCSA pushes ahead with drug education through technology, this event demonstrated how effective preventions interventions can be facilitated through a virtual format based

on the unsolicited feedback from leaders and parents.

“I am quite impressed by the Substance Abuse Team who co-ordinated it and made it interactive and kept the boys focused”

“That was a great presentation, it held my son’s attention the majority of the time”

“That was excellent, we all ended up sitting at the table! Tell her she did an excellent job”

“My son enjoyed it, said it was great and he liked answering the questions. He said she made it fun”

“My son said besides the almost three hours out of his Saturday morning, it was good”

All of the boys who participated in the Badge Days will be eligible to receive their Substance Abuse badge and special prizes will be given to those who made an exceptional effort.

With the recent launch of the Barbados Substance Abuse Badge for Organised Groups, it is anticipated that there will be many more hours of “Saturday morning drug talks” on the horizon!



Submitted by: Substance Abuse Prevention Officer, Mrs. Wendy Greenidge



National Council on
Substance Abuse

Submitted By
Substance Abuse
Prevention Officer
Mrs. Makeada Bourne



“Myth or Fact”

The National Council on Substance Abuse (NCSA) was invited by the Barbados Cadet Corps online summer camp to facilitate a drug education session with Cadets 13-15 years. Under the theme ‘Myth or Fact’, the 95 participants were exposed to information related to Marijuana and its effects.

The Nearpod platform was used in conjunction with Zoom to create an interactive learning environment, while giving the Cadets the opportunity to express their views in a safe environment. The objectives were clear. By the end of the session participants were able to:

Define What is a Drug, Name the main drug found in marijuana, Identify the marijuana plant, List two perceptions/arguments for marijuana, Know whether these perceptions are facts or myths, List at least three (3) effects of marijuana use and List who can be impacted when someone chooses to use marijuana

It is very important that the NCSA continues to reinforce to the general population, especially our youth, that recreational marijuana use is still illegal in Barbados. We also provide education regarding the difference between medical marijuana and recreational marijuana.

The National Council on Substance Abuse looks forward to facilitating more drug education sessions with the Barbados Cadet Corps in the near future.

Prevention First Children’s Seminar - Know the Facts....Make the Choice!

The youth today are facing many challenges. Decreased socialization due to COVID-19 restrictions, lock-downs, decreased face to face teaching time, Increased mental and sexuality issues along with the usual biopsychosocial challenges that occur at the adolescent developmental stage. It is unfortunate but some turn to drug use as the solution for, or to cope with these challenges .

It is on this premise that Project SOFT 2020 graduates were invited to participate in a whole-day seminar entitled ‘**Know the Facts....Make the Choice**’.

The seminar was held in the Horatio Cooke Auditorium, National Union of Public Workers on Friday, 9th July 2021 from 9:00am to 4:00pm. 25 children attended the session, 10 girls and 15 boys.

After the welcome remarks were delivered by Mr. Troy Wickham, Deputy Manager, NCSA, the children participated in an activity that reinforced that you have to trust yourself, and live by your good values even when under pressure. It also taught the children that you will be tempted, but it is your choice that

makes the difference between receiving positive consequences or negative consequences.

Following this was the inspirational and impactful session by Mr. Imran Richards, Youth Advocate who spoke on the topic ‘Peace is the Answer – Conflict Resolution’.

To help the children understand some of the biopsychosocial changes that they experience, they were exposed to a comprehensive presentation on Puberty by Mrs. Keriann Hurley, Social Worker, Barbados Family Planning. After lunch, the children participated in Drug Prevention activities, PowerPoint presentations and discussions facilitated by the National Council on Substance Abuse Prevention Officers Mrs. Makeada Bourne, Mrs. Wendy Greenidge and NCSA volunteers.

The interactive drug prevention education sessions continued for five weeks via Nearpod and Zoom. For further information on Project SOFT, Prevention First Club or where you can get help you can contact the National Council on Substance Abuse at telephone (246) 535-6272, e-mail nca.info@barbados.gov.bb, website www.nca.gov.bb or join us on Facebook.

From
the desk
of...



Why Filebound?

By: Mr. Timothy Ifill
Information Technology Officer

The need for effective, reliable and efficient record keeping cannot be underscored considering the demands placed on the staff of the National Council on Substance Abuse to cater to the many requests for interventions, research and other education from the public on a daily basis. Over time the accumulation of paper-based files warranted more physical storage space than what was available.

From a health and safety perspective, keeping so many files, with such limited space could potentially contribute to environmental health issues in the long term.

Even though the registry staff are well trained and efficient in carrying out their duties, manual searches for files became time consuming and at times bordered on being impossible to retrieve when time was of the essence.

The need for a modern records storage and retrieval system was further underscored by the onset of Covid-19, which has resulted in work away from the office. A strategic decision was therefore taken to implement a Document Management System (DMS), for storage and retrieval of NCSA's records in all functional areas.

What have you been able to achieve so far

The Filebound DMS has been installed and the staff trained in its use. In addition, the back file conversion process for current physical files has begun and picking up momentum as the registry staff become more and more proficient in the use of this programme.

Staff can now access registry files remotely and securely twenty-four hours a day from the comfort of their homes, or wherever they may be.

My colleagues and I have significantly reduced the level of printing documents since the implementation of the Filebound DMS.

There has also been a noticeable reduction in the backlog of documents awaiting action by staff and management. This is attributed to multiple persons being able to access files simultaneously; that the routing of files is now an automatic process as staff completes each task; or that the ability to track the movement and action/lack thereof on documents are now occurring in real time.

Filebound can be found in use by many multi-million-dollar corporations around the world daily to help raise productivity while

lowering their overall expenses over time. Though a small organization, the NCSA has spared no effort to **Take Charge of Change**. To do so the Council recognized that in order to keep up with the times it simply had to tighten its belt and upgrade its engine – the DMS.

We have implemented a bi-weekly engagement campaign where rewards and recognitions are encouraged for persons using all the feature in Filebound (Filebound connect, Filebound Capture, or the Web Application) where applicable.

As we go forward, I am keen to have the NCSA team use a FileBound DYK (Did you Know) moment during the staff weekly/bi-weekly meeting where one or two staff members get an opportunity to say something about the application.

This is a fun teaching/learning activity where a staff member can ask “Did You Know that in Filebound you can ...XYZ... by doing ... XYZ..?”. It can turn out to be a discovery moment for some! A possible response could be “We already knew that – ha ha!” But it’s can also be a great way of reinforcing what was already taught.

NCSA Staff members have access to a training Database 24 hours a day. The training database is setup just like the live NCSA Filebound site where they can practice adding, routing, commenting and retrieving files at their own pace.

Long term Benefits

- ⇒ Less physical working space required over time.
- ⇒ Reduce cost of printing.
- ⇒ In case of most natural disaster scenarios, the NCSA is now better able to access most of its working files within moments of services being restored.
- ⇒ Less time is spent searching for documents and the chances of a document being filed incorrectly does not hinder its retrieval in the system
- ⇒ Once staff become more ‘au-fait’ with the system and maximize its usage overtime, they will be able to do more with less effort.
- ⇒ Management can make use of the reports that can be generated to help gauge productivity and spot bottlenecks in the various workflows throughout the organization.
- ⇒ Filebound offers the level on security and flexibility needed in running the organization in the 21st century.

Covid & Substance Abuse



In the grip of addiction, your loved ones become estranged from themselves and you. Under the spell of drugs and alcohol they no longer seem themselves—a different people altogether. This creates a barrier between you and them, as you cannot connect as you once did.

The substance abuse epidemic is relentless, lethal and pitiless, as evidenced by the six Long Islanders who died this month after police say they overdosed from what they suspect was fentanyl-laced cocaine. This tragedy brushes aside arbitrary definitions of status, ethnicity, or hometown.

And it's about to get worse.

The Centers for Disease Control and Prevention reports drug overdose deaths rose nearly 30% in 2020, with more than 93,000 Americans dying, the highest annual toll since the opioid epidemic began in the 1990s.

The reason is clear. While absolutely necessary to confront and defeat COVID-19, pandemic lockdowns left those already vulnerable at a breaking point. Isolated, substance abuse became their solution. Some empathetic families and friends justified that destructive behavior as self-medicating therapy. When vaccines became available and infections began to wane, there was a burst of social gathering; families reunited and travel beckoned.

Dr. Rohan Singh is an addiction medicine internist at Wellbridge Addiction Treatment and Research Center in Calverton.

So, too, did multiple variants of COVID as the unvaccinated fueled an increase in infections. Now, the delta variant may impose new social isolation. For those susceptible to substance abuse, it is a forbidding challenge; much like a prisoner in solitary offered his freedom, a return to confinement is doubly devastating.

This emerging crisis comes as both Long Island counties will receive funds from the settlement of a national lawsuit with pharmaceutical companies involved with opioids. Nassau is expected to receive nearly \$87 million and Suffolk as much as \$106 million, reflecting how hard-hit these suburban populations have been.

Source: [COVID's impact on substance abuse | Newsday](#)

Covid & Mental Health

A significant number of Barbadians are suffering from serious anxiety or sleeping disorders directly linked to fears of being severely infected by the COVID-19 virus, a year-long study has found.

The research was conducted between June 2020 and June 2021 by occupational psychologist Jolene King and Dwayne Devonish, Professor of Management and Organisational Behaviour at the University of the West Indies (UWI) Cave Hill Campus.

A copy of the study is entitled "An Exploratory Study of Mental Health Challenges, Perceptions of COVID-19 Pandemic and Mental Health".

About 70 per cent of the 450 respondents indicated moderate to severe levels of

anxiety or insomnia, based on the four dimensions of poor mental health assessed, according to the researchers.

The first dimension was somatic symptoms, which refer to physical symptoms or manifestations related to mental distress, such as not feeling well, fatigue or pain. The second dimension concerned anxiety/insomnia which points to anxious and nervous feelings as well as associated psychological difficulties with sleeping at night.

The third aspect of social dysfunction cites mental health challenges that promote unhealthy social behaviours and problems in adjusting in various settings; while the fourth was severe depression which indicates excessive or exaggerated feelings of unworthiness, sadness and despair.

The findings of the study which are now

being made public for the first time also revealed that slightly more than half of the sample size (56 per cent), reported moderate to severe physical (somatic) symptoms associated with poor mental health, whereas (46 per cent) of participants complained of moderate to severe signs of serious depression.

The authors of the study said social dysfunction was the least problematic in a relative sense, but that it was a major concern for a fifth of the sample (21 per cent).

It was discovered that retired Barbadians were significantly lower in their levels of anxiety or insomnia and social dysfunction when compared to all other employment categories, including employed and unemployed.

Source Barbados Today



Coping With Job Loss

By Mrs. Natalia Corbin Ifill Counsellor



We currently are living in an environment where a number of us have been faced with unemployment or job loss. People lose jobs for several reasons ranging from the economic constraints facing the organization to losing a job due to performance. For some, we see it coming. In other situations, there may be hints but we are still not sure and in other instances we had no idea. When one experiences job loss, for whatever reason it may be, this can be very emotional or debilitating as one struggles to grapple with what happened.

How Job Loss Affects Us

Job loss affects us all differently. For some, they may see it as something that happens in life and can easily move on. For others, it is hard

to cope and there are some who experience

something in between. We may experience anger, betrayal, confusion, or sadness to the point that we actually cry or “bawl”. We may experience grief, helplessness, emptiness, disappointment, shame, embarrassment, desolation among other emotions and there may even be some who experience relief.

The impact will be different based on the support system we have, the number of financial commitments that are present, other stressors occurring in our lives, our resilience, how optimistic we are, among other factors.

What We Can Do to Cope

To help us get through this ordeal here are a few tips to help us cope.



1. **Give yourself time to grieve** - Grief or loss can present itself in many forms not just the loss of a person but it can present itself in the loss of a job, a home, animals etc. Experiencing grief due to the loss of a job is normal and should not be belittled. If you must cry, by all means cry.
2. **Reframe your perspective on the situation** - As you adjust do not beat yourself up. Do not be unkind to yourself because according to Smith, Segal and Robinson (2021) we need to have self-confidence as we search for new jobs. Therefore, we must challenge the negative thoughts that go through our minds, those negative things we say to ourselves such as “I will never get out of this mess,”. I also liked what Smith, Segal and Robinson (2021) had to say as they sought to reframe job loss. They said, “think of your job loss as a temporary setback.
3. **Networking** - Here you talk to professionals, employers, supervisors, lecturers, family members, neighbours, church members or friends to learn more about them and their work. You talk to them so they learn more about you and become aware of your employment situation. You can talk to them to learn more about various careers, the current job market and to gain career tips.
4. **Volunteer** - If possible, identify a charity or an organization that offers a service you are interested in, a service you may be passionate about and inquire about the opportunity to volunteer there. Apply! This is an opportunity for you to engage in something meaningful, to occupy your time, to gain some work experience, to help others and to network.
5. **Take care of yourself** - Losing a job can be very stressful impacting ones mental and physical health. To get into another job we need to maintain our overall health and our sense of self. Make sure you are eating healthy foods and you are exercising daily. We need at least 30 minutes of exercise each day. Exercise is not only advantageous for its physical benefits, but it plays a role in reducing our stress hormones (e.g., cortisol and adrenaline) and triggering the release of endorphins.
6. **Reflect on your positives** - Spend time daily or weekly reflecting on the things you like about yourself, the things you are good at, your accomplishments and your strengths. This is an activity to build your self-esteem and to maintain your motivation.
7. **Learn a new skill** - Here you can make yourself more marketable and you can widen your career opportunities. This may require applying to a programme of study. As money may be a concern, there are opportunities in Barbados to cover the financial cost associated with these programmes of study.
8. **Identify a Support System**- Reach out to family members, friends or other loved ones who you know will listen and be there to support you during this time. Let them know your concerns and tell them your needs. According to Alberta (2021) a support system is there to “provide encouragement and suggestions, offer feedback, share personal experiences that may help you understand and deal with your own situation, teach you new skills, give you help and expertise, direct you to services and resources that can help, make you laugh and get your mind off your troubles and help you stay positive.”
9. **Speak to a counsellor**, psychologists, or a psychiatrist- If none of the above helps, contact a professional in the field of mental health who can provide assistance in helping you deal with the psychological impact of losing a job.



Time For Prayer

By Ms. Cindy Bennett
Receptionist

T

he Song writer wrote these words in the song **"In Times Like these."**

CONNECT TO GOD



The password is:
PRAYER



We Are Here Call Us!

Emotional and Psychological Support Line

Call for free counselling if you are experiencing emotional and psychological problems due to Substance Abuse especially since Covid-19

Depression

Stress

Doubt

Anxiety

**SPEAK WITH OUR
EXPERIENCED COUNSELLOR**

Call us at

1-246-535-6272

1-246-832-9120 or 1-246-832-9121

"In times like these, we need a Saviour. In times like these we need an anchor. Be very sure, be very sure. Your Anchor holds and grips the solid rock."

Our Father and Our God who art in Heaven, hallowed be thy name, You are our Saviour, Captain and Anchor and you at the Helm. Father, truly we need you now more than ever, for as we look around the world is in Chaos. Issues with the economy, issues with unemployment, sickness and death but Covid-19 right now seems to take first place. Father we know that if we fully put our trust in you our Anchor, we will be safe through all our storms and will come out victorious.

So Father, grant us your peace and comfort during these trying situations, and give us Your Divine Guidance in all the pressing decisions we have to make. You said in your word in James 4:2, "You do not have because you do not ask." So I am asking you to help us not to fear the future and the results that it hold but help us to trust in you with all our heart. Father give us strength when we are weak, love when we feel forsaken and courage when we are afraid.

In Jesus Name Amen.



Project S.O.E.T CAMP



Topics Include
Nutrition & Health
Bullying In Schools
Stress Management
Controlling Your Anger

6th - 10th
September 2021
8:45 AM - 2:30 PM
Via ZOOM

What Is Needed

- ✓ Laptops/Tablets
- ✓ Good Internet Connection
- ✓ Quiet Space To Work
- ✓ Comfortable Chair

Programme Includes Parents Seminar

FREE

**For Children Transitioning
To Secondary Schools**

For Details:



1-246-535-6272

Email: makeada.bourne@barbados.gov.bb