



FAMILY SERVICES *of* PEEL

Since 1971

Vision Statement:

"To be the agency of choice, making a positive difference within all communities. This will be achieved by fostering the well being of those we serve."



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Did You Know...

Ontario is one of the most multicultural societies on earth. Half of all immigrants to Canada settle in Ontario; of those, half live outside Toronto.

Time

The following is a letter from Margaret Grist, who worked with and was supported by Sunanda Mohanty, a Counsellor at Family Services of Peel.

Sunanda and I started working with each other about one year ago. When I came to live in Brampton from my last foster home, we started working on how to deal with the feelings of hate and darkness that was kept up and stayed with me.

I thought there was no one that could help me deal with the issues that I had all the time and that I had spent time with different therapists trying to help.

They never went to the problem and just made it look like it was being worked on.

Sunanda has made me understand that all that has happened in my life made me a stronger person inside and out. This year I hope to work on helping to make a peaceful time for me to see a new world. I am glad I have Sunanda to help me do this.

"Reclaiming Our Voices"

"Reclaiming Our Voices" (moving beyond trauma and abuse) was the theme at Family Services of Peel's 2009 Annual General Meeting.

We were proud and honoured to have been graced with the courage, eloquence and moving presentations of our three keynote speakers. Their message provided hope, faith and optimism and in spite of their painful journeys, they were able to emerge to find that they had gifts and talents that they never thought they had.

We witnessed the deep pain and suffering that these individuals endured and yet, as a result of their resilience, they were able to

find their voice and reclaim their dignity and self-respect.

The road to healing is both difficult and long. Shame, stigmatization, addictions and isolation are common markers. Our presenters spoke of their "darkest moments" and desperate situations.

We wish to thank them for the confidence they put in us in order that they could share their difficult truths.

It was a dynamic and touching experience for all those in attendance. It is also a reminder that through community we find strength and hope to move out of

Changes

A poem by Margaret Grist

Green as grass.

Day as night.

Be the day.

You see you. The heart is pure.

Changes throughout your life.

Begins to wonder how much you want to see.

The smile of your face lights up and the darkness begins to shrink away.

The life you share will always be one to remember.

The heart bleeds the passing that you did.

Be one that made the change that was going to be a step in life.

Your helping made a big change shown in a life that is ever more.

The son of life granted you a short but lovely life and made someone's dream come true.

the darkness of isolation.

As Ernest Hemingway once said, "The world breaks everyone and afterward some are strong at the broken places".

In a paper delivered by Diana Fosha, Ph.D., entitled, "Trauma Reveals the Roots of Resilience", she captures the power and depth of the human spirit.

Fosha writes, "I cannot think of a better way to capture what our aim is than to say that through our work, we try to help our patient-and-ourselves-becomes stronger at the broken places.

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“Reclaiming our Voices” (Continued from page 1)

In the process of doing the work, we also sometimes discover amazing places that have always been strong and were never broken. Not so infrequently, in the course of dealing with tragedy, with destruction, with misfortune, and evil, we are taken aback by the miracles that we are privileged to witness. Steeled for the worst, we encounter the best. It is not only that some are strong, and discover they're strong in ways they never knew. For sometimes trauma awakens extraordinary capacities that otherwise would lie dormant, unknown and untapped. Without the trauma, they would never see the light of day.”

Once again, Family Services of Peel thanks the following keynote speakers:

Arthur Lockhart and William Tomczak



Saturday Hours...

Every Saturday (excluding holiday weekends) at our Mississauga location, there will be FREE Walk-in Counselling from 9:15am to 12:30pm.



Welcome to Design Hope Peel.



Mission Statement:

Artists, designers and community citizens raising funds and awareness to support the work of Family Services of Peel.

Design Hope Peel is based on, and shares common goals with the original Design Hope, which began in Hamilton in 2001 and in Toronto in 2004. It brings established artists, as well as young and emerging artists, to actively engage in the building of healthy communities and make a difference in community development.

We are also seeking corporate sponsors, cash donations and volunteers in our quest to help us to maintain and deliver the many services that Family Services of

Peel provides to new immigrants and to the many diverse needs of the region.

We invite artists to create one-of-a-kind artworks inspired by the idea of “immigration and diversity”. These pieces will then be auctioned and/or raffled at our annual event in April 2010, with all the proceeds going to Family Services of Peel (FSP). FSP's services are aimed at responding to the needs of a diverse population, as well as supporting the complex and challenging needs new immigrants to Peel face. Design Hope Peel solicits submissions from artists every November, for our annual art auction in April. Artwork submissions are accepted by a juried panel chaired by the Artistic Director of Design Hope Peel, Jane Motyka.

Artists who are accepted will have two months to create their one-of-a-kind works of art.

We invite all media inquiries and welcome all discussions in reference to Design Hope Peel.

For further information please visit the following websites:

Design Hope Peel
Designhopepeel.wordpress.com

Design Hope Toronto
www.designhopetoronto.ca

Design Hope Hamilton
www.designhope.ca

Or contact:

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“Building social inclusion through committed partnerships.”

We're on the Web!

www.fspeel.org



Family Services of Peel wishes to thank Desjardins Financial Security for their continued support.

A Word from the Executive Director

It's been over a full year since the commencement of the recession. In Peel Region, more than 51,000 full time and 9,000 part-time jobs were lost between June 2008 and June 2009. Job loss has dire financial and emotional repercussions. Many individuals and families have shared with us how tough economic times have impacted their lives. We have seen a significant increase in depression, suicidal thoughts, increased family violence, relationship challenges and a sense of desperation. These reports paint a picture of a community in crisis.

Demand for our services has been overwhelming as more and more Peel residents turn to us for support. While Family Services of Peel operates on grants with fixed budgets and staffing, we are mindful of the need in the community and have sought innovative and creative solutions to stretch our resources. In response to the economic crisis and the impact on people of our community, Family Services of Peel has lowered its fees and provides free counselling to low income individuals and families. The hours of the free walk-in counselling service were expanded. More group supports have been offered as a means of addressing high demand and wait lists. In September, we extended our Mississauga office hours to include Saturday mornings (excluding holidays and long weekends) as a way of increasing access to our services. The free walk-in counselling service has again been expanded to include Saturday mornings as well in our Mississauga office.

As a result of these creative and innovative strategies, utilization of our programs has increased dramatically. During the first six months of this calendar year, Family Services of Peel's free walk-in counselling program saw a 294% increase in the number of clients served, relative to the same period in 2008. Our Counselling Program provided 50% more counselling hours in the first six months of 2009, relative to the same period in 2008. In the first calendar quarter, our employment support program called "Working To Your Full Potential", had an 85% increase in clients relative to the same quarter for the previous year.

Family Services of Peel is committed to assisting, in whatever manner we can, to support the vulnerable people of our community through these tough economic times.

The Spirit of Volunteerism

The following is an excerpt from Mohamed Bhabha's speech at Family Services of Peel's Volunteer Appreciation Event, held on September 24th, 2009. Mohamed was a FSP staff person that worked with ten volunteers to lay the foundation of the Neighbour-to-Neighbour program, funded through New Horizons.

When I first started volunteering, I didn't even realize that I was volunteering. I had just graduated from Teachers' College. I was barely 19 years old and I had received my first posting to a small gold mining town in South Africa, in what was then the western Transvaal. I didn't know anybody in the town. It was small and boring, not like the city of Johannesburg where all my friends were, and I was miserable.

Shortly after I arrived I was walking along the main street when a shopkeeper greeted me by name and introduced himself. He operated a high-end clothing store. Together with his two sons, he was in the process of preparing for a competition organized by the local business council to determine who could create the most attractive and compelling window display. He was trying to write something to complement the design they were creating. "You're an educated man," he said. "Can you help us out?" (In that town teachers were respected and considered to be highly educated.) Having nothing else to do I spent some time with them and created a poster with some text in verse form that they liked. They won first prize. Of course, the shop owner had been determined to win so he had worked hard on the display, which is really what won him the prize. But he graciously gave me credit also for helping him win. Soon the word got around town that I could write. As a result, I became the "go-to" guy for anyone in town who needed to write a letter to any level of government or fill out a government form.

The people I helped were usually very grateful. When the letters or forms yielded desired results, they would report back to me and would look so happy and thankful that I could not help being as happy at the outcome as they were. I felt a great sense of accomplishment. I felt useful and appreciated. For a teenager out of his element, this was a great morale booster. It improved my self-esteem but, most of all, it made me feel good. Teenagers are always looking to feel good. If they don't find it through human interaction, they will find it through drugs or alcohol. I was hooked on feeling good through helping others.

[Some of] the reasons most frequently given for volunteering, according to a 2008 report on volunteerism, is to make a contribution to the community; to contribute skills and experiences, and to network with or meet people. What are the benefits of volunteering? The survey reported that the most common benefits were the development of interpersonal, communications and organizational or managerial skills.

Generally, as volunteers we start out with the intention of helping others—and we do help others—but in the process, we also end up helping ourselves. It's a win-win situation.

Testimonial...

"As a F&ST [Families and Schools Together] Team Leader and a Public Health Nurse for the schools, it was an enjoyable and rewarding experience for me to lead a great F&ST Team and also to work with the families at Garthwood Public School. The smiles of children, their parents, grandparents as they walk in are priceless. The program truly does bring families and schools together—in a unique and valuable way."

Li-Anne Marcos, RN, BScN

Mission Statement:

Family Services of Peel works to strengthen and support families and individuals while building healthy communities.



FAMILY SERVICES of PEEL
Since 1971

Values:

Person-centred Dignity and Respect Integrity
Inclusion and Access to Services Excellence

Contact Information

Intake: 905-453-5775



Paddy Ramsingh, Executive Director of Family Services of Peel (left) and Maria Robinson, Board Chair of Family Services of Peel (centre) proudly accepted the Certificate of Accreditation from John Ellis, Executive Director of Family Service Ontario (right) at Family Services of Peel's 2009 Annual General Meeting on June 16th.

Family Services Of Peel

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We're on the Web in many languages!

www.fspeel.org

A proud member of the



United Way
of Peel Region

**THE ONTARIO
TRILLIUM
FOUNDATION**



**LA FONDATION
TRILLIUM
DE L'ONTARIO**

The Ontario Trillium Foundation

We are proud to announce that Family Services of Peel and Catholic Family Services Peel-Dufferin, with the support of a number of community agencies (coordinated through the Peel Committee on Sexual Abuse), received a funding grant to develop a community based service system for men who were abused in childhood.

We thank the Ontario Trillium Foundation for their support and commitment to an issue that has been hidden in the shadows of public agenda.

Feedback

Give us a call, drop us a line, let us know what you think!

Your comments are important to us. If you'd like to see an article then please contact:

Tom Triantafillou at 905-270-2250 Ext. 251 or triantafillou@fspeel.org.

