



## 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."*



### Prism... Supporting Men Abused in Childhood

Over the years, I have been to countless counsellors, groups and health professionals in order to find some semblance of sanity and figure out why I always seemed to feel as if I was living in a "glass box of pain". Finally at the age of 49, I found my way to *Prism*.

Fortunately for me, my counsellor had referred me to this new program, operating in the Region of Peel. The Prism program addressed the effects of childhood trauma and the burden of abuse that men, like myself, have carried throughout their lives.

The focus of the group was not on the trauma itself, but on how to better understand the impact of the trauma in ourselves, the causes of our isolation, and the feeling of shame and perpetual doubt that we were at fault and the cause of the trauma. *Prism* also provided a curriculum of learning that allowed the men in the group to develop a set of skills and insights to overcome the negative impact of their trauma and to finally be able to move on with

our lives in a way that was never possible for us (me) before.

My transformation was the result of being with other men who experienced trauma and who were feeling the same way that I was. For the first time since the onset of the abuse I finally felt that I was not alone. I felt that I could deal with my shame and my feelings of guilt and sorrow in a way that seemed safe and trusting.

*Men with men and led by men.*

After the very first session, I felt that this was what I had always needed... a place and setting where other men could support, validate and value each other, and talk about "releasing the dirty little secret out of the bottle". That first night was emotionally liberating in a way that I just can't describe.

I began to understand what the program Facilitator meant by viewing the world in a "one degree shift".

*(Continued on page 2)*

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### Meet the New Executive Director



Charles (Chuck) MacLean is a graduate from the Master of Social Work program at Wilfrid Laurier University in Waterloo, Ontario and has been working in the social service sector for over twenty years.

Some of Chuck's roles in social services have included working in children's day treatment as a Supervisor, an itinerant youth counsellor with the local school board in Kitchener, a Director of Residential Services for a Women's Shelter and most recently, Director of Client Services at Family Services of Peel.

Chuck has been instrumental in the design and delivery of programs, including the STEAM (Skills and Tools for Emotions Awareness and Management) program currently being offered in local schools in Kitchener. In addition, he appreciates the need for quality placement opportunities

for both BSW and MSW students. As Director of Client Services, Chuck facilitated the placement of students at Family Services of Peel, who were from the University of Waterloo, University of Windsor, Wilfrid Laurier University, York University, as well as other colleges and universities.

Chuck's professional interests include quality management, programs for youth and adolescents and program design and delivery.

Chuck is looking forward to the opportunities and challenges in his new role as Executive Director of Family Services of Peel.

### Group Sessions Beginning in September 2010...

*Please contact Family Services of Peel's Intake Department (905-453-5775) for information on groups that relate to our Family Counselling and Abuse Prevention programs.*



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### Time in a Shell

Time in a shell

To echo days gone by

Of something new or  
something old

Something beyond or  
something to hold

Breaking down or rising  
again

Hitting the bottom or at  
peace again

I stand to be

Thy self again

*A Poem by Mark D.*



*We're on the Web!*

[www.fspeel.org](http://www.fspeel.org)

## Prism... Supporting Men Abused in Childhood (Continued from page 1)

If we could see trauma for all its evil and see it from a different point of view then we would begin to realize that we were vulnerable and fragile children; the power of evil perpetrators was used on us and we were helpless, yet also courageous to still be here and find our way to a group.

In the group, we started to trust ourselves as well as each other, learn about our courage and resilience, and appreciate the knowledge and wisdom of the Facilitator.

After attending every meeting, the Facilitator and the curriculum helped me to understand my grief and depression, and what I had lost and what made me feel empty. The Facilitator was extremely articulate and laid out the lessons in a very clear and thoughtful style.

He would frequently remind us that if we could shift just that one degree then we would be on our way to the road of recovery, where we would no longer see our trauma in the hurtful and painful way that we previously had been carrying it. He also reminded us that 80% of the work would be done by simply committing to the group and attending each session. He was right. I made the commitment and now feel that I am better, stronger, more valuable and ready to move beyond the abuse.

I had not been working for two years and while attending the group, I returned to work. I also had not dated in over ten years, and now I'm dating. As I write this article, I'm applying for a promotion at work and my life is much clearer in ways that I never would have imagined. I am no longer afraid of responsibility. I am learning to trust others and feel more confident and comfortable in the company of others. However, there are days when I find myself reverting to old thought patterns but I stop and remind myself that there will be days like this, but never as bad as before *Prism*.

*Article by Mark D., a participant in the Prism Program*

## Employment Ontario

Over the past thirty-nine years, Family Services of Peel's programs and services have evolved to meet the needs of our community. 2010 has been exceptionally busy with the transition of our employment services.

Since 1999, Family Services of Peel's Working To Your Full Potential Program has successfully supported individuals seeking employment. While we are sad that this program came to an end on July 30th, 2010, we are pleased to introduce a new employment service funded by the Ministry of Training, Colleges and Universities.

In the new *Employment Ontario* transformation, job seekers no longer have to visit several service providers to receive assistance. This one stop access point aids individuals with their employment and career goals.

Family Services of Peel is one of the organizations successfully selected to provide this free employment service and the agency implemented the program

on August 3rd, 2010. It is available to all residents of Ontario, who are over the age of 16 and are seeking employment.

No initial appointment is necessary. An individual can simply walk into our Career Development and Resource Centre (open Monday through Friday, 10am to 4pm) and meet with an Employment Services Coordinator. Once Registered, they can utilize the computer lab as often as they like.

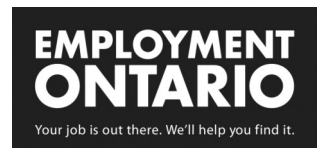
Our Resource Centre is full of helpful information pertaining to career development and job search. Individuals will have access to computers, printers, fax machines and self directed learning modules. In addition, we offer workshops on resume writing, interview skills, effective job search techniques and more.

In keeping with Family Services of Peel's mission, each individual who visits our Resource Centre will be treated with respect, dignity and high quality service.

Our Centre is temporarily located at Family Services of Peel's Mississauga office (151 City Centre Drive, Suite 501) and it will be relocating in the Fall of 2010 to its permanent home at Mavis/Eglinton. For more details on this employment service and future relocation plans, please visit our website at [www.fspeel.org](http://www.fspeel.org).

We are also looking forward to developing relationships with our neighbouring community agencies, as well as partnering with prospective employers.

For more information about this *Employment Ontario* initiative, please visit their website at [www.employmentontario.ca](http://www.employmentontario.ca).



## A Word from the Executive Director

Family Services of Peel has experienced some significant changes over the past few months... a change in leadership and a change in programs.

As some of you may be aware, Paddy Ramsingh officially retired in the beginning of June. Paddy had decided that she wanted to spend more time with her husband and two daughters and wanted to pursue her passion for gardening. Immediately following our Annual General Meeting on June 7th, a few funders, organization representatives and community partners wished Paddy a fond farewell. We miss Paddy and wish her much success in her future endeavours.

For over ten years, Family Services of Peel's Working To Your Full Potential Program has successfully supported individuals seeking employment, through counselling, groups and workshops. While we were sad to see this program come to an end, we are pleased to introduce a new employment service funded by *Employment Ontario*.

Family Services of Peel was proud and pleased to be selected by the Ministry of Training, Colleges and Universities to become one of sixteen service providers in the Region of Peel to deliver *Employment Ontario* services in the transformed system. This new free service, which began on August 3rd, is available for anyone over the age of 16 who are seeking employment. Our *Employment Ontario* services are currently being operated out of Family Services of Peel's Mississauga location and will relocate to its permanent home at Mavis/Eglinton in late 2010. Please visit our website ([www.fspeer.org](http://www.fspeer.org)) for updates.

Effective January 2011, our Brampton office will relocate to the new Human Services Centre "Community Door" building, located in Brampton. This United Way of Peel Region initiative is a community-based partnership that provides area residents with a broad range of vital community services. Through the collaboration and shared resources of service providers, there is greater access to the services community residents need in order to build healthy lives, homes and neighbourhoods. For more information, please visit [www.communitydoor.ca](http://www.communitydoor.ca).

As we move forward, Family Services of Peel is committed to strengthening current relationships with community partners and funders, as well as embracing new opportunities to continue to meet the needs of our community.

## Annual General Meeting and Farewell Party

Family Services of Peel's 39th Annual General Meeting was held at World Vision Canada on June 7th, 2010.

Following the business portion of the meeting, our remarkable guest speaker, Margaret Grist, shared her experiences as a client in the Violence Against Women program. Her courageous and resilient nature is an inspiration to us all. Margaret also thanked Sunanda Mohanty, a Counselor at Family Services of Peel, for her insightfulness and support.



Margaret Grist  
Guest Speaker

Once the Annual General Meeting concluded, friends, funders, community partners and colleagues wished Paddy Ramsingh a fond farewell. As Executive Director, Paddy had been at Family Services of Peel for over four years and during this time she cultivated important partnerships and developed the agency into the successful financial and operational organization that it is today. We greatly miss Paddy and wish her all the best.

Chuck MacLean assumed the Executive Director position on June 21st, 2010. With his notable experience in the social services industry, we are confident that Chuck will continue to embrace new opportunities, enabling the agency to meet the needs of our growing community.

**Bottom Left Photo**

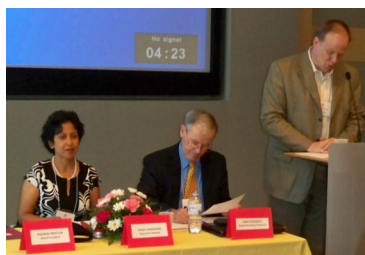
Paddy Ramsingh, former Executive Director (left), Tom O'Doherty, Board Secretary/Treasurer (middle) and Andrew Proctor, Board President (right).

**Bottom Middle Photo**

Chuck MacLean, Executive Director and Sandra Rupnarain, Director of Client Services

**Bottom Right Photo**

Paddy Ramsingh, former Executive Director



**Upcoming 40th Anniversary!**

Family Services of Peel is proud to announce that we will be celebrating our 40th Anniversary on April 1st, 2011. Please stay tuned for further details.



### 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**



### Family Services Of Peel

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*We're on the Web in many languages!*

[www.fspeel.org](http://www.fspeel.org)

A proud member of the



**United Way**  
of Peel Region

### Thank You!



Family Services of Peel would like to take this opportunity to acknowledge Rotary International and Subaru of Canada, and to thank our corporate sponsors for their generosity and support in their generous donations.

### 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 [ttriantafillou@fspeel.org](mailto:ttriantafillou@fspeel.org).



**Inclusion**

**Diversity**

**Access**