

FAMILY SERVICES of PEEL



This hand-drawn visual art by Disa of ThinkLink, represents a synopsis of the Community Resource Mapping workshop that was conducted by Family Services of Peel – Peel Institute on Violence Prevention. Service providers collectively mapped the existing resources/services available for women survivors of violence in order to identify the gaps and improve services in the Region of Peel.

National Aboriginal Day: A Tribute to the Ancestors of Canada

The Government of Canada has identified June 21st as **National Aboriginal Day**, in honour of its Aboriginal people (also referred to as Indigenous people), their heritage as the first Canadians, and to acknowledge the remarkable contributions they have made to Canada. This day was instituted in 1996 by Roméo LeBlanc, Governor General of Canada, and is now a part of the annual nationwide **Celebrate Canada** event, which is a four day celebration beginning with National Aboriginal Day (June 21), St-Jean-Baptiste Day (June 24), Canadian Multiculturalism Day (June 27) and Canada Day (July 1).

The Canadian government sponsors a variety of events across the country, where people gather to share their spirit, experiences, stories, songs, art, and dance, with each other and their communities.

The Canadian Constitution identifies three groups of Aboriginal people: First Nations, Inuit, and Métis. These are distinct groups with unique histories, languages, cultural practices and spiritual beliefs. They were the only people living in Canada approximately 500 years ago and played an important role in the development and progress of this country. They continue to influence the overall Canadian landscape by making contributions in business, media, arts and agriculture.

The Canadian culture reflects its ancestral Aboriginal roots through many forms, such as the canoe, snowshoes, snow goggles, tug of war game, lacrosse, dart game, petroleum jelly, maple syrup, tobacco and chewing gum.

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Transforming Lives in Peel



Quarterly Newsletter May 2017

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A Message from the Executive Director

We're almost at the end of May and right around the corner is June; typically the start of summer but also known as AGM month. For social service organizations the Annual General Meeting provides the opportunity to reflect on the past year, acknowledge employees and their years of service, recognize volunteers, including Board members, and establish the slate of officers of the Board for the next twelve months.

This is also the time to think about warm summer breezes, days at the cottage or beach, vacation, barbecues, sun burns, and sunshine late into the evening. So, let's hope that we all get an opportunity to rejuvenate, relax and relish those hazy days of summer. Stay safe and enjoy.




In our Clients' Words...



After I attended my counseling session with you in the summer, I started to work as a cashier at Walmart, and was there for 3 months while I continued to search for jobs, similar to my preference criteria. I also benefitted a lot from the tips you gave me and our work on my résumé.

I interviewed at a couple of places and then landed a job as an Administrative Assistant at an accounting firm in downtown Mississauga. Two weeks ago I finished my 3 months' probation period with them successfully, and they decided to put me on a plan to develop my skills further, and to build on my previous knowledge and education.

So here is my good news, and I thank you again for your assistance and mentorship, which have definitely helped equip me better for the Canadian job market.

I am writing this letter to express my heartfelt gratitude for the help and support I've been receiving from Family Services of Peel.

I am a Senior Citizen and was introduced to my counsellor through Square One Older Adult Centre, where I attend the Circle of Friends group. Each session provides topics and discussions relevant to seniors and this support group has been extremely helpful to me.

Through the Square One Older Adult Centre I also receive one-on-one counselling. Last fall I made the difficult decision to leave my abusive husband. My counsellor helped me through the anxiety and depression that followed. She also encouraged me to apply to PATH where I was approved for Victim of Family Violence priority. I will be moving into my own apartment on May 1st and can look forward to having a home of my own and living in peace.

I have also been attending the women's support group on Tuesday evenings at Family Services of Peel. This discussion group is so beneficial to those of us who have endured abusive relationships.

The road to healing is finally beginning for me and this would not have been possible without the wonderful programs and help provided through this organization! Thank you for all you do! I hope this wonderful support continues into the future.

Celebrating Peel in the Year of Canada 150



As we, at Family Services of Peel, celebrate **Canada 150**, we acknowledge all the contributions and investments that our Indigenous people and newcomers have made to Canada.

The Region of Peel is diverse and vibrant, and continues to grow in significant ways to welcome and assist all those who choose to settle here. In this spirit, Family Services of Peel works with the community in many capacities, including providing support to people who require services, helping them to transform their lives, and improve overall well-being.

In recognition of Canada 150, there are numerous organizations joining in the celebrations by organizing events and/or programs, incorporating this theme.

The newly formed **Peel Art Gallery, Museum and Archives (PAMA)** recently opened its doors. It hosts a variety of records, including the Peel Women's Institutes. PAMA will be hosting a series of events that will educate and inform the residents of Peel about the rich history of the region.

Celebration Square, located within walking distance from the main office of Family Services of Peel, continues to be a hotspot for events, markets and ongoing cultural and civic celebrations. On July 1st, 2017, Canada 150 will be celebrated with live performances, local artists and musicians, and an unforgettable fireworks display. (Go to <https://culture.mississauga.ca/content/summer-square> to view or download Celebration Square's 2017 Summer Calendar.)

Canada 150 for 150 Volunteer Challenge is a nation-wide movement led by Volunteer Ottawa, in partnership with Volunteer Canada and volunteer centres across the country, including Volunteer MBC, a resident at our Mississauga location. Their #Helpie hashtag is a call for anyone to post pictures (selfie) of people helping people. This is also a great opportunity for individuals to get involved and give back to their community.

In the celebratory spirit, the **City of Mississauga** launched the Biggest Birthday Card Project. Residents are encouraged to sign the card or take a selfie (#Canada150) and post on the panel as part of Canada 150. The panels will be available to sign at the Carassauga KidZone – Hershey Centre and Mississauga SportZone – Indoor Soccer Field on May 27-28.

If your idea of fun is throwing a neighbourhood party, then the city has developed **Neighbourhood Celebration Kits** that will help you to plan a fabulous Canada 150 event.

At **Family Services of Peel** we have created a Diversity Corner as part of Canada 150 celebrations. The diversity board is used to highlight and acknowledge religious and significant cultural observances reflective of the community, themes for quarterly staff meetings, current issues and trends, as well as to encourage clients and staff participation through messages and comments. May is Mental Health Month and we are offering **free** services for the community. We are engaging and working towards developing new partnerships and relationships to broaden the scope of our reach and to continue to provide services to individuals who are most vulnerable. As this year celebrates 150 we also recognize that we have been an active part of this milestone since 1971 and will continue to do so well into the future.

Finally, in the Region of Peel and across the country there are many significant celebrations with all the information posted on the relevant websites. We have highlighted Mississauga because of the proximity to our main office.

For more information, please visit the Government of Canada's website at Canada.pch.gc.ca/eng/1468262573081

Article submitted by Priyanka, Employment Services Manager at Family Services of Peel

Marijoy's Food Blog

Spring is finally here! Along with the warmer weather, good food and a lovely view is what I look forward to on my weekends, and

Spencer's At The Waterfront, located in Burlington (1340 Lakeshore Road), is an absolute go to for Sunday brunch.



If you're a seafood lover like myself then the endless options of oysters, crab legs and salmon is a wonderful way to enjoy a late morning bite. The floor to ceiling windows provide an excellent view of the lake, and makes the dining experience much more enjoyable. Patio seating is also available so the fresh air with my tantalizing bites is usually the option I choose.

My favourite type of dining is having a plethora of delicious options to choose from and at Spencer's, not only do you get a delicious buffet, but the service is also impeccable. So how can anyone resist?

Spencer's Sunday buffet brunch includes an artisan cheese board, local charcuterie, freshly baked organic breads, fresh seasonal pasta, eggs benedict with hollandaise (by far the best I've ever consumed), savoury and moist leg of lamb, carved roast beef, perogies, and much more! Also included are made to order waffles, omelettes and crepes, with countless toppings to choose from. But don't forget about dessert! Spencer's has

a wide selection of delectable treats and I have to say that their warm bread pudding is one of my favourites.

The fresh squeezed juices and fruit smoothies are something that I truly love about this spot. The price of the brunch includes an enormous selection of food and drinks, including alcoholic beverages, so why not order a Mimosa to accompany your food?

What better way to spend a beautiful spring morning or afternoon consuming eclectic dishes while enjoying a spectacular view! This is a dining experience I highly recommend. Happy eating!

Marijoy is an employee at Family Services of Peel and an avid "foodie"

National Aboriginal Day: A Tribute to the Ancestors of Canada (Continued from Page 1)

The Aboriginal people also made important contributions in the field of medicine by developing unique combinations of wild plants to relieve pain, coughs due to colds, heart diseases and sleep disorders, ingredients found in popular medicines sold today. They also discovered the mental and emotional causes of certain diseases and figured out therapeutic ways to work with patients, methods now recognized by Western medicine centuries later.

Aboriginal people are currently employed in a variety of fields and many live outside their ancestral homes. Their traditional culture is evident in their spiritual and political

attitudes. Music is also an integral part of their daily lives and spiritual beliefs. Musical instruments (flutes, drums and rattles) were constructed from materials at hand for centuries before Europeans immigrated to Canada. The Indigenous Music Awards (IMA), formerly known as the Aboriginal Peoples' Choice Music Awards (APCMA), highlights the importance of Aboriginal music and is held annually as a recognition to Aboriginal people in the musical industry.

The Government of Canada is continuously working to improve the social and economic status and well-being of Aboriginal people. **National**

Aboriginal Day is not just a celebration of the heritage of Aboriginal people; it is an opportunity for us to acknowledge and thank our Aboriginal ancestors for all the hardships and sacrifices they have made for this beautiful multicultural country.

Article submitted by Svetlana, Counselling Manager at Family Services of Peel



What's New



Family Services of Peel's 46th Annual General Meeting will be

held on Friday, June 16th, 2017, at the Living Arts Centre, from 8:00am to 9:30am. This year's theme is "Youth and the Job Market".

In recognition of Mental Health Awareness Month, Family Services of Peel is providing **FREE Walk-In Counselling Services** during the month of May. So far, over 100 individuals accessed services for problems relating to couple and relational issues, family conflict, parenting struggles, mental health, grief and loss, trauma, addictions, and violence.



Congratulations to two of Family Services of Peel's Diverse Seniors Program volunteers! **Ruby** and **Tejwant** received a Galaxy Star Award at Volunteer MBC's "The V-Oscars" – Volunteer Recognition Awards Gala, held on April 27th, 2017. This award recognizes the exemplary efforts of volunteers. For the past ten years, Ruby has been assisting group facilitation and Tejwant has been volunteering as a certified yoga instructor.

We have added two new locations to the **Diverse Seniors Program**, namely 35 Stavebank Road and 1510 Lakeshore Road West. This program provides opportunities for seniors to socialize, practice yoga, and discuss in a group setting, topics that promote seniors' health and well-being.

Congratulations to the following schools that recently completed a Families and Schools Together cycle:

- Clark Boulevard Public School
- Marvin Heights Public School
- Massey Street Public School
- Olive Grove School

Welcome to the following individuals, who recently joined the Family Services of Peel team:

- Erinne Henry (SIL Facilitator)
- Amanda Meier (Clinical Liaison Counsellor)
- Michelle O'Brien (SIL Facilitator)
- Claudia Sarmiento (YOP Employment Consultant)
- Anita Tieu (YOP Administrative Assistant)

Monthly Observances

Family Services of Peel celebrates diversity via articles, videos, information sheets, social media, and our glass whiteboard. The following observances will be recognized during the months listed below.

MAY
Mental Health Awareness Month Mother's Day (14) Victoria Day (22)
JUNE
Aboriginal People Month Father's Day (18) Aboriginal Day (21) Eid-ul-Fitr (Islam) (25) Pride Parade (25)
JULY
Canadian History Month Canada Day (1)
AUGUST
French Heritage Month Civic Holiday (7)

Staff Recognition

5 Years

Greg Coulter
Jayashri Kothavale
Yammie Leung
Maddy Scrbic
Lisa Tackore

10 Years

Jack Britstone
Darryl Foote
Salisha Khan
Joseph Martyres
Sandra Rupnarain
Marjorie Turgott-Murray

15 Years

Barbara Dennis

20 Years

Pauline Mathew



Two of our talented staff celebrated their birthdays with these personally crafted treats.

FAMILY SERVICES of PEEL

Mission, Vision, Values and Contact Information

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<https://www.facebook.com/Family-Services-of-Peel-163434633676036/>



<http://www.linkedin.com/company/family-services-of-peel>



<https://twitter.com/fspeelca>

Transforming Lives in Peel

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FAMILY SERVICES of PEEL
 Since 1971

Quarterly Newsletter

May 2017

Mission Statement

Through leadership, collaboration and innovation, we support families and individuals in Peel to transform their lives.

Vision Statement

Transforming Lives in Peel

Values

- Responsiveness
- Excellence, Leadership, Innovation
- Service Accessibility and Inclusion
- Partnership and Collaboration
- Engaging Community
- Client Driven
- Transparency