

FAMILY SERVICES of PEEL



Family Services of Peel's Anita (left) and Claudia (right) with Mayor Crombie

Grief in Times of Celebration

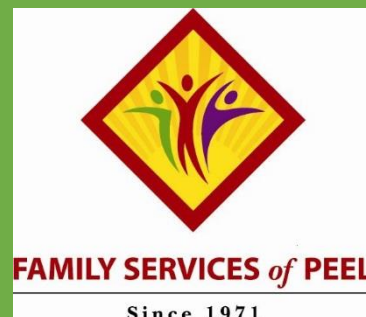
There is no one right way to face the holidays when you are grieving. Exploring options for honouring old family traditions while creating new ones can give you a sense of stability and hope in the midst of loss and change. Finding ways to include the reality of the empty spot, without making it the primary focus of the holiday can help you to take new steps in the healing of your grief. As you seek new ways of living through the holidays, you may want to consider the following suggestions that will honour your loved one(s).

- Light a candle in a special candleholder at a holiday meal or throughout the season.
- Mark the empty spot at a holiday meal with a photograph, single flower, or some other memento.
- Visit the gravesite and leave a holiday symbol, an ornament, or a personal note.
- Set-up a small memory tree and invite family members to hang remembrances on the branches. A memory bowl or basket may be an appropriate alternative.
- Write a letter or poem to your loved one(s) in your journal. You may want to read it at a family gathering if others are open to this.
- Have photo albums or slide shows on hand so that family members can reminisce together. This sharing of memories is likely to be bittersweet and may include both laughter and tears. The sharing of memories and stories can affirm the strength and identity of your family in the midst of your sorrow.

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Transforming Lives in Peel

Volume 8 | Issue 4



Quarterly Newsletter December 2017

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A Message from the Executive Director

It's that time of year again; colder weather, the threat of snow, and the anticipation of what the new year will bring. It is also an opportunity for spending time with family and searching for the perfect way for you and your family to celebrate the festive season.

Being invested in the type of work that we do, we collectively realize that for many, this time of year often illuminates their loneliness, their sense of being disconnected and in their reality, it is not a joyous time of year. Our vision is to transform lives in Peel, to be open and respectful to those who seek us out, to join them in their personal journey, not to lead them but to act as a catalyst for change.

I think that we do the work we do because we have faith in people's ability to change. Maintain the faith and appreciate the work you have done to transform lives in Peel. All the best.




In our Clients' Words...



“

I would like to take this opportunity to express my heartfelt thanks to you for giving me the opportunity to work at Family Services of Peel. I really appreciate the time that I spent working with the whole team, on both a professional and personal level. I have certainly learned a lot about the services offered by the [Employment Services] Centre and the professional customer service dealing with the clients.

This experience was the first thing that I have done in Canada and will always be a nice memory. Once again, thanks for everything.

”



Greg (left), SIL Facilitator pictured with Bev and Mike

happening.

We wish you and your staff the quiet beauty of a peaceful holiday season.

Bev & Mike

Dear Thom

①

Dec. 2017

Please accept our sincerest thanks for the assistance that you, your staff and Family Services provided for "our" David. We never could have assisted him without your help. You "were the Wind Beneath Our Wings"! He would have been homeless, alone & would have been taken advantage of by a few people. Your guidance and involvement prevented a sad story from

How's Your Financial Literacy?

Did you know that every November is **Financial Literacy Month**? The Parliament of Canada proclaimed it so in 2012, with the goal of strengthening the financial well-being of Canadians. This annual spotlighting of financial matters is designed to empower individuals to manage money and debt wisely, save for a secure future, and understand one's financial rights and responsibilities. Banks and other institutions are inundating consumers with credit opportunities, and the popularity of online shopping creates endless opportunities to overextend credit. Today's reliance on credit makes it all too easy to accumulate debt. Many consumers acknowledge having little real understanding of finances and credit, and it's this lack of financial understanding that is one of the main reasons behind saving and investing problems.

Financial literacy includes understanding how a chequing account works, what using a credit card really means, and how to avoid debt. Canada's literacy theme for 2017 is *"Take charge of your finances: It pays to know!"* which focuses on achieving financial well-being, living within your means, and teaching children sound money skills. Most of us are receptive to recommendations regarding our physical health, like improving our diet. Why not consider taking some steps for improving your financial health? Is there something you regularly spend money on that you could cut down, or cut out? Try to identify one purchase that you can reduce or eliminate (like buying coffee, or lunch, when you can make and bring your own), and instead direct that money towards savings. In addition to enhancing your savings, what about increasing your financial know-how? Go to www.Canada.ca and search the Canadian Financial Literacy Database. You'll find information on a broad range of financial topics, like budgeting, credit and debt management, and retirement savings.

Every year in honor of Financial Literacy Month, think about making a commitment to yourself to learn one thing that intimidates you in the financial arena, like investing. Commit to also increasing your savings plan annually, no matter how slightly, and you'll be well on your way to better money management and a more financially secure future.

Article submitted by Brenda, H/R Manager at Family Services of Peel

SIL Festive Lunch (November 30th, 2017)



John Nalli (left), President and CEO of People Store Staffing Solutions, presented a cheque in late November to Tom Triantafillou (right), Program Manager at Family Services of Peel for sponsorship and support of our Supported Independent Living (SIL) Program's annual festive lunch.

People Store Staffing Solutions is listed as one of Canada's Top Ten Best Employers and ranked in the Top Companies in Canadian Business Profit 500 list. In 2015, John Nalli received the prestigious ICCO – Next Generation of Leadership Award.

Mr. Nalli is a long time champion and generous supporter of events and programs provided by Family Services of Peel, and we thank John for his continued commitment to people with developmental disabilities.

A big **THANK YOU** also to Family Services of Peel's Greg Coulter, who works in the SIL Program, and Darlene Ferri (sister of a gentleman receiving support). They each provided a donation in support of the SIL Program's festive lunch.

Marijoy's Food Blog

The holidays are my absolute favourite time of year! It is one of the most eventful and joyous seasons, which can be very expensive. It's hard to compromise spending money to eat good food but why not do both? If you love authentic Italian cuisine at reasonable prices then **Mamma Martino's** is definitely the place for you! This casual dine-in restaurant is located on the Queensway, just east of Royal York Road in Toronto. You know that you are getting the freshest ingredients when the pasta is made from scratch and the tomatoes are grown in-house. The majority of their entrées are approximately \$10 and rest assured that the low prices do not affect the wonderful flavours.



My favs are their **Chef's Salad**, **Gnocchi Alla Mamma Martino**, **Spaghetti**

Alla Carbonara, and the classic **Pepperoni Pizza**. I usually start off my meal with their in-house salad, which is iceberg lettuce served with their homemade Italian dressing. It's simple yet so fresh and delightful. As for their pastas, I can never decide between the gnocchi and spaghetti! The gnocchi is a potato dumpling goodness that I like to have with rosé sauce (tomato cream sauce), which at Mamma Martino's is unquestionably enchanting. The delicious Spaghetti Carbonara is a dish you won't regret ordering. Served with bacon, Parmesan cheese, eggs, and cream, it is an

absolute pleasure in your mouth. Having tried almost everything on their menu, I don't think that there is a single item that you would regret ordering.

Mamma Martino's is a little different than most Italian bistros. They don't take reservations; customers are seated on a first come first seated basis but I assure you, the wait is definitely worth it!

During the holidays, they have a beautiful Christmas display in their dining solarium, with singing and dancing characters, figurines and a beautiful exhibit of the North Pole lit with holiday colours and fake snow! I would have to say that I come here at least six times a year! You just can't go wrong with delicious food and great prices. Happy Eating!

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

Funding... What's New?

- **Ontario Trillium Foundation** – Building on three years of research to deliver trauma assessment training in Peel, develop a train the trainer, and train trainers to deliver the trauma assessment training.
- **Human Trafficking Project** – To engage survivors, service providers and communities in the development of a trauma-informed, racially and culturally respectful program for human trafficking survivors, their healing and rehabilitation.
- **Canadian Women's Foundation** – To show how immigration shapes the status of refugee women, the

impacts on their overall health and well-being, and highlights factors that impact safety for refugee women, with the intent of informing policies.

- Funding increased in the Developmental Services sector for the **Supported Independent Living Program**, with respect to the addition of new clients.



Retirement

In honour of a special co-worker and friend. Over the past fifteen

years, **Barbara Dennis** has been the first point of contact for our clients.

Always with a smile and kind words, her service, dedication and commitment to Family Services of Peel have been admirable and greatly appreciated.

We will miss Barbara and wish her the best in her retirement.



Grief in Times of Celebration

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- In conversation or a prayer, express your gratitude for memories of times shared with your loved one(s) and for family ties and the support of friends. Referring to your loss in such direct ways can be painful but also very comforting.

Loss and grief are unwelcome intruders and when grief is recent and strong, you may feel disoriented or lost. This is a time to be gentle with yourself and with each other. However, it is also a time to take charge of what you can. This can help you find new ways of continuing traditions and rituals that have been meaningful in the past, and to work together in creating new ones. Important rituals and traditions can help you and your family with grief. They provide opportunities to:

- Connect to the past and to what seems lost.
- Develop a new sense of yourself and a new identity as a family as you change your attachments to your loved one(s).
- Give your loved one(s) a new place in your family that marks the movement from being a living participant to someone who is present in spirit.

As you try out new ways of living through the holidays, reflect on what is meaningful and what does not work. There may be some trial and error involved during this time of change. Discussion with other family members will help you to find hopeful ways into the future.

Even when there are empty spots, holidays can still be a special time.

Enjoy the Moments Handling Stress over the Holidays



If you celebrate the holiday and Christmas season, it is not uncommon

to feel stress with all the demands on time and the worry of being ready for the festivities. Parties, dinners, entertaining, family get-togethers, shopping for presents, decorating, and so many other things that have to get done. We consider all these things indispensable to the spirit of the season, and completing the tasks becomes a great priority.

If you start feeling stress levels rising to a point that it is taking a toll on your relationships, health, and your ability to enjoy the holidays, remember to go back to the basics. Think about what really matters in your life, who in your family needs your attention; whose company do you enjoy the most; what things bring joy to your life. Try to spend more time in the company of those who make you feel good, and doing things that you enjoy. Take breaks. Ask for help. When feeling overwhelmed, take time outs and focus on the moment, forget about what needs to get done and just focus on what is happening.

Remember, it's only a couple of weeks. Life will get back to normal in a few days and you want to be able to enjoy the moments and have an unforgettable holiday season.

*Both articles submitted by Sandra,
Director of Client Services at Family
Services of Peel*

What's NEW?

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.

DECEMBER

Homelessness Awareness Month
Remembrance Day of 14 Women Killed in Montreal in 1989 (6)
International Human Rights Day (10)
Hanukkah (Jewish) (12-20)
Christmas Day (25)
Boxing Day (26)

JANUARY

Disabilities Awareness Month
New Year's Day (1)
Christmas (Christian Orthodox) (7)

FEBRUARY

Black History Month
Valentine's Day (14)
Family Day (19)



FAMILY SERVICES of PEEL

Mission, Vision, Values and Contact Information

Head Office

151 City Centre Drive, Suite 501
Mississauga ON, L5B 1M7
Phone: 905-270-2250 | TTY: 905-270-7357 | Fax: 905-270-2869

Employment Services Office

640 Eglinton Avenue West, Unit 201
Mississauga ON, L5R 3V2
Phone: 905-366-0322 | Fax: 905-366-0325 | E-Mail: eos@fspeel.org

Brampton Office

60 West Drive, Suite 209
Brampton ON, L6T 3T6
Phone: 905-453-5775 (By Appointment Only)

Malton Office

6870 Goreway Drive, Unit 201
(Malton Medical Group)
Mississauga ON, L4V 1P1
Phone: 905-453-5775 (By Appointment Only)

Intake Department 905-453-5775

E-Mail fsp@fspeel.org

Web www.fspeel.org



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



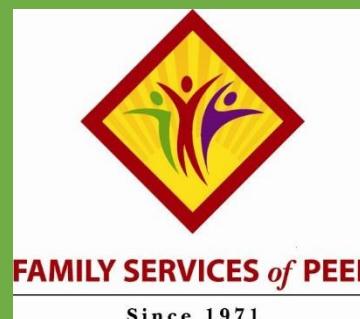
<http://www.linkedin.com/company/family-services-of-peel>



<https://twitter.com/fspeelca>

Transforming Lives in Peel

Volume 8 | Issue 4



Quarterly Newsletter December 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

What **Diversity** and **Inclusion** means to Family Services of Peel:

Diversity

The mix

Inclusion

Making the mix work

Sandra Rupnarain (Editor)

Franca Vettese (Graphics/Layout)