

FAMILY SERVICES of PEEL



Group 1 from Family Services of Peel's Youth Opportunities Program graduated on February 2nd.

Chinese New Year in Canada

A Brief History The first Chinese people to settle in Canada were 50 artisans who accompanied Captain John Meares in 1788, when he came to build a trading post to expand the sea otter pelt trade between Guangzhou, China and Nootka Sound in British Columbia. The Spanish, who were trying to establish a monopoly on the west coast, ran Captain Meares out, leaving the Chinese to inhabit the area. Some of them later married Aboriginal women.

In 1858, the Fraser River Gold Rush began to draw Chinese immigrants from San Francisco. As a result, Barkerville, British Columbia became the first Chinese community in Canada. In 1860, the Chinese Canadian population consisted of approximately 7,000 people. A large number of these first immigrants were young farmers from southern China who

were brought to Canada to build the Canadian Pacific Railway. The creation of this transnational rail link helped Chinese communities develop across Canada. Today Chinese Canadians make up the third largest ethnic group in Canada, after English and French Canadians.

Significance in Canada Since 1997, Canada Post has celebrated the Chinese New Year by issuing stamps featuring the astrological sign of the current year. The Prime Minister also issues a statement for the holiday, wishing a happy New Year to all Chinese Canadians. On June 1st, 2016, the Parliament of Canada passed a proposal to recognize the Chinese New Year as an official holiday in Canada.

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Transforming Lives in Peel



Quarterly Newsletter February 2018

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In our Clients' Words...



“Comments regarding our most recent Families and Schools Together cycles:

[F&ST] brought us closer as a family. We had uninterrupted time with kids and with spouse. Feel refreshed when we leave.

We really enjoyed spending more time with our kids away from the distractions of the home. We have really started to play with our kids more and make an effort to spend more quality time.

Enjoyed meeting new families, learning new things about different cultures, and spending one-on-one with my child that I don't normally get to do on a regular basis.

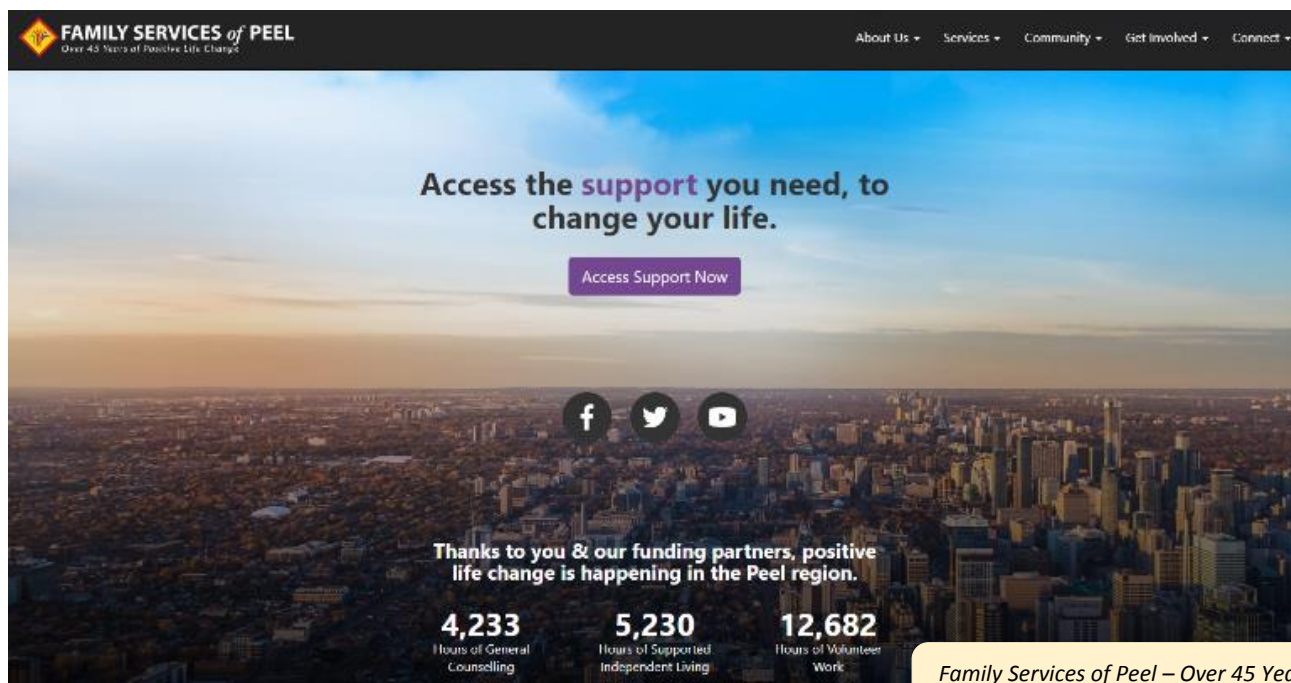
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Family Services of Peel's New Website

We are pleased to announce that our newly updated and interactive web portal is finally here! Now you can interact with us, be up-to-date on what is happening, access immediate support to services, follow our impact in the community, read stories from our clients, and more.

The design allows for ease of accessibility and navigation throughout. We have links to our social media accounts, Facebook, LinkedIn, Twitter, and YouTube, to ensure connectivity across all platforms.

So, take a moment to see for yourself and visit us at <https://fspeel.org>. We look forward to seeing you.



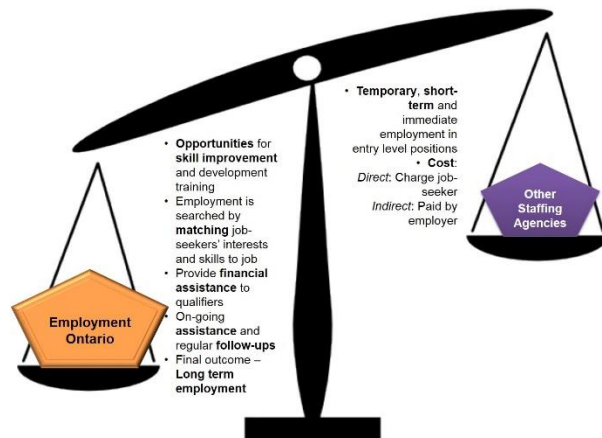
Family Services of Peel – Over 45 Years of Positive Life Change

Employment Ontario vs. Other Staffing Agencies

An average person spends over 90,000 hours at work in their lifetime. Hence, it becomes of primary importance that a job-seeker is able to find employment to make the most productive use of these hours of his/her life. This need creates an opportunity for 'experts' to intervene and support them.

Employment support is truly a noble endeavour that can become tarnished if the 'experts' lose their aim and instead of supporting the job-seeker, they simply reduce their focus to maximizing profits and exploiting the ignorance of the first time worker. According to a 2015 analysis done by **The Spec**, the majority of staffing agencies are violating several laws set by the Ministry of Labour, and thereby, causing significant financial and safety challenges to the employees. The report also suggests that most of the employees belong to the low-income group, and that these challenges make working additionally stressful for them.

In this scenario, the services of **Employment Ontario** aims to help job-seekers get training, build skills or find a job, and connect people looking for work with employers looking for workers. Employment Ontario offers a suite of programs designed to provide employment and training services to job-seekers and employers, apprenticeship training to students seeking certification and employment in a skilled trade, and literacy and numeracy skills to people who lack basic education necessary for employment. These programs are funded by the **Ministry of Advanced Education and Skills Development**, and the majority are delivered by third-party agencies.



Employment Ontario helps a job-seeker develop skills, find employment, and provides customized assistance from the job-seeker's long-term career goals. Thus, it follows a holistic approach and gives a more integrated service to fulfill the needs of the job-seekers.

Article submitted by Anna, student at Family Services of Peel's employment services office

The Importance of Disability Awareness and Getting Involved



According to Statistics Canada, one in seven Canadians aged 15 years or older reported a disability. In 2012, almost 14% of the Canadian population aged 15 years or older – 3.8 million individuals – reported having a disability that limited their daily activities.

Disability Awareness is necessary as it helps to improve our understanding about disabilities, provides opportunities to participate in awareness activities and events and most importantly, is a step towards educating, reducing the stigma, breaking barriers, and increasing hope for people living with physical and mental disabilities.

Raise Awareness through education. Establish a Disability Awareness Day and if possible, a Disability Employment Awareness Month. Honour a staff person who has a disability. Have them share their story.

Develop Programs and Trainings that highlight the importance of inclusion, understanding, and acceptance. Not everyone is the same. Capitalize on existing trainings and curriculums. Taking the time to research, participate and enrol in courses about disability also allows you to share your understanding about disabilities, the laws, and importance of acceptance with others.

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

**DISABLE
THE LABEL**

Marijoy's Food Blog

Food tastes best when it is shared, whether with family, friends or colleagues, and I absolutely love trying new and different flavours since there are many innovative ways that traditional dishes can be revamped. So, with this in mind, **Marco Polo Restobar**, is a North American Gastropub with a Mediterranean twist, and an absolute go to!



The restaurant provides dishes great for sharing, which is an excellent way to try the various creative items on their menu. Located at 1971 Lakeshore Road West in Clarkson (east of Southdown Road), Marco Polo Restobar has a lustrous and tasteful ambiance, great for a night out.

I had the pleasure of trying multiple dishes on their menu with a colleague of mine and was delighted to discover that I enjoyed every single dish that we ordered! We started with the **fresh Atlantic oysters** at only \$1 an oyster, which sold me the second I saw it on the menu. They were so tasty and divine. We then ordered the **calamari** and **Portuguese cod balls**. The calamari was flash fried and glassed with herbs, served with baked kale and fresh tomatoes, a fabulous accompaniment to the lemon caper aioli. The cod fritters were just as delicious and topped with lemon caper aioli and gremolata. Our two main courses included the **Piri Piri Shrimp Taco** and the **Blackened**

Chicken Taco. The shrimp taco was definitely my favourite amongst the taco selection. It was served with iceberg lettuce, Pico de Gallo and lime cumin crema. Super tasty.

Of course, a meal is never complete without dessert so we ordered their in-house made churros, served on Nutella mousse. Definitely yummy.

Much like their menu (fun, fabulous and unique), this restaurant offers live music with an array of genres including jazz, Latin fusion, classic rock, reggae, R&B, funk, Motown, country, and Celtic. I will definitely be returning to Marco Polo Restobar. With great food and music, you can't go wrong! Happy Eating!

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

FREE Community Income Tax Clinic

Family Services of Peel is hosting **FREE Community Income Tax Clinic** sessions in March and April. This service is on a first come, first served basis and is for individuals who have a modest income and a simple tax situation.

Simple Tax Situation

Your tax situation is simple if you have no income or if your income comes from these sources:

- Employment, Pension, RRSP, Support Payments
- Benefits such as CPP, Disability, CCB, EI, Social Assistance
- Scholarships, Fellowships, Bursaries or Grants
- Interest (under \$1,000)

Documents required for tax return filing purpose:

- 1) Last year's or most recent Notice of Assessment, or tax summary
- 2) Government issued valid photo ID
- 3) SIN Card or SIN Letter
- 4) All T Slips/Income Slips – T5, T4A (P), OAS, CPP, etc.
- 5) Rent Receipt/Property Tax Receipt
- 6) Child Tax Statement in Form RC62
- 7) Medicine bills with added total amount (you get printed list from your pharmacist)
- 8) Donation receipts and monthly transit passes/Presto Metrolinx receipts
- 9) Any other relevant information that is required for tax

151 City Centre Dr., Suite 501
(Tim Hortons Building across from Square One Shopping Mall)

Wednesday, March 14th
Wednesday, March 28th
Wednesday, April 18th

6pm to 9pm

640 Eglinton Ave. W., Unit 201
(SE corner of Mavis/Eglinton, entrance next to No Frills)

Tuesday, March 13th
Tuesday, March 27th
Tuesday, April 10th

6pm to 9pm

Chinese New Year in Canada

(Continued from Page 1)



The New Year festival is centuries old and associated with several myths and customs. Traditionally, the festival was a time to honour deities as well as ancestors. Often, the evening preceding Lunar New Year's Day is an occasion for Chinese families to gather for the annual reunion dinner. It is also traditional for every family to thoroughly clean the house in order to sweep away any ill-fortune and to make way for incoming good luck. Windows and doors are decorated with red colour paper-cuts and couplets with popular themes of "good fortune" or "happiness", "wealth", and "longevity". Other activities include lighting firecrackers and giving money in red paper envelopes. Public celebrations include lion dances, dragon dances, and fireworks.

In 2018, the first day of the Lunar New Year was on **Friday, February 16th**, initiating the **Year of the Dog**, specifically, the earth dog. People born under this sign possess the best traits of human nature. They are honest, friendly, faithful, loyal, smart, straight-forward, and have a strong sense of responsibility.



Article submitted by Svyetlana, Program Manager at Family Services of Peel

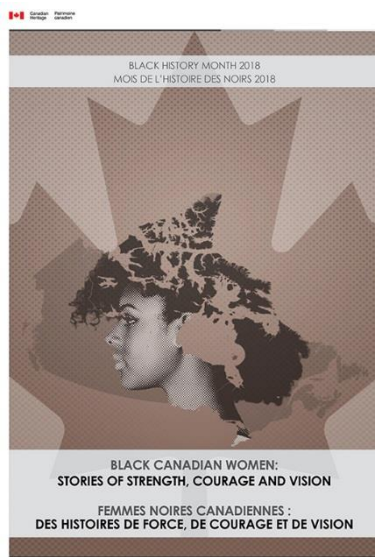
In Honour of Black History Month...

The first recorded black person to set foot on land now known as Canada was a free man named **Mathieu de Costa**. Travelling with navigator Samuel de Champlain, de Costa arrived in Nova Scotia between 1603 and 1608 as a translator for the French explorer Pierre Dugua, Sieur de Monts.



The first known black person to live in what would become Canada was a slave from Madagascar named **Olivier Le Jeune**, who may have been of partial Malay ancestry.

As a group, black people arrived in Canada in several waves. The first of these came as free persons serving in the French Army and Navy, though some were enslaved or indentured servants.



Canada



FEBRUARY 22

declared Human Trafficking Awareness Day in Ontario

Human Trafficking Awareness Day Act, 2017

Ontario's Strategy to End Human Trafficking



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.

MARCH

- Violence Prevention Month
- Holi {Hindu} (1-2)
- International Women's Day (8)
- St. Patrick's Day (17)
- Now Ruz {Zoroastrian} (21)
- International Day for the Elimination of Racial Discrimination (21)
- Good Friday (30)
- Pesach {Jewish} (30)

APRIL

- Seniors Month
- Easter (1)
- Easter Monday (2)

MAY

- Mental Health Awareness Month
- Mother's Day (13)
- Victoria Day (21)

FAMILY SERVICES of PEEL

Mission, Vision, Values and Contact Information

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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

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



<https://twitter.com/fspeelca>

Transforming Lives in Peel

Volume 9 | Issue 1



Quarterly Newsletter February 2018

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 (Co-Editor/
Graphics/Layout)*