

FAMILY SERVICES of PEEL



Harold F. Loughin Public School completed their Families and Schools Together cycle on May 8th. Pictured above is the F&ST Team.

Multiculturalism – Canadian Multicultural Day (June 27th)

What is Multiculturalism?

Multiculturalism, as a term, first came into vogue in Canada in the 1960s to counter “biculturalism”, popularized by the Royal Commission on Bilingualism and Biculturalism. The federal government of Prime Minister Pierre Trudeau declared its commitment to the principle of multiculturalism in 1971 and in so doing formalized a policy to protect and promote diversity, recognize the rights of Aboriginal peoples, and support the use of Canada’s two official languages. This led to the establishment in 1973 of the Ministry of Multiculturalism, as well as the Canadian Consultative Council on Multiculturalism.

Why Multiculturalism?

Multiculturalism dilutes and dissolves the divisiveness of ignorance. It encourages dialogue,

often between radically different cultures that have radically different perspectives. It softens the indifference of tolerance, and embraces it with the genuine humanity of acceptance. It is a bridge between the divide of tolerance and acceptance.

Multiculturalism makes the ideal and noble notion of loving our fellow man a tangible possibility, rather than a nebulous philosophical concept. Multiculturalism is an antidote for ignorance.

Human beings, regardless of their specific culture of origin, strive to provide the best they can for their family, and to live in as peaceful and harmonious a world as possible. These two goals unite us all.

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Transforming Lives in Peel

Volume 9 | Issue 2



FAMILY SERVICES of PEEL

Since 1971

Quarterly Newsletter

May 2018

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A Message from the Executive Director

I recently met with Executive Directors from Family Service agencies across Canada to discuss trends, programs, and how agencies are redefining their services.

Many organizations are moving towards a **continuous intake** model of service. So, in essence, once a client enters any program, the various services and resources offered by the agency become part of the **treatment plan**, if relevant. There also seems to be a shift from individualism to collectivism in service delivery. In addition to the shift in approaches, many agencies are looking at **walk-in** models for delivery of their counselling programs.

Technology, as we are all aware, has not ignored the social service world and more and more organizations are adopting a “Greenspace” approach to measurement in therapy. Halifax Family Services is considering Greenspace, as is Family Service Ontario, an effective tool for service delivery.

It will be interesting to see the political landscape of Ontario after the June 7th election.



In our Clients' Words...



“

If it wasn't for you taking my case on, I would still be in the abusive situation. Thanks again for checking in with me.

I liked the [YOP] program. It helped me to increase my confidence level for getting a job. I would like to thank everyone who helped me to get my first job in Canada.

Thank you so very much for allowing me to come to you to do my 2017 taxes. It meant so much to me. [Community Income Tax Clinic Client]

”

World Elder Abuse Awareness Day (WEAAD)

June 15th is **World Elder Abuse Awareness Day**, which aims to focus global attention on the problem of physical, emotional, and financial abuse of elders. It also seeks to understand the challenges and opportunities presented by an aging population, and brings together senior citizens, and their caregivers, national and local government, academics, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders, increase reporting of such abuse, and to develop elder friendly policies.

The purpose of WEAAD is to encourage communities to recognize the problem of elderly abuse, and for countries to create policies that foster respect for elders and provide them the tools to continue to be productive citizens.



For more information on WEAAD, visit the UN's website at www.un.org/en/events/elderabuse/index.shtml

For more information about elder abuse, visit the Government of Ontario's website at www.ontario.ca/page/information-about-elder-abuse

Handling Summer

When school lets out for summer, being a parent and managing your career or business will inevitably compete for your limited time. For parents, finding a balance is far from easy.

Most parents today work, and in almost half of two-parent families, both parents have full-time jobs. Work tends to come first and 39% of mothers and 50% of fathers report feeling that they aren't able to spend enough time with their kids. Unfortunately, spending an unsupervised summer in front of a video game is setting kids back by months when they return to school in the fall.

When it comes to math, the average student returns to the classroom 2.6 months academically behind where he or she finished the prior school year. The best way to combat this loss of learning, often dubbed the "summer slide", is by including enriching activities throughout the summer. Fortunately, there are many solutions that will give kids the chance to learn and grow while giving parents some relief in those hectic summer schedules. Here are a few ways you can balance work and home life when school's out for the summer.

Choose the right educational camps and summer programs.

The sheer number of summer opportunities available for kids of all ages can be overwhelming. Look for programs that combine social and educational experiences, helping students excel during the rest of the year. Summer programs have become increasingly sophisticated, and they can be a great way to boost a college application.

Challenge your kids.

Summer can be a valuable time for children to recharge and take a break from a formal classroom environment, but that doesn't mean intellectual stimulation should cease entirely. If you're looking for a less structured, more affordable way to ensure your kids remain intellectually engaged this summer, look for organizations that host fun competitions. Public libraries often offer reading challenges that give participants the chance to win prizes if they're willing to turn off the TV and pick-up a book. Because math skills are even more likely to deteriorate during the break, look into programs that are a fun, motivating way to keep skills fresh.

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Canada Day (July 1st)

In honour of Canada's 151st birthday celebration on July 1st, can you answer these 20 Canadian trivia questions?

- | | |
|---|--|
| 1 Which Canadian city is considered "Hollywood North"? | 12 Canada is the largest exporter of what sweet fruit? |
| 2 How many points does the maple leaf on the flag have? | 13 What is Canada's oldest city? |
| 3 Which city is home to North America's largest mall? | 14 How many time zones does Canada have? |
| 4 Which Canadian Chain first opened in Hamilton in 1964? | 15 Which Canadian city has the most tourists? |
| 5 Where is Canada's most visited national historic site? | 16 Only one province is officially bilingual. Which one? |
| 6 Which city hosts North America's largest street festival? | 17 How many oceans border Canada? |
| 7 What is Canada's national sport? | 18 Which province or territory is home to Canada's tallest mountain? |
| 8 Which Canadian city has the most restaurants per capita? | 19 In which province could you find the cities "Goobies", "Come By Chance", and a provincial park named Blow Me Down"? |
| 9 Which city ranks as the most educated in Canada? | 20 80% of the world's supply of what comes from Canada? |
| 10 Which city was home to the first N. American YMCA? | |
| 11 What is the most purchased grocery item in Canada? | |

The answers are at the bottom of page 5



Marijoy's Food Blog

Now that the winter is finally coming to an end, there is nothing I look more forward to than patio season. I love the warm weather, blossomed flowers, refreshing cocktails, and most importantly, food that can be enjoyed outdoors! With this in mind, **Goodfellas Wood Oven Pizza** is a dining experience that you don't want to miss. They are known specifically for their exquisite Neapolitan-style wood oven pizzas, but also offer many delectable dishes. Their patio, located in the heart of Streetsville (209 Queen Street South, Mississauga), has a great view of the endearing village and is a great spot for a date or an outing for family and friends to enjoy rustic Italian backyard flavours. Food and company are my favourite things and the experience is so much more



enjoyable when you can try various items from their menu with the people who you love. I personally think that this restaurant serves one of the best pizzas I have had in

Mississauga! There are probably only a couple of pizzas on the menu that I have yet to try, which says a lot about how good these pizzas are.

My go-tos are the simpler pizzas, like the **Verdure all Griglia** and the classic **Margherita**; these are veggie friendly and perfect for sharing! The Verdure all Griglia is topped with grilled eggplant, caramelized onion, roasted red bell peppers, grilled zucchini topped with ricotta di mucca, grated Parmigiano-Reggiano

cheese, smoked provolone cheese, and extra virgin olive oil. Simply scrumptious. The Margherita pizza is topped with their San Marzano tomato sauce, mozzarella fiore di latte cheese, extra virgin olive oil, and fresh Italian basil. Classic and delicious.

There is so much more on the menu that you can enjoy, such as their pastas, salads, entrées, and desserts, and my suggestion is that you try them all!

Lucky for us, our office is in the Square One area and Goodfellas will be opening another location at Burnhamthorpe/Hurontario (at the previous West 50 Bar and Lounge). So, we will definitely enjoy some of their delightful pizzas closer to Family Services of Peel! Happy eating everyone.

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

Multiculturalism – Canadian Multicultural Day (June 27th) (Continued from Page 1)



As a species, we are held in bondage by our own cultural myopia if we avoid philosophical, ideological or spiritual knowledge of our fellow man. It is dangerous if we believe that there is no merit in understanding the differences among us.

What does humanity gain if we simply endure one another's presence within our society? What is the merit in that? Where is the nobility in mere tolerance? There can be no remedial benefits with this narrow-minded approach.

It is incumbent on us to make use of the best of all of our differences for the benefit of as many of us as possible and, by so doing, establish a climate of trust rather than suspicion.

Famed American writer and civil-rights essayist James Baldwin wrote: **"Not everything that is faced can be changed, but nothing can be changed until it is faced."**

Article submitted by Sandra, Director of Client Services at Family Services of Peel

There is no such thing as a model or ideal Canadian. What could be more absurd than the concept of an all Canadian boy or girl? A society which emphasizes uniformity is one which creates intolerance and hate.

(Pierre Trudeau)

Handling Summer

(Continued from Page 3)



Prioritize health.

During the summer months, kids are especially prone to becoming sedentary. Sleeping in is followed by a passive session in front of a screen, and before you know it, the kids have gone all day without leaving the house. To avoid the inevitable moans and groans when you try to usher your kids outside, find energizing outlets for activities such as rock climbing, amusement parks, etc. These activities will give your children the exercise they need, while being more like a fun family outing. Summer can become the time of year when the whole family renews their commitment to fitness.

Don't go it alone.

At work, you rely on a network of employees and colleagues to help you get everything done. Parenting is no different, and even if you have a partner at home contributing to the cause, there are other ways to remove certain tasks from your plate. Trading babysitting responsibilities with friends is a nice way to guarantee you have much-needed time to unwind without spending a fortune on sitters. On the other hand, if you have the resources, hiring a cook or housekeeper as a summer treat can leave you **more time with your kids**, giving you a seasonal way to take a break along with your kids, even though you're still working long and unpredictable days. Your kids no doubt look forward to summer break and you should too. If you've started

to dread it as a zone when you feel even more stressed out, while your children go overboard on leisurely laziness, it's time to find a happy medium. With a little planning and collaboration, those 2½ months can become a special time for kids of all ages – including the parents. Summer enrichment activities are an investment that will continue to pay off long after everyone in your family has graduated.

Article submitted by Sandra, Director of Client Services at Family Services of Peel



CONGRATULATIONS to Marijoy Malabanan, PAR Program employee at Family Services of Peel, who completed the Sporting Life 10K Toronto Marathon for Camp Ooch on May 13th.



Family Services of Peel's **47th Annual General Meeting** will be held on Wednesday, June 13th, 2018, at the Living Arts Centre, from 8:00am to 9:30am. This year's theme is "Human Trafficking".

Over 120 individuals had their taxes filed during the **FREE Community Income Tax Clinics**, which were held in March and April at our Mississauga and Employment Ontario offices.

In recognition of Mental Health Awareness Month, Family Services of Peel is providing **FREE Walk-In Counselling Services** during the month of May. As of May 22nd, **73** people have accessed services.

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 (13)
Victoria Day (21)

JUNE

Aboriginal People Month
Eid-al-Fitr {Islam} (14-15)
Father's Day (17)
Aboriginal Day (21)
Pride Parade (24)

JULY

Canadian History Month
Canada Day (1)

AUGUST

French Heritage Month
Civic Holiday (6)
Eid-al-Adha {Islam} (21-25)

FAMILY SERVICES of PEEL

Mission, Vision, Values and Contact Information

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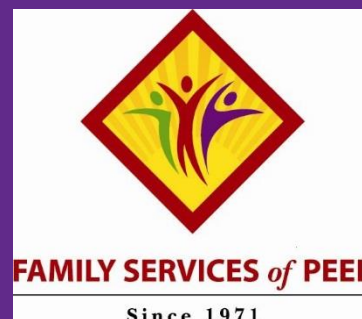
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<https://twitter.com/fspeelca>

Transforming Lives in Peel

Volume 9 | Issue 2



Quarterly Newsletter May 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/
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