

FAMILY SERVICES of PEEL



Family Services of Peel's Board of Directors at the 47th Annual General Meeting, pictured with Chuck MacLean (4th from right) and Sandra Rupnarain (3rd from left)

What is Autism?

"The most interesting people you'll find are ones that don't fit into your average cardboard box. They'll make what they need, they'll make their own boxes." Dr. Temple Grandin

On December 18, 2007, the United Nations (UN) General Assembly declared **April 2nd** as **World Autism Awareness Day**. This is one of only four official health-specific UN days and brings the world's attention to autism, a pervasive disorder that affects tens of millions.

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that impacts brain development, causing most individuals to experience communication problems, difficulty with social interactions, and a tendency to repeat specific patterns of behaviour.

It is typically accompanied by co-occurring medical conditions such as epilepsy, sleep disorders, gastrointestinal abnormalities, immune dysregulation, and mental health issues like anxiety and depression.

As per the National Epidemiological Database for the Study of Autism in Canada, ASD is one of the most common developmental disabilities in Canada.



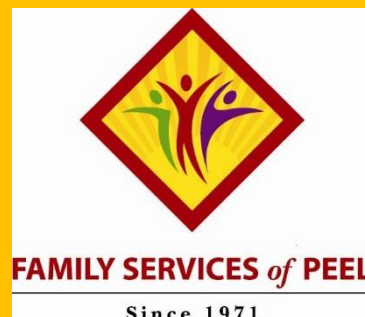
According to the Canadian Medical Association Journal, approximately 1% of the

Canadian population is affected by ASD, which means that there are about 100,000 Ontarians on the autism spectrum.

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Transforming Lives in Peel

Volume 9 | Issue 3



Quarterly Newsletter September 2018

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World Mental Health Day

World Mental Health Day is observed annually on October 10th, with the intention of raising awareness of mental health issues, as well as mobilizing efforts in support of mental health. This year's theme is, "Young people and mental health in a changing world".

In Canada, an estimated 1.2 million children and youth are affected by mental illness, however, less than 20% will receive appropriate treatment. Also, approximately 20% of Canadians will develop a mental illness by the age of 25, with the more common issues being attention deficit hyperactivity disorder (ADHD), depression, bipolar disorder, schizophrenia, anxiety, eating disorders, and substance abuse.

While mental health impacts youth from all race, class, culture, gender, and socio-economic backgrounds, those most susceptible include:

- Families with a history of mental illness,
- Newcomers and refugees (settlement and transitions issues, as well as trauma),
- Indigenous youth,
- LGBTQ youth who experience rejection and bullying, and
- Transitional life changes, such as moving to a new city or school.



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In our Clients' Words...



“

What Our Clients Say about the Families and Schools Together (F&ST) Program:

Liked the program. It gave some ideas and helped the parents with how to behave with their children.

F&ST showed me how to interact and help our children. How to comfort them and get an understanding of their emotions and needs when they themselves were not able to express themselves well.

I like the interaction part the most about F&ST. Families get more united at one platform and it's great support to put community together.

Other parents' concerns about kids gave a great understanding on how to handle those concerns.

Now he spends more time with us rather than with device. Recently, we didn't have internet in our home for 5 days and he knows how to play games and toys and spent available time with us.

F&ST helped me figure out that I needed to dig deeper on helping my son open up in conversation and helping him learn more about expressing himself through play.

”

International Literacy Day

What is literacy? In the strictest, most traditional sense it means the ability to read and write. However, the United Nations Educational, Scientific and Cultural Organization (UNESCO) defines literacy in broader terms as the, "...ability to identify, understand, interpret, create, communicate and compute, using printed and written materials..." Each year, September 8th marks UNESCO's **International Literacy Day**, with the aim to raise awareness about issues relating to adult and child literacy, and emphasizes the importance of literacy. This year's theme is, "**Literacy and Skills Development**".

Improved literacy facilitates employment, which lifts individuals out of poverty and chronic underemployment. Lower poverty rates positively impact on the economy, helping the broader community to prosper. There is also a strong correlation between literacy and crime – according to Project Literacy, the majority of incarcerated individuals and juvenile offenders are functionally illiterate.



Can you imagine trying to make sense of this article if it appeared like dfglwzbsyziowjvrby? Take a moment to envision how you would navigate life without your current level of literacy. It's not only books and newspapers that someone who is illiterate can't read, it's medicine labels, voter cards, job applications, road signs, and even children's homework. Aside from all the practical considerations, just think of the joy you'd miss out on by not being able to get absorbed in a great book.

UNESCO uses the phrase, "Literacy is the best remedy". What can we do to support that remedy? Consider getting involved with a literacy initiative, either one that tackles the issue at a local level, or at an international one. Search the internet for **Adult Literacy in Peel** to find programs very much in need of volunteers. A little of your spare time will make a tremendous difference in the life of someone who struggles with literacy.

Article submitted by Brenda, Human Resources Manager at Family Services of Peel

World Mental Health Day

(Continued from Page 2)

First Nations and Inuit youth are 12 times more likely to commit suicide, as compared to their Canadian counterparts. Culture and spirituality are the frameworks for treatment developed by First Nations/Inuit communities, which involves identifying the advantages of families and communities and developing programs that help build upon these strengths.

Where to get help?

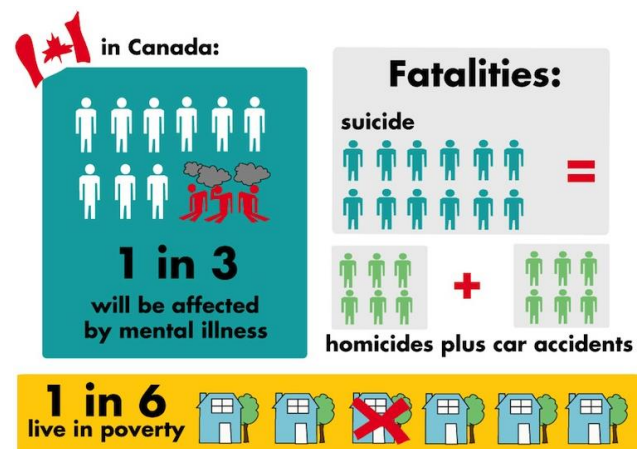
According to the World Health Organization, treating mental health issues includes an inclusive and holistic approach, which creates a healthy environment as a preventative measure, to facilitate good health for everyone.

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



Resources:

<https://www.camh.ca>
<https://kidshelpphone.ca>
<https://mdsc.ca>
www.peelcc.org/en/about-mental-health
www.tangerinewalkin.com
<https://ymhc.ngo>



Marijoy's Food Blog

As the summer comes to an end and the cold weather slowly approaches, there's nothing better than a little self-indulgence to cheer yourself up. For me, it's always about food therapy, and that includes lavish dining. If you love "bougie" eating like myself then **ONE Restaurant**, located in the heart of Yorkville, is the place for you. This contemporary hotspot has dishes that will delight the palate and is definitely sure to impress. ONE's low lights and textured walls provide a beautiful, sumptuous dining space for a date or nice night out with family and friends, and most importantly, their selections are absolutely exquisite!

I had the pleasure of trying many starters at this restaurant and my



favs include the **Lobster Spoons** – Nova Scotia lobster with vermouth butter, **Spicy Tuna Tartare** – crispy sushi rice cake, avocado-wasabi puree, kabayaki, nori and pickled ginger, **Foie Gras Mousse** – hot house rhubarb, pistachio, vincotto and toasted pain au lait, and finally the **Blackbird Focaccia** – whipped butter, fresh herbs and sweet olive tapenade.

As for the main course, there are three dishes that had my mouth watering as soon as the plates were placed in front of me. The **Short Rib** – horseradish pomme puree, Thumbelina carrot, creamed spinach,

blooming onion and peppercorn au jus, **Ontario Beef Bavette** – smashed potatoes, blistered heirloom cherry tomatoes and spiced chimichurri, and **Sweet Pea Falafel** – a vegetarian option consisting of tandoori carrots, pomegranate-masala yogurt, apple, couscous and mint tapenade. Quite a burst of flavour!

And whoever says that there's never any room for dessert is wrong. I'm convinced that in every belly there's a pocket for a sweet treat. After these delightful dishes, I had the pleasure of trying their refreshing **Strawberry-Rhubarb Sorbet** and the creamy and delicious **Toasted Marshmallow Ice Cream**.

Although the prices are a little steep, ONE Restaurant is definitely worth a try. Happy Eating!

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

What is Autism? (Continued from Page 1)



When most of us hear the term "autism", we often think of a childhood disorder where early

assessment and intervention are of the utmost importance. However, Autism Spectrum Disorder is a lifelong condition for most. We know that many can and will improve to the point of no longer needing the assistance of a parent or caregiver, but just as many will continue to be

affected by the disorder and require supports throughout their lives.

Individuals on the autism spectrum tend to have varying degrees and combinations of symptoms and therefore, treatment must be specific to the individual. It is also important to keep in mind that individuals with autism vary widely in their needs, skills, and abilities.

There is no standard "type" or "typical" person with ASD. Knowing the early signs that lead to early diagnosis can result in optimal outcomes.

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



Helpful Links and References:

<https://autismspeaks.org>
<https://www.autism.net/>
<https://autismontario.com>
<http://www.mississaugaahaltonehealthline.ca>
<https://autismcanada.org>
<http://the-art-of-autism.com/>



Family Services of Peel's 47th Annual General Meeting

was held at the Living Arts Centre on June 13th, 2018. Thank you to our keynote speaker, Katarina MacLeod, and the funders, community partners, staff and volunteers who attended our "Human Trafficking" themed event.



We're so proud of our infamous food blogger, **Marijoy Malabanan**! She is close to completing her Masters with the University of Windsor and for the next three months,

is doing her placement with the Toronto District School Board as a school counsellor.

Recent additions to the FSP family

A big **WELCOME** to Alyssa Frittaion (SIL Facilitator), Ryan Massi (Employment Coordinator), and Jasmeen Munday (SIL Facilitator).

Summer Students

During the summer, we were quite pleased to work with El'Noam, Kiki, Sarah, and Shivani. We wish them much luck and success in their future endeavours.

Key Presentations

On May 29th, Family Services of Peel was invited to appear before the

House of Commons' Standing Committee on Justice and Human Rights, as part of its study on Human Trafficking in Canada.

On June 14th, Sandra Rupnarain presented to the **Regional Council** on the agency's work on Human Trafficking. Details of her presentation were subsequently featured in the Brampton Guardian and Mississauga News!

In June, Rasha Elali and Anita Tieu delivered a **Newcomers and Mental Health** workshop, as per funding from TakingITGlobal, the Government of Canada, and Canada Service Corps.

In collaboration with PepsiCo – WIN (Women's Inclusion Network), FSP conducted a **Women's Employment and Empowerment workshop** on July 20th.



In July, Sandra Rupnarain and Monica Riutort attended the **56th Congreso Internacional de Americanistas** conference in Spain, and presented on the partnerships with the Peel Institute on Violence Prevention for Human Trafficking and trauma.



Facilitator, Greg Coulter a fond farewell. Greg retired in July.

The annual **Supported Independent Living picnic** was held on July 13th. Clients and staff took the opportunity to wish SIL

Family Services of Peel hosted a **Job Fair and Community Resources** event on August 28th.

Our Balanced Scorecard is getting recognized in the community! Grant Thornton published the results of an international research on Leadership and Management, and included Sandra Rupnarain's quote in their report. **"Not measuring impact felt like you were delivering services in silos and you were meeting funders' targets but... you were not having any impact in the community."**

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.

SEPTEMBER

Literacy Month
Labour Day (3)
International Literacy Day (8)

OCTOBER

Women's History Month
Autism Awareness Month
Thanksgiving Day (8)
International Homeless Day (10)
Halloween (31)

NOVEMBER

Remembrance Month
Woman Abuse Prevention Month
Diwali {Hindu} (7)
Remembrance Day (11)
National Child Day (20)

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

E-Mail fsp@fspeel.org

Web www.fspeel.org



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



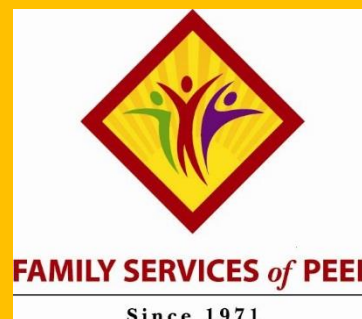
<http://www.linkedin.com/company/family-services-of-peel>



<https://twitter.com/fspeelca>

Transforming Lives in Peel

Volume 9 | Issue 3



Quarterly Newsletter September 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)*