

FAMILY SERVICES of PEEL



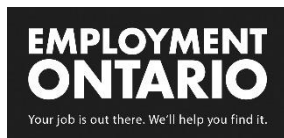
Employment Ontario staff at the pre-Holiday Season lunch event on December 7th.

Employment Services in the Region of Peel

Employment Services play an important role in the advancement of a society and since the beginning of the twentieth century, every developed country created a public employment agency as a way to combat unemployment and underemployment, and help people find work.

In 2007, the federal and provincial governments branded **Employment Ontario** as a comprehensive service delivery system. In 2010, the Ministry of Training, Colleges and Universities (MTCU) implemented a new "Service Delivery Model", which was and is still called Employment Ontario – Employment Services (EO-ES).

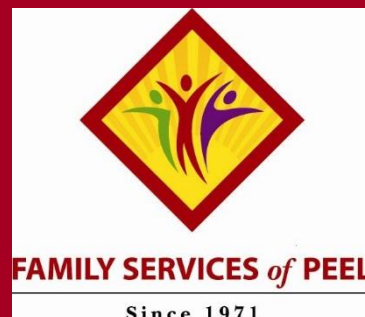
These employment services are delivered by a network of third-party service providers, one of which is **Family Services of Peel**.



Services are tailored to meet each individual's needs and can be provided one-on-one or in a group format. The Ministry operates EO-ES as a one-stop source of information, services and programs for students, job seekers, and employers. The EO-ES Model offers a range of resources and supports to respond to the career and employment needs of individuals, and the skilled labour needs of employers. The goal is to help Ontarians find sustainable employment. The vision of MTCU is to have the most educated people and highly skilled workforce in the world, in order to build the province's competitive advantage and quality of life.

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Quarterly Newsletter February 2019

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Transforming Lives in Peel

In our Clients' Words...



Comments regarding our most recent Families and Schools Together cycle:

I made contacts with the help of the F&ST Program, and I got friends.

The program helped build a sense of comfort and security in my child, to celebrate who she is, to celebrate her family and our uniqueness.

I see a huge change [with the relationship with my child]. I pay so much attention to the little things now. I focus on investing quality time with my son.

[Before F&ST] he was closer to his grandparents and now he discusses and shares his emotions and together, we resolve issues in an effective way.

Single Session Therapy... What's in it for me?

In 2018, Jeff Young, a single-session family therapist from Australia, reviewed three key research-based findings, which are particularly challenging for what might be called established, longer-term approaches to psychological treatment.

- 1) The most common number of service contracts that clients attend, worldwide, is one, followed by two, and followed by three. This is irrespective of diagnosis, complexity, or the severity of the problem.
- 2) 70 – 80% of people who attend only one session, across a range of therapies, report that the single session was adequate, given their current circumstance.
- 3) It is impossible to accurately predict who will attend only one session and who will attend more. Given this, why not approach the first session 'as if' it might be the last?

Considering skepticism around single-session, why would someone want to engage? These are the reasons:

- **It works!** Client satisfaction is high. Most show improvement after the first session. Research shows that the greatest change happens early on in therapy and those gains are upheld over the long-term. No more last-minute client cancellations; it reduces waiting lists.
- **It's efficient.** Walk-in therapy promotes cost efficiencies in mental health service delivery and health services as a whole. People are not using emergency rooms and we may be preventing over-treatment.
- **It provides immediate access to services.** When someone is in distress, he or she wants to talk to someone immediately, not tomorrow nor the day after.
- **It's effective.** It addresses clients' immediate concerns. Most clients are satisfied with services received.
- **It provides a very comprehensive service.** Clients receive wraparound service from approximately five people involved in the process: a Clinician, a Witness who is in the room taking notes, and two to three members of a reflective team who observe the session. The Clinician collects opinions and input from everyone involved in order to formulate a letter and develop a plan of action. In regular counselling, a client only talks to one person, a Clinician.
- **You get a take away letter.** How often do people even write letters anymore? It is a nice gesture and for some clients, it gives them a sense of accomplishment.



Employment Services in the Region of Peel (Continued from Page 1)

Strategic priorities of the Employment Service are directed to target vulnerable populations and those under-represented in the labour market. Using modern eligibility and suitability screening tools, service providers focus on the clients that present greater risk of continued or long-term unemployment, or on those who are marginalized in the labour market.

But in order to adjust the delivery of employment services in an efficient fashion, Career Developers must understand that in every region of the province, the structure of the population is different. In Peel Region, demographic adjustments have become more noticeable during the last 5 years. In 2017, Statistics Canada (StatCan) indicated that since the 2011 census, the country's population grew by 1.7 million, and that immigrants accounted for two-thirds (1.13 million) of the increase. In addition, Mississauga is home to 620,045 Canadian citizens and 95,435 non-citizens, with 381,730 immigrants identified as new Canadians. StatCan indicates that 48,665 immigrants in Mississauga are from the Americas (north and south), 88,515 from Europe, 24,290 from Africa, and 219,420 from Asia (which includes India, China, Pakistan, and the Philippines). Thus, visible minorities now account for 57% of the city's residents. If this trend continues, by 2020, we might see a further 10% increase in the city's population.

Another important fact comes from comparing national and regional data released on November 2018 by StatCan and the Peel Data Centre of the Region of Peel. According to these sources, while the national and provincial unemployment rate remains at 5.6, the local unemployment rate in Mississauga sits at 8.3.

The EO-ES department of Family Services of Peel has been and will always be committed to providing all its clients, regardless of their ethnicity, sexual orientation or age, access to meaningful job opportunities. The organization celebrates diversity and is dedicated to respecting and appreciating the input that all ethnic groups have brought to our society.

"Canada is not a melting pot in which the individuality of each element is destroyed in order to produce a new and totally different element. It is rather a garden into which have been transplanted the hardiest and brightest flowers from many lands, each retaining in its new environment the best of the qualities for which it was loved and prized in its native land."
(John Diefenbaker, Prime Minister of Canada, 1957-1963)

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



In partnership with the Canada Revenue Agency and the Region of Peel, Family Services of Peel is hosting a **FREE Community Income Tax Clinic** at our Mississauga office. To be eligible for this service (first come, first served basis), you must have a modest income **and** a simple tax situation. **Dates:** March 18th, April 1st, and 15th | **Time:** 6pm to 9pm

Family Services of Peel's **48th Annual General Meeting** is scheduled for **Friday, June 7th**, from 8:00am to 9:30am, at the Living Arts Centre. This year's theme is **Continuity of Care. How Research Directs Treatment**. Please stay tuned for further details.

Family Services of Peel, Women and Gender Studies Program – University of Toronto Mississauga, and HEAL Trafficking are hosting a **Global Conference on Human Trafficking and Trauma**. This is an opportunity to develop and explore human trafficking survivor-informed and mutually-informed research, policy, and services. **Dates:** June 24th and 25th | **Location:** University of Toronto, Mississauga Campus



Marijoy's Food Blog

If you are a lover of tapas then visiting **KAGE Nikkei Restobar**, located at Dundas/Hurontario in Mississauga, is a must! This restaurant has a unique fusion of comforting Peruvian and Japanese tapas-style food (appetizers in Spanish cuisine, translating to small portions of various dishes to sample, or what I like to call "tasters") and drinks.

If you read my previous blogs then you'll know that sharing food and tasting an assortment of delicious exotic combinations are my ideal ways of spending time with family and friends, so KAGE definitely fulfils my cravings.

For a fresh and tasty bite, you definitely have to try the **Kage Slaw**, which includes green papaya, purple and green cabbage, mango, peanuts,

toasted sesame, and lime citronette. The **Ceviche Nikkei** is a to-die-for seafood medley with shrimp, Spanish octopus, seabass, sweet potato, crispy shallot, nori, dashi, binchotan smoked oil, and ponzu tiger's milk (don't worry, it's not real tiger's milk, just a lovely concoction of flavours).

The two most popular hot dishes, and always on my table when I

frequent this restaurant, are the **Ebi Mayo** (fried shrimp, ebi mayo, purple potato chips, and aonori) and **Yuca Frita** (cassava fries, oregano mayo, togarashi, and cilantro). Both these dishes are absolutely delightful and filling.

For their larger plates (and if you have a colourful palate), a must try is the **Arroz Chaufa de Pato 2-Way**. This dish contains duck fried rice,

confit duck leg, confit egg, candied chili, pickled ginger, aonori, and furikake. The flavour combination is unquestionably exquisite! I also really enjoy their **Braised Short Ribs**. These 48 hours sweet and savoury braised beef short ribs are complemented with a cauliflower and miso puree, candied chili, crispy bacon, and mustard greens; a definite go to if you have a big appetite. Needless to say, there are so many more unique flavours on the menu that you should try.

What makes KAGE's cuisine so unique is the combination of Japanese techniques and flavours, incorporated with fares from other regions. Only a short distance from Family Services of Peel, KAGE Nikkei Restobar provides a balanced menu of contemporary and comfort food, along with outstanding signature cocktails. As always, happy eating!

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



Winter Activities for Seniors

In spite of the restriction of most outdoor activities, there are still a lot of hobbies that seniors can engage in during winter.

- Knitting, crochet or cross-stitching provide mental stimulation and the final product can be useful or decorative.
- Seniors who like to read can join a book club or start a more informal book discussion group with friends.
- Seniors' centres often organize social activities like Bingo, bridge tournaments, various classes, bowling, ballroom dancing, and fitness groups.
- Playing Sudoku, Chess, Scrabble, and Monopoly are great ways to help improve and keep cognitive skills sharp.
- Friendly visits by Caregivers is an option for seniors who are lonely and their movements are restrictive.
- Aerobics classes, yoga, and Tai Chi are more energetic exercises.
- Libraries provide more than just books, like older adult activities and various workshops.
- Gardening is by far one of the most fulfilling hobbies you can enjoy. It's a great way to relax and reduce stress, it involves

physical activity, and it can reduce incidences of dementia.

- Another mentally stimulating exercise is learning to play a musical instrument like guitar, piano or violin.



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



Marvin Heights Public School held their **Families and Schools Together (F&ST) graduation** on December 13th, 2018. In attendance were the families, F&ST team, and



OMNI Television. Pictured above (L – R) are Helene (Malton Community Leader), Susan (Peel District School Board Trustee), Nauman (United Way Greater Toronto Senior Manager), MPP Deepak Anand, Bill (FSP Board President), Sandra (FSP Director of Client Services), Mrs. Singh (Principal), and Mrs. Dhillon (Vice Principal). Congratulations on quite a successful event!



Congratulations also goes to the **Youth Opportunities Program Group 6**, who started their Group-Based Employability Skills on November 26th, 2018 and graduated on December 14th, 2018.

Relating to the Single Session Therapy article on page 2, Family Services of Peel provides **Walk-In Single Session Therapy** every Monday, from 9am to 5pm, at the Mississauga office (151 City Centre Drive, Suite 501).

Happy Chinese New Year 2019!

Also known as the Spring Festival or Lunar New Year, which commenced on February 5th.

In Chinese astrology, each year is represented by an animal. 2019 is the year of the Earth Pig, which is predicted to be a lucky year, and is a representation of diligence, kindness, and generosity.



The Pig has also been celebrated in 1935, 1947, 1959, 1971, 1983, 1995, and 2007.



Family Services of Peel's Employment Services office hosted a **Pre-Spring Hiring Event** on February 6th, at St. Catherine of Siena Church in Mississauga. In spite of the severe weather conditions, there was still a good turnout.



In recognition of **Human Trafficking Awareness Day**, Family Services of Peel will conduct a presentation at an upcoming staff meeting and display literature in the reception area. Also, an Open House will be held on February 21st, with several MPPs in attendance.

Seniors' Month is a great opportunity to raise awareness of the health and well-being issues facing the province's seniors.



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.

FEBRUARY

Black History Month
Chinese New Year {Year of the Pig} (5)
Valentine's Day (14)
Family Day (18)

MARCH

Violence Prevention Month
Int'l Women's Day (8)
St. Patrick's Day (17)
Holi {Hindu} (20-21)
Int'l Day for the Elimination of Racial Discrimination (21)
Nowruz/New Year {Zoroastrian} (21)

APRIL

Seniors Month
Pesach/Passover {Jewish} (19-27)
Good Friday (19)
Easter (21)
Easter Monday (22)

FAMILY SERVICES of PEEL

Mission, Vision, Values and Contact Information

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<https://twitter.com/fspeelca>

Transforming Lives in Peel

Volume 10 | Issue 1



Quarterly Newsletter February 2019

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)

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Graphics/Layout)*