

FAMILY SERVICES of PEEL



FSP staff at the Riverwood Conservancy event on February 22nd, 2019

Mental Health

"You don't have to see the whole staircase, just take the first step." – Martin Luther King Jr.

What is Mental Health? Mental health can be defined as a state of well-being, which includes both psychological and emotional states. Although stress and anxiety are linked to mental health, other factors, such as family/social life, workplace, economic status, biological factors, injuries, and abuse can also have an impact on well-being.

Who does Mental Health Affect?

- Teenagers
- Men and Women
- Newcomers
- Seniors
- Homeless
- Refugees
- Persons with Disabilities

Newcomers to Canada

While newcomers can experience mental health challenges, in comparison, refugees who arrive in Canada under the family class show higher levels of stress. (CIC, 2012) So, what are some factors that can contribute to a deterioration on newcomers' mental health? According to Immigration, Refugees and Citizenship Canada:

- Pre-migration stress (e.g., separation from family and friends)
- Challenges settling into a community (e.g., discrimination)
- Lack of resources (e.g., unfamiliarity with processes for things such as banking and accessing medical care)
- Language barriers (e.g., may experience difficulty in asking for what one needs)

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Transforming Lives in Peel

Volume 10 | Issue 2



FAMILY SERVICES of PEEL

Since 1971

Quarterly Newsletter May 2019

In This Issue...



Mental Health

What is mental health? Who does it affect? What can you do?

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World Elder Abuse Awareness

Learn more about elder abuse. No one should be mistreated or exploited.

... Page 2



It's Quiz Time!

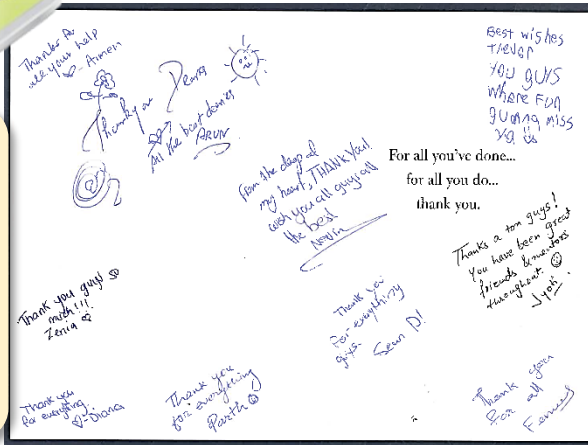
Sit back, relax, and enjoy some trivia. Test your knowledge on these random facts.

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In our Clients' Words...



This lovely and thoughtful card was given to our YOP staff by the participants of a recent group.

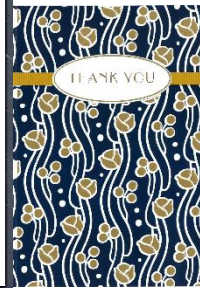


Working alongside all of you during my time at placement is, and will always be, a true honour and one of the proudest moments of my life! I'm so grateful for this amazing opportunity. You taught me to be a professional in the field, but most importantly, you all taught me to be a better person!

You're the best!

With lots of love,
from,
Alex

Alex was a placement student at Family Services of Peel and a talented individual, who always had a cheerful disposition.

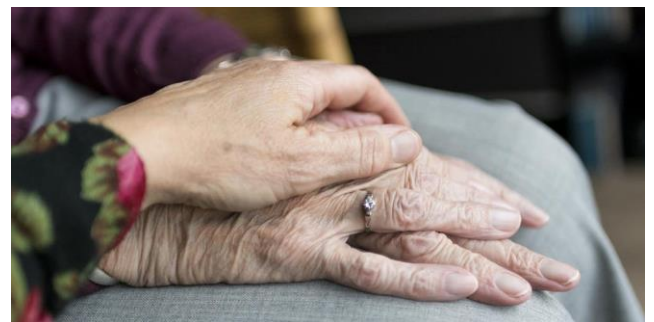


World Elder Abuse Awareness Day

The United Nations General Assembly designated **June 15th** as **World Elder Abuse Awareness Day**. It's the official day each year when the world voices its opposition to the abuse and suffering inflicted on older people. Elder abuse is a social issue affecting the health, well-being and rights of older people around the globe, and is defined as an act causing harm to an older person. Usually the abuser is someone the senior knows and trusts, often a family member, friend, neighbour, landlord or caregiver.

Elder abuse is not limited to a particular ethnic group, culture, social background, gender or faith, however, older women are victims in approximately two-thirds of the documented cases, and typically among younger seniors, between the ages of 65-69.

Elder abuse can be physical, social, financial, psychological or sexual neglect and mistreatment, with financial abuse rated as the most common form of senior abuse.



Canadian research indicates that between 4-10% of older adults experience one or more forms of abuse or neglect, however, this figure is considered to be extremely conservative as the vast majority of abuse of seniors is not reported due to shame, fear and often the self-blame suffered by the victim.

What can you do? Don't ignore the possibility that elder abuse may be occurring to someone you know. If you think an older adult may be experiencing abuse or neglect, talk to them. Ask questions like: **How are you? Are you having any trouble? Can I help you? Is there someone I can put you in touch with, who could help you?**

Mental Health (Continued from Page 1)

Helpful Tips for Newcomers

- Visit libraries and community centres
- Enhance your computer skills for FREE at Employment Ontario centres
- Register with a settlement agency nearby

What is FSP doing for Mental Health Awareness Month?

- Free walk-in counselling services during Mental Health Month (May 6th to 31st)
- Free walk-in counselling since 2008, every Wednesday and Saturday (excluding holiday weekends)
- Lunch and Learn interactive workshops for the community on topics such as balancing home and work life, bullying and workplace stress, stress triggers and how to manage them, coping methods for integrating into society, and dealing with stress when unemployed and/or job searching.



Take 5 steps to wellbeing



What can I do to help improve my mental health?

- Ask for help when you need it
- Take care of your body
- Eat healthy foods
- Colour therapy
- Exercise
- BREATHE

Understanding the characteristics that make up good mental health will help you determine how mentally fit you are. Take the Canadian Mental Health Association's **Mental Health Meter** quiz and see where you land.

<https://cmha.ca/mental-health-meter>

Article submitted by Rasha, Administrative Assistant at Family Services of Peel

World Elder Abuse Awareness Day (Continued from Page 2)

What we do

Family Services of Peel's (FSP) commitment to supporting and improving the lives of elder abuse victims through programs such as our **Peel Elder Abuse Support Program**, a collaboration with Spectra Helpline, funded by United Way Greater Toronto, aims at providing services to the senior population of Peel. Seniors in crisis access the Helpline and referrals are made to FSP. We provide individual support planning, case management, advocacy, and linkages to other services. Other senior programs include our **Violence Against Women Seniors Program** and **South Asian Elder Abuse Support Program**.

So, on June 15th, get involved by learning more about elder abuse, discussing the issue, and helping increase public awareness. **Nobody should be mistreated or exploited, no matter what their age.**

**THERE'S NO EXCUSE
FOR ELDER ABUSE.**

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

Marijoy's Food Blog

As much as I love to dress up and have sumptuous meals, there are days when I crave opulent cuisine, but not at the hefty prices nor the high-traffic travel to downtown Toronto.

At my recent visit to **17 Steakhouse & Bar** (Dixie/Eglinton), I had the pleasure of experiencing casual fine-dining, which thankfully didn't include crazy over the top prices. Their menu features Canadian and U.S. prime cuts of beef, including Tenderloin, Striploin, Prime T-Bone, Porterhouse, and Tomahawk, as well as Japanese Wagyu and an abundance of seafood.

Just a short drive from Family Services of Peel, you can experience this chic steakhouse in Mississauga, which features a luxurious interior.

The ambiance is unquestionably immaculate and includes a fresh water aquarium, beautiful chandeliers, and Swarovski crystal-lined faucets in the restroom!



Now, for the important stuff – the food. I started with their succulent **Seared Scallops** (Ontario corn puree, chorizo succotash, and pea shoots) and

this tasty treat had my mouth watering in anticipation for more yummy food. I then had the pleasure of trying their refreshing **Tomato and Buffalo Mozzarella** (Mennonite field tomato, Italian buffalo mozzarella, basil, and vincotto). For a vegetarian option, the wild **Mushroom Risotto** is a must. Served with spring onions, tomato, and truffle oil, this dish is a decadent experience.

If you are visiting **17 Steakhouse & Bar** then you most likely are coming for the steak. So, I would recommend the incredibly flavourful **Japanese Wagyu** or the **T-Bone**. I do love my steak marbled so this may be the reason that these cuts are my go-tos at any steak place. Each steak is accompanied with an incredible roasted garlic that is great on its own or on some buttered bread... mmm. They also have many sides to choose from, like their ooey gooey **Mac and Cheese**, savoury **Sautéed Mushrooms**, and their very palatable **Maple Bacon Brussel Sprouts**.

Of all the steak restaurants that I have visited in Mississauga, this is by far my favourite! For casual fine dining and delectable food, **17 Steakhouse & Bar** is a must. Happy eating!

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

It's Time to Play... TRIVIA

According to CAMH, mental illness costs the Canadian economy \$51 billion yearly in terms of health care and lost productivity. So, for a little levity, take a break from your problems and put your knowledge to the test with this fun quiz.

- 1) Which sea creature has three hearts?
- 2) Whose face was said to have launched 1000 ships?
- 3) How many bones does an adult human have?
- 4) What is the Italian word for pie?
- 5) In nautical terms, what is the opposite of port?

- 6) What was Marilyn Monroe's natural hair colour?
- 7) Which two metals is pewter made from?
- 8) What takes place in Hong Kong's Happy Valley?
- 9) Which country does the sport of pelota come from?
- 10) Name the actor who died in 1984 and who also starred in the film titled 1984.
- 11) When did the French Revolution end?
- 12) Which ocean surrounds the Maldives?
- 13) Which word can be placed before bottle, bell, and bird?

- 14) Which Russian town suffered an infamous nuclear disaster in 1986?
- 15) What did A.E. Frick invent in 1887, which are now worn by thousands, if not millions of people?
- 16) What has cars but no roads, curves but no figure, and white knuckles?
- 17) Info.cern.ch is famous for being what?

Answers on Page 5



news

In recognition of Ontario's Human Trafficking Awareness (HT) Day



(February 22nd), we held a **HT Open House** on February 21st. Thank you to Katarina MacLeod for her insightful presentation.

Congratulations to all the **Youth Opportunities Program** participants who graduated recently: Group 7 on February 21st, and Group 8 on April 18th.

On February 27th, Sandra Rupnarain presented at the **Diverse Perspectives on Human Trafficking Conference**, hosted by Sheridan College, FSP, and other community agencies.

Clark Boulevard Public School, Fernforest Public School, and Massey Street Public School all began a **Families and Schools Together (F&ST)** cycle in March, and will graduate in May.



A huge, heartfelt **THANK YOU** to Subaru of Mississauga, for their generous donation and continued support of our **F&ST Program**.

On February 28th, Anita, Jeffrey, and Pauline participated in the **Polycultural & Community Services 2019 Business Networking/Community Services and Job Fair**.

In recognition of **International Women's Day** (March 8th), FSP staff had a



joyous celebration with a potluck lunch, the sharing of information, and lots of entertainment.



Congratulations to Anita, Marijoy, and Renée, who completed the **CN Tower Climb** on April 14th, in support of the World Wildlife Fund.

Another successful year for FSP's **FREE Community Income Tax Clinic**. Sessions were held on March 18th, April 1st, and 15th, and a total of 88 people were served.

On April 24th, our Employment Services office hosted a well-attended **Scotiabank and RBC Insurance hiring event**.



FSP's 48th **Annual General Meeting** is scheduled for Friday, June 7th, from 8:00am to 9:30am at the Living Arts Centre (Bank of Montreal Room).



The **Global Conference on Human Trafficking and Trauma** is scheduled for June 24th and 25th, at the University of Toronto – Mississauga Campus.

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 (12)
Victoria Day (20)

JUNE

Aboriginal People Month
Eid al-Fitr {Islam} (4-5)
Father's Day (16)
National Aboriginal Day (21)
Toronto Pride Parade (23)

JULY

Canadian History Month
Canada Day (1)



1) Octopus; 2) Helen of Troy; 3) 206; 4) Pizza; 5) Starboard; 6) Ginger; 7) Tin and Lead; 8) Horse Racing; 9) Spain; 10) Richard Burton; 11) 1799; 12) Indian Ocean; 13) Blue; 14) Chernobyl; 15) Contact Lenses; 16) Roller Coaster; 17) The World's Very First Website

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 10 | Issue 2



Quarterly Newsletter May 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)

*Franca Vettese (Co-Editor/
Graphics/Layout)*