

# FAMILY SERVICES of PEEL

Volume 13 | Issue 1

## BLACK HISTORY MONTH



Onsite services will resume on February 28<sup>th</sup>, 2022



## Quarterly Newsletter February 2022

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### Black History Month

Despite the fact that February carries a multitude of national observances... National Cancer Prevention Month, American National Heart Health Month, and even National Canned Food Month, many of us associate February as **Black History Month**. This may lead you to ponder, “Why is an entire month dedicated to the history of Black people?” This question provides a great opportunity to learn about the significance of the history of Black people in North America and how important Anti-Black Racism is in our community. To answer this, we need a quick history lesson.



Black people were first

brought to North America during the Atlantic Slave Trade, which took place during the 1500s.

This period of time was known as the “European Colonial Period”, where many powerful European nations had begun the process of colonizing other nations around the world, stripping their resources. This involved dangerous and physically taxing methods, so the Europeans enslaved the Indigenous populations of the colonized land to do the hard work. When the Indigenous people died en masse due to warfare and disease, the Europeans looked to Africa for slaves.

Over the course of 400 years, millions of Africans were sold, tricked, and kidnapped into slavery across North America, South America, and the Caribbean.

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Transforming Lives in Peel

**Editorial** (By Sandra Rupnarain, Executive Director)**The Ins and Outs of a Comeback Story**

What is your comeback story of COVID-19? What will it be like? This is not just a basic comeback. This is even more. It is recovering from the depression of loss, the anxiety of an uncertain future, and adjustments in routines. This is a new uncharted territory. Returning to our lives is returning to a world that will never be the same. The year 2022 was incomprehensibly far away in 2020, when the lockdown started, but it is here now and we are forced to discuss how to venture out from where we've all been.



Teens and kids may do better, as their developmental stage means that they have fewer hang-ups and are more primed to be less attached to the way things “were”. Adults, by contrast, may be so exhausted from holding everything together that comeback may be less of a priority. A recent survey showed 49% of adults feeling hesitant about returning to in-person life. For adults, returning is bittersweet because of our more settled memories of the before-times, and the changes reflected in our reality now. We are forever altered by the losses. The psychology of “going back, returning,” is because we are grieving – we have **left pieces of ourselves everywhere and are now returning in pieces**. Returning touches each of these points and awakens us to them. Returning from a global pandemic is everybody’s crash course in grief. **The psychology of returning, as it relates to our collective grief process is that we cannot return to everything all at once, even though we lost many things all at once in quarantine.**

**Returning Means Dealing with Troubles** – The pandemic has exacerbated pre-existing troubles. The human mind tries to solve uncertainty with routine, which is why all early advice included anxiety-calming basics. If you had trouble sleeping, staying motivated, showing up to work, socializing, if you worked too much, or had power struggles with a partner, they most likely increased. **The pandemic was a spotlight into the cracks in ALL the systems.** Now they have to be handled or not.

Returning means that some essentials are back in working order. Now people have been able to get vaccinated, kids are back in school, some normalizing happening leaving room for determining what else is important. We all delayed dealing with a lot and now **it is time to return to deciding**. So what are we returning to? Choices and more decisions than we are used to than two years ago and, in a way, even more than a year ago. In order to return, we need to make space in our brains from all the dread and uncertainty that has been present throughout the pandemic. We need to fill it with **possibility, engagement, and initiation**. The pandemic has been a filter for many people as to what is risk-worthy, what is important, and even what we’d like to keep from this unusual time.

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**In our Clients’ Words...****FSP Mailbox**

*“ I could not have done my counselling virtually if I did not live with my daughter. As a senior, I do not know how to use the internet and all of its applications, like Zoom. I am however, VERY grateful I was able to still receive the much need counselling to help me with my trauma. My counsellor went above and beyond to assist me. I’m very happy with my services and was blessed I could still receive them through a pandemic. - CP Client ”*

## Black History Month (Continued from Page 1)



As generations passed, the realization of mistreatment led to the start of **Abolitionism**. The aim was to end slavery and establish equality of all races. This movement peaked during the 1800s.

As a result of the work of Abolitionists, such as **Frederick Douglass**, **Harriet Tubman**, and **John Brown**, slavery had come to an end, however, the negative perception of Black people was still present. They were viewed as inferior and subordinate. This ideology had been perpetuated for so long that it had shaped the preconceived views, and an overnight change in Slavery laws was simply not enough to reverse this; evidenced by legislation such as the Jim Crow Laws which enforced racial segregation in southern states until 1965. Canada had similar laws, which allowed racism to permeate Canadian education, housing, military, employment, and society in general. Even after slavery became abolished, racism was still present.

This leads us back to our original question. “Why is an entire month dedicated to the history of Black people?” Although anti-black racism has seen significant improvements within the recent past (e.g., BLM), there is still much work to be done. The racist mentalities that were passed from generations of 400+ years have seeped into the very fabric of our North American society. So, we dedicate the month of February to Black History, to educate people on the struggles faced by Black people, and to spread awareness.

With the launch of Family Services of Peel’s (FSP) Anti-Black Racism (ABR) committee, we aim to take education and awareness beyond February, and ensure it is a standing part of FSP and the greater community at large.

### Sources:

<https://www.britannica.com/topic/Western-colonialism>

<https://en.wikipedia.org/wiki/Colonialism>

[https://tspace.library.utoronto.ca/bitstream/1807/101779/1/Colour\\_Coded\\_UTP\\_9781487527860.pdf](https://tspace.library.utoronto.ca/bitstream/1807/101779/1/Colour_Coded_UTP_9781487527860.pdf)

*Article submitted by Sam, Program Facilitator and member of ABR Committee at Family Services of Peel*

## Editorial: The Ins and Outs of a Comeback Story (Continued from Page 2)

**Positive Predictions about Returning** – Returning certainly will highlight some positives. Maybe it will be new routines established and new habits, including giving things up. It’s possible your social circle has been tailored to fit a life closer to home lifestyle, new friendships with neighbours or a comfort level with socializing around home. And you will most likely feel gratitude for any certainty that comes your way, never taking things for granted again. The psychology of returning means that you can feel the strange optimism like that comes from living through a disaster: survivor’s guilt, glad to be alive for a new chapter, aware of the cracks in the system and your life, and the opportunity to work on them, as overwhelming as they may be.

### My personal reminders about returning

1. Two steps forward, one step back. As someone who wants to believe only in progress, this drives me nuts. But I won’t be a perfectionist. Things are better this spring than they were two springs ago.
2. Read the news before noon and try for perspective about what matters. When the wind changes direction and the smoke starts blowing in my office, I change into a N95 and keep working.
3. I will push myself to keep getting out there. We all have different risk factors to consider. Maybe you’re part of a vulnerable group, or you live with people not eligible for vaccination. But you can still do many things as a vaccinated adult, and you should.
4. Start small, and when it seems difficult, make it smaller until you can start.



## Marijoy's Food Blog

As we near the two-year mark of the COVID-19 pandemic, it's crucial that we take good care of our overall well-being. We can do this by disconnecting from work, exercising, connecting with family and friends, binging on a Netflix series, or last but not least, my favourite... enjoying comfort food.

Only a 5-minute drive from Family Services of Peel's office is **Panagio's All Day Grill**, which offers a great selection of fresh and savoury breakfast food. Prior to the 5<sup>th</sup> wave lockdown, there was a period of time when I was visiting this eatery multiple times a week! Here's a few of my fav dishes at this gem in Mississauga.

- **Texmex Messy Burrito** – This wrapped deliciousness includes scrambled eggs, bacon, green pepper, and cheddar cheese, drizzled with salsa verde, and served with their one-of-a-kind



homefries. It was incredibly "burrito-ful"!

- **Cluckin' Good** – Chicken and waffles are typically the pinnacle of a millennial brunch. This dish is served with three fried chicken strips, on a golden fluffy waffle, served with gravy and maple syrup on the side. I would have to say that

this was "waffle-y" good!

- **Huevos of the Ranch** – Two eggs sunnyside up with guacamole, tomato, salsa verde, and feta served on a tortilla. The guac truly makes it "egg-stra" yummy!
- **Spicy Chicken Melt** – This melt includes chicken, spinach, tomato, cheddar cheese, and sriracha. After chomping down on this delicacy, your tummy will surely feel "grate".
- **Heart Attack** – A delicious burger served with corned beef, bacon,

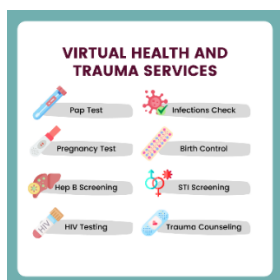
onion rings, cheddar cheese, and southwest sauce. I am confident it will "meat" your expectations.

- **Panagio's Signature Soup** – Roasted red pepper tomato bisque is by far my favourite dish to order here and it pairs well with any of their melts. I would say it is the "bell" of the ball!
- **Blueberry Banana Pancakes** – I truly feel that it is critical to finish every hearty meal with something sweet. These pancakes are light, fluffy, and a perfect way to end your food experience. It will "cake" your day.

Panagio's has created their own unique variety of flavours and combinations that you just can't get anywhere else in Mississauga, and they definitely provide portions that won't disappoint. One great thing to note is that whether you decide to dine in or grab take-out, I am sure you will be satisfied. As always, happy eating!

*Marijoy is a Program Manager at Family Services of Peel and an avid "foodie"*

## Spotlight on Programs/Services



The **FSP HT Mobile Health Clinic** offers free and confidential services: sexual

health screening, birth control, and trauma counselling. Hours: Fridays, 6pm – 9pm and Saturdays, 4pm – 7pm.



The **Active Parenting Program** brings families together virtually. In this free parenting group,

families meet once per week, for four weeks. Topics include: You and Your Child; Preventing Problems; Encouraging Positive Behaviour; and

Preparing for School Success. Group session start dates TBD.



**Free Job Search Assistance** is available for people who are unemployed, underemployed, and looking for their next opportunity. One-on-one job coaching is offered, as well as job search support, job matching and placement, and in demand employment webinars.

## Promoting Diversity in the Workplace

According to Oxford, **diversity** involves the inclusion of individuals from a variety of backgrounds that include, but are not limited to, gender, ethnicity, religion, race, etc. To better comprehend the meaning of diversity, we must consider how this element appears in our everyday lives. For example, within the workplace, you may encounter colleagues that differ by age, race, religion, and so on. As service providers, we need to use reflexive practice to recognize our social location and evaluate the areas of privilege and bias that may come along with our identity.



Learning how to recognize personal bias and work towards managing it, is a fundamental step of

demonstrating diversity. Not only should we recognize diversity within the workplace, and throughout our community, but we must *appreciate* it. According to Good (2009), fostering multiculturalism results in the promotion of social diversity. Raising awareness around the diverse cultures, races, and ethnicities that are present in the workplace enforces cultural appreciation.

The question now is, how do we demonstrate this type of appreciation within a professional environment? Steps that can be taken are acknowledging cultural events/holidays to implementing diversity-related training.

So what does this do?

Promoting diversity within the workplace enables individuals with the opportunity to feel recognized, accepted, and supported. Doing so creates a safe and affirming work environment that fosters positivity. Not only does this practice motivate staff but it honours their unique individuality.

### References

- Good, K. R. (2009). Municipalities and multiculturalism: The politics of immigration in Toronto and Vancouver. University of Toronto Press. <https://doi.org/10.3138/9781442690417>
- Oxford languages and google – English. Oxford Languages. (n.d.). Retrieved February 3, 2022, from <https://languages.oup.com/google-dictionary-en/>

*Article submitted by Kas, Admin Assistant and member of WWIT Committee at Family Services of Peel*

### Solution to Holiday Fun Puzzle in December's Edition (Vol 12 | Iss 4)

#### Match the actor and the movie they starred in

Edward Asner = Elf | Tim Allen = The Santa Clause | Edmund Gwenn = Miracle on 34<sup>th</sup> Street | Tom Hanks = The Polar Express | Paul Giamatti = Fred Claus | Danny & Bing = White Christmas | Jim Belushi = Jingle All the Way | Leslie Nielson = All I Want for Christmas | Jonathan T. Thomas = I'll Be Home for Christmas | Michael Constantine = Prancer | Jim Carrey = How the Grinch Stole Christmas | Hulk Hogan = Santa with Muscles | James Cosmo = The Lion, the Witch & the Wardrobe | Phyllis Vance = The Office | John Call = Santa Claus Conquers the Martians | John Goodman = The Year without a Santa Claus | Jenny McCarthy = Santa Baby | Paul Frees = Frosty the Snowman | Ben Kientz = Saving Christmas | Derry Robinson = The Santa Suit

## 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 Tiger} (1)  
Valentine's Day (14)  
Nonprofit Appreciation Week (14-20)  
National Flag Day (15)  
World Day of Social Justice (20)  
Family Day (21)

### MARCH

Human Trafficking Awareness Month  
Zero Discrimination Day (1)  
Employee Appreciation Day (4)  
International Women's Day (8)  
Daylight Saving Time Begins (13)  
St. Patrick's Day (17)  
Holi {Hindu} (19)  
Int'l Day of Happiness (20)  
Ostara/Spring Equinox (20)  
Int'l Day for Elimination of Racial Discrimination (21)  
Naw-Rúz {Zoroastrian} (21)  
Int'l Day for the Right to Truth (24)  
Earth Hour (26)  
Purple Day {Supporting Epilepsy} (26)

### APRIL

Men's Health Month  
Ramadan Begins (1)  
World Autism Awareness Day (2)  
National Tartan Day (6)  
World Health Day (7)  
Vimy Ridge Day (9)  
Good Friday (15)  
Pesach {Jewish} (15-23)  
Easter (17)  
Easter Monday (18)  
World Earth Day (22)  
Easter {Christian Orthodox} (24)  
National Volunteer Week (24-30)  
Admin. Professionals Day (27)  
World Day for Safety and Health at Work (28)

# FAMILY SERVICES of PEEL

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



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



<https://twitter.com/fspeelca>

Volume 13 | Issue 1



## Quarterly Newsletter

February 2022

### Mission Statement

Through leadership, research, 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)*

Transforming Lives in Peel