

# FAMILY SERVICES of PEEL

## Mental Health Awareness

*Through leadership, collaboration and innovation, we support families and individuals in Peel to transform their lives.*

We're pleased to welcome Angel (Executive Assistant) and Diana (Employment Services Manager) to our FSP Family!

### We Are NOT All In The Same Boat

The phrase, *we are all in the same boat*, has become a cliché during the pandemic. While I liked it at first, it's now apparent to me that it's not true, especially after reading an article in the local newspaper about a woman's experience with the pandemic. She was single and lived in a one bedroom apartment in downtown Toronto. She could not mingle with others because of restrictions and could not even use outdoor space as she had no balcony. She argued that her experience with the pandemic has been different from someone who, for example, lived in a house with a pool.

This made me think about other people who have experienced more challenges during the pandemic, such as families with young children and/or people who have pre-existing mental health issues.

Many Family Services of Peel clients belong to the latter group. Imagine suffering from anxiety and how it plays in the interpretation of the over-sensationalized news that's highlighted each day. In addition, these people have a difficult time accessing services, especially in person.

Is there anything that can help individuals who are suffering? **Compassion** is the answer. When clients get upset or angry, it's important to remember that the last two years could have been very difficult for them, as they are at the mercy of the system. As a result, it's imperative to respond with kindness and compassion as some people need more help to cope during these turbulent times.

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

## Transforming Lives in Peel

Volume 13 | Issue 2



## Quarterly Newsletter May 2022

### In This Issue...



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Thoughts on choosing activities, which provide a healthy dopamine release for overall well-being.

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#### How to Minimize Stress

How to spot signs of stress and tips on how to manage feelings of strain and pressure.

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#### Mobile Health Clinic

It's finally here... the launch of FSP's Mobile Health Clinic, made possible by Women and Gender Equality Canada.

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## Editorial (By Sandra Rupnarain, Executive Director)

### Resetting for Results

“Resilience is staying the course through a storm. Growth is charting a new course.” Zaki

From the hustle and bustle of life, it will appear that we are experiencing a season of reprieve from the pandemic. Life as we know it seems to be returning to some sort of normalcy; some people doing so cautiously and some throwing caution to the wind. I think that the pandemic has given us an opportunity to reset, so here is a thought. **Instead of aiming to return to pre-pandemic life, what if we implement new personal and social norms that are more balanced, just, and equitable?** Reset our expectations about how we want to live our lives, how we work as an organization, and how we embrace changes, brought about by this worldwide crisis.



Zaki, a professor of psychology at Stanford University, affirms the psychological concept of “growth through adversity”, suggesting that it might be the key to defining this “new normal”, as we discover ways to learn from the challenges posed by the pandemic and focus on what matters. He maintains that deep-rooted problematic societal issues, such as loneliness, isolation, the painful growth of economic inequality between the rich and poor, and systemic racial disparities so deep that they touched on everything, from employment to health and housing, were not created by the pandemic. The pandemic exposed them; and in others, it exacerbated them.

Family Services of Peel (FSP) was resilient in the storm and everyone who is of the FSP Family showed resiliency in more ways than they can even imagine that they would have been able to. Thank you for helping to stay the course. We persevered and maintained well. **Growth through Adversity** is indeed a good slogan to embrace and as an organization, we will continue to chart a new course that reflects the growth needed to address these systemic chronic societal issues that consistently raise their ugly head. We will continue to embrace a growth mindset, personally, professionally, organizationally, and societally, as we provide much-needed support to our community.

Zaki, Jamil. (2019). *The War for Kindness Building Empathy in a Fractured World*. New York, USA: Penguin Random House.

## In our Clients' Words...



### FSP Mailbox



“ I would like to thank my Career Coach for being a robust pillar of support throughout my arduous journey, wherein with her support, I battled the challenges of settling in a new country and successfully dealt with survival issues in the context of COVID-19, socio-economic, and socio-cultural challenges. Her stellar training sessions and friendly counsel pushed me to strive and improve my career and job prospects. ”  
Employment Services Client

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

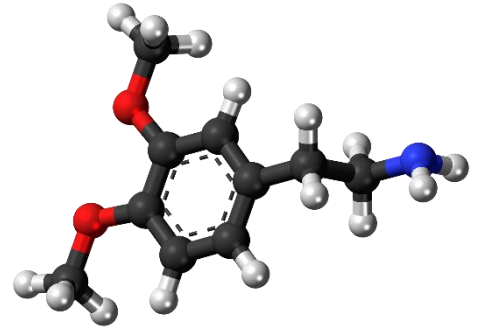
Maya Angelou



## Cynthia's, Cozolino, and Dopamine... Some Thoughts

I remember dining at **Cynthia's Chinese Restaurant** in Oakville. The décor was impressive, the service was formal and classy, and the dinner bordered on exquisite. Days later, after recovering from this somewhat exotic experience, my thoughts drifted and I wondered how I would explain this.

I remembered the name **dopamine** and reached for a book by **Louis Cozolino, PhD**, in which he says, "Dopamine neurons are activated as we learn what is rewarding." Dopamine is produced in the brainstem, he says, and is involved in a certain pathway with the brain, which he refers to as "reward circuitry" (p. 126, *The Neuroscience of Human Relationships*).



I began to understand my feelings of pleasure! Cozolino continues, "Dopamine neurons are activated as we learn what is rewarding, when reward values change, and when we link a series of events with an eventual reward." In my case, this means that even when I recall the dining experience, I promote a dopamine release in my brain. This may mean that if, in the future, my experience at Cynthia's is compromised then there may be a decrease in dopamine when I think about the restaurant, and it seems to imply that now, based upon my present memories, from the moment I start planning my next trip to that classy restaurant, every anticipatory thought will promote a dopamine release in my brain. I do hope that I am correct in making these assumptions, as Cozolino is too far away for me to provide verification.

The reward system in the brain is far more complex than a dopamine release. Perhaps beginning to explore that system can provide insight into some of the causes of human behaviour. Intentionally choosing activities and actions which provide a healthy dopamine release is of vital importance to our well-being. For those of us who give so much in our work... remember dopamine!

The Neuroscience of Human Relationships, 2<sup>nd</sup> Edition, by Louis Cozolino, PhD, Norton Professional Books.  
[www.wwnorton.com](http://www.wwnorton.com)

*Article submitted by Josepha, Clinician at Family Services of Peel*

## How to Minimize Stress

The current pandemic has increased stress levels among Canadians. Overall, **46%** of Canadians indicated that their perceived stress level was much worse than it was prior to COVID-19. In addition, women (49%) reported worsening stress levels in slightly greater proportions than men (44%).



**What is stress?** According to Wikipedia, stress can be defined as a feeling of emotional strain and pressure, and is a type of psychological pain. Small amounts of stress may be beneficial, as it can improve athletic performance, motivation, and reaction to the environment. However, excessive amounts of stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses, such as depression and aggravation of pre-existing conditions.

**Signs of Stress.** Stress is the body's response to a challenge or demand. Everyone experiences stress, which can be triggered by a range of events, from small daily hassles to major changes like a divorce or job loss.

*Continued on Page 5*



## Marijoy's Food Blog

Spring is finally upon us and the warmer weather calls for patio dining, which I absolutely love!

I recently visited an all-inclusive brunch place in the heart of downtown Toronto and I assure you, you will not be disappointed if you get a chance to visit this great new eatery. **Marked Restaurant** serves unlimited South American inspired cuisine, from 11am – 3pm on Saturdays and Sundays. This fashionable resort-like venue is the definition of what weekends are all about... quality time with the people you love and indulgence in great food. Here are some of my top menu items at Marked.

- **All Inclusive Bubbles Brunch** – unlimited small plates and bottomless Prosecco. (If you don't drink, they have yummy fresh juices.) Sip, sip hooray!
- **Mushroom Coxinha** – this porcini croquette served with truffle mayo is absolutely delicious. I made so

"mushroom" for this dish in my belly and ordered it multiple times!

- **Salmon Tostada** – smoked salmon served on a tostada, topped with whipped crème fraîche, avocado, cilantro crema, guindillas, and seasoned with everything bagel seasoning. Everything you need on a tostada!



- **Ceviche** – this bowl includes mahi fish with avocado, cucumber, red onion, Peruvian popcorn, and chili. De-FIN-ately a must!
- **Avocado and Guava Salad** – mixed greens with avocado, crispy plantain, and goat cheese. You will "guava" enjoyable time eating this!
- **Pork Belly Bacon** – wood fired tender pork belly with house BBQ sauce. My dining partner went "ham" on this dish!

- **Steak and Eggs** – medium rare flank steak with fried egg, topped with chimichurri. This was something "rare" to see on an all you can eat brunch menu.
- **Manchego Biscuit Benedict** – the choice of salmon, bacon or mushroom served with a poached egg and hollandaise sauce. This was eggs-quisite!
- **Pancakes** – my number one recommendation... fluffy and light pancakes served with kiwi, coconut, and maple syrup. I certainly went "coco" for this dish. These toppings were surely "butter" together!

Marked has created their own unique variety of flavours and combinations that you just can't get anywhere else, at an all you can eat tapa style brunch place in the GTA. There is such great variety that your palette will not be disappointed. Wishing you all a warm spring and as always, happy eating!

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

## Mobile Health Clinic

We're excited to announce that Family Services of Peel's **Mobile Health Clinic** will launch on Friday, May 27<sup>th</sup>, 2022.

All services are Free and Confidential and will be conducted by a female physician and staff.

Hours of operation are Fridays: 6pm – 9pm and Saturdays: 4pm – 7pm.

Check out our social media pages to determine where the bus will be located each week.

For more information please call 416-301-1195 or e-mail [mobileclinic@fspeel.org](mailto:mobileclinic@fspeel.org).



**Family Services of Peel**  
**Launching Human Trafficking Mobile Clinic**  
**Friday, May 27<sup>th</sup>, 2022**

Launching at  
Family Services  
of Peel's Head  
Office!

**No Health Card Needed**

**Female Physician and Staff**

**All Services are Free and Confidential**

- Reproductive Health Check-ups
- Trauma Counselling

**Health Check-ups Include:**

- Medical Consultations and Referrals
- Diagnostic Services, such as:
  - Pap Test
  - Pregnancy Test
  - Birth Control
  - STI Screening
  - HIV Testing
  - Hepatitis B Screening



**MOBILE HEALTH CLINIC**

**Counselling Services Include:**

Trauma Counselling | Crisis Intervention | Peer Support | Referrals

**Hours of Operation:**

Fridays: 6pm – 9pm | Saturdays: 4pm – 7pm

Family Services of Peel • 5975 Whittle Road, Suite 300, Mississauga ON, L4Z 3N1 • ☎ 416-301-1195 • [mobileclinic@fspeel.org](mailto:mobileclinic@fspeel.org)

## How to Minimize Stress (Continued from Page 3)

Some signs of stress include:

- Feelings of constant worry or anxiety
- Feelings of being overwhelmed
- Difficulty concentrating
- Mood swings
- Irritability or having a short temper
- Difficulty relaxing
- Depression
- Low self-esteem
- Changes in your sleeping habits
- Using alcohol, tobacco or illegal drugs to relax
- Aches and pains, particularly muscle tension

### 15 Ways to Manage Stress

1. Follow a healthy diet
2. Walk
3. Minimize phone use and screen time
4. Laugh
5. Practice self-care
6. Reduce your caffeine intake
7. Spend time with family and friends
8. Create boundaries and learn to say No
9. Avoid procrastination
10. Take a yoga class
11. Practice mindfulness
12. Cuddle
13. Spend time in nature
14. Practice deep breathing
15. Spend time with your pet(s)

### References

[https://www.google.com/search?q=stress+during+pandemic+canada&rlz=1C1GCEA\\_enCA901CA901&oq=stress+during+pandemic+canada&aqs=chrome..69i57j33i160l3.7056j1j15&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=stress+during+pandemic+canada&rlz=1C1GCEA_enCA901CA901&oq=stress+during+pandemic+canada&aqs=chrome..69i57j33i160l3.7056j1j15&sourceid=chrome&ie=UTF-8)

[https://en.wikipedia.org/wiki/Psychological\\_stress](https://en.wikipedia.org/wiki/Psychological_stress)

<https://my.clevelandclinic.org/health/articles/11874-stress>

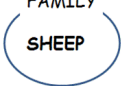

[https://www.google.com/search?q=15+ways+to+manage+stress&rlz=1C1GCEA\\_enCA901CA901&oq=15+ways+to+manage+stress+&aqs=chrome..69i57j0i22i30l3j0i390l3.5003j0j15&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=15+ways+to+manage+stress&rlz=1C1GCEA_enCA901CA901&oq=15+ways+to+manage+stress+&aqs=chrome..69i57j0i22i30l3j0i390l3.5003j0j15&sourceid=chrome&ie=UTF-8)

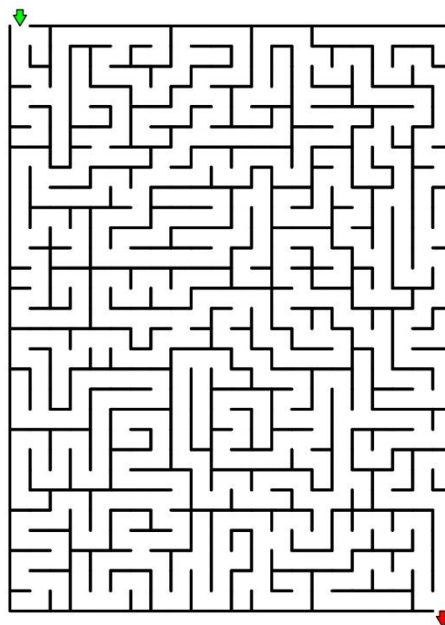
*Article submitted by Svjetlana,  
Program Manager at Family Services  
of Peel*

## Mental Health Games

### REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. <b>FACE</b>	2. <b>EGG EGG HAM</b>
3. <b>BUR</b>	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS ...
5. TEEF FEET TEEF	6. FAMILY 
7. po <b>FISH</b> nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. <b>TIME</b> 	10. DAYSALLWORK



## 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

Mental Health Week (2-8)  
Eid-al-Fitr {End of Ramadan} (3)  
Mother's Day (8)  
Int'l Day of Families (15)  
Victoria Day (23)

### JUNE

Seniors Month

Global Day of Parents (1)  
Int'l Day of Innocent Children  
Victims of Aggression (4)  
National Health and Fitness Day (5)  
World Elder Abuse Awareness Day (15)  
Father's Day (19)  
Litha/Summer Solstice {Wiccan} (21)  
National Indigenous Peoples Day (21)  
Canadian Multiculturalism Day (27)

### JULY

Youth Awareness Month

Canada Day (1)  
Eid-al-Adha {Islam} (10)  
World Youth Skills Day (15)  
Int'l Day of Friendship (30)  
World Day against Trafficking in Persons (30)

There is a crack in everything,  
that's how the light gets in.  
— Leonard Cohen

# FAMILY SERVICES of PEEL

## Mission, Vision, Values and Contact Information

### Head Office

5975 Whittle Road, Suite 300  
Mississauga ON, L4Z 3N1  
Phone: 905-270-2250 | Fax: 905-270-2869

### Employment Services (Located at Head Office)

Phone: 905-366-0322 | Fax: 905-366-0325 | E-Mail: [eos@fspeel.org](mailto:eos@fspeel.org)

### 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](mailto:fsp@fspeel.org)

Web <https://fspeel.org>

Online Video [intake@fspeel.org](mailto:intake@fspeel.org)  
Counselling Info.

Training Site <https://training.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 13 | Issue 2



## Quarterly Newsletter May 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)*