



Family Services of Peel

est. 1971

Volume 16; Issue 3; September 2024

NEWSLETTER



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FSP QUARTERLY NEWSLETTER: Volume No. 16 Issue No. 3

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DESIGNED AND PUBLISHED AT: 5975 Whittle Rd., Mississauga, ON L4Z 3N1.

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Message from the Executive Director Sandra Rupnarain

MDiv; AAMFT|RMFT|FELLOWS

I find myself reflecting on the remarkable journey we've undertaken together, filled with immense gratitude and pride. Over the past months, our organization has continued to grow, adapt, and serve our community in ways that have truly made a difference. We have reached out to students, seniors, persons with disabilities, and families, providing them with the support, resources, and care they need to flourish. Through these efforts, we have not only fostered positive change but also empowered individuals to realize their full potential, creating ripple effects of progress that extend far beyond our immediate reach.

In a constantly evolving world, particularly in the realm of employment and workforce development, we have stayed ahead of the curve. By responding to emerging trends and shifts in the job market, we've worked tirelessly to equip our community members with the skills, training, and support required to thrive in an ever-changing workforce. Whether through educational initiatives, job readiness programs, or partnerships with local businesses, we have ensured that our services remain relevant and impactful.

One of our proudest achievements this year has been raising awareness about Indigenous history and the importance of understanding its profound and lasting influence on all of us. We remain deeply committed to advancing these vital conversations, ensuring that respect, learning, and dialogue continue to drive our collective growth and help shape a more inclusive future.

At the heart of everything we do is our belief in the power of collective impact. By working together, across sectors and communities, we are creating a common agenda aimed at making Peel the best place for families to live, grow, and thrive. Family Services of Peel is proud to champion this charge, bringing together stakeholders from all walks of life to collaborate on innovative solutions that address the diverse needs of our region. Through our shared vision and coordinated efforts, we are not only responding to the challenges of today but also laying the foundation for a brighter, more connected future for generations to come.

Looking back, it is clear that the successes we have achieved together are just the beginning. The momentum we've built this year will propel us forward into the future, as we remain steadfast in our commitment to creating lasting, positive change. None of this would have been possible without your dedication and support. Thank you for being an integral part of this journey. Together, we will continue to make a difference in the lives of those we serve and work towards realizing our vision for a stronger, more united Peel.

What's Happening at FSP?

FSP was invited to attend a unique networking opportunity hosted by Brampton Board of Trade and the Honey Badger's (Brampton's professional basketball team). Lyn and Amaka attended the 'Business During Basketball Networking Event' on May 24, 2024.



CBC Toronto hosted a listening session which provided FSP and others an opportunity to talk about challenges faced by many members of the community. Topics discussed included housing affordability, transportation, food and mental health services. Pictured below are Shoshan and Nazia from the Employment Ontario team at the event



Introducing: Kitchen Harmony



The Kitchen Harmony Project, a recent initiative of Family Services of Peel, is designed to bring people together through the shared experience of cooking and learning. This project will not only cater to individuals looking to improve their cooking skills but also serves as a support system for those seeking to connect with others in a collaborative environment.

With the underlying goal of promoting inclusivity and diversity, the Kitchen Harmony Project ensures that all participants, regardless of their background, feel welcome and supported. The initiative highlights the power of food in bringing people together, fostering a sense of belonging, and improving overall well-being. As the project gains momentum, it is set to become a foundation of community engagement at Family Services of Peel.

Stay tuned for the official launch of the Kitchen Harmony Project, which will mark the beginning of a new journey in community connection.



World Elder Abuse Awareness Month

Family Services of Peel (FSP) partnered with the Peel Elder Abuse Prevention Network (PEAPN) to host a series of impactful events in observance of Seniors' Month in June. The activities were aimed at raising awareness and fostering a deeper understanding of elder abuse, while also promoting the well-being and active engagement of seniors in the community.

One of the key events was the Perspectives on Recognizing and Speaking about Elder Abuse and Neglect seminar, which took place on June 13, 2024. This interactive discussion brought together experts and community members to engage in a meaningful conversation about elder abuse, emphasizing the importance of recognizing the signs and knowing how to respond effectively.

Additionally, FSP and PEAPN organized a series of Yoga Classes titled "Age with Attitude," held on June 17 and June 24, 2024. These sessions focused on promoting physical and mental well-being among seniors through guided yoga practices that emphasized rejuvenation and mindfulness.

Another significant event was an informative session on the Power of Attorney (POA), held on June 27, 2024. This session provided valuable insights into the legalities and responsibilities involved in POA arrangements, helping attendees understand how to protect their rights and interests.

These activities collectively underscored FSP and PEAPN's commitment to enhancing the quality of life for seniors, ensuring their voices are heard and their needs are met.

POWER OF ATTORNEY
All you need to know about what a POA is and does

THURSDAY
June 27, 2024

STARTS AT
10:00am

Join us via Zoom:
Meeting ID: 894 8379 9685
Passcode: 569810

Link:
<https://us06web.zoom.us/j/89483796852>
pwd=1xebkwwV9Z2hxxOxanZl
JncRWQ29hxy.1

PERSPECTIVES
on Recognizing and Speaking about Elder Abuse and Neglect

In collaboration with
PEAPN
Elder Abuse Prevention Ontario

Family Services of Peel (FSP) in collaboration with the Elder Abuse Prevention Ontario (EAPNO) and Peel Elder Abuse Prevention Network (PEAPN) invites you to attend an interactive and engaging conversation to discuss the abuse of older adults and caregiving. The facilitators will create a safe space for dialogue on some difficult but important conversations on protecting the safety and well-being of seniors in our families and community.
Seniors' voices and viewpoints will be heard!

JUNE 13, 2024

9:30 am - 12:30 pm
Mississauga Grand Banquet & Event Centre
For Registration, please email: peapn@peel.org

Yoga Class
Age with Attitude

In celebration of World Elder Abuse Awareness Month and Seniors' Month, join us on a journey of self-discovery and rejuvenation as we guide you through ancient practices that harmonize the mind, body, and spirit.

Yoga Class 1
June 17, 2024 (Monday) at 11:00 am
<https://us06web.zoom.us/j/84095923660?pwd=Z1JnJTgocC1NlucC8lPjZlY04hY1hs5.1>

Yoga Class 2
June 24, 2024 (Monday) at 10:30 am
<https://us06web.zoom.us/j/884811753952?pwd=Z1JnJTgocC1NlucC8lPjZlY04hY1hs5.1>



Family Services of Peel
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FSP Annual Summer Picnic

Family Services of Peel hosted its highly anticipated Annual Summer Picnic on July 5, 2024, at Mississauga Valley Park. This fun-filled event, extended to the family and friends of FSP staff, provided a day of bonding and celebration under the theme "Something White and Bright."

The day kicked off with breakfast and warm welcomes from Sandra, the Executive Director, followed by a series of engaging activities. Highlights included the lively three-legged race, where adults and kids competed in rounds, and a karaoke session led by Angel and Sylvia that brought laughter and camaraderie to the event.

Participants also enjoyed fun games such as the word puzzle, word traps, and other games, fostering teamwork and friendly competition. The excitement continued with the blind obstacle course, where teams of two worked together to navigate a challenging route.

For lunch, a food truck served a delicious meal, and the afternoon festivities wrapped up with a visit from an ice cream truck, ensuring a sweet end to a perfect day. The picnic exemplified FSP's commitment to fostering a supportive and inclusive community, celebrating the hard work of the staff in a relaxed and enjoyable setting.

FSP Employment Ontario

Shoshan Bazi, Manager, Employment Services

The Employment Ontario (EO) Team has been working diligently to secure a 4-star rating in the Service Provider Network. They have also been selected by WCG to join the "Best Practice Working Group" for Peel and York Region. July was the team's strongest month yet, with 86% of targets and KPIs met. Building on this momentum, the team entered Q2 poised for continued success in their pursuit of the coveted 4-star rating.

The EO Team and its dedicated volunteers have been instrumental in driving these impressive results. They are particularly proud to share an amazing achievement - a mutual client with the CP team, whom they have supported for 2 years, recently secured full-time employment as an order picker at Pet Science Inc. Warehouse. This client had faced significant barriers and lacked confidence, making this outcome all the more remarkable.

The team recognizes that employment outcomes can take anywhere from one week to years to achieve. Their strategy is to keep pushing forward, providing unwavering counsel and support to help clients reach their goals - no matter how big or small. Something as simple as a supportive text message ("Hey, how's it going?") can make a meaningful difference. By tailoring their EO services to each client's unique needs and circumstances, the EO Team continues to deliver exceptional results.

The EO Team provides employment services in 12 community partners in Peel as a community intervention initiative and receives referrals through these networks:

1. Compass Food Bank
2. Peel Family Shelter
3. Nisa Homes
4. Regeneration Outreach Community
5. Our Place Peel
6. Elizabeth Fry Society of Peel Halton
7. Hazel McCallion Central Library
8. Ontario Works Mississauga office
9. Peel Addiction Assessment & Referral Centre
10. Canadian Centre for Victims of Torture
11. Contact North/Contact Nord
12. Centre for Addiction and Mental Health

We are pleased to offer our EO Lap services, which allow clients to come in person and utilize our computers for all their employment-related needs.

Employment and Labour Market Trends/Environmental Scan

Elena Temelkova, Peel Institute for Research and Training

The Canadian economy is showing several positive indicators, including a near-record low unemployment rate, substantial employment growth since the onset of COVID-19, and the strongest economic expansion among G7 nations in the past year (Statistics Canada, 2023a).



The economy is now 103% of its pre-pandemic size, marking the fastest recovery of the last four recessions and the second strongest recovery in the G7, thanks in part to the COVID-19 Economic Response Plan and Immigration Levels Plan (Statistics Canada, 2023a). Despite these gains, many Canadians are facing significant affordability challenges, especially with rising grocery and housing costs. These growing concerns, coupled with widening wealth inequality, highlight important issues for the future.

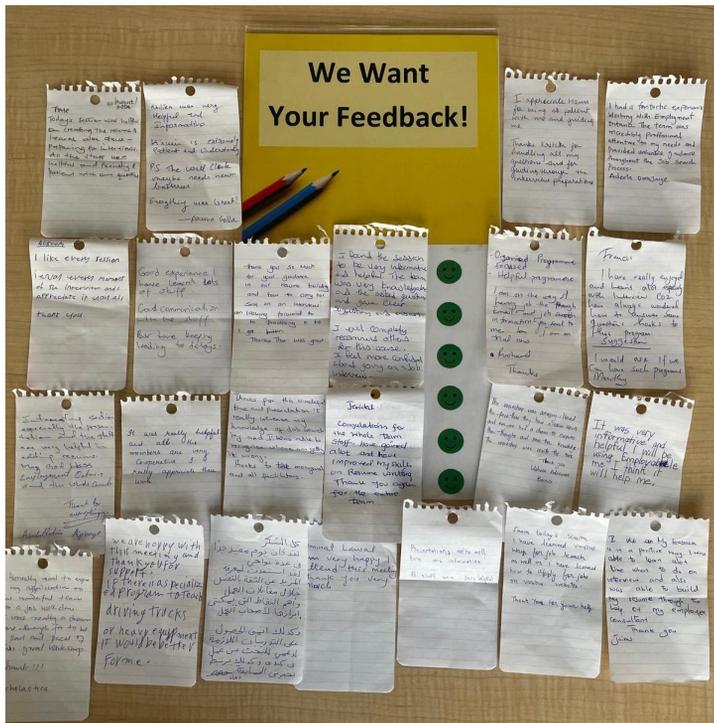
On a positive note, demand is increasing across multiple sectors. The manufacturing industry is expanding its hiring for data analysts, programmers, robotics technicians, and AI engineers. Meanwhile, global shortages in healthcare professionals are driving demand for more nurses. The rapid growth of the electric vehicle (EV) industry has generated substantial demand for skilled trades. Additionally, the pressing need for more affordable housing, improved transportation systems, and upgraded utility infrastructure is creating new opportunities within the construction sector (Bédard-Maltais, 2023).

Given these trends, Family Services of Peel (FSP) is well-positioned to leverage the labour demands and expand our employment, research, and other programs to better serve these growing industries.

Employment Ontario Job Readiness Camp

The Employment Ontario (EO) team recently hosted a dynamic Job Readiness Camp aimed at equipping participants with the skills and knowledge necessary to succeed in today's competitive job market. The camp offered a comprehensive program that covered essential topics such as resume writing, interview techniques, and effective communication in the workplace.

Participants were also introduced to practical tools, such as job search strategies, time management, and networking skills, to help them stand out in their career pursuits. The camp included interactive workshops, one-on-one coaching, and hands-on activities that allowed attendees to practice and refine their newly acquired skills.



A key highlight of the camp was the focus on empowering individuals from diverse backgrounds, including newcomers, youth, and those re-entering the workforce, ensuring that they are well-prepared to navigate challenges unique to their situations. The program emphasized building confidence, adaptability, and resilience, which are critical traits in today's rapidly changing job landscape.

By the end of the camp, participants left feeling more prepared, supported, and confident in their job search efforts. Employment Ontario remains committed to supporting individuals in achieving their employment goals and contributing positively to the community.



Canada Summer Jobs Program

The Canada Summer Jobs (CSJ) program at Family Services of Peel has been a cornerstone of the organization for the last 15 years, offering meaningful employment opportunities for youth while enhancing the organization's operations. This initiative, running annually from June to August, reflects Family Services of Peel's long-standing commitment to youth empowerment and professional skill development.

In 2024, the program once again proved to be a valuable platform, with participants engaged in diverse roles such as human resources administrator, administrative assistant, career development facilitator, and accounting assistant. These roles provided participants with practical experience through tasks like health and safety training, HR package development, community outreach, and participation in team meetings and client events. This hands-on exposure not only bolstered their professional skills but also significantly contributed to the operational efficiency of Family Services of Peel.

Since its inception, many youths and students have transitioned from participants in the CSJ program to staff members of Family Services of Peel, demonstrating the program's long-term success in fostering career growth and providing pathways to employment. Participants gain not just short-term experience but valuable mentorship and training that positions them for future roles, both within and beyond the organization. The program's unique ability to transition participants into permanent staff roles speaks volumes about its effectiveness in building strong, long-lasting career foundations.

The program's impact is also supported by funding from Employment and Social Development Canada (ESDC), allowing participants to work between 240 and 270 hours during the summer. The combination of structured work experience and personal growth has made CSJ at Family Services of Peel an integral part of the community.

The ongoing success of this initiative underscores Family Services of Peel's dedication to creating sustainable employment opportunities for youth and strengthening its community impact. Family Services of Peel hopes to continue and expand this annual initiative in the coming years, further enhancing its positive impact on both the youth participants and the broader community.



The 2024 CSJ Students and Youth

National Day for Truth and Reconciliation

Megan Rodrigues, Peel Institute for Research & Training

Truth and Reconciliation Day, observed on September 30th in Canada, acknowledges the long-lasting impact of the residential school system on Indigenous communities. Established in 2021 as a federal statutory holiday, it underscores Canada's commitment to addressing the harms inflicted on Indigenous peoples.

The day coincides with Orange Shirt Day, a grassroots movement that began in 2013, inspired by Phyllis Webstad's story of having her orange shirt—a symbol of her identity, freedom, and self-esteem—taken away on her first day at a residential school.



Truth and Reconciliation Day is tied to the work of the Truth and Reconciliation Commission (TRC), whose final report in 2015 included 94 Calls to Action, for acknowledgment, redress, and meaningful reconciliation. Indigenous children were forcibly removed from their families and were subjected to systemic abuse, cultural erasure, and neglect, for over a century.

On September 30th, Canadians are encouraged to wear orange to honour the survivors of residential schools. The orange shirt symbolizes solidarity and a

commitment to ensure that the atrocities of the past are not forgotten. It is a day for Canadians to educate themselves on the challenges faced by Indigenous communities and to participate in the journey toward reconciliation and healing.

On this day, we recognize the resilience of Indigenous peoples and affirm the importance of building a future grounded in justice, respect, and cultural understanding.

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Phyllis' story. Orange Shirt Society. (2023, November 9). <https://orangeshirtday.org/phyllis-story/>

Image Source:

<https://www.hrpa.ca/hr-insights/national-day-for-truth-and-reconciliation-and-orange-shirt-day/>

International Day of Peace

The International Day of Peace, observed annually on September 21st, is dedicated to promoting peace and non-violence worldwide. Established by the United Nations in 1981, the International Day of Peace provides an opportunity for individuals, communities, and nations to come together in solidarity to advocate for peacebuilding.

Each year, the International Day of Peace is celebrated with a specific theme chosen by the United Nations to highlight important issues related to peace and conflict resolution. Themes in recent years have focused on topics such as climate action for peace, youth engagement, gender equality, and the importance of building peaceful and inclusive societies.

Advocacy and Action: The International Day of Peace encourages individuals, organizations, and governments to take concrete actions to promote peace and non-violence in their communities and around the world. This may involve advocating for policies that support peacebuilding efforts, participating in peace marches and rallies, or volunteering for peace initiatives.



Conflict Resolution and Reconciliation: The International Day of Peace highlights the importance of conflict resolution and reconciliation in addressing the root causes of conflict and promoting sustainable peace. Efforts to foster dialogue, negotiation, and mediation are emphasized as essential tools for resolving conflicts peacefully and building lasting peace.

Cultural Exchange and Solidarity: The International Day of Peace fosters cultural exchange, solidarity, and understanding among people of different backgrounds, religions, and cultures. Events such as concerts, art exhibitions, and cultural festivals promote unity, tolerance, and respect for diversity as essential elements of peacebuilding.

Ultimately, the International Day of Peace reaffirms the collective commitment of the international community to work towards a world free from violence, conflict, and oppression. It emphasizes the shared responsibility of individuals, governments, and organizations to promote peace, justice, and human rights for all.



A Common Agenda for Families

Paul Born

Founder of BE Community and Co-Founder of Tamarack Institute and Vibrant Communities



I am often asked, what makes for a great community? This is my answer,

“When a neighbour reaches out their hand, looks you in the eye with a smile on their face, be grateful. When your neighbours gather for a party and everyone is invited, be grateful for the joy they have created. When your neighbours volunteer in charitable causes so your children are safer and healthier, be grateful. When our charities are celebrated and strong, we can enjoy beauty in the arts, advance equity and there is less suffering in our community. When we work together to improve our community, there is hope for our future. When our community gathers to have fun, to protest against things that anger us, to vote for people that keep our community strong, be grateful. This is civil society. When people unite in a common good, our community thrives.

I have been asked to write this newsletter posting as a way of introducing myself and the process Family Services of Peel (FSP) is undertaking taking to create, “Peel: the best place to raise a family”, which I am supporting.

I founded and have worked for the past 20 years leading the Tamarack Institute. Our role as an organization has been to learn with our members how to make the work of collaboration in communities easier and more affective. I transitioned away from Tamarack to find more balance in life and to spend more time with my family and friends and to volunteer in our community. I also take on life-giving assignments such as supporting FSP strategic planning. I have so enjoyed working with Sandra and team and her Board.

My first assignment was to speak at last year’s annual meeting on the topic of Collective Impact. When a community is seeking a bold vision for the future of their community, collective impact principles are useful.

A common agenda and shared measurement provide the foundation for uniting a community and to work together toward a common goal. The community unites to achieve a collective impact, such as Peel the best place to raise a family. No one agency can achieve such an ambitious goal. It requires the myriad of exceptional services and people united in a common commitment.

Over the next year, we will be meeting with partners, funders, and community leaders from all walks of life to consider their ideas. We are planning a large community gathering in February 2025 to spend a day considering a common agenda for families.

Our strategic plan will rise out of our community plan.



A Global Perspective on Femicide

Monica Riutort, Director of Peel Institute for Research & Training

Women worldwide participate in self-monitoring activities such as dressing “appropriately” or not going out at night to protect themselves from harassment. These precautions are not enough because, within the next 24 hours, 137 women will be killed by a member of their family.

Femicide is an international issue recognized as a violation of human rights. It is the murder of females by males because they are female, which is a form of global terrorism that upholds gender roles, promotes male dominance, and leads women to unsafety.

Similarly, the political term feminicide holds juridical and state structures responsible for maintaining misogyny along with the male perpetrators. Coined by Marcela Lagarde, feminicide takes an intersectional approach and considers multiple forms of oppression including racism, colonialism, and poverty in conjunction with gender.

According to Lagarde, the negligence, omission, and collusion with perpetrators of authorities prevents justice for women who report crimes and maintains feminicide. Unfortunately, many women do not report gender-based violence due to fear of being stigmatized or shamed by friends and family.

In Canada, femicide and feminicide are drastically underreported and undocumented, especially for Indigenous women who are more likely to experience it. Other vulnerable populations include elderly women aged 65+ and identifying as a transsexual woman.

Most countries have not imposed systems for women to report gender-based violence, and in countries like Turkey, this violence is downplayed by cultural norms that promote the ownership of women. Compulsory protocols can be enacted to aid in accurate data collection and analysis of femicide cases, contributing to prevention. This would help identify gaps in governmental protective measures and lead to documentation of victim-perpetrator relationships regarding violence which can be used as evidence if needed. Additionally, the development of specialized femicide police and legal units along with national data registries are pivotal steps in moving forward.

CRIME SCENE DO NOT CROSS

Suicide Awareness in the Developmentally Disabled Community

Sam Doku, Facilitator, Supported Independent Living

During Suicide Awareness Month this September, it's important to highlight the unique challenges faced by individuals with developmental disabilities. These individuals often experience higher levels of social isolation, stigma, and misunderstanding, which can lead to an increased risk of suicidal thoughts. Developmental disabilities can make it harder to manage emotions and mental health struggles, particularly when adequate support is lacking.

People with developmental disabilities are just as vulnerable to emotional pain and life challenges as anyone else. Unfortunately, they often face barriers to receiving proper mental health care, which can deepen feelings of despair. It's crucial that society recognizes their mental health needs and works to provide better resources and access to appropriate care.



Creating supportive environments is key to preventing suicide. Family members, caregivers, and communities must work to ensure that developmentally disabled individuals feel understood, respected, and included. Raising awareness and reducing the stigma surrounding mental health and disability can foster greater empathy and lead to better support systems. With increased awareness and accessible mental health resources, we can help prevent suicide and ensure that people with developmental disabilities receive the care and support they need.

World Suicide Prevention Day: Breaking the Silence and Changing the Narrative on Suicide

Sara Constantini, Peel Institute for Research and Training



Shrouded in silence, stigma, and shame, suicide remains a pervasive yet hidden issue across the world. Addressing suicide requires collective action at the governmental, community, and individual levels, to increase awareness and reduce stigma. World Suicide Prevention Day has been observed every year on September 10th, since 2003.

The current theme for this important day is “Changing the Narrative on Suicide.” The focus is on shifting the culture of silence and stigma to one of openness, understanding, and support.

What does “Changing the Narrative” Require?

Changing the narrative requires systemic and local change. It requires advocating for policies prioritizing mental health, increasing access to care, and providing support for all those in need.

Changing the narrative requires investing in research to better understand the complexities and nuances of suicide, to develop innovative and responsive interventions.

Changing the narrative requires prioritizing stories of lived experience. We can learn a great deal from people impacted by suicidal ideation and behaviour.

Changing the narrative requires engaging in open and honest conversations about suicide and suicidal behaviours. It requires breaking through the fog of silence surrounding suicide.

Changing the narrative requires challenging our own assumptions and judgements regarding suicide.

What Will Changing the Narrative Do?

By initiating conversations, centering lived experiences, listening openly and attentively, and advocating for improved policies and services, we can dismantle barriers, raise awareness, and create a culture of understanding and support.

For those struggling with suicidal thoughts or behaviours, call 988 for additional support.



Tips on Self-Care

Incorporating self-care into a busy schedule can be challenging, but it's essential for maintaining balance and well-being. Here are some practical tips to help you prioritize self-care even when life gets hectic:

- 1. Time Blocking:** Treat self-care activities as non-negotiable appointments. Block out specific time slots in your calendar for self-care, whether it's a short meditation session, a walk, or reading a book. Stick to these time blocks as you would any other commitment.
- 2. Micro-Moments:** You don't need hours to practice self-care. Look for micro-moments throughout the day. Take a few deep breaths, stretch, or enjoy a cup of herbal tea.
- 3. Morning Rituals:** Start your day with intention. Whether it's a morning walk, journaling, or a healthy breakfast, create a routine that sets a positive tone for the day.
- 4. Lunch Breaks:** Use your lunch break wisely. Step away from work. Go for a walk, listen to calming music, or practice mindfulness.
- 5. Digital Detox:** Set boundaries with technology. Designate tech-free zones or times during the day. Disconnect from screens and engage in activities that nourish your soul.
- 6. Delegate and Prioritize:** Recognize that you can't do everything. Delegate tasks when possible, and prioritize self-care alongside work and other responsibilities.
- 7. Self-Compassion:** Be kind to yourself. If you miss a self-care session, don't beat yourself up. Adjust and find another time.
- 8. Social Connections:** Connect with loved ones. Even a short phone call or text message can boost your mood and provide emotional support.
- 9. Physical Movement:** Incorporate movement into your day. Take the stairs, do a quick workout, or dance to your favorite song.
- 10. Quality Sleep:** Prioritize sleep. Create a calming bedtime routine, avoid screens before bed, and aim for consistent sleep hours.

Remember, self-care isn't selfish—it's an investment in your overall well-being. Choose activities that resonate with you and adapt them to fit your schedule.

Taking care of yourself at work is essential for maintaining well-being and productivity. Here are 10 ways you can incorporate self-care into your workday:

- 1. Pack a Nutritious Lunch:** Instead of grabbing cafeteria food, take a few extra minutes each morning to pack a nutritious and delicious lunch.
- 2. Take Breaks Outside:** When you need a quick break, step outside for some fresh air and light exercise. A walk in nature or around the block can clear your mind and rejuvenate your body.
- 3. Stay Hydrated:** Drink more water throughout the day to feel more energized. Consider getting a special water bottle for your desk and infuse it with fruit, cucumbers, or fresh mint.
- 4. Set Goals:** Add purpose to your workday by setting personal and professional goals for yourself. Having clear objectives can keep you motivated and focused.
- 5. Create an Ergonomic Workspace:** Ensure your workspace is comfortable and supportive. Adjust your chair, monitor, and keyboard to promote good posture and reduce strain.
- 6. Limit Responsibilities:** Learn to say no when necessary. Overcommitting can lead to stress and burnout. Prioritize tasks and delegate when possible.
- 7. Practice Mindfulness:** Incorporate brief moments of mindfulness throughout the day. Focus on your breath, observe your surroundings, or practice gratitude.
- 8. Use Positive Affirmations:** Remind yourself of your strengths and capabilities. Repeat positive affirmations silently or write them down.
- 9. Take Short Mental Breaks:** Step away from your screen every hour. Close your eyes, breathe deeply, and reset your focus.
- 10. Celebrate Small Wins:** Acknowledge your achievements, no matter how small. Celebrating progress boosts motivation and self-esteem.

Self-care is essential for maintaining physical and mental health, enabling you to handle stress and prevent burnout. Prioritizing self-care allows you to recharge and be more present and effective in your daily responsibilities.



Fundraising at Family Services of Peel

Lyn Caine, Fundraising Consultant

Our fundraising efforts for the Kitchen Harmony project and the Mobile Sex Trafficking Prevention and Counseling Services Clinic Bus began on August 1, 2024. By August 15, 2024, we had completed and implemented our fundraising plan of action. By September 3, 2024, we received our first \$1,000 donation. We sent out donation request emails to over 1,500 recipients and will be connecting with potential donors to expedite incoming donations.

Family Services of Peel needs to raise \$24,000 for three crucial initiatives:

Mobile Sex Trafficking Prevention and Counseling Services Clinic Bus:

This mobile clinic provides life-saving treatment and counseling to women who have been sexually trafficked or exploited, and to newcomers without access to OHIP and other medical services. Donations will directly fund the maintenance and fueling of this mobile clinic, allowing us to continue reaching vulnerable women who desperately need our help. The Mobile clinic offers essential services to survivors of sex trafficking. The clinic connects survivors with counseling, legal aid, and social services to support their recovery and reintegration, and raises awareness by educating the community about the signs of sex trafficking and how to help victims. FSP offers a safe and confidential environment where survivors can receive care and support without fear of judgment or retribution.

Kitchen Harmony Program:

This project was designed to teach individuals with a developmental disability how to prepare simple nutritious meals to develop independence and autonomy in self-care and nutrition practices, foster independence, build confidence and promote healthier lifestyle choices. This program empowers them to build self-reliance, improve social skills, and potential employment opportunities.

Active Seniors Cooking Program:

This project is designed to enhance the quality of life for older adults, enabling social interaction and discussions about creative options for recipes and techniques and sharing cooking skills. This program endeavours to bring joy, nutrition and strategies, and social connection to our senior community enabling them to develop friendships, socialize, enhance body coordination, exercise memory, and promote physical and mental well-being.

These programs will make a significant impact in their respective areas by improving the lives of vulnerable populations and fostering a stronger, more supportive community.

Additionally, we are thrilled to welcome Ronald Moonoo, Volunteer Fundraiser, who joined us September 2024. Ronald will be assisting with a fundraising plan that aligns with the organization's goals and mission, creating and distributing materials to promote fundraising efforts including building and maintaining relationships with donors, including thanking donors and keeping them informed about how their contributions are being used.

Solve the Cryptogram

Leigh Bardugo

 ^T ^T ^T
QLH YNRU WGMUM IGXU PBHUW HWBRRUS

 ['] [']
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a big thank you to our Funders

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Fondation
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Our Mission

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

Our Vision

Transforming lives in Peel.

Our Values

Responsiveness

Excellence, Leadership, Innovation

Service Accessibility and Inclusion

Partnership and Collaboration

Engaging Community

Client Driven

Transparency

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Volume 16; Issue 3; September 2024

NEWSLETTER

