

Insights and Encounters

Catholic Charities' Quarterly Newsletter

Volume 2 ~ Issue 1

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March 15, 2023

COMMUNITY/FAMILY SERVICES • PEOPLE WITH DISABILITIES • SENIORS • CHILDREN AND YOUTH • YOUNG PARENTS



OLDER ADULTS

HOPE. PURPOSE. CONNECTIONS

Are you finding yourself grappling with loneliness and isolation? Have you lost your spouse? Are your friends and family members not around?

Our team can provide one to one counselling or group activities that will connect you with others- it'll help to reduce isolation, give you a chance to meet new people, develop new friendships, feel heard.

IN-PERSON

Language: Farsi

GROUP MEETS EVERY TUESDAY
Starting August 15
5:30 p.m. - 7:00 p.m.

Location: Library
1 Atkinson St, Richmond Hill

Contact us to register

CALL US:
905-770-7040 Ext. 242

counselling@ccsy.org
www.ccsyr.org

Find us @ccsyorg

Funded by / Finance par:



Building Bridges to Well-being



CCSYR's Senior Focus Workshop Success Story

As the Canadian population diversifies and ages, the challenges facing our senior community become more complex and profound, particularly in the field of mental health.

According to the World Health Organization, the mental health of older adults is often overlooked due to health scenarios- further complicating prevention, detection, diagnosis, treatment, and management. However, CCSYR's Senior Focus workshops have emerged as a source of hope and transformation during these difficult times.

Recognizing multifaceted barriers in healthcare, existing support systems, and the environment—our Counselling team studied our senior communities, identified their needs, and designed tailored programs rooted in the principles of diversity and inclusivity. Eventually, our workshops, delivered in multiple languages, such as English, Chinese, Mandarin, Russian, and Farsi, began igniting sparks of change.



What Senior Focus workshops are:

CCSYR's Counselling team informed the workshops with the research facts that [one in three older adults living alone needed mental health care](#). Also, social isolation, delays in diagnosis, depression, and limited access to care are known to ravage our seniors' lives. We decided to provide a preventative strategy through our workshops so this segment of the population can be empowered and uplifted.

The '**Happiness in Senior Years**' program for the Farsi-speaking community turned out to be a rewarding experience for our senior participants. Activities were carefully picked to improve physical and mental health, combat loneliness, inspire creativity, and encourage community engagement. We received numerous positive feedback from our attendees, who also expressed interest in participating in such programs if held in the future.

What's in store for 2024:

This year, we aim to invest in the psychosocial well-being of participants through the workshops, with a focus on addressing specific needs, increasing reach to seniors, and supporting their well-being. Since January, our first program for seniors has been running in Farsi every alternate Friday at the Parya Trillium Centre.

Our goals:

Increased well-being- Leads to improved coping skills, emotional resilience, and a newfound zest for life.

Social engagement- Fosters a vibrant community, nurturing existing relationships, and cultivating new ones.

Improved quality of life- Elicits feelings of happiness, satisfaction, and belonging.

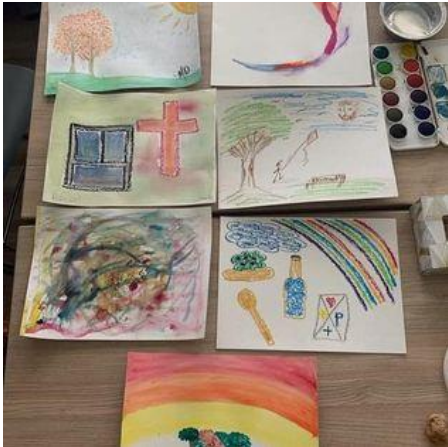
Next Steps:

We have sessions upcoming for Ukrainian and Italian-speaking seniors. Our aim with the Senior Focus workshops is not merely to form a series of groups; it's to ensure that every senior feels seen, heard, and thriving in the spaces created.

[Click here](#) to learn how we touched several lives through our **Happiness in Senior Years** program.

Journey Home Hospice

Art Therapy Program Creates a Legacy for Patients Experiencing Homelessness



Our experiences – moments of joy, the thrill of adventure, the despair of loss, and the challenges of hardship – form the basis of our individual life stories. When we receive an end-of-life diagnosis, it can often feel like the story just stops. At [Saint Elizabeth Foundation](#) we offer quality care to Canadians like we would to our own families to ensure those stories don't just end. From coast to coast to coast, we offer encouragement, celebrate triumphs, and support each other through the difficult times – all while drawing on our guiding values of life care, love and working with purpose. As we enter the spring months and reflect on moments of hope and renewal, we'd like to share Mary's reflections from [Journey Home Hospice](#), a signature program of the Foundation.

"To me, it's much easier to tell a story with a paint brush than to talk about things you're not proud of," said Mary. "I learned that in the ninth grade when my favourite teacher Mr. Vasic saw me doodling in class and suggested I try art as an option. I never thought I could be a painter, and that part of my life ended when I became homeless. Even though I'm now dying of cancer, the hospice has given me a piece of my life back. I can now look at all my paintings from my bed and feel like I'm going to leave something beautiful behind."

Aided by Journey Home Hospice art therapist, Ainslee, Mary was able to express her life story in the way she felt was most fitting. "Our patients come from such varied backgrounds and are so resilient," said Ainslee. "Part of art therapy is allowing patients to express emotion in a way that can be liberating and healing. It is an honour for me to help our patients reclaim a sense of life meaning."

Our Foundation is proud to be able to offer complementary therapies and other supportive programs through the generous support of The Buckley Family, Catholic Charities of the Archdiocese of Toronto, and community donors. Having therapists like Ainslee, and countless others, to support patients like Mary, and their loved ones, promotes holistic care that honours the dignity of the human person as they journey through end-of-life. We invite you to learn more about our hospice and support our work by visiting [foundation.sehc.com](#).

The Spirit of Sport



The Spirit of Sport

Silent Voice is hosting the Canada Deaf Games 2024 May 7-11, 2024 in Toronto – the first time the Games are being hosted in Ontario! Take your mark, get set, GO! Endorsed by the Ontario Deaf Sports Association, and sanctioned by the Canadian Deaf Sports Association, the biennial Games promise to welcome hundreds of world-class and next-generation Deaf athletes from all over Canada, from all walks of life, from all levels of skill, to enjoy barrier-free Deaf Sports in Ontario. Sports venues include the Toronto Metropolitan University. Silent Voice looks forward to offering a spectacular, welcoming, inclusive Games for Deaf and Hard of Hearing athletes and novices, friends, families, and fans, from across Canada. And while in Toronto, folks can enjoy MAYFEST, the largest Deaf expo in Canada hosted by the Ontario Association of the Deaf May 10 and 11 at the CNE. If you are interested in supporting the Games or learning more, contact CDG24@silentvoice.ca.



In Our Own Words

By: David – Client of CCSYR



My Name is David and I have been a client of [CCSYR](#) since last October.

When I first got in touch with the CCSYR Counselling Program, my wife and I were almost close to getting a divorce but with the help of the CCSYR program (Couple's Therapy) and great support and advice from our CCSYR Counsellor, I'd like to say that we have passed the storm and our relationship has been improved in all aspects of it, since we both attend our weekly session.

I would like to thank all the CCSYR team and say how grateful we are for your services and help.

Please accept our gratitude and thanks.



PAUSE AND REFLECT

~We Are Easter People~ Catherine Mulroney

What does it mean to be Easter people? Christians are encouraged to be –are, in fact, called to be – Easter people. There are many profound theological explanations for what the term implies, all tied to the miracle of the empty tomb on Easter morning. But, at its most essential, to be an Easter person is to be a person of hope.

Often, the simplest things can bring us hope --- the sight of a crocus poking through the snow after a long and trying winter, for example. But we also place our hopes in far more serious matters, like trusting in the ability of our various levels of government and the will of society to care for all people, including our most vulnerable neighbours. We want – we need – to know that things can be better.

Canadians have been through long and trying times in recent years, with the stress of the pandemic, financial turmoil, random violence, and great rifts exposed in our political and cultural fabric. Many people appear stressed, short-tempered and overwhelmed, and often those feelings flow over into interactions with other people.

But as Easter people, we don't stand on the sidelines as the world goes by. Instead, hope calls us to help and to engage. Easter people participate, raising our voices to express our hope that we can do better, whether it's by engaging in the electoral process, or volunteering to help our neighbours, sharing our blessings, or remembering people in our prayers. That hope rests not in individuals and isolation but in community and engagement.

Hope is the great inspiration for Catholic Charities and our 20 member agencies. Every day we hear moving stories of change and positive growth, whether it's that of a family learning sign language to communicate with a deaf child or a migrant family being offered a place to stay; a teen mother approaching her delivery date being given essentials to care for her baby, or a person fighting addiction finding the supports needed to begin the journey to sobriety.

Our faith rests in the great hope of the Resurrection, which holds out the promise of forgiveness of our sins. That good news is a powerful motivator to reach out to others to help.

It is that knowledge that moves our agencies to contribute to the common good for all people. We know that even in the darkest hours we can help our neighbours improve their situation, finding comfort, peace – and hope.

As we celebrate Easter, we are mindful that Muslims are marking Ramadan and Jews, Passover. We offer our sincere good wishes to all our neighbours and remain committed to our call to serve all people, in great hope, regardless of background or faith tradition– because we are Easter people.

Catholic Charities of the Archdiocese of Toronto provides leadership, supports social services, and facilitates advocacy for its member agencies and the people they serve. At its core is Catholic Social Teaching that focuses on the poor and marginalized, urging us all to build a just society and safeguard the dignity of every person.

celebrate

In celebration of International Women's Day on Friday, March 8th, 2024 Deanne Kukulewich, Executive Director, York Region Rose of Sharon Services for Young Mothers was presented with a Certificate of Appreciation on behalf of the Province of Ontario, by Dawn Gallagher Murphy, MPP for Newmarket-Aurora, and the Hon. Charmaine A. Williams, Associate Minister of Women's Social and Economic Opportunity.

"I am profoundly grateful for the opportunity to serve alongside this remarkable organization York Region Rose of Sharon Services for Young Mothers. The privilege of being supported by our committed board of directors, entrusted to deliver our mission to our clients and their babies, collaborating with our volunteers and staff, and empowered by the incredible generosity of our funders and donors fills me with immense gratitude. Being a part of the Rose is truly a blessing.", said Deanne on receiving this honour.

Rose of Sharon Executive Director Receives Provincial Recognition



New & Exciting...

Catholic Charities' New Podcast has Launched!



Since 1913, Catholic Charities of the Archdiocese of Toronto has worked with its member agencies to respond to the needs of the region's most marginalized and vulnerable individuals and families by providing collaborative leadership energized by a heart for social justice and service. At the center of the work of CCAT is a vision beautifully summarized by former executive director Father Paul Lennon as an invitation to see the poor and needy among us as a privileged source of God's presence and salvation.

Catholic Charities is launching "Insights and Encounters," a Podcast designed to unite listeners from all walks of life who are interested in and committed to a just society. The focus will be on Social Justice matters. The aim is to use the strength of the community to develop innovative and transformative solutions for prevailing social issues by creating a safe space where people with common values and interests can come together to share learnings and discuss trends and best practices. You'll hear the voices of leaders throughout the Archdiocese who dedicate their lives to ensuring that the vision of a just society that affects and safeguards human dignity becomes a reality.

The inaugural series will focus on the history of Catholic social services in the Archdiocese of Toronto. Listeners will be introduced to the challenges and issues that created the need for some Catholic agencies established in the early 1900s and how many of those early social challenges persist in the present day.

Link to podcast: [Insights and Encounters](#)

We're Hiring! Join Our Team!

Catholic Charities is looking to expand our team. We are currently searching for an Executive Director's Office (EDO) & Strategic Partnerships Associate to provide executive-level administrative and organizational support and help lead community development initiatives for the CCAT Executive Director (ED). It is a multifaceted role encompassing administrative support, community development, and project management. The best candidate for this role will be a kind, passionate, creative, and people-centered person who is an outstanding multitasker and is highly value-driven. This position reports to the ED. If you are interested or know a great candidate, please check the full job posting [here](#).

On the Horizon...

ShareLife Weekends 2024

March 16th – 17th / April 27th- 28th / June 1st & 2nd

The first ShareLife Sunday of the year is this weekend. As parishes prepare for the special collection, we're grateful for all the support from parishioners across the Archdiocese. You can also choose to donate online at: [Donate - ShareLife](#)

CCAT Scholarships & Awards 2024

Deadline for all submissions and nominations is April 30, 2024

Catholic Charities is now accepting applications for our full array of Scholarships and nominations for our Community Service Awards. With 5 newly created scholarships, including the Cardinal Thomas Collins Palliative Care & Gerontology Studies Scholarship, and the establishment of the Michael Fullan Community Service Awards, we can't wait to be able to support more students aspiring to further their education and recognize the unsung community heroes in our midst. More details on all scholarships and awards, including the eligibility criteria, can be found on our [website](#). Please feel free to share this information widely within your community.

Links to our flyers, which can be printed and distributed and shared:

[Awards-Flyer.pdf \(ccat.ca\)](#) [Scholarship-Flyer.pdf \(ccat.ca\)](#)

Catholic Charities of the Archdiocese of Toronto

How you can contact member agencies of Catholic Charities

MEMBER AGENCIES

COMMUNITY/FAMILY SERVICES

Catholic Community Services of York Region
1-800-263-2075
www.ccsyr.org

Catholic Crosscultural Services
416-757-7010
www.cathcrosscultural.org

Catholic Family Services of Durham
1-877-282-8932
www.cfsdurham.com

Catholic Family Services Peel-Dufferin
905-450-1608
www.cfspd.com

Catholic Family Services of Simcoe County
1-800-726-2503
www.cfssc.ca

Catholic Family Services of Toronto
416-921-1163
www.cfstoronto.com

PEOPLE WITH SPECIAL NEEDS

Mary Centre
416-630-5533
www.marycentre.com

Saint Elizabeth Health Care
905-940-9655
www.sehc.com

St. Bernadette's Family Resource Centre
416-654-9810
www.stbernadettesfrc.org

St. Michael's Homes
Our Place Community of Hope
416-926-8267
www.stmichaelshomes.org

Silent Voice Canada
416-463-1104 TTY
416-463-3928
www.silentvoice.ca

SENIORS

Centres d'Accueil Héritage (CAH)
416-365-3350
www.caheritage.org

LA Centre for Active Seniors
416-452-4875
www.lacentreforseniors.ca

Houses of Providence
(Unity Health Toronto)
416-285-3666
www.providence.on.ca

Society of Sharing
416-413-0380
www.societyofsharing.org

CHILDREN AND YOUTH

Catholic Children's Aid Society of Toronto
416-395-1500
www.torontoccas.ca

Covenant House of Toronto
1-800-435-7308
www.covenanthousetoronto.com

YOUNG PARENTS

Rosalie Hall
416-438-6880
www.rosaliehall.com

Rose of Durham
(Young Parents Division of CFS Durham)
905-432-3622
www.roseofdurham.com

Rose of Sharon
905-853-5514
www.roseofsharon.com

Vita Centre
905-502-7933
www.vitacentre.org

AFFILIATED ORGANIZATIONS

Camp Ozanam
(Society of St. Vincent de Paul)
416-364-5577
info@ssvptoronto.ca

Good Shepherd Ministries
416-869-3619
www.goodshepherd.ca

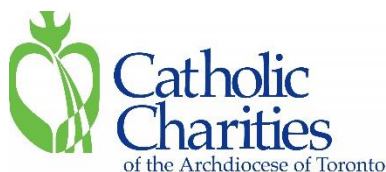
Birthright International
1-800-550-4900
www.birthright.org

St. Marguerite Bourgeoys
FertilityCare Toronto
416-465-2868
www.fertilitycare.ca

Natural Family Planning Association
437-600-9333
www.toronto.naturalfamilyplanning.ca

To learn more about
Catholic Charities go to:

www.ccat.ca



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