



Insights and Encounters

June 2025

Volume 3 - Issue 2



(Left to right: Dr. Agnes Thomas, Fr. Darren Dias, Fr. Matthew Durham)

IN THIS ISSUE:

- Pilgrims of Hope: A Day of Shared Wisdom, Faith, and Possibility
- CCSYR: From Vision to Vital Support
- CFS Toronto: Parenting Through DV
- Covenant House: A Young Person's Journey Out of Homelessness
- Houses of Providence: 25th Anniversary
- LA Centre: Annual Mother's Day Event
- Rosalie Hall: Celebrating Milestones
- Sharelife: Breaking the Silence Around Mental Health
- Silent Voice: 50th Anniversary

Pilgrims of Hope
Living Charity & Justice in Action
Hosted by Catholic Charities of the Archdiocese of Toronto
in partnership with the University of St. Michael's College
Brennan Hall, Toronto, Ontario
Tuesday, June 10, 2025



Pilgrims of Hope: A Day of Shared Wisdom, Faith, and Possibility

Dr. Agnes Thomas



What began as a gathering of nearly one hundred Catholic social and community service ministries from across our city became something greater: an act of shared wisdom, presence, and solidarity. The beautiful venue at Brennan Hall, provided by St. Michael's College, University of Toronto, amplified the experience and made it welcoming and accessible for the participants—a true testament to a good partnership.

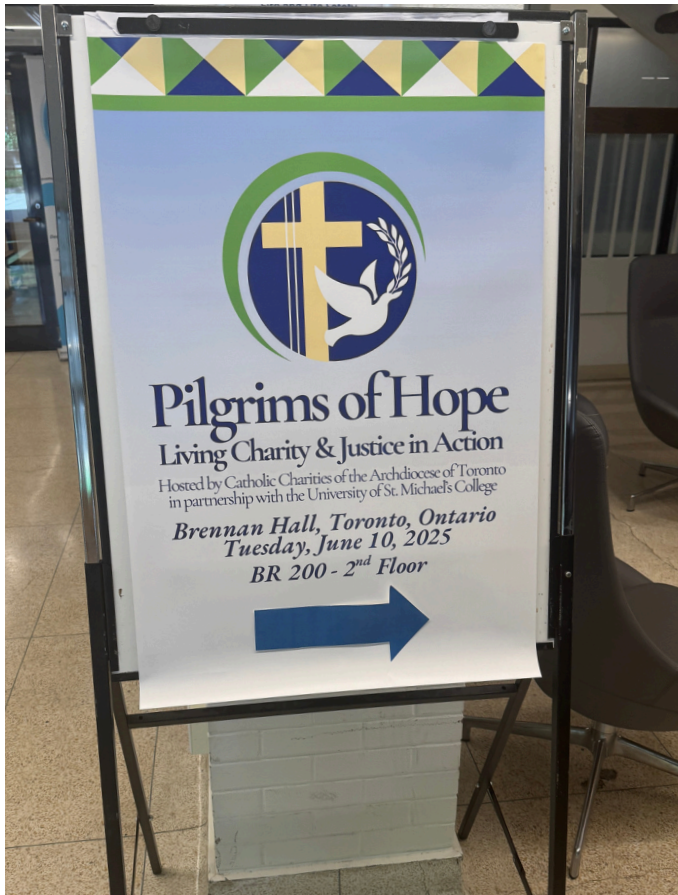
This is my humble attempt to capture the spirit of our first-ever Pilgrims of Hope Pre-Conference—a day rooted in the Jubilee theme of Hope and Faith in Action.



A Space for Shared Purpose

Throughout the day and in the many messages that followed the event, a common understanding emerged: this wasn't just a meeting. It was an encounter—a coming together of hearts and missions, voices and visions. It was a space where people felt seen, heard, and energized by their shared calling. Conceived as a springboard for something bigger, the event brought together a broad and diverse network of leaders to consider the meaning of "Hope in Action" and to engage in an open conversation about collaboration, shared values, best practices, and the real challenges facing Catholic ministries today. The tone was honest, constructive, and full of creative energy. It was a space for dreaming together about what a more coordinated, responsive, and unified Catholic service presence in the city could look like.





Collaborative Planning, Servant Leadership

The intention of the preconference was to lay the groundwork for a much larger event envisioned for the Fall of 2026, and it was driven by an outside committee of Catholic leaders representing the breadth of our community—clergy and laypeople, nonprofit executives, and educators, whose collaborative spirit carried through the event itself.

Perhaps one of the most moving moments of the preconference was the panel discussion featuring three of the city’s ministry leaders who serve people in need in priority areas, including food, shelter, and refugee support. Their lives and ministries embody the theme of Hope in Action. From the margins, with honesty, humility, and deep spiritual insight, each shared stories of serving those in greatest need. They spoke not only of what they do, but of how they work with presence, patience, and a profound respect for the dignity of every person they encounter. They reflected on the mutuality of service—that in giving, they also receive—and how the people they accompany in hardship often reveal the face of God in surprising ways. In the face of scarcity, adversity, and burnout, each panellist spoke to what keeps them going: prayer, community, and a conviction that love—especially when it costs—is always worth it. Their stories carried themes of resilience, shared humanity, and joy found in simple acts of accompaniment. The moderator skillfully guided the conversation, drawing out individual insights that resulted in a collective understanding. For those who witnessed the discussion, it wasn’t just a panel—it was a spiritual encounter.

Pilgrims of Hope: A Day of Shared Wisdom, Faith, and Possibility

Emerging Themes

Several key themes emerged across breakout groups and open forums:

Catholic Identity and Interfaith Openness:

Participants strive to convey Catholic values in a clear and authentic manner while maintaining openness to interfaith dialogue.

Ground-Up Approach:

There was strong support for co-creating programs with those directly affected, rather than imposing top-down solutions.

Relationship-Driven Collaboration:

Attendees valued networking and called for more structured opportunities to build trust, share learning, and form partnerships. .



Shared Tools and Resources:

There is a desire for practical tools, such as a Catholic social services directory, to facilitate connection and collaboration.

Collaboration Over Branding:

The focus should be on collective impact rather than organizational identity.

Courageous Conversations and Ongoing Learning:

Participants emphasized the need for open dialogue, embracing difficult conversations, and sustaining learning beyond the event.

Leveraging Technology:

Digital tools and social media were seen as essential for connecting ministries, sharing updates, and amplifying Catholic social action



Building Momentum for the Future

One of the clearest takeaways for those who attended was that people want more. Participants consistently expressed interest in continued gatherings, structured collaboration, and deeper dialogue. Many voiced excitement not only for the 2026 three-day conference but also in support of the possibility of building something more permanent—a shared platform or coalition to sustain this momentum over time.

This preconference was an act of hope in itself: hope that by coming together, we can better meet the needs of our communities; hope that our shared Catholic identity can be a source of strength, inspiration and innovation; hope that action rooted in faith can build bridges across silos.

The work ahead is significant, but the energy is real. This event demonstrated that there exists a community of Catholics ready to build and dream together. I am deeply grateful for God’s divine providence and the goodness of the people who gathered to make this event a success and who share in the excitement for the upcoming 2026 Conference.





From Vision to Vital Support: How Donor Generosity and CCSYR's Dedication Transformed a Pilot into a Lifeline for Newcomer Families

Catholic Community Services of York Region



In April 2023, Catholic Community Services of York Region (CCSYR) launched a modest pilot project: one-on-one sessions, group activities, and workshops tailored for newcomer families and children with Autism Spectrum Disorder. What fueled this beginning? A shared commitment—to create inclusive, accessible, and culturally sensitive support where there previously was none.

Thanks to the generosity of CCAT and the fundraising efforts of ShareLife—and the unwavering dedication of our clinical team—this small initiative has grown into a full-fledged, community-anchored program making a lasting impact across York Region.

A Program Built on Compassion, Culture, and Collaboration

With donor support and a skilled, heart-driven team, the Newcomer Autism Support Project expanded in 2024 to offer:

- Family mental health and well-being sessions
- Expressive arts and crafts for creative connection
- Emotional expression activities for children with autism
- Support groups and workshops for caregivers, siblings, and grandparents

This trauma-informed, whole-family approach reflects CCSYR's long-standing expertise in serving diverse newcomer communities with empathy and respect.

Real Impact—Made Possible by You

Because of your support and our team's dedication, the program exceeded expectations:

- Over 400 individuals reached, including newcomer families
- Children received ABA-related emotional support
- Caregivers and grandparents joined workshops that built skills and hope
- Siblings took part in family wellness activities, fostering understanding and connection

This isn't just about services—it's about building safety, resilience, and belonging when families need it most.



CFS Toronto Introduces Parenting Through DV

CFS Toronto



At Catholic Family Services of Toronto, we have developed several groups designed to help people from all walks of life experiencing hardship. In continued service of our community, we're introducing a new group: Parenting Through DV (Domestic Violence). It all started with Annamaria Rodriguez RSW, MSW, who has been with us at CFST for just over five years. As a Violence Against Women Collaboration Worker, she's helped moms from across the GTA who have trauma from experiencing abuse in their relationships.

"I realized something very quickly," Annamaria says, "despite having very successful outcomes where moms were able to successfully separate from their partner who used abusive behaviour towards them, I still had moms reaching out and asking for support navigating the post separation abuse they were now experiencing."

Annamaria concluded that there needed to be a space for these mothers which led to her coming up with Parenting Through DV. The focus of the group is to provide support and educational guidance to these mothers, and teach them skills on setting boundaries, self-care, community building, and navigating occasions that may include their ex-partner who used abusive behaviour (such as birthdays, holidays, or school events). Annamaria also notes that the group's bedrock is the focus on the mother's relationship with their child. "Separation or divorce is hard on a child, but the group will teach moms the importance of being consistent. Centring the child and their needs—emotional or otherwise— is hopefully the biggest takeaway mothers can get from the group," Annamaria says.

For more questions, or to speak with someone at Catholic Family Services of Toronto, visit: CFSToronto.com



Pathway Through Covenant House: A Young Person's Journey Out of Homelessness

Covenant House



When a young person first arrives at Covenant House, they're seeking shelter, safety, and a helping hand at extremely challenging moment in their life.

Amidst these challenges, we believe that providing youth with a stable place to stay along with access to on-site health care, counselling services, education, employment services and the skill development opportunities that we offer at Covenant House can break the cycle of homelessness and pave a path to a bright future.

Covenant House has launched a powerful behind the scenes series on our social media channels illustrating this journey. The series, Pathway Through Shelter, is told from the perspective of a young person, whose journey through Covenant House leads to a stable bright future ahead.

Watch along here: [@covenanthousetoronto](https://www.instagram.com/covenanthousetoronto)

Houses of Providence 25th Anniversary

Houses of Providence



Cardinal Ambrozic Houses of Providence 25th Anniversary Celebration

On Wednesday June 4, the Cardinal Ambrozic Houses of Providence had its first 25th Anniversary Celebration of their anniversary year. Blessed with sunshine, an ice cream social was held outside the front entrance with over 400 residents, family members, staff, physicians, and volunteers in attendance. Live music, visits, and laughter were enjoyed throughout the afternoon.

This gathering was hosted by four Mission Champions: Andrew Chunoo (social worker), Teresa Edwards (volunteer and family member), Shantora Jordan and Marissa Mendoza (personal support workers) as part of their Mission Champion Initiative. The Mission Champion Community of Practice is a six month education and formation program for staff, physicians, volunteers, and patient and family partners which actively supports participants to mindfully incorporate the organizations mission and values (human dignity, compassion, excellence, community, and inclusivity) into their roles and care provision. As part of this program, participants have the opportunity to showcase how the mission and values are fostered throughout the work of Unity Health. These four Mission Champions wanted to showcase and further foster the value of community which thrives in the Houses of Providence. The value of community had been challenged by the isolation, particularly prominent in long term care, that occurred over the course of the COVID-19 pandemic and this working group felt that the 25th Anniversary would be a wonderful time to rebuild some of the community spirit that has been part of Providence since the original House of Providence was founded in 1857. While there is wonderful activation programming for residents in the Houses as well as opportunities for staff socials, there is less often events where all members of the Houses community are able to attend a celebration together, each as guests in their own right. The Mission Champions wanted to gift this to their community and it was a great success. All in attendance enjoyed the opportunity to partake in ice cream while meeting new people or reconnecting with people they haven't visited with for a while. May God continue to bless the Houses of Providence with the value of community throughout its many years to come.



LAC's Annual Mother's Day Event

LA Centre for Active Seniors



LA Centre for Active Seniors (LAC) held their annual Mother's Day event on May 13th and the festivities was highlighted by the presence and heartfelt remarks made by LAC's largest funder - CCAT's Executive Director Dr. Agnes Thomas. LAC develops social programming to improve the quality of lives of vulnerable and marginalized seniors residing in government-subsidized urban apartments.

For 2025, LAC changed the theme from formal "Mother's Day High Tea" with local politicians to a more relaxed, inclusive one with funders and volunteers, as well as live performances from singers, violinists, caricature artists, and of course good food which included french toast, bacon & sausages, scrambled eggs, fruit salad, spring rolls, spinach spanakopita, and tasty sweets. LAC membership is majority female, with a majority of them widowed mothers. It was a both a celebration and somber recognition of the hardships these brave now elderly women had to overcome. The event was open to all LAC members and the diversity of our membership was on full display. During a particularly emotional moment, while the dual violinists were playing "Hallelujah", a table in the back - which included two elderly mothers who have lost children - lead the room in a group singalong of the beautiful melodic song.

Dr. Thomas addressed the seniors directly with a heartfelt message about recognizing their contributions to family and reminding our vulnerable seniors this celebration was for them. Based on the post event feedback, this message from Dr. Thomas was very well received and appreciated. CCAT and LAC - more formally known as Loyola Arrupe - have a multi-decade relationship. LAC is truly grateful for the CCAT's support through all these years, and look forward to doing more great things together.

Celebrating Milestones: Honouring Growth and New Beginnings at Rosalie Hall

Rosalie Hall



As the school year ends, Rosalie Hall is filled with pride and excitement. Our young parents are wrapping up another academic semester—balancing the demands of school, parenting, and personal growth with incredible determination. At the same time, our preschoolers are reaching a major milestone of their own: getting ready to transition into kindergarten!

To honour these important achievements, we're celebrating the resilience, dedication, and success of both generations. Through small ceremonies, creative activities, and joyful gatherings, we're recognizing every report card completed and every graduation cap worn. These transitions mark not just the end of a chapter, but the beginning of new opportunities—and we're proud to support our young families every step of the journey.



SL ShareLife

Breaking the Silence Around Mental Health

Sharelife



Mental health struggles are often overlooked, especially in communities where stigma makes it difficult to ask for help. At St. Agnes Kouying Tsao Parish, your support of ShareLife made it possible to open up this conversation—bringing parishioners together to learn, reflect, and find strength in faith and community. On Saturday, May 31, more than 80 parishioners attended the parish’s first-ever seminar on Mental Health and Family Support Services. The event was made possible through Catholic Community Services of York Region, one of over 40 agencies supported by your gift to ShareLife. Expert speakers Ms. KC Tsang and Ms. Jessica Yang Su offered compassionate, culturally grounded presentations that resonated deeply, particularly within the Chinese Catholic community, where mental health can often be a sensitive and misunderstood topic.

The success of the seminar was also thanks to the strong support of Fr. Francis Chong, Fr. Matthew Wang, and Fr. John Wang. Their leadership and pastoral care helped frame the importance of mental wellness in the context of faith, while Fr. Chong also highlighted how ShareLife-funded agencies are an essential part of our collective mission through the annual parish campaign.

Heartfelt thanks also go to Mr. & Mrs. Keith and Carrie Wan, the ShareLife Committee, and all the volunteers and parishioners of St. Agnes Kouying Tsao Parish for their generous support and hard work. This event is a true testament to what’s possible when we come together—parish leaders, agency partners, and compassionate donors—to serve the needs of our community. Thank you for helping ensure that parishioners are aware of the vital mental health services available to those who are struggling, often in silence.

Because of your sacrificial gift to ShareLife, families are finding hope, healing, and support when they need it most.



50th Anniversary

Silent Voice



Never a dull moment in the non-profit charitable sector. On top of providing essential barrier-free services and working with Deaf and Hard of Hearing adults, youth, children, infants, and their families, Silent Voice Canada is thrilled to be tackling three strategic initiatives this year, our 50th!

Our 50th

The first of the 50th anniversary events took place on May 27 – an extraordinary Gala featuring presenters from five decades of serving the Deaf community, including one of the founders Brian Dwyer, former Executive Director Maureen Haan, and a thriving youth of today Kisanet Habtemariam. In September, we will host our annual Welcome Week BBQ in Toronto's High Park and attend the Ottawa Deaf Expo, celebrating our 50 years of services at both events.

Merging with Durham Deaf Services

Navigating the post-COVID economic climate, ensuring community needs are being met, and having the resources to not only sustain but thrive as a charitable service organization result in ongoing challenges. One solution we found was to merge with Durham Deaf Services (DDS) in Oshawa. DDS is now a division of Silent Voice Canada, and the opportunities are being realized to expand DDS services into our roster of services to the community and expand Silent Voice services into the Durham Region. Keeping its name, programs, staff, and location has considered and respected the strong Deaf community in the region and provided security for DDS's future. We are so excited to be there.

What is in a name?

Well, a lot! On the occasion of our 50th anniversary, Silent Voice Canada is revisiting its name. Does it still reflect the community we serve and the changes over 50 years? Does it reflect the vast expansion of programs, services, and resources we provide in the Deaf community? Is it easily signed in ASL? Was the name informed by the Deaf community and still appropriate today? We are certainly far from silent in our sector as a leader in services and expertise. Launched in May at the Ontario Association of the Deaf (OAD)'s Mayfest expo is an invitation to submit name ideas to us to consider. All year, we will be accepting ideas, concepts, and rationales for a new name to take us forward into the next 50 years.

Visit www.silentvoice.ca to submit your thoughts, in English or in ASL, French or LSQ. A committee comprising stakeholders will shortlist options for decision in the fall. Look for the launch of our new name and graphic (logo) in the new year of 2026! Lastly, thank you to Catholic Charities, supported by ShareLife, for its continued, generous, and unwavering support of Silent Voice! To you, the readers, thank you for your engagement and investment in the success of Catholic Charities member agencies.



JOURNEY
HOME
HOSPICE

IN OUR OWN WORDS

Hanieh
Journey Home Hospice



In recognition of the recently celebrated National Hospice Palliative Care Week, one of our Saint Elizabeth Foundation volunteers shared why it is so rewarding to be part of a team that cares for people experiencing homelessness at end-of-life. Hanieh has a regular weekly shift at the Journey Home Hospice and most enjoys visiting with residents and keeping them company during meals or taking them to the rooftop terrace. She has a passion for helping others, which was the inspiration for joining the team at Journey Home. “Volunteering at the hospice serves as a powerful reminder that life is short, and nothing, not status, wealth, or even health, lasts forever. What truly endures is the kindness we offer one another,” said Hanieh.

“Being in this environment constantly reinforces a simple but profound truth: we should all try to live with empathy. It’s through compassion that we stay human, and I feel grateful for the chance to give comfort and care to people when they need it most. In this age of advanced technology, where our minds are often consumed by screens and speed, spending time in the hospice environment reconnects me with the deeper human values we sometimes forget. It reminds me of our responsibility, as people, to one another. Each time I am at Journey Home, I witness deep kindness, patience, altruism, and true dedication.”

If you are interested in becoming part of the caring, compassionate team of volunteers at Journey Home Hospice, please visit <https://foundation.sehc.com/charitable-programs/volunteer-services/> or contact our Manager of Volunteer Services, Rachel, at rachelweatherbee@sehc.com.

PAUSE & REFLECT

WHAT THE ANTHURIUM TAUGHT ME

Dr. Agnes S. Thomas

“I planted the seed, Apollos watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow.” (1 Corinthians 3:6-7)

With the promise of spring approaching after our long, cold winter, I began preparing and hoping for another green season filled with propping, pruning, and tending to my garden. Watching life slowly emerge from the frozen earth, as if waking from a long slumber, is truly nurturing. There are many reasons I cherish this time of year beyond the marvel of colour and bloom. Spring stirs something inward. It invites reflection on the natural world and offers us many pearls of wisdom.

One of the first thoughts that surfaced—like the tulip shoots rising in my front garden—was the notion of space. The simple act of bringing out houseplants that had been sheltered through the long winter brought with it a reflection: the need to create, offer, and hold space so new life can grow and thrive.

The first plant that needed attention was my Anthurium (“tail flower”)—gifted to me three years ago by a friend. Still in its original wrap, it had continued to bloom faithfully, flaunting its bright red laceleaf. However, beneath the glossy leaves was another story. This resilient plant had grown and expanded far beyond the limits of its small plastic pot, quietly supporting new saplings that had sprouted underneath, unseen and nearly suffocating. As I removed the old wrapping, I noticed thin strands of roots poking out through the drainage holes. It wasn’t a pretty sight. The plant looked weary and unbalanced, heavy with tangled, old and new interwoven roots, and its leaves were slightly misshapen. Clearly, it was time for a change. The saplings needed their own pots if they were to flourish.

Six pots later, I still had a few left to rehome. Lining them up in a row, I felt a surprising sense of relief for both them and myself. Gently detaching each tender shoot from the mother plant required patience and care. It’s never easy to cut and separate, even when you know it’s necessary. Still, I was cautious not to damage the roots, cradling each sapling into its own space, helping it feel safe enough to begin again. A few were bruised, and some roots slightly torn, but the leaves looked strong. I knew they’d be okay. They just needed some extra care and time to adjust to the change. As I watered the last plant, a few thoughts occurred to me. We humans are not so different. To truly grow and thrive, we need space to expand and develop. We must metaphorically detach from the umbilical cord that gave us life—not to sever the connection, but to discover our nature, path, and place in the world. Even in our individuality, we remain shaped by and rooted in the love and nourishment of others. Our identity and sense of belonging are grounded in those early, often unseen roots.

The need for space is part of the natural cycle of life. No one should be denied the chance to grow. Whether by choice, passion, or calling, we are all called to observe this pattern—to tend to those in our garden, offering what is needed: space, light, water, pruning—whatever supports flourishing.

Yet even as we branch out and grow into ourselves, we still need support—the wisdom of elders, the nurture of community, the comfort of familiar soil. Like plants, we are not meant to grow in isolation—unless by design. And even then, we carry our essence with us, flourishing in the light and company of others while remaining true to who we are.

It is a genuinely intertwined and mutual way of existence—being present for one another while staying rooted in our identity and calling. It’s not a power dynamic, but a delicate balance of care and autonomy—a beautiful rhythm to witness when held with grace.

As I placed each pot along the windowsill, my final reflection was this: growth requires care, gentleness, and attention. Mutual care and responsibility are not just virtues but lifelines. They allow each of us to stretch toward our God-given potential, to blossom into who we are meant to be—in the great, interwoven garden of life.

ON THE HORIZON

2026 CATHOLIC COMMUNITY SERVICES CONFERENCE

Coming in the Fall of 2026, a special three-day conference in downtown Toronto, dedicated to Catholic community service organizations. This unique gathering will bring together leaders and practitioners from social services, health, and education sectors to explore shared values, strengthen collaborations, address common challenges, and exchange best practices rooted in our Catholic identity.



FOR DETAILS AND UPDATES
VISIT: CATHOLICPRAXIS.CA

Introducing the

Catholic Social Workers' Guild

Are you a Catholic social worker looking to connect your professional calling with your faith?

Join us as we launch the Catholic Social Workers' Guild, a new initiative in the Archdiocese of Toronto!

The Catholic Social Workers' Guild aims to:

- ▶ Support Catholic values in social work.
- ▶ Provide networking opportunities for social workers in the Archdiocese of Toronto.
- ▶ Foster spiritual and professional growth.

CALL TO ACTION

Come be part of a community dedicated to compassionate service. Let's build a network of faith-filled professionals striving to make a difference!



Join Us!

First Meeting

September 2025

Date/ Time:
To Be Determined

Contact Us

Email: cswguild@ccat.ca

For updates and details, visit ccat.ca

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.

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 DISABILITIES

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.covenanthouseoftoronto.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



Catholic Charities of the Archdiocese of Toronto

1155 Yonge Street, Suite #400
Toronto, Ontario M4T 1W2

Executive Director: Agnes Thomas
T: 416-934-3401 F: 416-934-3402
E: info@ccat.ca
www.ccat.ca

Follow us @CharitiesCares

Charitable Registration No. 10687 9943 RR0001

