

**Volunteers' Events  
At CCVT Scarborough Location**

**Current Volunteer Opportunities  
At CCVT Scarborough Location**

**THE VOLUNTEERS' RECOGNITION EVENT**

**WHEN :** FRIDAY 26 APRIL, 2013  
**WHERE:** CCVT SCARBOROUGH LOCATION  
**TIME :** 4.00 P.M. TO 6.00 P.M.  
**GUEST SPEAKER:**  
 JOAN WALTERS, PRESIDENT,  
 SCARBOROUGH ASSOCIATION FOR VOLUNTEER  
 ADMINISTRATION (SAVA)  
**OTHER SPEAKERS:** VOLUNTEERS' TESTIMONIALS

1. Tutoring a Female Youth - Physics Grade 11 on Mondays or on Fridays after school. (Female Volunteer required) at 2425 Eglinton Ave. E.
2. Tutoring a Female client - Computer Basics on Mondays and Tuesdays from 1.00 – 3.00 p.m. at 2425 Eglinton Ave. E. (Female Volunteer required)
3. 3 volunteers are required to facilitate a Group Conversation Practice Circle at CCVT at The Victoria Park Hub, 1527 Victoria Park Ave. (Victoria Park/Eglinton Ave. E.) on Thursdays from 12.30 — 2.00 p.m. (Female or Male Volunteer).

**You can render your Volunteer Services at any of the  
3 CCVT Locations:**

<u>Main Office:</u>	<u>Scarborough Branch:</u>	<u>CCVT at The HUB:</u>
194 Jarvis Street	2425 Eglinton Avenue E.	1527 Victoria Park Ave. E.
2nd Floor	Suite 218	2nd Floor
Toronto, ON	Scarborough, ON	Scarborough, ON
M5B 2B7	M1K 5G8	M1L 2T3
Tel: (416) 363-1066	Tel: (416) 750-3045	Tel: (647) 847-2334
Fax: (416) 363-2122	Fax: (416) 750-4990	Tel: (647) 847-2335
		Tel: (647) 847-2336
		Fax: (416) 750-9200

For more information or to get involved with any of these programs, please contact Juliette Ntege, Volunteer Coordinator, Scarborough location, at 416-750-3045 ext. 205.  
 Email: [jntege@ccvt.org](mailto:jntege@ccvt.org). **Did you resign?** To be removed from the mailing list, please use the same contact.

By Juliette Ntege, Volunteer Coordinator

# The Connection

A PUBLICATION BY THE VOLUNTEERS OF  
**THE CANADIAN CENTRE FOR  
 VICTIMS OF TORTURE**  
 SCARBOROUGH BRANCH

A NEWSLETTER FOR ALL CCVT VOLUNTEERS

March 2013

Volume 4

Issue 3



## VOLUNTEERS ARE A VITAL PART OF THE CCVT

COME AND WE CELEBRATE APRIL  
 THE NATIONAL VOLUNTEER MONTH  
 ON FRIDAY APRIL 26, 2013  
 FROM 4.00 P.M. - 6.00 P.M.

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**Editors' Note:**

The information provided in this publication is not controlled by the CCVT, and therefore may not reflect the Centre's views.



**At CCVT**, we join the rest of the Nation to honor all of you Volunteers who dedicate your valuable time supporting survivors of torture so they can successfully integrate into the Canadian Society. Your availability and patience gives Clients Hope about how much they can accomplish in life and their potential to become what they are capable of being. Your help keeps them strong and focused that amidst challenges, there are plenty of opportunities awaiting them for a good future.

You are all invited to come at CCVT Scarborough location and we celebrate this Month of April in recognition of all your efforts and commitment towards the services of CCVT.

By: Juliette Ntege, Volunteer Coordinator, CCVT Scarborough Branch



## The ESL Tutoring Tips

There are many things and can be said about working as an ESL tutor. The most important is that you are providing a valuable service to the people you work with. Sometimes we take the skills we are offering as tutors for granted, so having the opportunity to help someone learn something new or achieve a goal can put things in perspective. That said, tutoring, while rewarding, can be very challenging. We may not know how or where to start or what we are getting ourselves into! The following are some tips that will hopefully give ideas to help make the tutoring process more informative and enjoyable.

### Teamwork

As a tutor, you work in partnership with the person you are tutoring, so it is important to recognize that both the tutor and learner work together to decide what happens in the tutoring sessions. Each person plays an equally significant role in the success of the tutoring session.

### Identifying Learner Needs

It is important to always keep the needs of the learner you're working with in mind. Why do they want to learn English? Is the learner looking for work? Are they in or planning on going back to school? Are they looking to improve their English for their daily life, or do they just want the chance to practice their English? There are many reasons why a learner would want to learn English, probably too many to mention here, whatever the reason, the best way to offer your services is to align them as closely to the needs and goals of the learner as possible. Good tutors also try to communicate in ways appropriate to the language level and learning styles of the learners.

### Goals

What if the learner doesn't have a specific reason for wanting to learn English? This could be an opportunity for you to work with the client to identify some goals for your tutoring session. Having some basic goals or objectives to work towards can benefit both the tutor and the tutee because goals can offer a framework for the tutee—something for them to focus or concentrate on and work towards. This is also true for the tutor because goals can give both parties a purpose for the sessions as well as a chance to evaluate progress towards those goals. A simple way to identify goals could be using a questionnaire with some simple (non-personal) questions that can be filled out by either the tutor or the tutee. It is important though, to make sure that the goals set are realistic – realistic goals are goals that can be achieved step-by-step.

### Planning and Adapting

Planning for your tutoring session, can be very helpful, but sometimes, things don't go according to plan. You may have had a specific activity and or topic in mind for the tutoring session, but you may end up discussing or doing something else. Maybe the learner doesn't seem too interested in the topic/activity during the session. In these situations, you may have to adapt. You can't be expected to know exactly how a session will go. Maybe you planned on working with a worksheet but you spent more time talking? This doesn't mean that you "are a 'bad' tutor", or that you "didn't do what you were supposed to do", it means that both you and the learner decided to do something different. This may have made the session more valuable. It's OK to be flexible and adapt to the situation accordingly.

### Resources

Resources are probably hands down one of the most important necessities for tutors (and learners). Chances are, you probably have a resource right in front of you and not even know it. If you or the learner have an Internet connection on your phone, for example, then you already have an instant and valuable tool for your session. You can use your connection to access videos, online language activities, and even online dictionaries to make translations if needed. That being said, having specific resources for tutors can be even better, so here are a few to help get you started.

[http://wiki.settlementatwork.org/wiki/ESL\\_Conversation\\_Circles\\_Toolkit](http://wiki.settlementatwork.org/wiki/ESL_Conversation_Circles_Toolkit)

<http://www.nald.ca/library/learning/ttk/ttm/ttkttm.pdf>

By: Jason Lawrence, Volunteer, CCVT Scarborough Branch

## Volunteers' Activities

### Welcoming New Volunteers at CCVT Scarborough Location

The Volunteers' Orientation Session on Tuesday March 12, 2013



Volunteers Orientation Sesssion—March 12, 2013

- 1. Farah Naz
- 2. Natasha Lashley
- 3. Iriss Mariano
- 4. Jose James
- 5. Diane O'Neill
- 6. Ying Dang
- 7. Ray Yee
- 8. Jing Xu

### The Income Tax Clinic is On-going at CCVT Scarborough Location on Fridays from 10.a.m. to 4.00 p.m.



The Volunteers who have made this Clinic a **SUCCESS!**

- 1. Nestor Silveira
- 2. Winnie Liao
- 3. Ryan Samad
- 4. Marcelle Johnson
- 5. Diane O'Neill
- 6. Derek Persaud
- 7. Tharshini Sri Rajamohan
- 8. Sagar Arora
- 9. Akthar Yoosuf
- 10. Ying Dang
- 11. Shelly Anjuman
- 12. Jing Xu

By: Juliette Ntege, Volunteer Coordinator, CCVT Scarborough Branch

## Tips for Volunteer Befrienders

# Visit 'Toronto' the City you live in!

Now that the weather is getting a bit warmer, are you looking for something to do to get you out of the house? Well, check out some of the events that are going on in and around the city in the month of April...

### Keep Toronto Reading Festival

Join the Toronto Public Library in celebrating its eighth annual festival by attending one of their wide variety of events taking place between April 1 – 30, 2013. This year, organizers of the event have selected the book Fahrenheit 451 for their One Book community read and various book club discussions and screenings of the new film adaptation of the novel are being held throughout the city. Among some of the other events planned are: Toronto Fire Services attending various library branches to share some of their favourite stories with kids, and open discussions with various authors. Please consult the festival's website for a full event listing

(<http://www.torontopubliclibrary.ca/ktr/events.jsp>)

### Spring Awakening

Enjoy a free concert being held by the University of Toronto Scarborough Campus Choir and Concert Band being held on Sunday, April 7 from 3 – 5pm in the Meeting Place at the University of Toronto Scarborough Campus located at 1265 Military Trail. Light refreshments will be served. Please note there will be limited seating, so arrive early!

### TIFF Kids

The Toronto International Film Festival is hosting their kids event from April 9 – 21, 2013. Films are chosen to encourage discussion about the complex issues facing young people today in a fun setting! All screenings are held at the TIFF

Bell Lightbox located at 350 King Street West and tickets range from \$8 - \$12. Please consult the festival's website for a full list of film screenings and to purchase tickets online (<http://tiff.net/tiffkids/festival>)

### ReelWorld Film Festival

ReelWorld will host its 13<sup>th</sup> annual Film Festival from April 10 – 14, 2013, showcasing and promoting the talents of racially diverse filmmakers and artists. Most screenings take place at the Famous Players Canada Square cinema located at 2190 Yonge Street and tickets range from \$5 - \$12. Please consult the event's website for a full list of film screenings and to purchase tickets online. (<http://reelworld.tix.com/Schedule.aspx?OrgNum=1948>)

### Transformation by Fire

Visit the Gardiner Museum until April 28, 2013 and enjoy free admission to this compelling exhibition. The exhibition is a culmination of a partnership between the museum and Schlifer Clinic whereby art therapy was offered to women who have experienced violence. Clients of the program sculpted their traumatic narratives, transforming their painful experiences into art as a means to raise awareness about violence against women. The museum is open weekdays from 10am – 6pm (9pm on Fridays) and 10 a.m. – 5pm on weekends.

### AGO – Free after 3pm program

Ontario High School students (with a valid ID) can attend the Weston Family Learning Centre at the Art Gallery of Ontario after 3pm on Tuesdays – Fridays until June 30, 2013. They may participate in art making, group projects, table tennis and more on a drop-in basis.

By: *Maxine Bond, Volunteer, CCVT Scarborough Branch*

## CANADA — A GLIMPSE OF HOPE FOR VICTIMS

March 19<sup>th</sup>, The International day of Social Work highlighted its Theme for 2013  
**“Promoting Social and Economic Equalities”**



The **International Federation of Social Workers (IFSW)**, encouraged social workers all over the world to celebrate World Social Work Day this year on the 19<sup>th</sup> of March 2013 under the banner of the Global Agenda's theme *“Promoting Social and Economic Equalities”*. Social work has a critical role in the promotion of social and economic equalities and in striving for a people-focused and regulated economy. World Social Work Day is the annual opportunity to advocate a social work perspective in political systems that affect the well-being of people and to celebrate the social work contribution towards societies.

*“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that”.*

*“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy”.*

By: *Martin Luther King, Jr.*

It is visible that the value of human rights promotion is crucial through the services that The Canadian Centre for Victims of Torture (CCVT) offers hence contribution towards Social and Economic Equality. As a volunteer with CCVT, I can testify that there is a ray of hope in the eyes of the clients who walk in through the doors of CCVT whether for a Language class, a Computer class or for any Counselling session.

With an amazing mandate to aid survivors to overcome the lasting effects of torture and war, it is my blessing that I decided to be part of this noble organisation to support an initiative that started 36 years ago. Torture is the infliction of severe physical and mental pain. This effect usually makes the inflicted completely paralysed to function as a Social being. CCVT has got an amazing vision to support the people who have such lasting effects of war and torture. Uplifting the value of human rights is so evident at CCVT.

Thank you CCVT for the tremendous services and on behalf of other volunteers, together we STAND in support of your efforts! Let's wish everybody 2013 a year of **“Social and Economic Equality”**.

By: *Jose James, Volunteer, CCVT Scarborough Branch*

## March 21— International Day for the Elimination Of Racial Discrimination

*“We must join forces to end racism, and sport can help reach this goal. On this International Day, let us recommit to ending racial discrimination and realizing our vision of justice, equality and freedom from fear for all.”* By: *Secretary-General Ban Ki-moon*

This year's theme was chosen by the Office of the UN High Commissioner for Human Rights to highlight the problem of racism in sports, which remains a disturbing occurrence in many parts of the world, as well as to raise awareness of the role sports can play in combating racism and racial discrimination.

Both sports and human rights share many fundamental values and objectives. The principles underpinning the Olympic Charter, such as non-discrimination and equality, are also the bedrock of human rights. The Olympic Charter notes that the "goal of Olympism is to place sport at the service of the harmonious development of man, with a view to promoting a peaceful society concerned with the preservation of human dignity."

According to the UN Office on Sport for Development and Peace, well-designed sport activities that incorporate the best values of sport – self-discipline, respect for one's opponent, fair play, and teamwork – can help integrate marginalized groups and teach individuals the values necessary to prevent and resolve social tensions and conflicts.

The 2001 Durban Declaration and Programme of Action – a document at the centre of the international community's efforts to prevent, combat and eradicate racism, racial discrimination, xenophobia and related intolerance – urges States, in cooperation with intergovernmental organizations, the International Olympic Committee and international and regional sports federations, to intensify the fight against racism in sport.

By: *John Wang, Volunteer, CCVT Scarborough Branch*

## Clients' Events and Activities

### The Homework Club March Fun!



## Clients' Events and Activities

### Homework Club March Activities 2013

**H**i, my name is Farwa Farshori. In January I began working at CCVT as a placement student from Ryerson University, under the supervision of Mbalu Wembo, the Child/Youth Trauma Settlement Counselor at CCVT Scarborough Branch. When I started working at CCVT, I did not know what to expect, but my time here so far has been wonderful! I've gotten the opportunity to learn to work with clients as well as learn about the immigration process and reforms currently occurring in Canada. The best part of my placement though has been working with the children and youth who are participating in the CCVT programs. It has been a great journey getting to know these smart and talented individuals who never fail to surprise me with their knowledge and wit.

**T**he month of March has been very busy. The highlight of course was March Break. The kids were very excited to have a whole week off. On Tuesday we had a Pajama Day, where the children were encouraged to wear their pajamas in the morning. A delicious health breakfast of pancakes, fruits and scrambled egg was provided for the kids whom enjoyed it immensely. A showing of the movie Mr. Poppers Penguins ensued. The kids had great fun watching the penguins get into mischief. On Thursday the children

were provided with yet another divine breakfast of pancakes and sausages. The day also consisted of making art and crafts such as bracelets and playing indoor games.

**T**he youth club had an extremely eventful March Break as well. Tuesday was filled with an informative workshop in which student learnt how to do interviews. The workshop was facilitated by Tara Cracknel from Youth Employment Services. Roleplaying activities helped the youth develop and grow more confident in their skills. On Thursday, the youth had a movie day in which they explored the mysteries of the world through the eyes of Sherlock Holmes. The girls also had a fun time trying out Henna designs on one another.

**B**oth youth and children were encouraged to end off their March Break with a visit to the Don Montgomery Skating Rink for a free skate on Friday. The lines were long but the fun was worth the wait, and 2 CCVT children got free skates and helmets to keep. March was definitely a busy and fun month to remember. We hope April brings just as much excitement!

*By: Farwa Farshori, Student Placement, CCVT Scarborough*

### The Youth Interview Tips Workshop



*By: Mbalu Wembo, Child/Youth Trauma Settlement Counselor*

**CCVT GIVES HOPE AFTER THE HORROR!**