



The Second Harvest Food Donations At CCVT Scarborough Location

Food: An Essential Ingredient in Creating Community Agency profile on the Canadian Centre for Victims of Torture (Scarborough)



Orsolya Soos Meeting with CCVT Staff at the CCVT Scarborough Location on Friday February 26th, 2016

“The people we serve have left everything behind—part of their families, familiar environments, the smells, the sun – everything,” says Abdul, the Language and Skills Training Program Coordinator at the Canadian Centre for Victims of Torture. “There’s war, people are disappearing, there’s persecution, detention, violence. People were forced, displaced and dislocated and they go through horrible things to get here. So, once they are here, they have a lot of trauma.”

The CCVT serves approximately 1,900 clients a year who come from all parts of the world including: Syria, Iraq, Afghanistan, Eritrea, Sri Lanka, Congo, and Sudan. Juliette Ntege, CCVT Scarborough’s Volunteer Coordinator and Youth Settlement Worker, explains what they do: “The CCVT serves people who are survivors in a post-migration situation – to settle in Canada as well as recover and integrate into the larger society.”

The CCVT provides a multitude of specialized services for survivors of torture and war trauma: citizenship classes, homework club, access to counselling and psychiatric support, youth leadership workshops, settlement services and more. “Immigrants typically have some level of settlement adjustment – culture shock, a new language. But for our clients, the severity and intensity of their needs based on the trauma they’ve experienced is what is different about them, and why they can’t be served elsewhere.”

A lot of refugees suffer trauma and normal immigrants might have other maladjustments to settlement like culture shock or a new language. But they don’t have the psychological trauma: flashbacks, separation of the family, the horrible disappearances, victimization,” explains Abdul. “So,

at The CCVT, these are the survivors who are here.

For our clients, the severity and intensity of their needs is what is different about them, and why they can’t be served elsewhere.”

Food is an integral part of The CCVT’s operations. Breakfast is provided for newcomers attending TDSB-taught ESL classes in the morning, snacks are served to seniors attending computer classes, light lunch is offered to support group attendees in the afternoons. And, their biggest program, homework club, sees upwards of 40 youth each day who rely on a hearty after school snack at least three days a week.

“We serve the whole family, not just the individual and we have a community-based model. It’s huge work and we can’t do it by ourselves. **Although it is challenging, with the help of our partners like Second Harvest, we have the necessary support to help these people,**” notes Abdul.

“In the afternoon, we get kids coming right from school for homework club and they come here very hungry! **For children, it has been very, very vital for us to get the supplies that Second Harvest provides, especially fresh fruit and dairy. As a small non-profit, we do not have a budget to secure healthy food for children after school and it’s vital for the program to be able to provide them with these kinds of after school snacks,**” explains Samar, a settlement and trauma counsellor.

For this small non-profit, providing healthy, fresh food has allowed them to become more attractive to prospective clients, which in turn, allows them to reach out and support more people.

“The CCVT becomes the gateway for them to connect to society and the food provided by Second Harvest is an enabler, it allows them to come and get more services. They become more regular clients and they benefit from our services more. And, it creates a very vibrant atmosphere. Food is really, really attractive. It brings people together. It has cultural impact as well. **People talk while they eat and it has a lot of social benefit. We are creating a community here, so food is an essential ingredient.**”

**By: Orsolya Soos, Marketing Manager,
Second Harvest**

The Connection

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**THE CANADIAN CENTRE FOR
VICTIMS OF TORTURE**
SCARBOROUGH BRANCH

A NEWSLETTER FOR ALL CCVT VOLUNTEERS

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



THE CCVT HOMEWORK CLUB MEMBERS AT TORONTO’S NEWEST FIRE STATION 221 2575 EGLINTON AVE. E



17/03/2016

During the March Break, CCVT’s Homework Club took a field trip to a local Fire Station which is the City’s newest facility. While there, the children experienced a detailed tour of the station and all the 4 Fire Fighters including the captain who were found on the shift came to speak to the children and answered questions.

The children were allowed to sit inside the Fire Truck and learnt about different equipment and tools used in the fire fighting process. They were also taken into the Control Room to see the technical aspect of the procedure. The crew took out the Fire Truck and turned on the sirens at the children’s request and they were all very excited. Overall, it was a very memorable experience for everyone.

By: Nadia Umadat, Child/Youth Counselor, CCVT Scarborough Branch

TRIUMPH OVER TORTURE!

Clients' Activities and Events MARCH 21ST, 2016 —WORKSHOP Hyped about H.Y.P.E.?

On Monday, March 21st, 2016 the Youth of CCVT were privileged with the opportunity to hear from Ahmed Bawah. Bawah was a representative from Centennial College and shared a lot of helpful and useful information. He was a dynamic speaker who was very informative and captured everybody's attention.

Graduating from High School can be a challenging and difficult transition. Personally, I remember being completely overwhelmed with all of the opportunities and possibilities that I could choose from. Numerous questions ran through my mind during my last year in High School such as: *Should I go to college or university? What should I study? What if I don't know what I want to do?*

Fortunately, there is a program at Centennial College that helps make the transition easier! The program is called H.Y.P.E. which stands for *Helping Youth Pursue Education*. This program allows youth who are 17 all the way to 29 to have the experience of going to college tuition-free. That's right—you do not have to pay a penny (well if the penny was still in circulation). This program takes place for six weeks during the summer on-campus. Breakfast and lunch are provided as well as TTC tokens.

It is an excellent program that gives young people the opportunity to experience what college is like without actually enrolling in college. Classes run from Monday-Wednesdays during 10:00 am to 3:00 pm, which is perfect for the students who like sleeping in! Every Thursday is special

because students have a chance to participate in skill and personal development workshops which include guest speakers. Listening to successful guest speakers is truly beneficial because sometimes their advice and perspectives can be life-changing.

If you are a student who is participating in the H.Y.P.E. program and realizes that college is the pathway for them, then they can attend Academic Preparation which happens every Friday. Centennial College also offers students who are enrolled in the H.Y.P.E. program support regarding the applications for full-time studies (if post-secondary education is something that you wish to pursue). Moreover, if you complete the H.Y.P.E. program and are accepted to full-time studies at Centennial College, you might be eligible for a bursary which is a grant (based on financial need) that you do not have to pay back!

Helping Youth Pursue Education is an excellent program that I encourage all young people to try if they are uncertain about post-secondary education. If you think that college might be for you but are not sure, then a free six week program with many perks such as friends, food, and knowledge is a great way to help you figure out what career path you would like to pursue. Therefore, the H.Y.P.E. program is a chance for youth to get their feet wet as opposed to jumping in the deep end.

**By: Yasmyne Hussain, Student Placement,
CCVT Scarborough Location**

TRIUMPH OVER TORTURE!

Staff Activities and Events FEBRUARY STAFF WORKSHOP

There was a First Aid/CPR Staff Training at CCVT Scarborough location on Friday February 19th, 2016.

This training was facilitated by a representative from St. Johns Ambulance Toronto



Clients' Activities and Events
JANUARY—MARCH 2016



The Homework Club got a workshop about Internet Safety from Community Police Officers, Lynn and Jenn. They were familiar to many of the children as they work in the area.



This was a Youth Group doing a Bollywood Dance routine during the Creative Arts lessons.



This workshop was about Creating Healthy and Safe Relationships and Spaces. It was run by Priscilia Arias, a Project Coordinator from the Scarborough Women's Centre.

CCVT SCARBOROUGH BRANCH
INCOME TAX CLINIC— SEASON 2015
THE IN-HOUSE TRAINING ON 20 FEBRUARY, 2016



CCVT Scarborough always organizes an In-House Training for the Income Tax Volunteers before the Tax Season begins. This year, it took place on Saturday February 20th from 10.00 a.m. to 12.00 p.m. 2 Senior Income Tax Volunteers, Marcelle LaFleur and Nestor Silveira facilitated the training where they navigated step-by-step through the UFILE and EFILE Tax softwares. There was time for questions and the participants found this training very helpful in addition to the CVITP webinars.



The Income Tax Clinic in action at CCVT Scarborough Branch. This service is exclusively for CCVT clients and individuals fitting the CCVT Mandate.

It is operated on appointments only; and also helps clients with late filing.

Clients' Activities and Events
JANUARY—MARCH 2016 WORKSHOPS



CONFLICT RESOLUTION WORKSHOP FOR THE YOUTH FACILITATED BY NABIL FROM ACCESS EMPLOYMENT

The CCVT Youth at Ryerson University for the 2nd Youth Roundtable Discussions in collaboration with The Tri Mentoring Program's (TMP) First Generation Project



18/03/2016 18/03/2016

Clients' Activities and Events
JANUARY—MARCH 2016



The Homework Club kids interacting with Fire Fighter Sam Dies, showing them parts of the uniform and personal equipment.



This was a part of the first Roundtable for the Youth at the Ontario Science Centre.



These were Guitor Lessons conducted at CCVT Scarborough location for the Youth and were facilitated by Rebecca Harrison, a CCVT Volunteer.

Clients' Activities and Events

MARCH 2016 - YOUTH WORKSHOPS



A trip to Queen's Park, the Parliament Building of Ontario.

It was one of the many activities the Youth took part in over the March Break.



Self Defense Workshop for the Youth facilitated by Alexis Fabricus from Invicta Self Defense.



Hyped about H.Y.P.E.?

Ahmed Bawah was a representative from Centennial College and shared a lot of helpful and useful information about how graduating from High School can be a challenging and difficult transition.

Full story on page 2.

Volunteers' Activities and Events

A Volunteer's Testimonial



The English Group Conversation circles at CCVT Scarborough can be summed up as a fun and rewarding experience for me. I am proud that I have been able to make a positive impact in everyone's life through this program.

Every week, I plan suitable activities for the adults to engage in while speaking in English. While, it is only an hour many of the adults do not get a chance to speak English outside of this class. Therefore, it is very important as the facilitator to enforce the "only English rule" as many slip into their native languages easily. This has been somewhat of a challenge for me but many students are more than happy to have this opportunity to speak in English.

During my first class with the group, I wrote down a word on the board and asked everyone to shout out what word they would associate with it. For example, I wrote down cake and some answered with birthday, icing and party. I did this for the majority of the class and then I asked everyone a question, which was why they wanted to learn English. A lot of them had the same answers which were, to be able to communicate better with their grandchildren and children and when they are outside alone. Also many of them were interested in expanding their vocabulary whereas others were more concerned with correcting their grammatical errors. Overall, I found that there were many students who were confident in trying to speak English, while others were really hesitant and scared. Knowing this I understood that my demeanour must be very open and friendly to encourage the shy students to speak.

From then on, every week I came to the class with one question which everyone must answer. For example, I have asked them simple questions like what did you do yesterday and as

the weeks went by I thought of even more interesting questions like, what would you do if you had all the time and money in the world? It can be difficult to come up with questions sometimes as it is a multi-level group; some are at the beginner level while others are so advanced that they can get uninterested easily with simple questions. Therefore, as the facilitator you have to make certain calls and try to challenge some students to bring them out of their comfort zone with somewhat difficult questions. When somebody answers the question in an incorrect way, I usually ask others in the class to help correct the sentence. We all work together to find a way to correct the sentence and usually I would write it on the board for everyone to read. Since we only have an hour, at times it can also be difficult to get through everyone since some people enjoy speaking and sharing stories more than others.

While there are some of these challenges, this experience has really allowed me to develop my leadership skills. Furthermore, I enjoy listening to their stories they have from back home and their daily life. Their enthusiasm and willingness to learn is so refreshing and is really nice to see. I can see the difference in some people who were previously shy to speak and are now more willing to try and open up. To me, that is a great sign which tells me that I must be doing something right.

I am so glad for this opportunity that CCVT has given to me while allowing me to share it with such wonderful people!

*By: Megha Agnihotri, Volunteer,
CCVT Scarborough Branch*

**Clients' Activities and Events
JANUARY—MARCH 2016**



ENGLISH GROUP CONVERSATION ON MONDAYS BY MEGHA AGNIHOTRI



ENGLISH GROUP CONVERSATION ON WEDNESDAYS BY KATHLEEN DORE



THE ESL CLASS BY PATRICIA HOPE RAMSAY, TEACHER

**Clients' Activities and Events
JANUARY—MARCH 2016**



THE YOGA SUPPORT GROUP



THE CREATIVE ARTS DANCE FOR THE YOUTH BY SRIJA BISWAS



THE HOMEWORK CLUB ON A REGULAR DAY