



CANADIAN CENTRE
FOR VICTIMS OF TORTURE

Connections

Spring/Summer
2018

The CCVT Connections Newsletter is published bi-monthly and is intended to inform and engage the Centre's volunteers in important events, news & meetings. In doing so, CCVT aims to acknowledge the vital role volunteers play in fulfilling our mandate.

Strengthening Communities from the Inside Out

August 17-18, 2018
10:00 am - 4:00 pm

Location: CCVT Jarvis
194 Jarvis Street 2nd fl.

For more information contact:
Hamidou Ongoiba (Jarvis)
T: (416) 363-1066 ext. 246
E: Hongoiba@ccvt.org

17-18 août 2018
10h00 - 16h00
Lieu: CCVT Jarvis
194, rue Jarvis 2e étage

Pour plus d'informations,
contactez: Hamidou Ongoiba

The Roundtable

Discussion event will gather youth with refugee experience from different neighbourhoods to discuss issues that concern them, and affect their day to day lives.

Renforcer les communautés de l'intérieur a

l'extérieur: L'événement rassemblera des jeunes ayant l'expérience de réfugiés de différents quartiers pour discuter les problème qui les concernent, et qui affect leur vie quotidienne.



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Editorial Committee

Shannon Candido,
Community Engagement & Web
Developer

Mbalu Lumor

Community Engagement Manager

Donna Midanik,
Volunteer

Contributors:

Margret Forsyth

Antoni Frolov

Hamidou Ongoiba

CCVT MANDATE

The Canadian Centre for Victims of Torture (CCVT) aids survivors to overcome the lasting effects of torture and war. In partnership with the community, the centre supports survivors in the process of successful integration into Canadian society, works for their protection and integrity, and raises awareness of the continuing effects of torture and war on survivors and their families.



United Way
Greater Toronto



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada



International Rehabilitation
Council for Torture Victims



News from CCVT

Spring/Summer has been super busy at CCVT. With the launching of our new website in January 2018 and our social media platform we have been able to continue engaging the community in the work we do. As an anchor partner with United Way we have had the privilege of engaging the private sector and local business such as Bank of Montreal, CIBC bank, Sunlife Financial, TD bank in sorting out food and distribution to the service users and in events such as creating posters for World Refugee and setting up for International Day in support for Victims of Torture.

This spring/summer we have been devastated with a few tragic that has overwhelmed our community both the van incident that took place on April 23 and the massive shooting at Danforth on July 24. We have seen through these difficult times how our community has mobilized in solidarity to support one another. An approach to healing that continues to be the core of the work of the centre for over 40 years. Our deepest condolences go out to the victims, family and community that has been affected.

Across the boarder we have seen human rights violations of children being separated from their families an act that CCVT strongly condemns. Canada has taken the leadership by welcoming over 50,000 Syrian refugees. Something that we are all proud of and shows the world who we are as Canadians. As Canadians,

Torontonians, we understand that refugee rights is human rights. Unfortunately, though, the human rights declaration article 14 clearly states that “Everybody has the right to seek asylum in any part of the world, we continue to see how this right is at stake and violated. So we stand in solidarity with these families and clearly denounce this practice as cruel, inhuman degrading treatment and unacceptable.

At times like this I am reminded again how fortunate and privileged we are to have wonderful volunteers who have been walking with us for many years to raise awareness on the plight of torture victims, genocide and crimes against humanity and give their time on a daily basis as agents of change. You will see in this issue how we continue to engage volunteers, services users and various stakeholders to bring hope after torture.

Thank you to all our great volunteers for all you do and welcome on board to the new volunteers joining us this spring/summer!

Sincerely,

Mbalu Lumor

Community Engagement Manager

Traditional Acknowledgement

We are acknowledging the traditional territories of the peoples of Turtle Island. The sacred land on which we are gathered today has been a site of human activity for 15,000 years. This land is the territory of the Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississauga's of the Credit River.

The meeting place of Toronto is still the home to many Indigenous peoples from across Turtle Island and we are grateful for the opportunity to love, live and work on this territory.

We would like to acknowledge that we are all treaty peoples – including those of us who came here as settlers - as migrants either in this generation or in generations past; and those of us who came here involuntarily – particularly as a result of the Trans-Atlantic Slave Trade.

NEW CCVT STAFF



Shannon Candido
Community Engagement
& Web Developer



Hamidou Ongoiba,
youth mentorship facilitator



Mariam Bahar Azimi
Capacity Building
Project Coordinator



Mary Pan Yang
Financial Coordinator &
Administrator



On June 26th Volunteers and staff performed a live comedy skit entitled: The Crazy Dance of a Crazy General, written by Ezat Mossallanejad and directed by Shannon Candido.



A TRAINING ON TELLING YOUR STORY AND RECRUITING/ RETAINING VOLUNTEERS WITH OLIVIA CHOW

How do you keep fellow volunteers involved and grow the size of your team? In this special intensive workshop with Olivia Chow, you will learn how to tell your story and learn the story of your fellow volunteers to build relationships that foster their leadership and growth. You will finish the workshop having practiced telling your story and with concrete tools to more effectively recruit volunteers.

On July 24th from 5pm-8pm, we were joined together at the CCVT Jarvis office for this informative and engaging session with Olivia Chow. Thanks to all who participated and to Olivia and her team.

VOLUNTEER VOICES

Human Flow Documentary Review

The documentary “Human Flow” (2017), directed by actor and activist Ai Weiwei, truly and splendidly portrays the refugee crisis we are facing worldwide and the plight of refugees through extraordinary footage and details.

The film illustrates the concept of human flow thoroughly by documenting extensively, in film time, people trekking on foot, and travelling by boat and bus. It shows the viewer the reality of what is going on in many countries around the world in terms of the difficulties refugees face in their home countries or in nations they flee to or when waiting at borders, with desperate hope they would re-open to let them in. Ai’s work even goes further to explore the challenges of refugees, who after many years spent abroad return to their home countries. We see the life and hope of the people through revealing in-person interviews with community leaders and one or two government officials. The film showcases dramatic images of devastation and hardship, hardship that continues even after refugees flee due to their rights and opportunities being very often limited in their new nations and their treatment as second class human beings. Despite depicting a gloomy reality of the life of refugees, the film manages to nonetheless find for us a few humorous moments.

The documentary uses a lot of statistics, many of which show the sheer magnitude of human flow, newspaper headlines, and quotations from poets, which often reveal their views on humanity. The poetic quotes are sometimes very creative and thought provoking, prompting reflection long after the movie is over.

Occasionally, soft music is used in the film in low volume, hardly audible at points, allowing for more reflection and greater focus on the images. Though the soft music works well for these purposes, more music and tone variation would have helped bring more colour and emotion to some scenes to make us feel for the refugees more.

Despite the many good things it accomplished, the documentary lacked the ability to fully capture my attention and emotion. It needed to find a way to really

impact me deeply through emotional music at times, through refugee tears, through their words. While the information was there, I felt it needed a spark. For example, the film could have benefited from a segment collage of refugee images and voices one after the other, speaking of their sorrows, losses, hopes, and dreams. A greater emotional element would prompt more people to pay attention and take actions to aid refugees.

The film should have mentioned what solutions governments have for the refugee crisis and the many people needing refuge going forward. It would have been better to have additional interviews with more government officials. In addition, it would have been helpful if the documentary outlined concrete steps we can take to help refugees.

The film ends with what it started with: people travelling on boats, seeking refuge in another country. A full circle. A nice touch. Perhaps by returning to this image, the film is trying to tell us that the crisis just as it was years ago is ongoing, a continuous cycle, and we need to find a way to stop it.

Watching this documentary made me realize to what extent I and many of us have a lot to be grateful for. A refugee, even a refugee who has ran to a new country, has still often very limited freedom and rights and thus little control of his life, trapped by circumstances forced upon him. But many of us have freedom, rights, and opportunities. We have homes, jobs, food, families, education, countless possessions and much more; yet, do we really appreciate these many good things we have been given? Do we? And are we really ready to share what we have with those who have--oh--but so little....

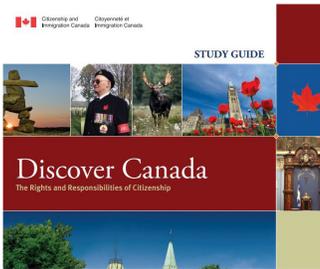


Are we? Remember we are all human beings: brothers and sisters: so let us walk arm in arm in this beautiful world of ours.

Overall, I give the film 8 out of 10.

By: Antoni Frolov

CCVT's Citizenship Class: A Volunteer's Testimonial



By: Margret Forsyth

Fitwi attended CCVT's Citizenship Test Preparation class every Thursday for a year. He had come to Canada from Eritrea in 2013, and four years later was studying

to become a citizen. Canadian citizenship means an end to unsteady permanent resident status. Of course it also means greater freedom to travel and is helpful for employment. When asked why he wanted to become a citizen, Fitwi simply said: "Because I live in Canada. My family is here." He sat in the front row of the class, happily participating and generously sharing what he knew with other students.

This Thursday class helps Fitwi and every student navigate the Canadian Government's "Discover Canada" booklet, from which all questions on the Canadian Citizenship Test are taken. The class covers Canada's history, geography, economy, culture and system of Government as well as the rights and responsibilities of citizenship. It's a challenging curriculum of names and dates, new words and new ideas. Of real importance to student success is the support CCVT gives them. CCVT counsellors can advise and help with the citizenship

application, while onsite English classes ensure students meet the language requirements for citizenship. Both Counsellors and teachers direct students to the Citizenship Test Prep class.

Fitwi took the Canadian Citizenship Test in March, 2018 and passed with a brilliant 95%. He had urged his son and daughter to study, and they, too, had passed the test. The following Thursday, en route to his English class across the hall, he stopped in to tell us the good news. Hurrahs and high fives all around for Fitwi's proud accomplishment. He fielded questions from a curious and invigorated class: What was on the test? How many questions? Was it difficult? What advice could he give them? He told them to work hard, to study, to learn the material they had been given in class. All credit goes to him for putting in the considerable time and effort required, but we were very pleased when Fitwi acknowledged how helpful CCVT's citizenship class had been.

I've been a volunteer instructor in the citizenship class since January, 2018. It's a well known fact among volunteers that the rewards of useful volunteering are many, and we often feel we receive more than we give. It's a pleasure for me to co-instruct with the vibrant Miriam Bahar; it's a privilege to share all things Canadian with Fitwi and each of the good-humoured, interested and interesting students in this class.

DO YOU HAVE A STORY TO SHARE? PLEASE EMAIL YOUR BLURB TO SHANNON AT Scandido@ccvt.org.

Welcome to Our New Volunteers:

- Harpreet Sahota
- Yordanos Ghirmay
- Vania Gonzalez
- Yared Kefyalew
- Fiona Ghirmay
- Marion Bourgouin
- Pearlyn Ng
- Sarah Colpits
- Alex Hill
- Sanaz Mehranvar
- Gabriela Paula Poggi

Community Engagement: United Way Day of Caring

CIBC and United Way Day of Caring sent volunteers on two occasions, once in early June and again early July, to help us sort and divide food donated from Second Harvest.



Five BMO volunteers visited the Jarvis office to help create posters for World Refugee Day Walk participants to carry. We enjoyed having them and hope to see them again!

NEW SUMMER STUDENTS:



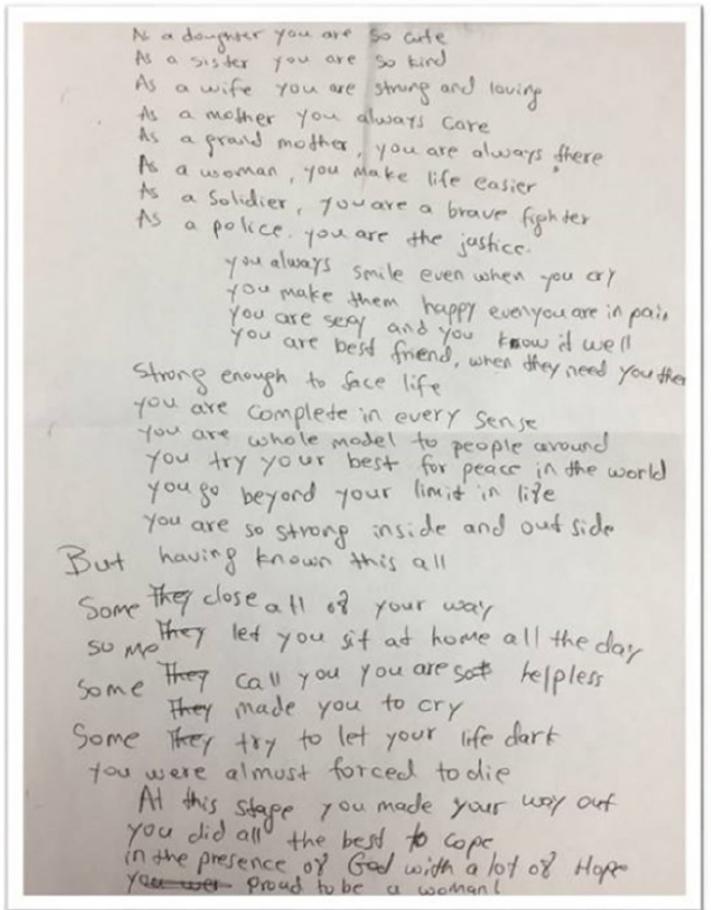
The CCVT Jarvis office has two new full time summer students, Emily (left) and Dana (right) who are seen here with Ezat, volunteering their time, talents (and green thumbs!) to the Community Engagement Department. Emily has recently finished her first year at Ryerson studying Graphic Design Management, and Dana who

Dyshni joined us for three months during her break from studying her masters in social work. She will be missed as she returns to her studies in September. Thank you, Dyshni, for all your hard work and for your time as part of the CCVT family.



EVENTS RECAP

CCVT Celebrates International Women's Day 2018



International Women's Day Poem



Graduation Day for Office, Computer Classes & ESL Congratulations Graduates!



PRIDE 2018

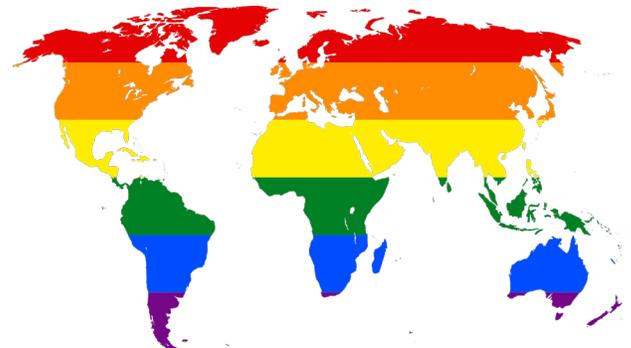
Here are some great photos of the team at the Pride 2018 event are up online and our facebook page! Clients showed their solidarity and support for the LGBTQ community making posters to carry in the Pride parade. The Pride Parade was held on June 23rd, 2018, and while it was a bit of a rainy day, fun was definitely had by all who attended with us!

[MORE PHOTOS ON OUR WEBSITE](#)



CANADIAN CENTRE FOR VICTIMS OF TORTURE

supports
PRIDE



Triumph over Torture

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The Hub @Eglinton Park & Eglinton
1527 Victoria Park Ave. 2nd Floor
Toronto, ON M1V2T3 TEL: (416) 847-2234

Visit our website at
www.ccvt.org



WORLD REFUGEE DAY 2018

The June 20, 2018, “Refugees Belong” Walk, in commemoration of World Refugee Day, was another huge success this year with our largest turnout yet!



The event, that was co-organized by CCVT and Neighbourhood Legal Services, Sojourn House, Regent Park Community Health Centre, Central Neighbourhood House, COSTI, and the Oasis Centre des Femmes, was blessed with beautiful weather and plenty of enthusiastic participants and supporters.

The walk began at Yonge & Dundas Square at 9am to gather before heading to our first stop at Ryerson University International Office, followed by Legal Aid Ontario, Canadian Centre for Victims of Torture, Sojourn House, Central Neighbourhood House, Regent Park Community Health Centre, and finishing at Regent Park tent area for performances and lunch.

Inspiring stories, performances of dance and slam poetry, community connection, friendship, solidarity and plenty of really great food, were just some of the highlights this year.

Thank you to all who participated, to the Toronto Police who rode along with us on the walk, and the many volunteers and CCVT staff—who helped all through the planning to as well as on event day.

[MORE PHOTOS ON OUR WEBSITE.](#)



Mbalu Lumor, CCVT’s Community Engagement Manager, gives an interview with CityTV on World Refugee Day. Visit our website News section to view the video.

The Toronto Star also reported on the event and Mbalu was quoted as saying; “We live in a great nation that respects human rights and welcomes refugees, but we can do better and more. We need to give a voice to the voiceless.”

Visit [News & Media](#) on our website for link to the full story.



JUNE 26th 2018 Event: International Day in Support of Victims of Torture



June 26th 2018 event in support of victims of torture, war and crimes against humanity, was a day of community, support and celebration. Guests enjoyed great food, conversation and the opportunity to support survivors' small business' as well as arts & craft items that were available for sale at the event. With a nearly full house at UofT's Innis Town Hall Theatre, we heard inspiring and supportive words from the panel of speakers including CCVT staff, clients of CCVT as well as keynote speaker from Amnesty International, who's message was an eloquent one of compassion, support, and personal growth found through awareness— found in his work with and for survivors.

Performances followed by clients, community members & friends who showcased their incredible talents for us through traditional Dance, musical instruments, vocals, magic, and a live skit.

Thanks to everyone for making this event such a success! [MORE PHOTOS OF THE EVENT ON OUR WEBSITE UNDER GALLERY SECTION.](#)



Clients & friends showcased their incredible talents for us with performances of Dance, musical instruments, vocals, magic, theatre— just to name a few!



CCVT MENTOR & MENTEE PERFORMING MUSICAL DUET

In-House Picnic

On July 22, 2018, our annual picnic was scheduled but due to rain we were forced to cancel that morning. We decided to host an in-house picnic for staff and clients on Monday July 23 with the food that was to be served.



Congratulations to CCVT Certificate Course Graduates!



2018-2019 Certificate Course Registration Now Open



The Canadian Centre for Victims of Torture

Invites you to register for the Certificate Course, *Torture, Trauma, Psychosocial Impact and Mental Health: Meeting the Needs of War and Torture Survivors*. Please complete this form

and submit it with payment to:

The Canadian Centre for Victims of Torture
194 Jarvis Street, 2nd Floor
Toronto, Ontario,
Canada M5B 2B7

Domine Rutayisire, Email: drutayisire@ccvt.org

Fax: 416-363-2122

View Course Syllabus at www.ccvt.org

Register now

Submit your form by August 31, 2018 to take advantage of early bird pricing!

Name:

Phone Number:

E-Mail:

Organization:

1) Please note that by registering in this course, you agree to:

Register for the **full** course. I understand that registration for the complete 9-session course costs \$400 (or **Early Bird Price** of \$350).

The understanding that certificates will be awarded **only** to those participants in attendance for a **minimum of 6 sessions**.

1. Broad Aspects of Torture (Dr. Wendell Block & Dr. Donald Payne) September 26, 2018, 2:00-5:00pm
2. Determinants of Refugee Mental Health (Dr. Branca Agic) October 17, 2018, 3:00-5:00pm
3. Mental Health Needs of LGTQ+ Refugees (Ranjith Kulatilake) November 23, 2018, 2:00-4:00pm
4. A cultural Psychiatry Approach to Refugee Women's MH (Dr. Lisa Andermann) January 16, 2019, 3-5:00pm
5. Growing Older as a New Canadian (Dr. Irina Nica-Graham) February 20, 2019, 3:00-5:00pm
6. Fostering Adaptation in Families, Children & Youth (Dr. Simon Levey) March 20, 2019, 3:00-5:00pm
7. Trauma Stress & Resilience in Refugees (Dr. Clare Pain) April 17, 2019, 3:00-5:00pm
8. Recognizing the risks & Signs of Addiction (Polly Florious) TBD, May 2019
9. Self-Care: Vicarious Trauma (Dr. Teresa Dremetsikas) June 19, 2019, 3:00-5:00pm

2) Please indicate your Method of Payment:

Cash Master Card Card Number: -----

Cheque Visa Expiry Date: -----

COURSE SYLLIBUS AVAILABLE ONLINE ON OUR WEBSITE.

CCVT Staff Enjoys 2 Day Retreat



UPCOMING EVENTS

FIRST LIGHT GALA 2018

FIRST LIGHT AWARDS CELEBRATION

*Save
THE
Date*

FRIDAY, NOVEMBER 9TH, 2018
6:00 PM – 11:00 PM

OLD MILL TORONTO
(21 OLD MILL ROAD, TORONTO)

A call out to any of you in our network, who have business' or a connection to a business that you think would like to sponsor, donate or buy a ticket to our First Light Gala Fund-raising event happening fall 2018,

please contact Shannon Candido at scandido@ccvt.org or Teresa Dremetsikas at tdremets@ccvt.org, for a sponsorship package or more information.

First Light – CCVT Bi-annual Publication

Call for Submissions

The Canadian Centre for Victims of Torture (CCVT) is pleased to invite submissions for its bi-annual publication, First Light.

The First Light is intended to inform the interested readers about torture, its effects and what we can do in aiding survivors to overcome their experiences of torture and war. CCVT views itself as part of a larger global community and is committed to the struggle for human rights, justice and the end of the practice of torture. CCVT chose to call this publication First Light because as the first light before dawn, it symbolizes the first ray of hope for survivors of torture.

The journal is available through CCVT's website as a free publication containing material written in English.

The summer issue 2018 will focus on the principles of medical ethics and torture.

Contributors may wish to choose from the following list:

- [Scholarly Articles](#)
- [Personal stories in providing care for survivor of torture, war, genocide and crimes against humanity.](#)
- [Personal reflections on the subject as a care-giver, a client or volunteer.](#)
- [Fictitious story or artistic work of par excellence](#)

- Poems, graphics, etc.
- Any other related topic

Suggested articles

Following are some suggested articles with lots of flexibility and without any restriction. Relevant articles of any genre are accepted;

- Hippocratic Oath and its Relevance Today
- The UN Principles of Medical Ethic of 1982: Pros and Cons
- American Psychological Association (APA) and Involvement in Torture
- A Report on Involvement of Medical Personnel in Torture: Saudi Arabia, USA, China, Iran, Pakistan, etc.
- Avicenna and His Heritage
- A Horrible Experience in the History of Medicine: Dr. Carl Peter Vaernet
- Humanitarian Efforts of Dr. Magnus Hirschfeld
- Dr. Norman Bethune
- Dr. Albert Schweitzer
- Florence Nightingale
- Red Cross
- Doctors without Border
- Physicians for Human Rights
- World Medical Association
- CAMH and Treatment of Mental Health Patients
- Problems with Medical Acts in Canada
- Dr Derek Summerfield and His Holistic Approach
- Submission Requirements
- Manuscripts should not be more than 3000 words (corresponding to 14 printed pages), including the title, abstract and references.
- CCVT welcomes publishing articles with the author's photograph.
- Manuscripts should be typed, double-spaced with 1" (2.5 cm) margins, and submitted in Times or Times New Roman 12-pt font, as Word documents only. For those who don't have access to a computer can submit handwriting manuscripts. Please make sure that your handwriting is readable and clear.
- Manuscripts should be submitted electronically to the attention of the Managing Editor at ezat@ccvt.org or on CD-ROM at the address provided below. Authors must ensure that their manuscripts are ap-

propriately identified.

- Co-authored manuscripts and/or those drawing on cross-disciplinary perspectives and research traditions are welcomed and encouraged.

CCVT welcomes the use of supplementary materials accompanying submitted manuscripts such as tables, graphics, and photographs. Please note that, in cases where the supplementary materials are embedded in the manuscript, authors are required to also submit these materials to the Managing Editor as separate files (for formatting purposes).

CCVT will be happy to consider manuscripts presented at conferences and/or based on presentations included in conference proceedings provided that these differ in some significant respect from the materials submitted to and/or included in such proceedings. Authors submitting a manuscript based on a conference presentation should disclose the relevant conference information at the end of the manuscript, imitating this example: [This article was modified from a presentation at the CCR conference in Toronto, ON, October 2017.] Whenever possible, authors should also provide hyperlinks for the presentation file (if available in Web conference proceedings), the sponsoring organization, and the conference home page.

Important Deadlines

- Submission deadline: 17th of August 2018
- Estimated review time: 2 weeks

Review Process

Manuscripts will initially be reviewed by CCVT's editorial staff and Public Education Committee.

Contact Information

The First Light Publication
Canadian Centre for Victims of Torture
194 Jarvis St. 2nd floor
Toronto, ON, M5B 2B7

Phone: 416-363-1066 x 226 or 647 847 2335
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E-mail: ezat@ccvt.org

Youth Roundtable Discussion

The Canadian Centre for Victims of Torture (CCVT)'s Youth Roundtable Discussion Event will take place over the course of two days Friday the 17th and Saturday the 18th at the CCVT Downtown office. For this event, CCVT will contact ten to fifteen neighbored organizations to choose a few youth from their program and/or clientele to join the roundtable discussion and enrich the conversation. The goal is to have fifty youth who have refugee experience be a part of the roundtable discussion. Talking about issues that concern them on a day-to-day basis, from this we hope to implement new, and reinforce existing programs to address these issues and concerns.

There will also be an event on Healthy relationships on the 10th of August at our Scarborough location. This will be a free event with a lot of information and much to learn. There is a speaker coming in to give a presentation.

[PLEASE VIEW THE EVENT POSTER ON THE COVER, OR VISIT OUR WEBSITE FOR MORE INFORMATION.](#)

THANK YOU!



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United Way
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