

Save The Date

CCVT First Light Award Celebration

Friday, November 15th, 2019—6.00—11.00 p.m.

Old Mill Toronto, 21 Old Mill Road,

Toronto, Ontario M8X 1G5

CCVT Mandate

The Canadian Centre for Victims of Torture (CCVT) aids survivors of torture, war, genocide and crimes against humanity to overcome the lasting effects of torture and war. Working 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.

The CCVT gives hope after the horror.

CCVT IS A CENTRE OF EXCELLENCE!

The Connection

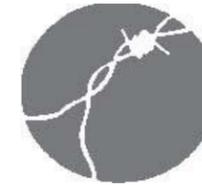
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**THE CANADIAN CENTRE FOR
VICTIMS OF TORTURE**
SCARBOROUGH BRANCH

A NEWSLETTER FOR ALL CCVT VOLUNTEERS

JUNE/JULY 2019

Volume 8

Issue 2



The CCVT SUMMER QUEST PROGRAM

Trips and Activities 2019

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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.



MAPLE LEAF SPORTS ENTERTAINMENT LAUNCH PAD (MLSE)



The 1st Day of the Summer Quest Program 2019

Led By: Nadia Umadat, Child/Youth Counsellor, CCVT Scarborough Branch



A Briefing for Safety Precautions

09/07/2019



Ready to Go!

09/07/2019

As a High School student getting my Volunteer hours is mandatory and I can't think of a better place to volunteer at than the Kids' Summer Quest program at CCVT. I found out about this program through my uncle Ali Aljabouri who also happens to be volunteering at CCVT but in different programs for adults.

During my time volunteering with the Summer Quest program, I got to meet a lot of kind people such as the staff I worked with Nadia and Rosy. There were a lot of positive experiences during my time with this program. Some positive things were the fun I had with kids, whether it was on the TTC when we were rhyming with words and trying to make nice lyrics or when we were playing basketball and many other sports at the Park. The kids we worked with were full of energy and were on a mission.

We went on a lot of excursions! In my opinion, the best one we went to was the MLSE Launchpad where we had fun playing many different sports and games such as basketball, hockey, tag, and rock climbing. We also got to watch Spider-Man far from home at the theatres. We also went to the Bata Shoe Museum; we had a tour through the Science Centre; on that same day we got to attend a Cooking Class. We went to Sky Zone on our second last day.

Let's not forget the party we had at CCVT, where they ordered Pizza and Chicken for us, we really enjoyed! Overall I had a lot of fun with the Kids and the staff at CCVT and I hope I get another opportunity to come back and join this amazing Kids' program next year.

By: Omar Talab, Youth Volunteer,
CCVT Scarborough Location

Clients Activities and Events at the Centre

Summer Break Computer Skills Class

By 3 Volunteers: Ali Aljbouri, Fadumo Duale & Hani Alhandani



03/07/2019



09/07/2019

Clients Activities and Events at the Centre

Summer Break English Group Conversation Circles

By 2 Volunteers: Ali Aljbouri and Janet Priston



There is always a Citizenship Class run by CCVT Volunteers where clients are helped to prepare for their Citizenship Test.

Summer Quest Program Activities 2019



KIDS AT LOBLAWS COOKING CLASS



COMPUTER SKILLS



PIZZA PARTY

Summer Quest Program Activities 2019

A Volunteer's Testimonial—By Tuli Choudry

I couldn't help but watch in awe as the kids attempted Olympic-level training effortlessly and unapologetically on the very kid-friendly exercise machines – I thought to myself, "this is one of the most beautiful things I will ever witness". The kids that participate in the Summer Quest come from all different backgrounds, age groups, lifestyles, and different hardships. All the kids have either recently immigrated to Canada and are learning the ins and outs of the very Toronto social network that exists among youth or have immigrated a little while back and are proficient in what it means to be a Scarborough kid. Regardless of how long they have been here, there was such camaraderie between all the kids, almost resembling familial bonds.

I have attended Summer Quest as a Volunteer before and it never fails to amaze me how many of the kids who are forced to leave their country or come from experiences of intense hardship are able to laugh, enjoy, and frankly, be a kid. I attended Summer Quest this year during the Water Park trip. Despite getting drenched with water by multiple kids and their against-the-laws-of-nature capacity to run and carry a gallon of water in their very tiny hands to throw at me, I can say that it was definitely one of the highlights of my Summer. The energy, positivity, and innocence of all these kids is really something that can brighten and liven you up in an instant.

Bouncing from Water Park, to exercise arena, to impromptu games of football, soccer, and jump-rope, it was clear that these kids, regardless of age and experience, loved that Park. I was told by a PhD student at my university studying immigration and the healing powers of

nature and the outdoors that refugees or immigrants that come into Toronto are unfortunately immediately immersed into urban environments. Everything becomes focused on the city and all the stresses that it brings, especially for refugees and diasporic families. Although the outdoors is literally everywhere, it is hard to actually take time and discover them because a lot of what refugee life entails is survival and no recreation.

I, being a Bangladesh-born immigrant, relate with this completely. While I was watching the kids, I reflected on my own childhood. My father and mother worked three jobs each at one point -- it was just me and my older sister most of the time. We never went outdoors as we never had chaperones, so a lot of our time was spent cooped up at home. At the time it didn't matter because I was a child and was pretty mindless of my own condition. But looking back and looking at some kids now who weren't raised in immigrant families who travel to mountains, go hiking, and do other really outdoorsy things, I can't help but feel deprived and a little empty because I am not able to connect with a very integral part of human experience that is playing in nature. That is why when I saw these kids dancing and prancing in that park, I was filled with extreme content that these kids, because of CCVT, are able to live a full childhood, at least while they are in this program.

Being with these kids inspired me to play like a kid again – a lesson I will cherish forever. I can't wait to witness the other precious moments these kids will experience through this program!

The CCVT Annual Picnic on Sunday, July 28, 2019 At High Park



The CCVT Annual Picnic was a wonderful event. It was a glorious Summer day and was a perfect day for an outdoor event!

As a new Volunteer with CCVT, this was my first CCVT Picnic to attend at the High Park where there was a nice open area surrounded by lovely trees. I was very happy that I had the opportunity to be part of such an event where I met new people all in support of the CCVT Mission.

All CCVT Staff were very welcoming and I got to know people from different backgrounds. I met someone from Venezuela, people from Iran, Syria, Sri Lanka and also of course several Canadians were in attendance.

Everyone enjoyed the barbeque as there was a lot of meat and it was open to go back multiple times depending on ones appetite! I

myself had Hotdogs and a Halal chicken burger. There was plenty to eat and drink. We also enjoyed the Watermelons and that was an amazing plan for a hot day!

There were several activities around and it was depending on ones choice. I enjoyed playing Frisbee and throwing the ball, and dancing to Arabic music. The dancing truly warmed everybody up and brought a smile to every ones face. There was face painting for the children in the beginning but women ended up joining the fun too!

It turned out to be a memorable day and I already thought of the new games that could be useful next year.

Hoping to seeing you all again at the High Park in July 2020!

**By: Samita Ananthan, Volunteer,
CCVT Scarborough Branch**

The CCVT Annual Picnic on Sunday, July 28, 2019
At High Park In Pictures



The Youth Mentorship Program
GAME NIGHT—JUNE 8TH, 2019



On June 8th, 2019, the Canadian Centre for Victims of Torture held Game Night by Rosy, the new youth facilitator. This event was designed for the purpose to help bring mentors, potential mentors, and mentees alike together in an informal way. The event started with an ice breaker to help mentors and mentees socialize. As Mentees and Mentors arrived, they started playing songs, having snacks and socializing with each other. Everyone was divided into different groups and played the game that was in their sessions and rotated clockwise so everyone can play all the games. This event really helped to match mentees with mentors, in addition, helped bring joy in the eyes of the kids when they got acquainted with each other. This was a fun Game Night event.

By: Rohina Kabir, Volunteer/Mentor, CCVT Scarborough Location

World Refugee Day—June 20 The OPEN HOUSE at CCVT Scarborough Branch



At CCVT, the annual World Refugee Day commemoration is marked by a variety of events involving all the CCVT Community and Well-Wishers in order to draw the Public's attention towards the millions of Refugees who were forced to flee their home countries due to torture, war, genocide and crimes against humanity.

End of School Semester Parties 2019



The Arabic Family Support Group Activities



The Arabic Family Support Group attending a session about Housing and the presenter was Jina Maghamez from the Housing Helping Centre.



This was an information session about Money Management and Budgeting. The Presenter was Sandra Sherk from Credit Union Debit Solutions Inc.



This was a session about Job Search and was facilitated by Yasmine Abdelhady from ACCESS EMPLOYMENT.

This was Eid Alfitar Celebration 2019



The Pride Parade 2019 on June 23rd



As Always, CCVT Fully Participated in the Pride Parade 2019



WEEK OF SOLIDARITY

JUNE 26: INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE

CCVT EVENT AT THE INNIS TOWN HALL THEATRE

PERFORMERS



HAND CRAFTS



THE LUNCHEON



WEEK OF SOLIDARITY

JUNE 26: INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE

CCVT EVENT AT THE INNIS TOWN HALL THEATRE



On Wednesday June 26th, 2019, CCVT held an event recognizing *United Nation's International Day in Support of Victims of Torture*. This day was marked by the United Nations in 1997 to regard Article 5 and Article 7 of the Universal Declaration of Human Rights (Convention Against Torture, 1997). It was held at the Innis Town Hall theatre and scheduled from 12:00pm to 4:00pm.

When I arrived there around 11:40am, I was impressed at the turnout. The CCVT volunteers and staff were setting up to serve lunch at 12pm. The vendors were already set up showcasing work and artifacts created by their clients. One such vendor was Aura Freedom International, an organization that advances women's rights and promotes gender equality and freedom from gender-based violence. It was great to see these organizations and their creative products they were exhibiting.

A delicious lunch spread was served at 12pm and people were scattered in the lobby and courtyard enjoying their lunch and each other's company. Around 1:15pm the program started at the theatre hall with Negar Alamdar, the Master of Ceremony introducing Mulugeta Abai, CCVT

Executive Director and Ezat Mossallanejad, CCVT'S Settlement Counsellor and Policy Analyst to say the Welcome note. The first item in the program was Dorsa Aeenfar playing a Santoor followed by more music and dances performed by Yahia Aljafari, Al White, Music From Hope (Tarek Ghriri and Nour Kaadan), Kamal Mojaverymoghadam, David Colin Burt and Parwin Mushtael. Additionally, other items weaved into the program was a skit performed by a group called Syeatre, depicting the immigrant journey of a Syrian family to Toronto, and stories from CCVT's clients. The stories certainly moved the entire audience to tears, but also gave us inspiration to address these clients as survivors and not just victims.

Overall, it was a fulfilling event and well organized thanks to all the staff behind the scenes, the clients and volunteers. I am certainly looking forward to future events regarding UN's International Day in Support of Victims of Torture.

**By: Karthika Namasivayam,
Volunteer, CCVT Scarborough Branch**