

# CCVT JARVIS NEWSLETTER

# 2023

June 23rd , 2023- CCVT  
Staff, clients and volunteers  
gathered to celebrate  
refugees, Pride at the Holy  
Trinity Church

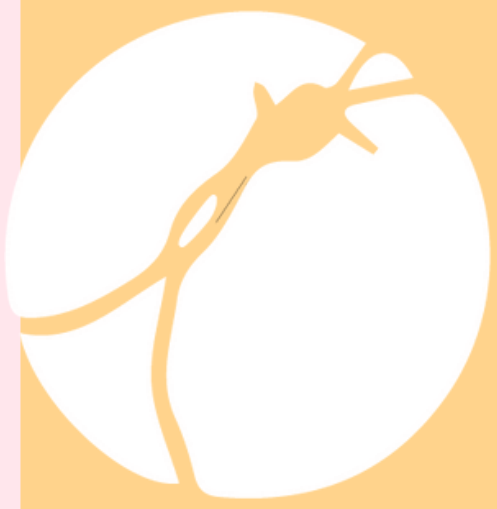


**Disclaimer:** The CCVT Connections, is fueled by the following goals: to engage Volunteers in important events, news, and meetings. In doing so, it acknowledges the vital role they play in fulfilling CCVT's Mandate. It is published quarterly. The information provided in this publication is not controlled by the CCVT, and therefore, may not reflect the Centre's views, Staff and Team.

Dear readers,

This newsletter has been designed in collaboration with our dedicated volunteers, staff and clients to highlight the events that took place at CCVT between June 2023-August 2023. You will find exciting pictures, meet our new staff and learn about our upcoming events. We are indebted to our volunteers who work tirelessly to support all our programs and events. Be sure to check out the volunteer highlights in this newsletter to get to know the volunteer better!





# CANADIAN CENTRE FOR VICTIMS OF TORTURE

**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. CCVT gives hope after the horror.**

**services offered at all locations**

**Downtown office:**

**194 Jarvis Street, 2nd Floor Toronto, ON.  
M5B 2B7**

**Tel: 416-363-1066**

**Scarborough Office:**

**2401 Eglinton Ave. E., Suite 310 Toronto, ON.  
M1K 2N8**

**Tel: 416-750-3045**

**Mississauga Office:**

**130 Dundas St. E. Mississauga, ON. L5A 3V8  
Tel: 905-277-2288**

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Abbakar, Ariya Ataeian**



# LAND ACKNOWLEDGMENT

With gratitude, we begin by acknowledging that the land we are on is the traditional territory of many First Nations including the Mississauga's of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee, and the Wendat peoples, and is now home to many diverse First Nations, Inuit and Métis peoples. We are their guests and need to be better guests in solidarity with their struggles and the ongoing injustices they suffer. First Nation's history of the residential school system, cultural genocide, and the Missing and Murdered Indigenous Women and Girls give rise to similar health issues which we at CCVT deal with regarding the impact of genocide, torture, and rape as an instrument of war and human and sex trafficking. CCVT stands in solidarity with indigenous people and communities and we have much to learn from their lived experiences. I would also 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 as refugees and as a result of the Trans-Atlantic Slave Trade. We honour the original intent of Two Row Wampum and are committed to fostering respectful relations with Indigenous communities as we pursue the Truth and Reconciliation efforts.



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# WELCOMING NEW STAFF

## ANNA ULLOA



**I was born and raised in Ecuador. I have a Bachelor of Arts in Psychology with a minor in Cinematography techniques, one of my other interests, and a post-graduate certificate in Addictions and Mental Health. I have work experience in Violence Against Women. I am passionate about social causes that involve the search for equality and equity, such as feminism, support of racialized communities, and support of the LGBTQ+ community. Finding CCVT was meant to be, as I could work using my language and help my Spanish-speaking community which I'm very proud of. Overall, I'm a well-educated Latina woman with hard-working parents who let me achieve the professional future I'm forging now.**



# WELCOMING NEW STAFF VIRGINIA DAVID



**My work is walking with you and helping you navigate through this seemingly harsh and confusing life. I do what I can to create space where we sit without judgement and organize our thoughts, experiences, and emotions.**

**With so much happening around us it is understandable that we are more vulnerable to feeling anxious, overwhelmed and at times hopeless, or experience strain in our relationships.**

**This feels familiar to the clients I attend to who describe themselves as being stuck, depressed, at the edge, lacking in strength to go on, and not knowing why or what to do about it.**

**With over a decade of experience and training, and with the most valuable skill of recognizing you as the expert in your own life, my role here is to hear you, provide a safe judgement free space to explore your thoughts and feelings and share with you evidence informed perspectives and strategies that guide you to achieve your goals. My focus is to help you identify your barriers, develop coping strategies, and empower you to work through your challenges.**

**We all feel disconnected from others and ourselves, and we show strength by accepting support. By being here and aware of what you need, you are already a step ahead towards the path to healing. You can do it!**

**BA. Psych, MA. Counseling Psychology**



# WELCOMING NEW STAFF

## KAREN VAN STIPHOUT



**Hi! I am excited to join the team at CCVT part time. I am a Human Resources generalist with over 20 years of experience in the social services sector. I expect to bring my expertise in many HR functions to CCVT. I have been involved in labour relations, grievance administration, employment legislation, employee relations, training, recruitment, performance management and HRIS programs.**

**My places of past employment include The Neighbourhood Group, St. Stephens Community House, Davenport Perth Neighbourhood Centre, Centre for Independent Living in Toronto ( a disability services agency), and the Hospital for Sick Children.**

**Personally, I live in Etobicoke with my adult daughter. My husband is dearly departed. I have a 96 year old mother in long term care. Until last year I had a beloved dog whom I really miss. I like to travel but haven't left Canada since 2019, thanks to the pandemic and other factors.**

**I look forward to meeting and working with all the staff and discovering more about the important work you do.**



## WELCOMING NEW STAFF JOEL MANENO



**My name is Joel Maneno and I am delighted to join as a Youth Mental Health Counselor at CCVT. I completed my bachelors of social work at the Toronto Metropolitan University. Additionally, I attended Regis University, Denver and received a Diploma in Liberal Arts, Social Work. In the past few years, I have had the opportunity to work in various fields under social work, working with diverse populations. For instance, for the past 3 years I have worked with TMU WUSC assisting newcomers, and refugee students settle not only at the university but in Canada. I have worked as an addictions and mental health worker at St Michaels Homes which has given me a very new experience. These prior experiences have helped me develop a passion in working with refugees, newcomers, and the survivors of torture at CCVT. I began volunteering with CCVT 3 years ago, supporting the mentorship program as well as interpreting for various appointments. On a more personal note, I love playing and watching football, I played professional football in Malawi for 6 years and the passion for football has not left my veins. Music and dance are part of my other hobbies, after football. I look forward to working with children and youth at CCVT!**



**WELCOMING NEW STAFF**  
**KHADIJA**  
**ABRAR**  
**STUDENT PLACEMENT**

**Hello, I'm Khadija, and I hail from Pakistan, where I cherished the majority of my childhood memories. Currently, I am a dedicated student at Toronto Metropolitan University, enthusiastically pursuing a Bachelor of Technology (BTech) degree in Graphic Communications Management. Moreover, I am thrilled to be contributing as a summer student at CCVT, where I am actively involved in organizing their remarkable special events. I take immense pride in my compassion and consider myself extremely fortunate to have the opportunity to work for an esteemed organization like CCVT, supporting and uplifting the less privileged. This experience truly adds a sense of fulfillment and purpose to my life.**





WELCOMING NEW STAFF  
**FIZZA**  
**SALAHUDDIN**  
STUDENT PLACEMENT



**I was born and raised in Pakistan and moved to Canada ten years ago. I am a Graphic Communications Management student at Toronto Metropolitan University. I speak Urdu and Punjabi in addition to English. I'm a summer student working as the Social Media Content Developer for CCVT. I find helping people very rewarding, so working at CCVT has been a privilege.**



# Volunteer Orientation

## Working with Survivors of War and Torture

Canadian Centre for Victims of Torture  
Presentation by: **CCVT COMMUNITY ENGAGEMENT TEAM**



**Volunteers are an integral part of CCVT as they assist with various programs and events. We provide training to all volunteers before beginning their work at CCVT to ensure they are equipped with the necessary skills, knowledge, and support. We hold volunteer orientations every few months. Our last volunteer orientation was a virtual session held on Friday, August 11th from 6:00-8:00 p.m. We had 9 new volunteers attend the orientation along with 2 counselors and a community engagement team. It was a great session in which volunteers participated enthusiastically and learned about CCVT. These volunteers have now begun supporting CCVT across our programs! If you know someone who would like to volunteer, please visit our website at [ccvt.org](http://ccvt.org) and select volunteer or connect with [fnoori@ccvt.org](mailto:fnoori@ccvt.org)**



# VOLUNTEER HIGHLIGHTS

## ARIYA ATAEIAN VOLUNTEER



On the first day of charity week, North Toronto Collegiate Institute hosted an assembly for the CCVT to introduce their organization and reach out to a demographic of students that are interested in signing up as a volunteer. Being a sixteen-year-old with substantial knowledge in Farsi and French as additional languages, I met that required demographic. So, I went to the CCVT informational meeting at my school and planned to sign up for the summer on the same day of the assembly. The reasons for that decision were of course for volunteer hours, but I also had a strong admiration for the CCVT's cause to aid those resettling in Canada. However, at the time I never understood how a teenager struggling to grow a perfect beard could help with such a great cause. I followed through with my plan and signed up during the summer regardless. At the time that this is being read, I'm in grade eleven with less sleep and a slightly better understanding. During that summer I related my family's struggles immigrating from Iran's oppressive regime to the cause that the CCVT fights for. While working hours chaperoning, participating in English circles, and filling out a lot of attendance forms, I figured out how exactly a simple teenager could help. I came to realize that just the capability of connecting with others and finding a middle ground, no matter the beautiful diversity, or the severe situation people find themselves in, is one of the best ways to help. It is enough to put aside differences and mutually relieve life from stress into enjoyment. So whether you are a client, staff, coordinator, supervisor, counselor or a teenaged volunteer, the CCVT can and will provide hope to your horror.



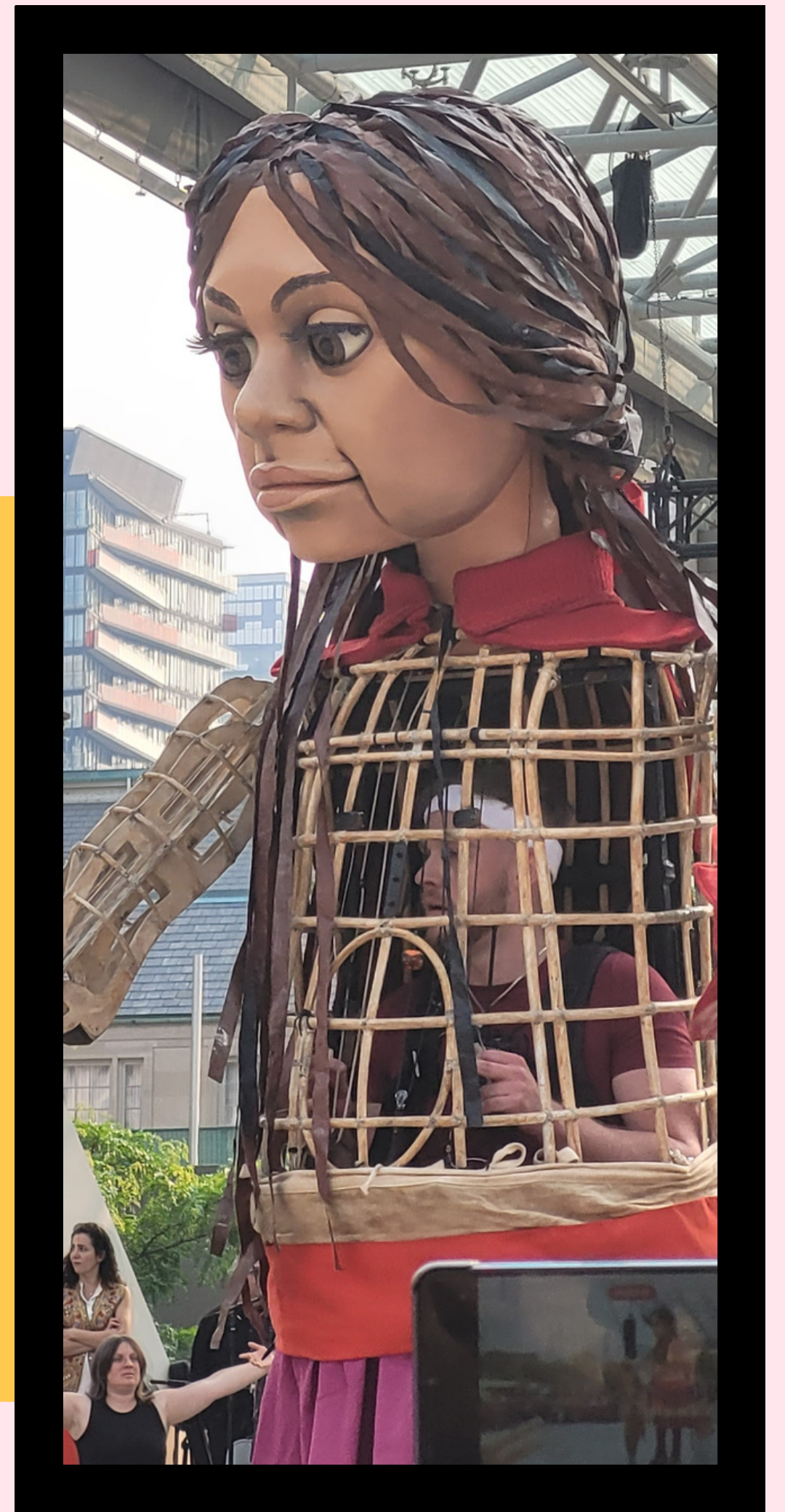
**VOLUNTEER HIGHLIGHTS**  
**TAGWA**  
**ABBAKAR**  
**VOLUNTEER**



**I was born and raised in Sudan. I worked as a medical doctor for about five years besides advocating for women and internally displaced people in my country. I came to Canada last year and heard about CCVT from a friend and it was one of the best things that happened to me since I came. I enjoy reading, listening to music, and long walks. I speak Arabic and English. I have had the opportunity to volunteer at reception, eye clinic and more.**



# EVENTS WALK WITH AMAL



**Little Amal is a 3.5-meter puppet of a 10-year-old Muslim Syrian girl forced by war to flee her home in Aleppo. The purpose of her Walks is to find her mother, from whom she has become separated.**

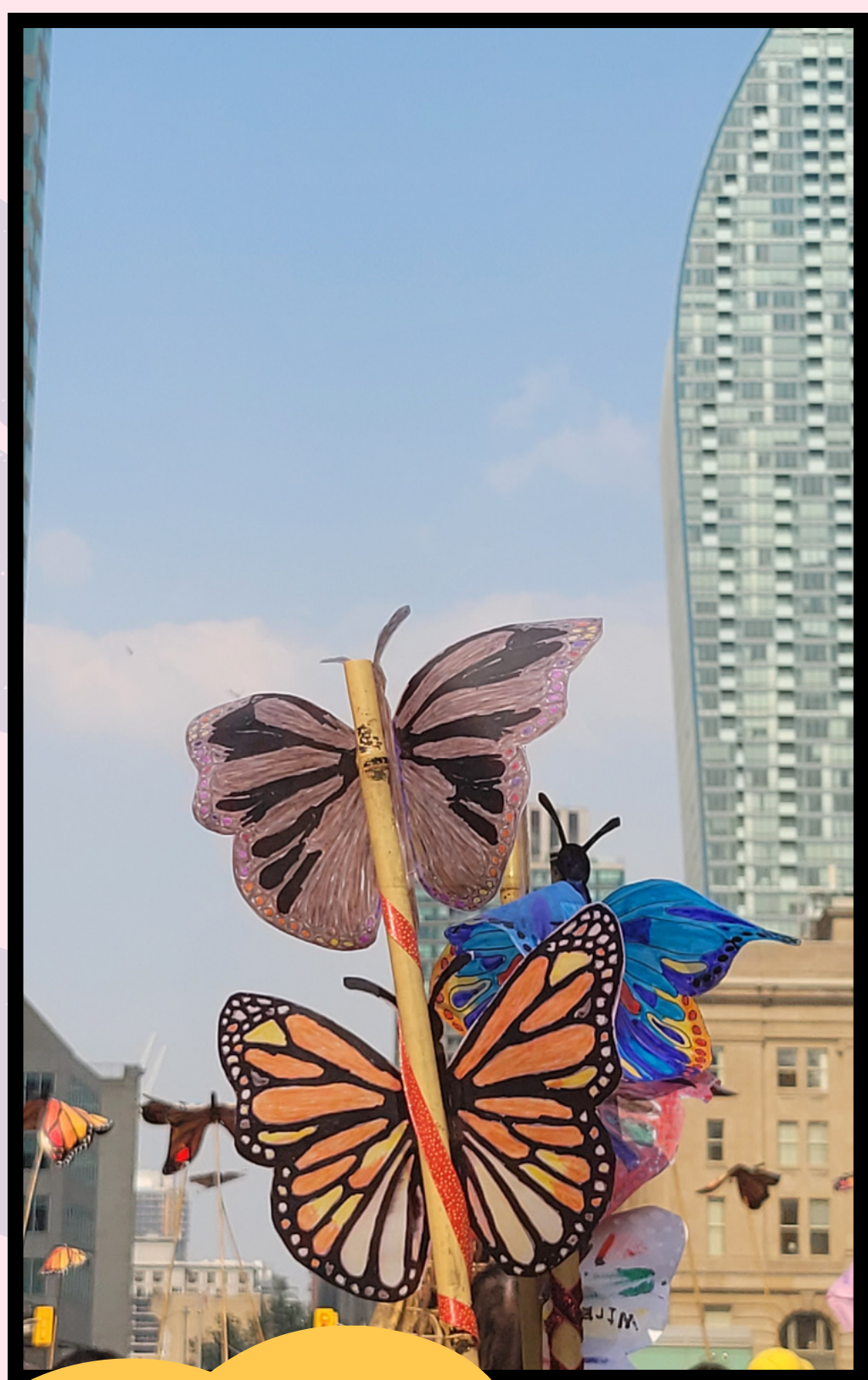
**Probably the most extensive public art project yet staged, this traveling festival of hope was created by inviting artists, cultural and humanitarian organizations, civil society and faith leaders as well as schools and colleges to welcome Amal, a Muslim child, in a way that was authentic and meaningful to that locality.**

**Amal has now participated in over 250 “Events of Welcome” in 90 cities in 13 countries. Before her journey in New York City began, an independent assessor estimates she had engaged live with 1 million and 10s of millions (perhaps a billion) online. She also estimated that 550,000 children have engaged with Amal through the education pack, downloaded 10s of thousands of times in 65 countries.**

**CCVT staff and clients joined the Little Amal walk in Toronto to show solidarity with refugee rights.**



# EVENTS WALK WITH AMAL



Butterflies made by CCVT clients- symbolizing freedom

CCVT Staff and youth at union station to begin march for Little Amal





# EVENTS

## INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE

CCVT celebrated International Day in support of victims of torture, Refugee Rights Day, and pride on this day on June 23rd, 2023.

Recognizing the courage and resilience of individuals forced to flee their homelands due to persecution, violence, and war. We embrace them as our brothers and sisters, united by our common humanity. It is our duty to ensure that refugees are treated with compassion, respect, and dignity, regardless of their origin or status. By embracing diversity and extending a helping hand to those in need, we strengthen our societies and enrich our own lives.





# EVENTS

## INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE



Clients Business stalls



**EVENTS**  
**ANNUAL SUMMER  
PICNIC AT HIGH  
PARK**  
**JULY 23RD, 2023**

**CCVT Annual Summer Picnic! It's time to bask in the warmth of the sun, surrounded by laughter, camaraderie, and delicious treats. Our picturesque outdoor venue promises a day filled with fun and memorable moments for everyone.**

**The community indulges in a delightful array of mouthwatering dishes prepared with love by our talented community members. From savory barbecues to fresh, vibrant salads, there's something to satisfy every palate.**

**Activities abound for both young and young-at-heart! They engage in friendly competitions, thrilling games, and crafts that will keep the excitement levels soaring. For those seeking relaxation, they find their spot beneath the shady trees and unwind while relishing the serenity of nature.**

**The CCVT Annual Summer Picnic is more than just an event; it's a chance to build lasting connections and celebrate our vibrant community. Meet new friends, catch up with familiar faces, and create cherished memories that will stay with you long after the day is done.**



# EVENTS

## ANNUAL SUMMER PICNIC



Iranian Music



winner of our candy jar



Arts & Crafts



physical activities



# EVENTS

## ANNUAL SUMMER PICNIC



CCVT STAFF PREPARING FOOD & DRINKS



CCVT CLIENTS SHARING ETHNIC FOOD & COFFEE



# IN COLLABORATION WITH INDIGENOUS PEOPLE TORONTO

An Introduction for Newcomers





# Breaking the Silence on HIV/AIDS Stigma International Conference 2023

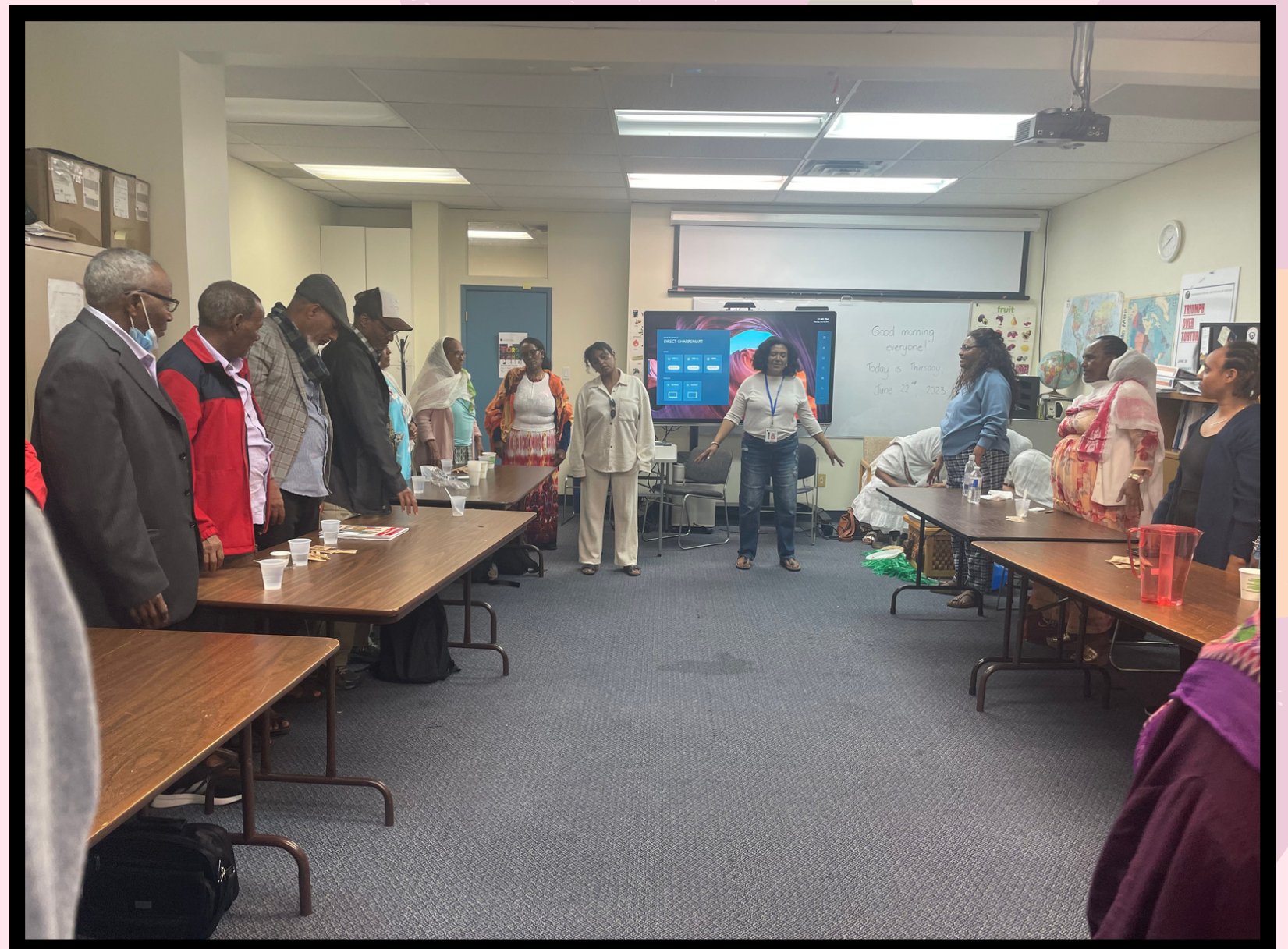
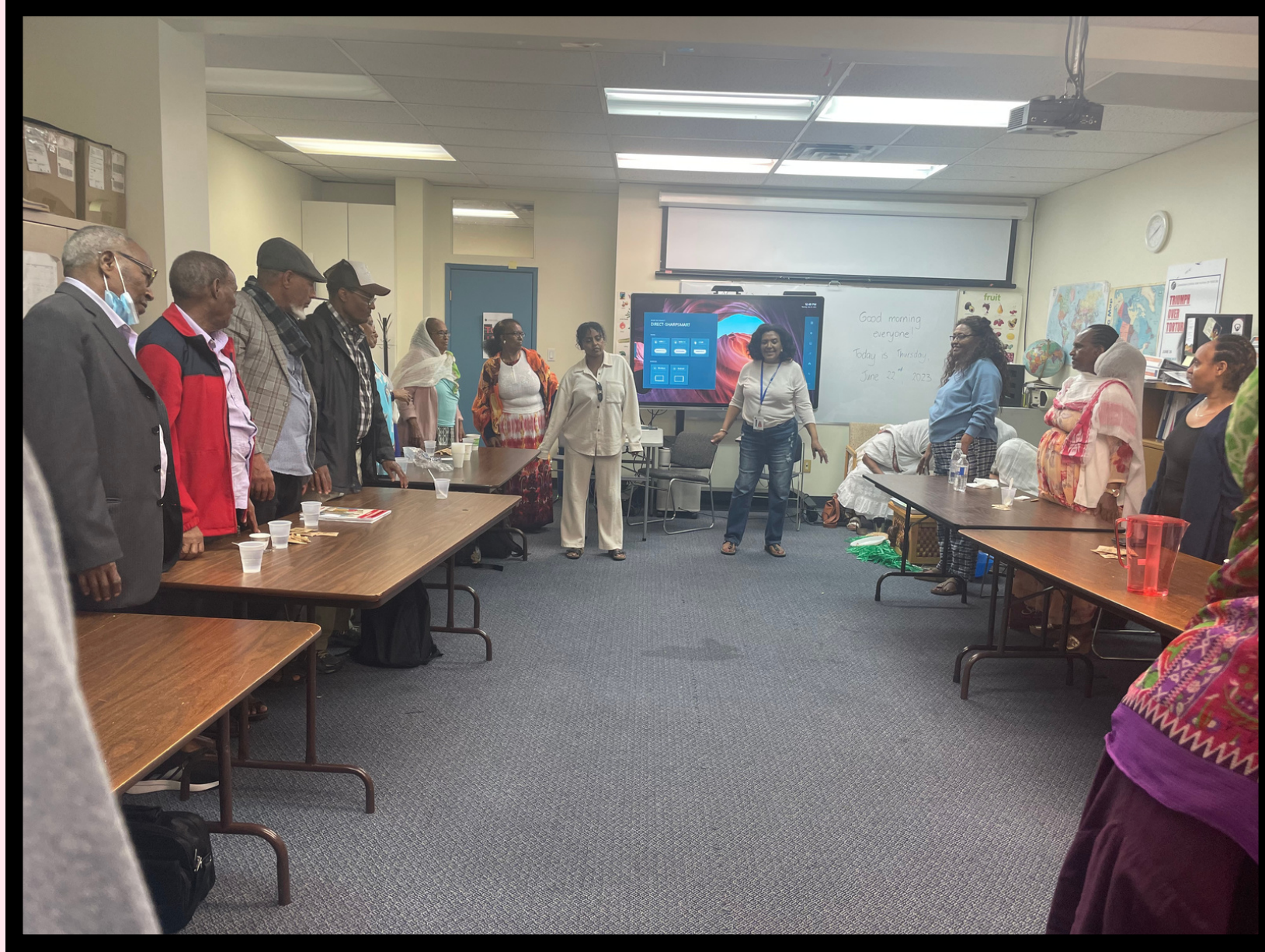


**Rigbe and Virginia representing CCVT at the PTMOF International Foundation event on Friday, August 25th. International Conference 2023 held on August 19, 2023 in Toronto.**

**HIV/AIDS stigma continues to be a significant barrier in our society, hindering progress in prevention, treatment, and support for those affected. It is crucial to break this silence and address the stigma surrounding HIV/AIDS. By doing so, we can create a more inclusive and supportive environment for all individual.**



# SUPPORT GROUP WELLNESS



**In this support group the majority are seniors, and it is happening after English language class every Thursday from 12:30PM. – 3:30PM at the downtown office!**

**All participants are very much interested and invited friends as well. The number of participants has been increasing ! They can't wait for Thursdays to come and socialize, build new connections and learn about various topics.**



# SUPPORT GROUP SEWING SESSION



**Stitching serenity and camaraderie, our sewing wellness group brings seniors together to share skills, stories, and smiles through the art of crafting**



# SUPPORT GROUP UNITY





# SUPPORT GROUP UNITY



**Fostering connections and vitality, our community building exercises provide seniors with a joyful path towards wellness through shared activities and meaningful interactions.**



# INFORMATON SESSION

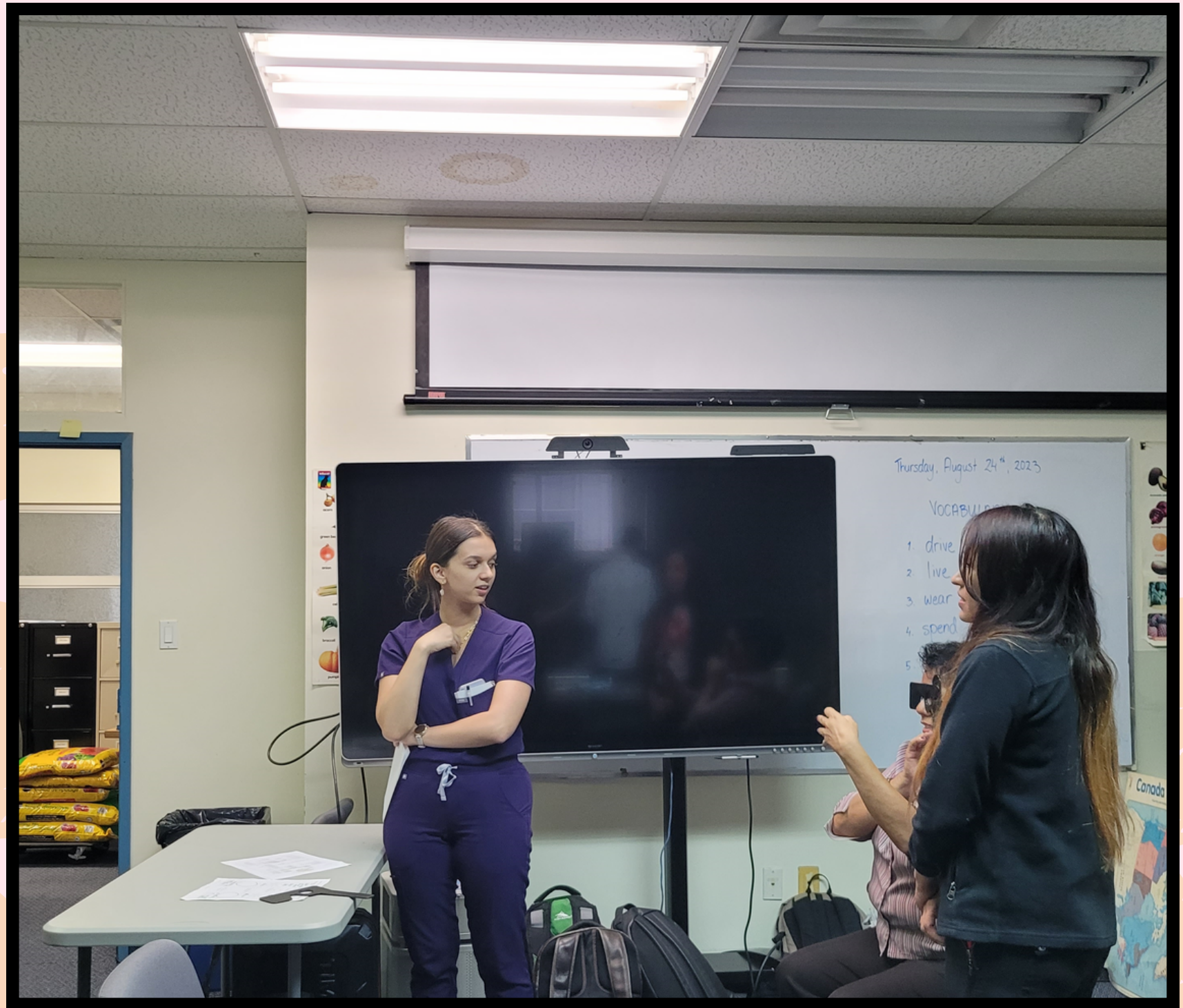
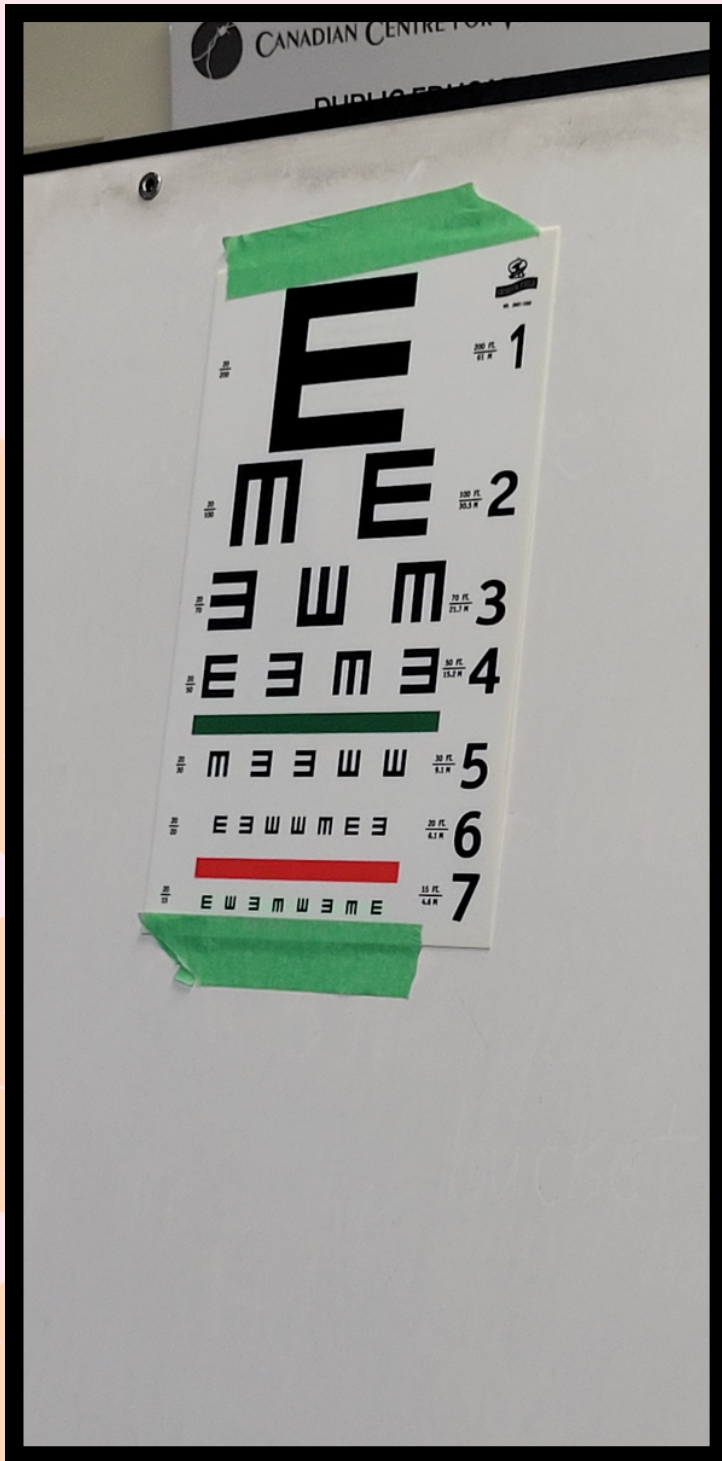


**On Wednesday, July 05, 2023, from 12:15 p.m. to 1:30 p.m., an information session was facilitated by Kubra Zaifi about housing for CCVT's clients. The session is affiliated with Housing Help Center Scarborough.**

**The session went very well and was hosted both in person and virtually with a total attendance of 77 clients! This session was high in demand due to the housing and refugee crisis in Toronto right now. Clients were grateful for the opportunity to learn about housing resources.**



# Eye clinic



**On August 24th, 2023 Dr. Myrna Lichter and her team held an eye clinic for CCVT clients from 5:00pm-9:00pm at our downtown office. The clinic was a great success and our clients were very grateful for the opportunity of having complete and thorough eye exams and consultations for free. Our wonderful volunteers contributed as usual by providing interpretation in languages such as Spanish and Arabic and assisting with Admin work. Dr Myrna also expressed that this has been one of the best learning experiences for her team as there were various needs amongst the clients. Dr Myrna will be following up with the clients accordingly!**





Few pictures of clients eye examinations





## Client testimony from the eye clinic

**"Hi Good evening.  
I am so grateful for this important offer for  
my eye treatment.  
I'm so humbled thanks so much cctv and God  
bless you all."**

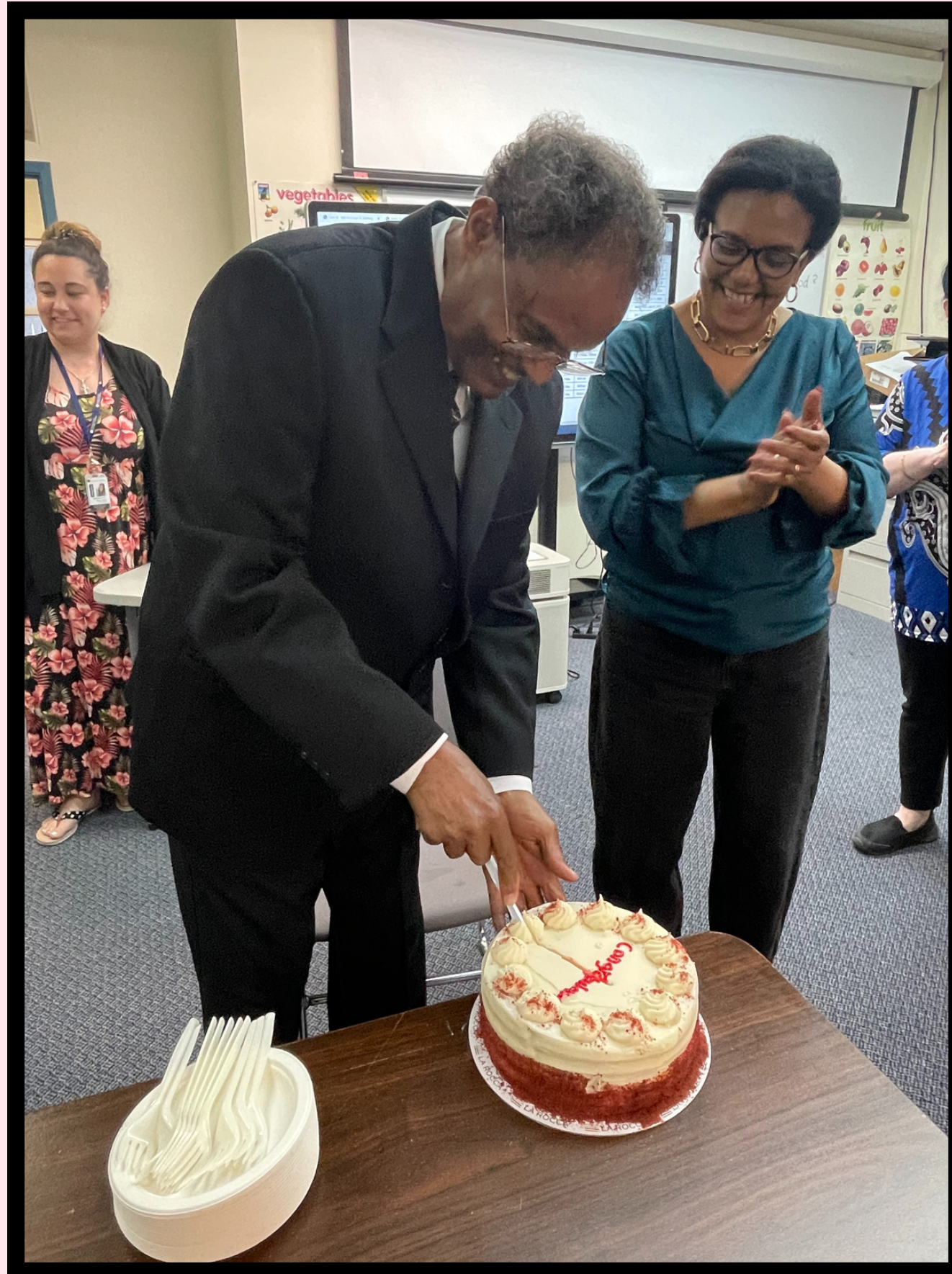


**It is remarkable to see the equipments that doctors were able to bring to be able to hold an eye clinic at the CCVT office. It felt like it was an actual Optometrist Office!**



# CLIENT MILESTONES

## CITIZENSHIP CELEBRATION



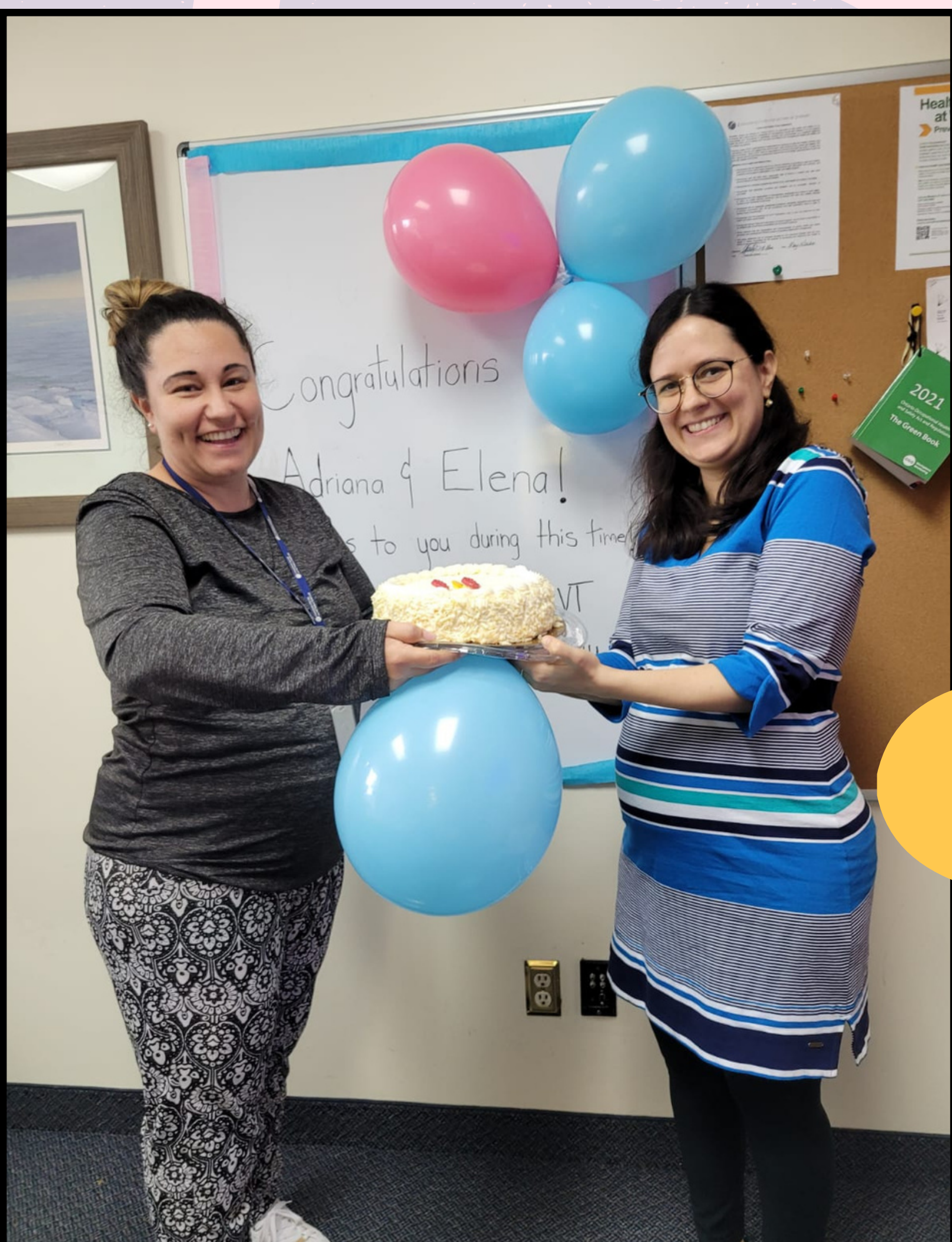
A momentous day unfolded at the offices CCVT Jarvis office as one of their valued clients finally achieved the milestone of obtaining his citizenship. The atmosphere was filled with palpable excitement and pride as the client, who had embarked on a transformative journey with the agency's guidance, was now a full-fledged citizen of his adopted country. To commemorate this remarkable achievement, the CCVT staff orchestrated a heartwarming celebration, complete with a beautifully adorned cake.



# STAFF MILESTONES



**Celebrating our Youth Counselor Zastid's Birthday!**



**Staff Breakfast for wellness and celebrating the maternity leaves for managers Adriana and Elena!**



# SUMMER QUEST

## CHILDREN & YOUTH

Our Children & youth counselors took participants to a series of educational and recreational field trips, including visits to the Toronto Island, the Science Centre and many other locations in the months of July and August. . Participants see new places, practice their language skills, and fill their summers with activity and socialization. The trips were free of cost and children & youth were provided with snacks and days filled with fun and adventure. Have a look below at trips that the team went on this summer 2023!

### Summer Quest 2023 Trips

**St.Lawrence Market**

**Toronto Zoo**

**Woodbine Beach**

**Movie Night**

**Ontario Science Centre**

**MLSE Launchpad**

**Centre Island**

**Waterpark**

**Riverdale Farm**



Children spent a few hours at the MLSE Launchpad every Tuesday in July, playing sports and fun activities, followed by a nutritious lunch. The children had a great time!





# Toronto Zoo



**CCVT Counselors, Volunteers and children/youth at Toronto Zoo  
August 3rd, 2023**

**The most anticipated trip of the summer! Toronto Zoo. Children and youth spent the day at Toronto Zoo excited to see all the different animals, activities and shows. We are grateful for all the volunteers who spent the day with the children and youth, the trips could not be fun and successful without you all!**





**Spiking Fun in the Sun: CCVT Youth at Woodbine playing volleyball & and enjoying leadership bliss!**





# CCVT CHILDREN VISIT RIVERDALE FARM



**Riverdale Farm is a working farm located in Toronto's downtown Cabbagetown neighbourhood. Children & Youth get a first-hand taste of farm life, from raising livestock (cows, pigs, sheep, goats and chickens) to the year-round handwork and craft programs in The Meeting House.**





**Lunch Break at Riverdale Farm**





# SECOND HARVEST

**"Discover the heartwarming tale of Second Harvest Toronto, a beacon of hope in the fight against hunger, and a true ally to the Canadian Centre for Victims of Torture (CCVT). At Second Harvest, every day is an unwavering commitment to addressing food insecurity and providing sustenance to those in need. With a mission to rescue surplus food and redirect it to communities facing adversity, Second Harvest ensures that no plate remains empty.**

**But their impact doesn't stop there. In a remarkable collaboration with the CCVT, Second Harvest goes above and beyond to support survivors of torture and trauma. Understanding the healing power of nourishment, they extend their helping hand to those rebuilding their lives, offering not just food for the body but a taste of compassion and solidarity.**

**As the partnership between Second Harvest and CCVT thrives, the story unfolds with resilience, empathy, and a shared vision of making a tangible difference. Join us on a journey of humanity, where every meal becomes a symbol of hope, reminding us that together, we can overcome any adversity and bring a brighter future to those in need."**





# Volunteering at CCVT



## Step 1

Complete online application using the following link:  
<https://ccvt.org/ccvt-volunteer-program/>

## Step 2

Submit Police Check-Vulnerable Sector Check

## Step 5

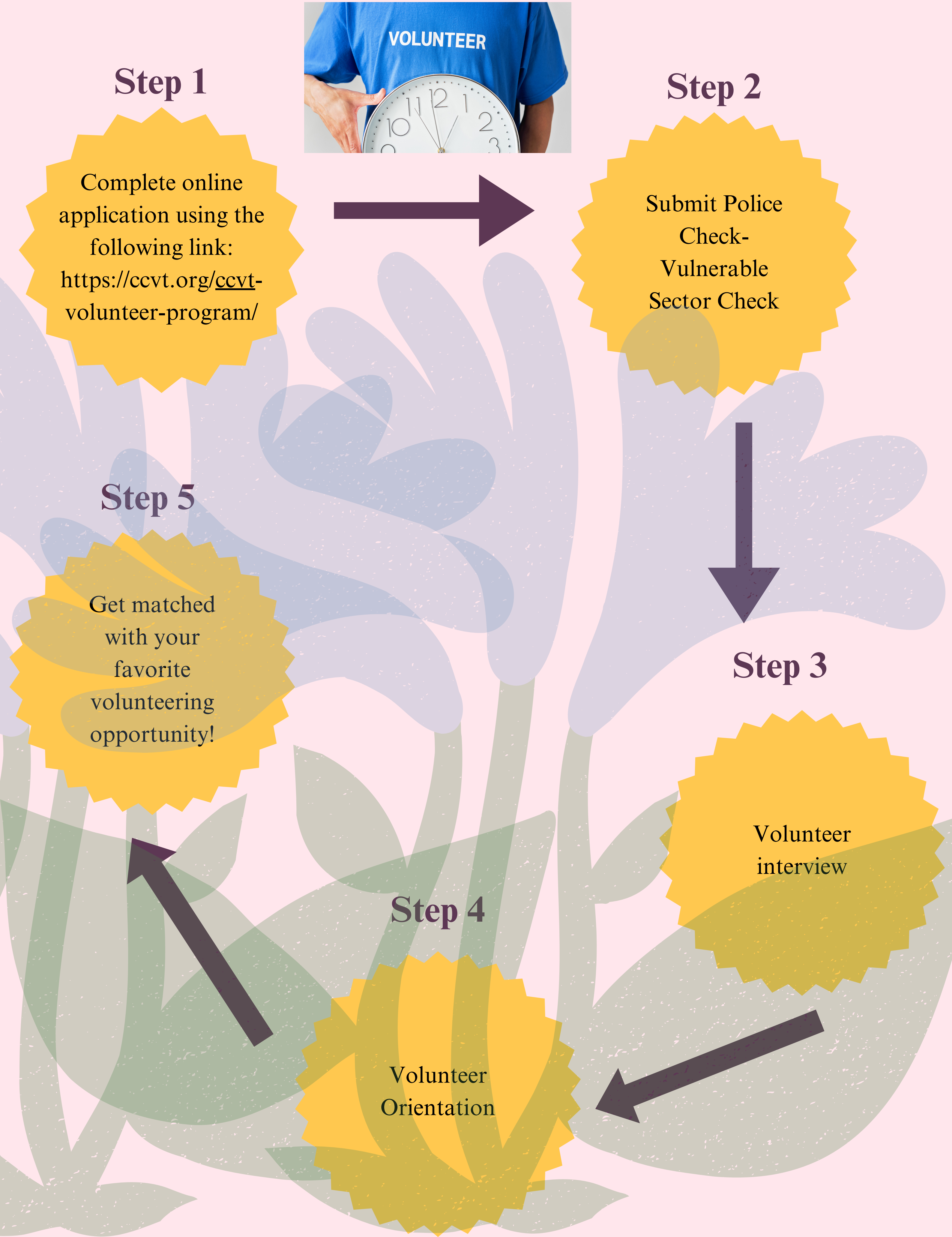
Get matched with your favorite volunteering opportunity!

## Step 3

Volunteer interview

## Step 4

Volunteer Orientation





## We need volunteers for the following:

Homework Club Tutors

Mentors for Youth mentorship program

Befriending program-Adults from 30 years and up

Interpretation- at various appointments and workshops (Spanish, Arabic, Farsi, Amharic/Tigrigna and many more languages are required)

Facilitating Virtual Classes (G1 class, Citizenship class, English Circles)



# Join our homework club!

CCVT

## Homework Club Downtown

Mondays: Youth (Grades 9-12)

Tuesdays & Thursdays: Children  
(Grades 1-8)

4:00-5:00pm

Starting September 11th. 2023



### WHAT WE PROVIDE:

- Homework help
- Reading support
- Engaging Activities
- Snacks

### LOCATION

194 Jarvis St, 2nd Floor Toronto M5B 2B7

For more information, please contact  
[tworkneh@ccvt.org](mailto:tworkneh@ccvt.org) or  
[zperea@ccvt.org](mailto:zperea@ccvt.org)  
416-363-1066



Coming Soon! CCVT's Annual First Light Gala Purchase your tickets now

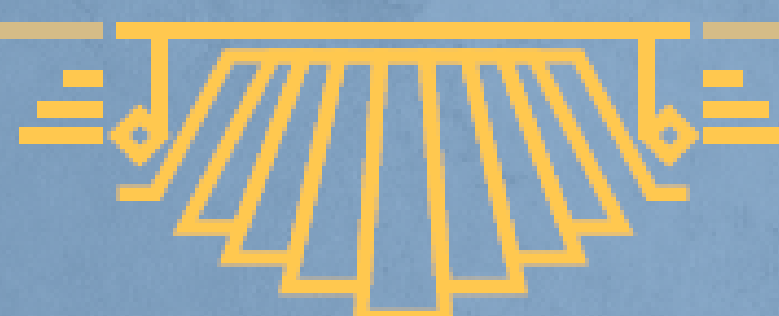


CANADIAN CENTRE  
FOR VICTIMS OF TORTURE

JOIN US FOR OUR  
ANNUAL



# FIRST LIGHT GALA



NOVEMBER

10

6:00 PM

OLD MILL TORONTO

21 OLD MILL ROAD, TORONTO, ON  
M8X 1G5

\*\*\*Tickets must be purchased for entry (\$125.00)\*\*\*

Purchase your Tickets here:

[HTTPS://WWW.EVENTBRITE.CA/E/FIRST-LIGHT-GALA-TICKETS-671468188427?AFF=EBDSSBDESTSEARCHFOR](https://www.eventbrite.ca/e/first-light-gala-tickets-671468188427?aff=EBDSSBDESTSEARCHFOR)

MORE INFORMATION, PLEASE CONTACT:  
COMMUNITY ENGAGEMENT@CCVT.ORG





IF YOU ARE INTERESTED IN SUBMITTING  
AN ARTICLE TO CONNECTIONS  
PLEASE CONTACT

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[communityengagement@ccvt.org](mailto:communityengagement@ccvt.org)