



Celebrating PCC's Caring Community

Happy Holidays from Peel Children's Centre! As we look back on the last year, we have many people to thank and much to celebrate. In this newsletter we celebrate our strong partnerships in the Peel community, which continue to support our Vision of "A Caring Community Working Together for Children and Youth" and our Mission "to enrich the lives of children and youth who experience social, emotional and/or behavioural challenges by providing a continuum of high quality mental health services." We also recognize staff leadership and achievements, which reaffirm PCC's commitment to being an effective, inclusive and innovative organization.

Thanking our strong community

Evening of Hope Gala

In late November, PCC celebrated our diverse and caring community with an Evening of Hope Gala & Auction, which raised more than **\$67,500** to support PCC's services. Without leaving Peel, our 180 guests were treated to a first class trip around the world, including electrifying performances of traditional dances from Latin America and Punjab.

Many thanks to the Mississauga Grand Banquet & Event Centre for hosting the event and to our generous sponsors:

- **Presenting Sponsor**, Bell, **Platinum Sponsor**, TD Canada Trust, and **Matching Sponsor**, Scotiabank, whose contributions each exceeded \$5,000
- **Silver Sponsor**, Ascona Foods Group Ltd.
- **Departure Lounge Sponsor**, King Masonry Yard
- **Sweet Treat Sponsor**, The Newland Group
- **Raffle Sponsor**, Air Canada Foundation
- **Event Sponsors**, Kotak Personal Injury Law, Erin Mills Town Centre, Applied Electronics Limited, Region of Peel Police Services Board, RBC Royal Bank, and Meridian Credit Union



Mélisa Djebbari and Lena Demarco from Bell with CTV Toronto's Todd Van der Heyden and the mother and son who spoke at Evening of Hope

Thanks to everyone who donated auction items, purchased tickets and bid on the auctions. Special thanks to our Master of Ceremonies, CTV Toronto's **Todd van der Heyden**, and to the **PCC family** who shared



their story of hope with our guests. Thanks as well to the volunteers who helped to organize and run the event. You all contributed to making a positive difference in the lives of children, youth and their families who are struggling with mental health challenges. To see photos from PCC's Evening of Hope Gala, please visit our Facebook page at www.facebook.com/PeelCC.

Leadership Gifts

We are extremely grateful for the following gifts valued at \$5,000 or more:

- **Peel Regional Police's** donation of \$15,500 raised from their annual *Mother's Day Brunch* in support of PCC's programs and services
- **Hydro One Brampton's** donation of \$10,000 from the proceeds of its golf tournament, raising its cumulative support over the past five years to \$83,500
- **John William Burgess Enterprises Inc.'s** donation of \$7,000 in support of PCC's Concurrent Disorders program



John, Erin and Lesley Burgess
with PCC CEO Humphrey Mitchell



Enersource "minions" having a ball at Cosmic Bowl!

Cosmic Bowl

Thanks to everyone who sponsored, bowled, pledged or provided donations to PCC's 12th Annual Cosmic Bowl. PCC welcomed more than 290 bowlers and volunteers who came together to **#StrikeOutStigma** and raise more than **\$50,905**, our most successful Cosmic Bowl to date! These funds will assist us in providing high quality mental health services and hope to more than 4,200 children, youth, and their families in our community. Cumulatively, Cosmic Bowl has raised over **\$400,000** for PCC's programs. Mark your calendars now for our 13th Annual Cosmic Bowl, taking place on **May 25, 2017!** Visit www.pcccosmicbowl.com for more information.



Staples Back to School Drive

Thanks as well to Staples Business Depot's Argentia Road store for again donating funds from its Back to School Drive to Peel Children's Centre. Now in its 11th year, the Staples Back to School Drive is an annual campaign that raises funds to purchase school supplies for PCC children and youth in need. This year's campaign resulted in an incredible **\$4,800** raised. Thanks to the generosity of Staples staff and customers, over 100 high-needs children and youth returned to school with everything they needed for another successful school year.



Toys, diapers and food were collected on behalf of PCC families by Peel Paramedics and St. John's Ambulance

Holiday Gift Donations

Many thanks to the following organizations that generously donated items or sponsored client families to enable them to enjoy the Christmas holidays:

- Adrian Shaw & colleagues
- Alexandra Macgregor-Amde
- Allegis Global Solutions
- Amica Mississauga
- Andrea Cabbage
- Andrea Peca and Ross Amore
- Anna Donato
- Brad Schruder & family
- Bell Canada Employees
- Carter's OshKosh
- Clare O'Hara
- Crystal Robertson & friends
- Daniel Secondino
- Ganz
- Hayden & Lindon Collett
- Hopewell Logistics Inc.
- Isaac and Sandra Raposo
- Jessica Ridgwell
- Jessica Roselli
- John and Judy Arcuri
- Kanica Coshal
- King Masonry Yard
- Lesley Deller
- Mabel Himley
- Mélisa Djebbari and Family
- Mississauga Firefighters Benevolent Fund
- Mora Thompson
- Pamela Decker
- Patricia Grady
- PCC Infrastructure Team
- PCC Preschool Team
- PCC ISRCP Team
- PCC Wraparound Team
- Peel Paramedic Association
- Roman and Liliana Boychuk
- Shared Services West
- Shari Hamilton & colleagues
- Sophia Peca
- Stephanie Rhys & family
- St. John Ambulance
- Struan Remedios & family
- Sudha Ashok
- Tammi Lisson
- Theresa Nagy
- Unifor Local 1285
- Val Bronizewski



United Way Campaign

Special thanks to our generous employees who raised more than **\$10,600** for the United Way this fall. Thank you to the members of our United Way committee for leading the way and making fundraising fun for everyone. We look forward to next year's campaign!

We greatly value the support we have received from all our community partners. Please visit www.peelcc.org for a comprehensive list of our donors.

Amrit Sandhu, Volunteer of the Year

The 2016 recipient of the Ron Lenyk Volunteer of the Year Award was Amrit Sandhu. Amrit began volunteering with PCC in 2014 as a Child Care Volunteer, and today she helps others get involved by supporting volunteer recruitment at information and training sessions. Volunteer Coordinator Linda Buchanan calls Amrit her "right-hand woman", and despite her busy schedule, Amrit always makes volunteering for PCC a priority. Congratulations, Amrit, and thank you for all you do for PCC!



Volunteer Coordinator Linda Buchanan with Volunteer of the Year Amrit Sandhu

PCC extends its heartfelt thanks to the **more than 100 volunteers** who supported PCC families this past year as childcare providers, drivers, mentors, tutors, respite providers and fundraising assistants.

Your dedication has made a positive difference in the lives of high-needs children and youth.

Recognizing our staff

At PCC, we believe in using a multidisciplinary approach to help children and youth achieve their full potential. As such, our clinical team includes social workers, child and youth workers, early childhood educators, counsellors, psychologists, psychiatrists, and specialists in other disciplines. Bringing together multiple clinical perspectives improves our ability to understand the issues facing children, youth and their families so that we can develop individualized treatment plans that will lead to positive change in their lives. Our staff, encouraged by PCC's commitment to learning, innovation and being responsive to the needs of our clients, organized numerous events throughout the year to celebrate their professions and share knowledge with their colleagues.



- In February, the Psychology Team organized events to celebrate **Psychology Month**, including trivia contests and a special Psychology Day, during which staff could try a sampling of brain foods and different psychological assessments designed for children.
- Also in February, the multi-disciplinary **Peel Inclusion Resource Services (PIRS)** model, of which PCC is a partner, was recognized by the IPAC/Deloitte Public Sector Leadership Awards program for outstanding leadership in public policy and management.
- In March, staff celebrated **Social Work Week** with interactive displays, videos, self-care activities, and guest speakers who facilitated round table discussions about working with youth, stigma, and exposure to stress and trauma and in social work practice.
- To mark **Children's Mental Health Week** in May, staff worked together to create resources for children, youth and caregivers; host a Twitter chat for the community; and facilitate a lunch and learn about family engagement with Sarah Cannon, Executive Director for Parents for Children's Mental Health.
- Also in May, staff organized events for **Child & Youth Care Workers Week** that focused on self-reflection, self-care, kindness and humour.
- September 9 marked **Fetal Alcohol Spectrum Disorders (FASD) Awareness Day**, and staff organized a special breakfast event to educate staff on how to better support children, youth and families who are living with FASD. This year the Committee welcomed a guest speaker who shared her experiences raising two sons with FASD and supporting other families through a support group.
- Throughout the year, staff-led initiatives promoted **Health and Wellness** and **Health and Safety** in the workplace, supporting our staff to feel their best as they support our clients. PCC, along with our sister agency Nexus Youth Services, was also one of six organizations from across Canada to receive an award from GoodLife Fitness recognizing corporate leadership in health and wellness.



The Health & Wellness encouraged staff to "green up" their workplace with office plants

This year we continued to invest in array of learning priorities intended to build our cultural competence as a staff group committed to effectively responding to Peel's diverse population. Leveraging our internal diversity, staff-led initiatives included:

- A **Chinese New Year** celebration that included an array of Chinese cuisine and an overview of Chinese New Year traditions



- A series of educational events during **Black History Month** that used a Greater Toronto Area research project, "The Black Experience Project", to examine present concerns within the black community
- Our 12th annual **Pride Week**, which included training and series of events focused on the experiences of LGBTQ youth and their families.
- A Taste of Italy event to celebrate **Italian Heritage Month** using food, music and "Old World" hospitality
- Clinical and community-based "**Chat and Chai**" sessions to help support the mental health needs of Peel's large South Asian community, as well celebrations marking Eid-ul-Fitr, Ramadan and Diwali
- Staff also attended Punjabi Community Health Services' annual International Women's Day Gala, which this year honoured five female leaders who are making a difference in our community



Members of the Pride Committee with the founders of Peel PFLAG, a support group for family and friends of LGBTQ individuals

Our commitment to continuous learning is also reflected in the two learning and development working groups established this year. The **Learning and Development Working Group** has developed an annual calendar of training and development workshops, with an emphasis on topics that have been identified as priorities by staff. The **Trauma and Attachment Working Group** has been working with an Implementation Science framework to help identify and implement a model that supports the needs of clients who have experienced complex and/or developmental trauma. Both working groups include representatives from across clinical teams. To date, a number of learning and development opportunities have been offered, including trauma-informed webinars and in-person training, Infant Mental Health Community Certificate training, and concurrent disorders training related to substance abuse and cyber addiction. Thank you to our staff for providing the feedback that continues to guide this work, and thank you to the working group members for their hard work and commitment to ensuring we provide services of the highest quality to children, youth and families.

Thank you to our dedicated, compassionate and competent staff who continue to go above and beyond for Peel's children, youth and families. Thank you as well to our community partners, volunteers, Board members, donors, and funders for continuing to be part of our "Caring Community Working Together for Children and Youth". Finally, thank you to the children, youth and families we serve for trusting us to help you and for inspiring our work. As we look back on 2016, we have much to be thankful for, just as we have much to look forward to in 2017. On behalf of our staff, we wish you a safe and happy holiday season!