



May 5 – 11, 2013 is **Children's Mental Health Week**. This newsletter reinforces our efforts at Peel Children's Centre (PCC) to increase awareness of the **signs of child and youth mental health difficulties** and **how to access treatment that works**.

Read on as well for information about **spring events** at PCC and the dedicated **volunteers and donors** who have generously supported our services and programs in recent months.

## Children's Mental Health Week 2013

Children's Mental Health Week is an annual campaign to raise public awareness of the signs of mental health difficulties, the importance of early treatment, and the effective services that are available for children, youth and their families.

### What is a mental health difficulty?

Mental health difficulties are struggles with feelings, behaviour or relationships that seriously affect daily functioning at home, at school, or in the community.

1 in 5 young people – that's 88,000 children and youth (ages 0 to 24) in Peel Region – have a diagnosable mental health difficulty.

The most common mental health difficulties in young people are behaviour disorders (e.g. defiance, bullying), anxiety disorders, Attention Deficit/Hyperactivity Disorder, depression, and eating disorders.

### Signs of a mental health difficulty

Many children and youth exhibit these characteristics and behaviours from time to time during normal development:

- getting significantly lower marks in school
- avoiding friends and family
- having frequent outbursts of anger
- losing her/his appetite
- having difficulty sleeping
- rebelling against authority
- drinking and/or using drugs
- not doing things he/she used to enjoy
- damaging property
- worrying constantly
- experiencing frequent mood swings
- not concerned with her/his appearance
- obsessed with her/his weight
- lacking energy or motivation
- hitting or bullying other children
- attempting to injure himself/herself.

However, if these characteristics or behaviours are **intense, long-lasting, inappropriate for the child's age, or interfering with the child's life**, they may be signs of a mental health difficulty.





If your child has mental health difficulties, it is important to get help. Left untreated, kids in distress can turn to drugs and alcohol, become suicidal, drop out of school, become violent, or withdraw into silence and isolation. The good news is that treatment works, leading to better outcomes and happier lives.

## How do I get help?

**Mental Health Services for Children and Youth** (Centralized Intake) provides access to a broad range of mental health services for children and youth ages 0 - 24 who live in Brampton, Caledon or Mississauga. If you are a parent, service provider, or youth over age 12, call **905-451-4655**. These services are free of charge for children and youth living in Peel Region.

PCC operates a **Crisis Response Service**. If you are a child/youth under age 18, or the child's parent or caregiver, call **416-410-8615** to get help **24 hours a day, 365 days a year**.

**Tangerine Walk-In Counselling** is a service provided, in partnership, by Associated Youth Services of Peel, Peel Children's Centre, and Rapport Youth & Family Services. Call **905-795-3530** or visit [www.tangerinewalkin.com](http://www.tangerinewalkin.com).



Walk-in days, locations and hours are:

- **Tuesdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)  
**Associated Youth Services of Peel**, 160 Traders Blvd. East, Suite 100, Mississauga, ON
- **Wednesdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)  
**Peel Children's Centre**, 85A Aventura Court, Mississauga, ON (SE corner, Hurontario St/Derry Rd)
- **Thursdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)  
**Rapport Youth & Family Services**,\* 155 Clark Blvd, Unit 11, Brampton, ON  
*\* This location serves youth up to their 21<sup>st</sup> birthday*
- **Thursdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)  
**Dixie-Bloor Neighbourhood Centre**, 3650 Dixie Rd, Mississauga, ON

New!

Any child or youth, regardless of age or circumstance, can develop a mental health difficulty. Please call if you need support or advice. Mental health treatment gives kids and families hope for a bright future.

## Spring events at PCC

### 9<sup>th</sup> Annual Cosmic Bowl

Peel Children's Centre celebrates Children's Mental Health Week with our 9<sup>th</sup> Annual Cosmic Bowl on **Thursday, May 9<sup>th</sup>** at **Classic Bowl** in Mississauga. Teams will enjoy a fun-filled evening of bowling, prizes, balloon pops and treats, while supporting children, youth and their families who are experiencing serious emotional difficulties.





Cosmic Bowl has an official Facebook page where you can find up-to-the-minute news about prizes, sponsors and our awesome teams. Visit [Facebook.com/PCCCosmicBowl](https://www.facebook.com/PCCCosmicBowl).

**CompuCom**<sup>®</sup>  
The Leading IT Outsourcing Specialist

We extend our heartfelt thanks to our Cosmic Bowl **Silver Sponsors**: CompuCom, Equitable Life of Canada, Evton Capital Partners, and Pearson Dunn.



Thanks also to our **Media Sponsors**, The Mississauga News and Rogers TV, as well as our **Lane Sponsors**: Avison Young, Binswanger Hectare, Canpar, Enersource Corporation, Glenn Schnarr & Associates, King Masonry Yard Ltd, Linda and Ken Foxcroft, Laird Plastics, Mayor Susan Fennell, Mississauga Convention Centre, Pallett Valo LLP, PricewaterhouseCoopers and Sheridan Centre, proudly managed by Bentall Kennedy.



Last year our generous bowlers, pledgers, sponsors and in-kind donors raised more than \$44,000 for children, youth and families. It's not too late to get involved. Please join us on Thursday, May 9<sup>th</sup> and help create a brighter future for children and youth in our community!



To register contact Andrea Peca, [APeca@peelcc.org](mailto:APeca@peelcc.org) or 905-795-3500x2298; or Katie Pipitone, [KPipitone@peelcc.org](mailto:KPipitone@peelcc.org) or 905-795-3500x2294. [Like](#) PCC Cosmic Bowl on Facebook too!

*Cosmic Bowl Silver Sponsors*

## Annual General Meeting and Community Celebration

Peel Children's Centre and our partner agency, Nexus Youth Services, invite you to attend our Annual General Meeting:

**Tuesday, June 18, 2013**

Mississauga Convention Centre, 75 Derry Rd West, Mississauga, ON

6:00 pm Annual General Meeting

6:30 pm Refreshments

6:45 pm Joint Celebration

RSVP: [rsvp@peelcc.org](mailto:rsvp@peelcc.org) or 905-795-3500x2635

PCC will present our **2013 Mary Neville Award** at the joint celebration, which brings together not only PCC and Nexus, but also Associated Youth Services of Peel, Catholic Family Services Peel-Dufferin, Peel Children's Aid Society, and Rapport Youth & Family Services.

## Thank You, Volunteers and Donors!

More than 100 specially trained volunteers and 700 donors generously support Peel Children's Centre each year. Their contributions enable us to extend significantly the services we can provide for children, youth and families who are experiencing mental health difficulties.



## Our Dedicated Volunteers



This year marked Canada's 70<sup>th</sup> annual National Volunteer Week. Peel Children's Centre celebrated and gave thanks to all our dedicated volunteers for their continued support and commitment to the children, families and staff at PCC. Every one of our volunteers has positively contributed to the lives of our clients. Their time, talents and energy are invaluable and we are continually grateful.

## Our Generous Donors

Peel Children's Centre and our partner agency, Nexus Youth Services, are grateful to our Caring Community for its generous financial support. A listing of our major supporters is available at [peelcc.org/about/how-we-are-funded](http://peelcc.org/about/how-we-are-funded).

Recent grants include:

- RBC provided a \$40,000 grant to support PCC's Group Services
- Pendle Fund at the Community Foundation of Mississauga provided a \$20,000 grant for PCC's Day Treatment Summer Camp
- CIBC granted \$10,000 to Intensive Child and Family Services for children/youth ages 7-17
- Toronto Star Fresh Air Fund provided \$7,000 for PCC's Day Treatment Summer Camp
- JCS Canada Charity Fund granted \$5,000 to PCC's Child Witness program
- JCS Canada Charity Fund also provided \$5,000 for Group Programs at the Nexus Youth Centre
- Marion Ethel Kamm & Frederick John Kamm Charitable Trust granted \$2,500 to PCC's Wraparound Program
- Marion Ethel Kamm & Frederick John Kamm Charitable Trust also granted \$2,500 to the Nexus Youth Centre
- Mississauga Firefighters Benevolent Fund provided \$2,000 for PCC's Day Treatment Summer Camp.



Many thanks to all our generous funders, donors and sponsors. You help PCC deliver more than 6,600 services annually for children, youth and families who are experiencing serious emotional, social or behavioural difficulties. You also help Nexus create opportunities for more than 2,400 youth annually.



## Join Our Caring Community

### Volunteer

Want to gain valuable experience? PCC's volunteer options include mentor, tutor, childcare, respite, driver and fundraising. Volunteer Coordinators provide orientation, training, and support. Call **905-795-3500** or visit [peelcc.org/volunteer](http://peelcc.org/volunteer). Make a difference in the life of a child!

### Donate

Make your donation today to help children and youth who are struggling with mental health difficulties. Thanks to your generosity, we are there to support families when they need us the most. Call **905-795-3500 ext. 2298** or donate securely through [peelcc.org/donate](http://peelcc.org/donate). Thank you for your support!

### NexusYouth.ca

Our partner agency, Nexus Youth Services, recently launched its new look and website! Nexus is also on Facebook, Twitter and YouTube. Check out the new videos at [NexusYouth.ca](http://NexusYouth.ca) and [Like](#) Nexus Youth Services on Facebook!

