



# FRONTENAC YOUTH SERVICES

## Newsletter

### December 2015



#### CLIENT COMMENTS

The following comments have been gathered from recent client surveys:

- "I liked how Frontenac helped with my problems and concerns.*
- I felt like it was a safe place for me to talk about how I was feeling and it was a good stress reliever for me.*
- Everyone was so nice.*
- The counsellor works around your schedule.*
- I liked the way it felt like a safe space, and how counselling worked for me.*
- If I had a problem, I could talk to someone about it as an equal.*
- My favourite is having someone there for me who would help me through my problems and would listen to everything I say; also being able to get strategies on helping conquer my anxiety.*
- Based off of reports I knew that they listened to even the smallest issues.*
- Service and help was always available for my child."*

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#### SANTA'S PARADE OF LIGHTS

Santa's Parade of Lights on November 21, was indeed a great opportunity for our youth and a huge success! Special thanks to Linda Mahaffy for organizing and implementing this initiative. Thanks too to Tara Greene and Tim Robinson for their support, and to our youth who contributed to the community. It was a wonderful evening and it was exciting to see the

smiling faces of the youth who were using appropriate social skills and engaging positively with the audience. The evening made a difference in the lives of our youth!





## DAY TREATMENT

Another exciting school year is well underway at Frontenac! With the addition of another Transitional Day Treatment program at Anderson Vocational Collegiate Institute this year, we have been able to support 10 more youth in a community classroom setting. Our first ever meet the teacher night and BBQ at Glenholme was a great success and allowed our youth and their families an opportunity to visit their classroom see their accomplishments, and meet the teacher and CYW.

We are looking forward in many of our classrooms to trips to places like Ripley's Aquarium, Community walks, Station Gallery, Ontario Regiment in Oshawa, and the Royal Winter Fair. This allows our youth to combine their academic learning and hands on experiences while practising the skills they learn on a daily basis in our Day Treatment Classrooms.

We are looking forward to another great successful year for our youth!

**Melanie Brynaert**  
Day Treatment Manager



Picture painted by Frontenac youth at Summer School, July 2015

## EXECUTIVE DIRECTOR'S MESSAGE

Frontenac Youth Services staff continues to work collaboratively with our partners and we have expanded our involvement in several initiatives. Most recently, seven youth were involved in a Therapeutic Riding Program through WindReach Farms. Thank you to the Optimist Club of Oshawa, Canadian Children's Optimist Foundation for their donation which provided the funding for this program. We actively participate in the Durham Children and Youth Planning Network, Central Intake, Crisis Response, the Return Ticket program, the Talking About Mental Illness Coalition, the Walk-in Clinic, and Durham Residential Admission Process. Our Mental Health Workers provide support to youth in the Durham Catholic District School Board, Durham District School Board, Kawartha Pine Ridge District School Board, and Peterborough Victoria Northumberland Clarington Catholic District School Board. We are members in the newly formed Durham Collaborative Framework, providing leadership for Champions, the Youth Suicide Prevention Action Group, and the Situation Table. Community partnerships are a critical component to improving and providing mental health services to children, youth and their families. We are looking forward to working with our partners to transform the service experience.

**Marlene E. Pike**  
Executive Director



Frontenac Youth Services is currently looking for individuals who want to work with our team in organizing and planning our Third Annual Fundraising Gala scheduled for June 2016. Volunteers will assist by networking with our community by acquiring sponsorships and donations for the silent and live auctions.

Are you one of many talented people willing to lend a hand in your area of expertise or interest and participate on our committee?

***Are You Interested in Lending a Hand?***

**Contact Betty Yoshida**

**Email: [betty@frontenacyouthservices.org](mailto:betty@frontenacyouthservices.org)**

**Phone: [905-579-1551](tel:905-579-1551) Ext. 223**

## **RESIDENTIAL NEWS**



**Frontenac Residence** is busy getting ready for Christmas.

Our clients have been busy with homemade crafts and decorating the house. I would like to take this opportunity to thank "Kid's Up Front" who together with corporations around Durham Region and the Greater Toronto Area have donated sporting events tickets this year to our youth. Both residential programs have enjoyed attending Toronto Maple Leaf Games, Raptor's Games and Blue Jays Games.

Merry Christmas Everyone, safe travels over the holidays.

**Wendy Rechanicz**  
**Program Manager**

**Watersdown Residence** had a Christmas Open House on December 2 which raised \$500.00 for programming for the youth. Youth also recently had an excursion to Medieval Times in Toronto which was attended and enjoyed by all the residents.

Many outings and activities are planned for the two week Christmas Break including Swiss Chalet Christmas Dinner.

**Sarah Dixon**  
**Program Manager**





## FUNDRAISING

Frontenac's second "FRIENDS OF FRONTENAC GALA" in June 2015 was a success, raising \$19,068.04. See Volunteer Opportunity on page 3.

Betty Yoshida, Frontenac employee and Gala Organizer is pictured with Oshawa Mayor - John Henry who opened the ceremonies.



The agency's ANNUAL GOLF TOURNAMENT, held in July 2015 was also a success raising \$10,200.34.

## STAFF TRAINING

Some of the training that staff have received since our last newsletter in April are:

- The 10 Best-Ever Anxiety Management
- The Use of Art Therapy to Overcome School Phobia
- Office Ergonomics Training
- CPR and First Aid
- Focused Conversation
- Youth Engagement
- Challenging Behaviours in Youth
- Diversity Training
- Anxiety - Practical Intervention
- Brief Solution Focused Therapy

## ACCREDITATION

In June 2015 we received confirmation that once again we are an Accredited Mental Health Agency. We are proud to be accredited through the Canadian Centre for Accreditation, a third party review based on accepted organizational practices that promote ongoing quality improvement and responsive, effective community services.



Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

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