



FRONTENAC YOUTH SERVICES

Enhancing mental, social and emotional well-being.

Newsletter

June 2019



Mental Health Week

This year during Children's Mental Health Week (May 5th to May 12th, 2019) Frontenac Youth Services decided to launch the #MINDFULMASTERPIECE campaign to shed light on the struggles and needs of our province's younger population and to generate awareness of Frontenac Youth Services as a provider of mental health services for youth in the Durham Region.

We are happy to report that we had dozens of entries and prizes were received by all participants with the Grand Prize being a officially autographed Toronto Maple Leafs hockey stick which was donated by Maple Leaf Sports Entertainment. Our Social Media campaign occurred during Mental Health Week utilizing Instagram, Facebook and Twitter. Thank you to OPSEU who donated five hundred dollars which enabled Frontenac to purchase Amazon cards as gifts.

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Keller Williams Energy Real Estate

A big Thank You to Keller Williams Energy Real Estate. They choose May 9 every year to give back to the community and help out a deserving recipient that would benefit from their volunteer workforce. Their mandate is to provide services for a local community based agency that would benefit from their assistance. Thanks to their generosity and hard work, Frontenac had the majority of the administration office painted and motivational messages added to rooms to help inspire youth and their families.





COMMUNITY INVOLVEMENT



ADHD Awareness Expo
Career Fairs
Centennial College Job Fair
Community Care Durham (CCD) Walk for Mental Health Awareness
Durham CARES
Durham District School Board-Engagement Night on Diversity
Durham District School Board Safety Week
Gowns for Girls
HUB Youth Fair-Henry St. High School
Let's Talk
Make a Difference Event-Bolton C. Falby Public School
Mental Health Fairs
Mental Health Wellness Café
One Brave Night
Oshawa Children's Community Fair
Parent Engagement Morning-Bolton C. Falby Public School
Parent-Teacher Nights
Pink Shirt Wellness Fair-O'Neill C.V.I.

School Wellness Night
- Norman G. Powers Public School
3rd Annual Family Night
- E.A. Fairman Public School
Walk for Mental Health
Whitby Mental Health Fair
Youth Mental Health Symposium-
DDSB

Marlene E. Pike, Executive Director (left), and Susan Kay-Dunn, Board Member attended the CCD Walk for Mental Health Awareness in Port Perry on June 8.



MUSIC CAN CHANGE THE WORLD

Beethoven



Art Therapy can tap on one's hidden talents and gifts.

Below is a rap song composed by a 13 year old in his art therapy session. A previous client of Watersdown Residential Program, he goes by his rapper name **6.O**. In his art therapy sessions he discovered "rapping" as his favourite creative outlet. He brilliantly expressed and communicated his feelings through composing many rap songs. Congratulations and best of luck 6.O.

I am Graduating By: 6.O June 12, 2019

I am graduating public school
I now look back at it
Tell me now
This is the way I were

I am graduating now
I am graduating now

It is all over
I am king Kanye
Sit on a high note
I just want it
I can not believe

I am graduating

Maybe I am dreaming
It came so slow

I am graduating

That is all
Now you
I am making steps for good
This life is made it

Feel like 100 years
I look back since I was one
When I look at JK

I am graduating
I am graduating
I am graduating

I can not believe it
I made it with struggles
Painful a lot
Ask my dad and mom
I thought this day will never come

I made it here
I made it here

This is my dream
High up high
I made it

I am graduating
I am graduating

Call me on the cell phone
When I hit the graduation
I am going Gucci
Right to my shoe
Right to my shoe
I can not believe it

I am here graduating

These comments are collected as part of the client surveys which take place after all services are completed at the agency.

**"Tell us what
you think!"**



What did you like about Frontenac

- it changed the trajectory of my life
- Frontenac was able to give me my son back
- as a single mom I had no help and I knew I needed it; Frontenac counselled me as well as my son and never judged us, they continued to support us and we did have some rough times but we made it
- my worker helped me achieve my goals and work through some of the biggest issues, it helped having family sessions
- how well I was treated and how effective the program was
- I liked the friendliness and upmost consideration of what I needed throughout meetings and identifying my goals
- it gave me a chance to express my feelings
- everyone is understanding and patient
- I liked that I could be very open and honest in all my sessions
- the entire staff was very friendly; our counsellors did a very thorough job working with my son and his concerns; she was very caring, patient, dedicated, and she listened to me too
- location close to home; friendly, resourceful; advocate for my son
- the counsellors were very patient and knowledgeable, always thinking of different ways to help my daughter cope
- the worker was always professional and extremely resourceful
- there are different programs for different needs and everyone is knowledgeable and helpful

What could we improve upon?

- more sessions
- more parking spaces
- chair quality
- wait time for service
- time availabilities

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