

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

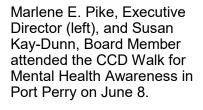
Parent Engagement Morning-Bolton C. Falby Public School

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







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 **6.0**. 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 6.0.

I am Graduating By: 6.0 June 12, 2019

I am graduating public school
I now look back at it
I am graduating
Tell me now
I am graduating

This is the way I were

I can not believe it

I am graduating now I made it with struggles

I am graduating now Painful a lot

Ask my dad and mom

It is all over I thought this day will never come

I am king Kanye

Sit on a high note I made it here I just want it I made it here

I can not believe

This is my dream

I am graduating High up high

I made it

Maybe I am dreaming

It came so slow I am graduating

I am graduating

I am graduating

Call me on the cell phone

That is all When I hit the graduation

Now you I am going Gucci
I am making steps for good Right to my shoe
This life is made it Right to my shoe
I can not believe it

Feel like 100 years

I look back since I was one I am here graduating

When I look at JK

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 listed to me too
- -location close to home; friendly, resourceful; advocate for my son
- -the counsellors was 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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