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SAVE THIS DATE!

FRIDAY MAY 7TH, 2010
at The Carlu

The George Hull Centre's
25th Anniversary Celebration

The evening begins at 6:30 p.m. with a reception with festive food and drink, and mixing and mingling, followed by stand-up comedy in the cabaret style 'The Comedy Hall'. Tickets are \$150 per person.

Come celebrate the Centre's anniversary and Laugh Out Loud!

For tickets or more information, please call the Centre at 416-622-8833 x 229

CREATING A COMMUNITY CULTURE OF RESILIENCY

The Etobicoke Brighter Futures Coalition (EBFC) is a program sponsored by the George Hull Centre since 1994. Through collaboration with our community partners, the EBFC has been developing and delivering targeted early years programming to vulnerable children and their families in Etobicoke for fifteen years. Our initiatives and programs for children and their families include parent education and support, parent child interaction programs, parent relief, school readiness programs, home visiting, donation cupboards and other family support groups.

The families we serve in our programs are living in increasingly challenging circumstances, including high levels of poverty, unemployment, hunger and isolation. It is becoming more and more evident to the members of the EBFC that we do not have the resources or ability to change that

reality for the families we serve. What we can do, however, is build protective factors around those children that help ameliorate the risks.

To this end, we are launching a new initiative, "Creating a Community Culture of Resilience". This initiative is all about providing Reaching IN...Reaching OUT (RIRO) Training to service providers working with vulnerable young children in Etobicoke. Reaching IN ... Reaching OUT (RIRO) is an evidence-based skills training program designed to promote resilience in young children. RIRO helps adults and children "reach in" to think more flexibly and accurately and "reach out" to others and opportunities.

Resilience helps people deal with stress and adversity, overcome childhood disadvantage, and reach out to new opportunities. In addition, more than thirty years of

research shows that people who are resilient are healthier, live longer, are more successful in school and at work, are happier in relationships, and are less prone to depression. In addition, resiliency research indicates that those children who are most at risk for poor outcomes seem to receive the greatest benefits from resiliency skills training.

While creating a community culture of resiliency and supporting the development of resilience skills in vulnerable children in Etobicoke cannot change poverty rates, it can help children improve their ability to cope well with adversity and persevere and adapt when things go wrong.

For more information on Reaching IN... Reaching OUT visit <http://www.reachinginreachingout.com/>.

For more information about Resil-

PCMH CONFERENCE

Parents for Children's Mental Health

is pleased to present the

6th Annual Parent to Parent Conference

Friday April 30th, 2010
and Saturday, May 1, 2010

LOCATION: Novotel Hotel Mississauga
3670 Hurontario Street
905-896-1000
(special rates available when booking for conference)

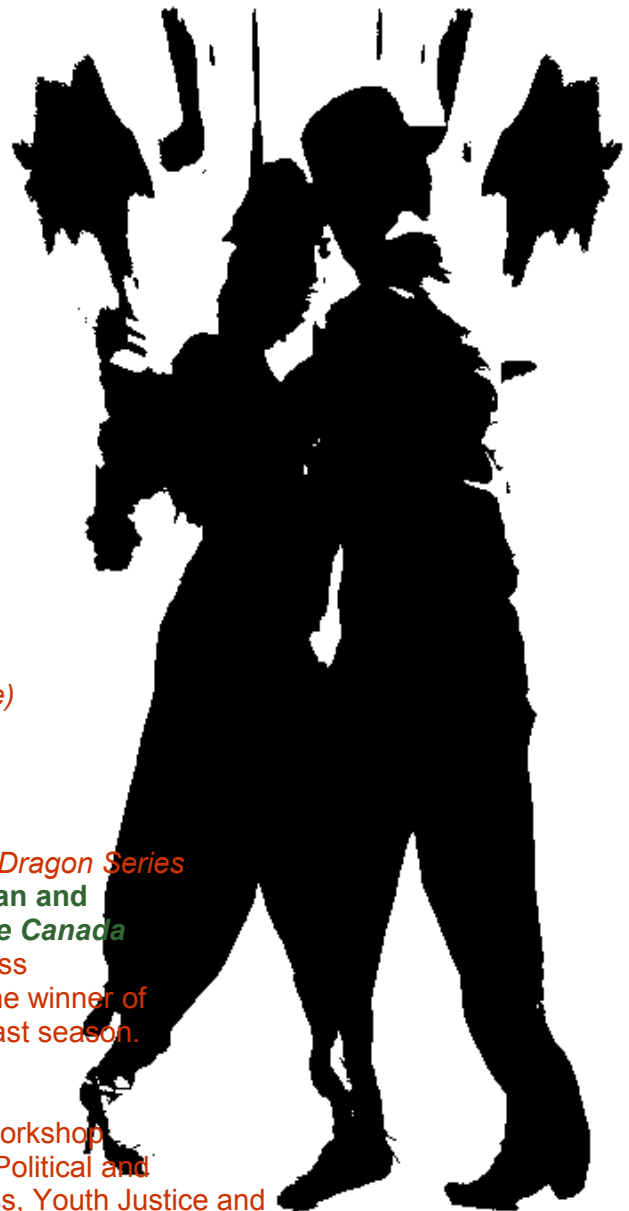
Friday evening, April 30th, 6 p.m.
'Mental Illness and the Arts' and reception

Keynote address by **Gayle Grass**, author of *Iris the Dragon Series*
Special guests and special performance by **Tara-Jean and Vincent** from CTV's *So You Think You Can Dance Canada*
who will showcase their dance depicting mental illness
choreographed by Stacey Tookey. Tara-Jean was the winner of
CTV's *So You Think You Can Dance Canada* this past season.

Saturday, May 1, 2010 (All Day)
Workshops will include: PCMH's From The Inside Workshop
and Training, Child and Youth Provincial Advocate, Political and
Public Advocacy, Raising Children with Mental Illness, Youth Justice and
The Police System. More workshops and keynote addresses to be announced.

Parents Supporting Parents Conference for Child and Youth Mental Health.

With new speakers, and a Friday evening reception, this year is proving to be another excellent opportunity for networking, exchanging information and gaining the necessary supports we all need.



ONTARIO EARLY YEARS CENTRE

Christmas is always a busy season for OEYC staff and families, but Christmas 2009 was particularly busy. Expected donations did not materialize, so we had a mad scramble to provide children and their families with the gift bags that they have come to depend on over the years. Emails were sent out far and wide re-

questing financial support. We were able to collect enough money and toys to provide 74 children with a gift bag, which included a hat, mitts, sweater or sweat-shirt, socks, toy, book, candy, tooth brush and tooth paste. Each family received a gift card for Loblaws. There were enough funds to also provide every

child attending program the week before Christmas break (130) with a box of crayons, a colouring book and candy. The OEYC staff spent many hours shopping, packing and distributing the gift bags and cards to the families.

Thank you to our friends, family and community. Your generosity helped

DAY PROGRAMS

The first semester ended with students at the School Program and Clear Directions working diligently to complete their credits. Several of our students are returning to regular high school for the second semester, and we wish them all the best.

Our efforts to enrich our regular programming have continued this semester. In October, the students of the Secondary class went to see a stage adaptation of Henry James' classic 'The Turn of the Screw' at the Campbell House Museum. In November, students from the School Program and Clear Directions saw 'Blindspot' at the Lorraine Kimsa Theatre for Young People. This amazing production explores issues like substance use, date rape, and peer pressure, and how they interact with our

ability to make decisions and to examine choices. Our students also attended Remembrance Day ceremonies in downtown Toronto, and the re-dedication ceremony for the Peace Garden at Nathan Phillip Square, where they listened to truly inspiring speeches by Justin Trudeau and a survivor of the nuclear attack on Hiroshima.

In addition to enriching the school environment, the Day Programs' staff also contribute their expertise to the larger community. Child and Youth workers from Clear Directions, for example, have delivered presentations at Fern Middle School about the risks and implications of alcohol use. An age appropriate adaptation of this presentation will also be delivered to the high school students at Thistletown Col-

legiate in January and February. In April, we will bring the famous DAWN program, a substance abuse prevention series, to several Toronto Catholic District School Board middle schools in the west of the city. In the first semester, we delivered presentations on substance use and on working with aboriginal youth to the CYW students at Sheridan College and Ryerson University.

As always, we would like to remain as accessible as possible to all of our students and parents/caregivers. Please do not hesitate to contact me at 416-646-0700 x21 with any questions or concerns you may have.

Tahmo Gharabaghi, Program Manager

HIGHFIELD

At a recent all-day forum held at OISE, University of Toronto, the Highfield Community Enrichment Project, represented by Elnora Magboo, highlighted the importance of active partnership with the school, as well as with parents, in offering early intervention programs and services to children. Elnora described the existing partnership of Highfield Project with Highfield Junior School as one based on mutual respect and cooperation. "With shared vision, the challenges in our working relationship can be no more than the typical, occasional bumps that can be resolved with simple negotiation."

She underscored the "synergistic" outcome of their partnership as follows:

- The school promotes academic excellence; the Project targets the students' social, emotional and behavioural development.
- Teachers download information to the students; the Project's nutrition program provides the meals to help students focus in absorbing the information.
- Teachers teach manners and good conduct; the Project carries this further with its "Highfield Heroes" program, helping the school achieve a record of zero bullying incidents for many years.
- Teachers are supported by newcomer volunteers; the volunteers acquire important job experience in Canada.
- The Summer Enrichment Program prepares children to start their school life and reduces separation anxiety for both parent and child.
- The Project's Volunteer Program so successfully models the values of teamwork and volunteerism that students regularly offer to help.

Lesline Alleyne, a member of the Project's Steering Committee, spoke of her involvement as a parent. "To be respected, accepted and trusted has been truly empowering and has helped tremendously to keep me involved," she shared.



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Accredited by Children's Mental Health Ontario

The George Hull Centre is one of Ontario's leading multidisciplinary, innovative children's mental health centres. The purpose of the George Hull Centre is to reduce suffering and to enhance the quality of life of children, youth and families. The George Hull Centre engages the community, its families and volunteers in a variety of partnerships to provide hope, solutions and positive outcomes.

If you would like further information please contact: Jane Bray, M.S.W., R.S.W., Executive Director

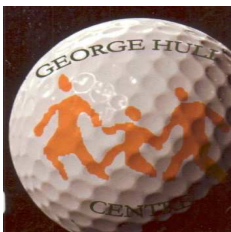


SCHOOL PROGRAM/CLEAR DIRECTIONS ART SHOW

THE SCHOOL PROGRAM
AND CLEAR DIRECTIONS
PRESENT THEIR

**3RD ANNUAL
GEORGE HULL ART SHOW
OF CONTEMPORARY ART,**

SCULPTURES, AND CERAMICS
ON TUESDAY MAY 4TH, 2010
IN THE CONFERENCE ROOM,
600 THE EAST MALL,
THIRD FLOOR
FROM 1:00-4:00 P.M.



THE 8TH ANNUAL GOLF TOURNAMENT
Thursday, August 12, 2010
STAY TUNED FOR MORE DETAILS AND
COME OUT FOR A DAY OF FUN WITH
FRIENDS AND COLLEAGUES!

**CHILDREN'S MENTAL
HEALTH WEEK
MAY 2 -8, 2010**

**"Life is not measured by
the number of breaths we take,
but by the moments
that take our breath away."**