



# Rapport Youth & Family Services *Special Rapport!*

Fall 2005

Issue 3

## *Greetings from the Executive Director*



### The United Way Needs Your Support

As I write this article the weather seems to have taken a dramatic u-turn from the wonderfully warm summer days and nights that we enjoyed in southern Ontario. The Fall time of year marks a period of new beginnings with seasonal temperature and foliage changes, the start of another school year, and of course, the annual United Way campaign. The United Way of Peel has pledged to raise \$12.7 million

this year to support the delivery of a diverse pool of invaluable services to Peel's neediest individuals and families. While this is a modest increase of 2.8% over the previous year's campaign total, it marks the largest goal in the United Way's 48 year history. Rapport has been the fortunate recipient of funding support from the United Way for over 30 years. During that time we have delivered assistance to tens of thousands of troubled teenagers, helping the vast majority of them to lead more healthy, hopeful, and productive lives. Currently, United Way's support enables Rapport to provide a mixture of important programs, including confidential individual counselling to youths, family and group counselling, and a variety of supports to marginalized youth in an informal drop-in setting.

In order to sustain all of its operations, Rapport receives financial and in-kind support from a diverse funding and donor base, including a shrinking contribution from government sources, an unfortunate systemic trend that is having deleterious consequences for the not-for-profit human services sector. Without the level of annual United Way funding received by Rapport, it is clear that our operations would cease to exist, and so too would the beneficial programs we offer to Peel's troubled youth and their families. No doubt, the same scenario could be envisioned for the majority of the 55 community agencies serving Brampton, Caledon, and Mississauga that are funded by the United Way of Peel.

Last year the TD Bank Financial Group released a report entitled, Canada's Charities: Under Pressure. It cites a troubling picture of a growing acknowledgement by the public of the vital role played by charities in improving the well-being and quality of life of Canadians, yet a diminishing percentage of Canadians making charitable contributions. This needs to change if we are to sustain a healthy social support system for our families, friends, and neighbours. It can start with you making a generous financial contribution to the United Way this year.

Thank you.

Paul Sherman  
Executive Director

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### Mission Statement:

To strengthen the social and emotional well-being of youth and families through counselling and related support services.





## A Young Mother with a Brighter Future

Susan was 15 years old when she became a single mother, necessitating the involvement of the local Children's Aid Society, who then referred Susan to Rapport for counselling support. Although Susan seemed to be doing well raising her daughter on her own, the father of the child was alcoholic and abusive, and Susan was still drawn to him. These pressures resulted in her dropping out of school. When she came to counselling, Susan was feeling stressed about her future, depressed and unloved, which brought out

issues of neglect by her own parents. As she became more aware of her low self-esteem, and how it affected her circumstances, Susan realized that she deserved better, and was able to break off her relationship with her boyfriend. She also realized how her childhood had impacted on her choice of boyfriends. Subsequently, Susan's next boyfriend was kind to her and her child. She returned to school and received top grades in her academics. After completing her high school education, Susan took a job with her father, with whom she was developing a better relation-

ship, and the future for Susan and her daughter looks much brighter.



Shirin Person, M.S.W.  
Susan's Counsellor



Gilda Capraro  
ECLYPSE  
Program Coordinator

## News From ECLYPSE

The ECLYPSE youth drop-in program continues to thrive as a counselling and support centre for youth in Brampton. We have seen a steady stream of youth coming through our doors over the summer months and into the Fall. In August, Gilda Capraro joined the ECLYPSE team as the new Program Coordinator. Our current service partners who provide programs at the centre

include the Peel District School Board, the YMCA, Peel HIV/AIDS Network, African Community Services, Our Place Peel, and Family Association for Mental Health Everywhere. Together, we continue to provide much needed help and support to our young friends. We are all looking forward to the start of our Fall programs, which will include group activities, Wednesday afternoon

movies, cooking and nutrition classes, as well as counselling and the usual access to computers for homework, research and general interest.



## The Real Mystery

Some people may view counselling as a mysterious, almost magical process. Although counsellors have to train for many years in preparation for their jobs, they are definitely not magicians. They do have to learn about human and societal conditions that can have a serious impact on family life. These conditions may include substance abuse, family conflict, depression, learning disabilities, trauma, divorce and poverty. They must also understand the cultural, political and socio-economic contexts in which families live. They learn to create an environment of

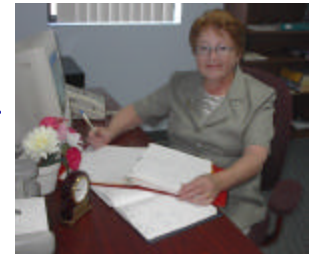
safety and comfort, which is objective and free of judgment or prejudice.

Teens and parents are invited to consider the changes they want to make in their relationships with significant people in their daily lives. They set goals that will enable them to take the necessary action to reach these goals. The counsellor helps family members to clarify the issues that brought them to counselling and tries to expand the family's view of possible options open to them to improve their situations. These options must be based upon the family's values and lifestyle choices. Some young people may decide

to take the counselling journey alone, with family support at a distance.

If there are any miracles that happen in counselling, they take place within the teens and families. Many people are struggling with great adversities, but they still find the strength and energy to overcome the obstacles in their path to better living. Therein lies the real mystery.

Grace Wannan  
M.S.W.  
Program Manager



## My Impressions as a Youth Volunteer



Astrid  
Hardjana

Becoming involved with Rapport was a welcoming experience for me. My volunteering first began as a duty that needed to be accomplished in order for me to graduate high school, but it soon became an activity I participated in to learn, grow, meet people and develop new skills. I was scared to go out there and place myself in an environment that I did not know,

however, I was met with a surprise when I joined Rapport, as I encountered a welcoming and accepting atmosphere. The committees I joined were open to my help and ideas, and they welcomed my presence. In becoming a volunteer at Rapport, I was able to use my skills to help our community, work as part of a team and make new friends.

Astrid began her volunteerism at Rapport in 1996 when she was 16 years old, helping out with the Peel Youth Arts Festival. Since then she has contributed her time and energies on various agency committees and at Rapport's ECLYPSE youth drop-in centre.

## Yes, I want to support Rapport Youth & Family Services!

Name: \_\_\_\_\_  
\_\_\_\_\_

Tax receipts will be issued for donations = \$10  
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I prefer to give \$ \_\_\_\_\_

Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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Please mail your tax deductible donation today to Rapport:  
155 Clark Blvd. Unit 11, Brampton, ON L6T 4G6



Rapport Youth & Family Services

Rapport Youth & Family Services  
155 Clark Blvd #11  
Brampton, ON, L6T 4G6  
905 455 4100

[www.rapportyouth.com](http://www.rapportyouth.com)



## *It Could Never Happen to Me*

Four years ago Michelle Richards came to Rapport for help as a result of being sexually abused. With counselling and support from Rapport Michelle was able to overcome her emotional trauma and complete her education. Michelle subsequently graduated from York University, where she majored in English. Her debut novel, *It Could Never Happen to Me*, deals with sexual abuse and sexual activity among teens. The protagonist, Keisha Morgan, is a 15-year-old girl with low self-esteem. She is flattered

when Marcus, her attractive new stepbrother, takes an interest in her, but when that interest becomes sexual, Keisha is bewildered, confused and then left with guilt and finally, confusion. Michelle, who released the book last year at the age of 22, believes that sexual assault is often unrecognized or overlooked. She feels it is important to educate youth on this topic, especially since it seems to be rarely spoken about. Her book is available at Knowledge Bookstore in Brampton.



“(Richards) doesn’t shy away from the difficult issue of sexual abuse in her first novel.. Teen pregnancy and sexual coercion in an atmosphere of secrecy are all part of the story.”

The Toronto Star