



CATHOLIC CHARITIES CARES

Summary of Agency Services and Activities 2015



Catholic Charities of the Archdiocese of Toronto provides social services, leadership and advocacy for its member agencies and the people they serve. At its core is Catholic Social Teaching that focuses on the poor and marginalized, urging us all to build a just society and safeguard the dignity of every person.

PRESIDENT'S MESSAGE



In 2015, Catholic Charities of the Archdiocese of Toronto continued its leadership role in the community: not only funding 26 social service agencies that provide support and assistance for the most vulnerable, but also identifying emerging needs and augmenting the skills and capabilities of our agencies.

Catholic Charities launched two pilot programs in 2015. The first pilot will test a grief reconciliation approach for young mothers to see if understanding grief in light of their own personal experiences can help with making better choices about the assistance they seek out. The second pilot will, with the help of two Catholic family services agencies, match volunteers from six parishes with isolated and marginalized seniors in order to provide them with supports.

Through the second phase of the Building Evaluation Capacity initiative, agency staff have received training, coaching, and technical assistance on how to design programs and evaluate their impact in more dynamic ways than satisfaction surveys or counting clients helped.

By organizing a network of senior executives willing to volunteer and share their collective decades of experience, Catholic Charities has facilitated coaching and mentoring for executive directors, enhancing their capacity to strategically plan the future of their agencies.

Increased demands on time and resources will always be present as will the need to be resilient. Through the tireless efforts of Catholic Charities staff, our agencies, and volunteers and with the generous funding received from ShareLife and its donors, we will continue to provide critical services to families, children, youth, and seniors in need throughout the Archdiocese of Toronto.

A heartfelt thank you to each of you.

Carmela Pallotto,
President of Catholic Charities

LOYOLA ARRUPE CENTRE FOR SENIORS

Easing grocery expenses and ending isolation of seniors on fixed incomes

It's almost noon and Ana Cornejo, 77, waits with a cluster of volunteers near the main entrance of a west-end Toronto Community Housing (TCH) building in the city's Davenport neighbourhood that is home to Loyola Arrupe Centre for Seniors (LACS), a Catholic Charities Member Agency.

The LACS centre offers accessible and affordable programs to people 55 and over; most are over 70, says Executive Director Sandra Cardillo. To help ease the cost of groceries for older seniors on fixed incomes, LACS gets weekly fresh food from Second Harvest that provides donated, surplus food to over 220 social service agencies.



"We all live on fixed incomes," says Molly Hamil, 70, a TCH resident and LACS member. "I have friends living here who have no money for groceries after paying rent and all their other bills." In

2014, Statistics Canada reported that over 600,000 Canadian seniors live in poverty with many of those facing mobility and health challenges.

Isolated Seniors

Aiming to help seniors socialize, many of whom face severe isolation, LACS also offers yoga, gardening, computer classes, intergenerational programming and cooking class programs. "Given the diversity of the population we work with and the hardships you hear about on a daily basis – abuse, poverty, hunger, isolation, tragedy," said Sandra. "We spend a lot of time knocking on doors. Those few minutes may be the only human contact some of these seniors have."

"Sometimes you feel lonely, and accessing these programs helps with that," says 97 year-old Floris Griffith. She participates in yoga, smocking, embroidery, knitting and more recently, the community food program. "You're lively here," says Floris, "you're not left alone."



CATHOLIC FAMILY SERVICES TORONTO

The 'Understanding Abuse' program helps women end a cycle of violence

Brenda (not her real name) first came to Catholic Family Services of Toronto (CFS Toronto) worried that she didn't have enough money for the basic necessities of life or physical and emotional safety. Her children had witnessed Brenda's partner being verbally abusive towards her. She was not working much and could not rely on her partner for financial support. She was depressed and had even considered ending her life. Catholic Children's Aid suggested that she go for counselling.

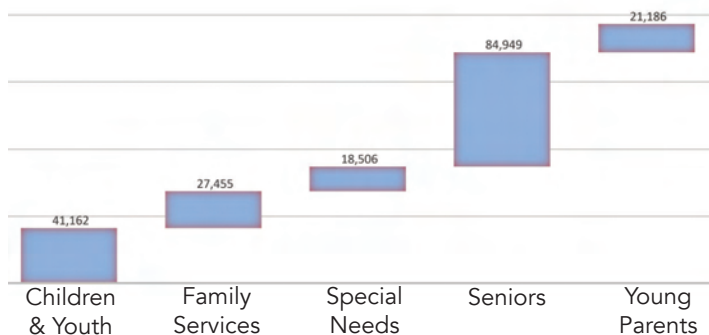
Brenda did not want to be hurt by her partner, but she did not want her children to lose their father. She talked about how she loved him and hoped his behaviour would change. She believed that he was a good father who cared about his children. Her partner had physically assaulted her. She hoped he would not physically hurt her again, but deep down, she worried it would happen again.

Understanding Abuse

When Brenda began weekly counselling sessions, things began to improve. Then, she joined Understanding Abuse, a group program offered by CFS Toronto. She talked about her situation, realized her strengths. She learned about the cycle of abuse; saw patterns in her own relationship. It gave her the courage to confront her partner, asking him to change his behaviour but to no avail.

While she grieved the loss of what she had hoped would be a happy family life, she realized that much of her unhappiness stemmed from her situation. Thanks to the CFS Toronto program and one-on-one counselling, Brenda is making a fresh start.

MEMBER AGENCY VOLUNTEER HOURS

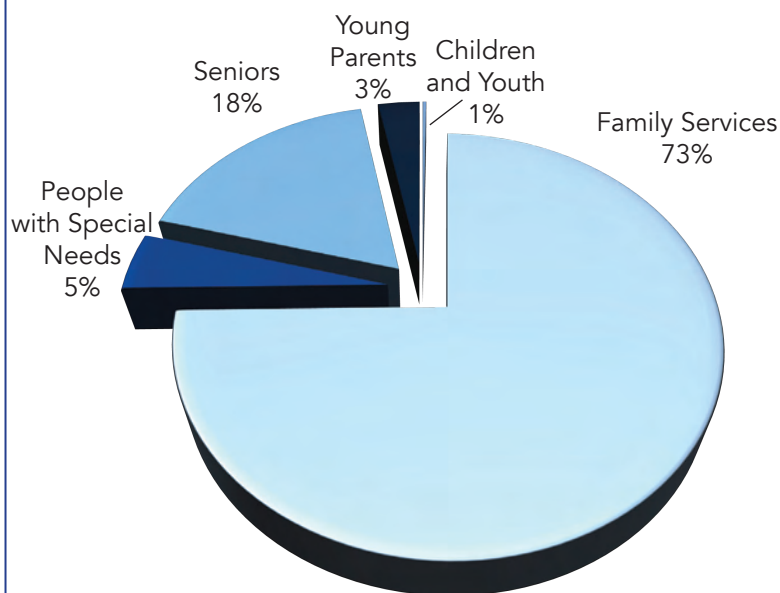


Volunteers strength Catholic Charities and its member agencies could not do community outreach without the commitment and assistance of hundreds of dedicated volunteers who devote long hours to help ensure that agencies respond promptly to current and emerging needs.

The Volunteer Hours shown reflect only the hours of volunteers engaged in programs supported by Catholic Charities with funding from ShareLife. The value of the work of these volunteers, based on Ontario's minimum wage, would be over \$2.18 million in 2015!

{If all agency programs were used, the volunteer hours' value would be much higher.}

MEMBER AGENCIES SERVICES 2015



Services provided in 2015 ONLY refer to programs funded through Catholic Charities and the annual ShareLife campaign. They do NOT reflect all the services provided by Catholic Charities' member agencies which receive funding from other sources.

'YOU CAN WORK WONDERS'

Supporting ShareLife helps Catholic Charities

You can help families who are working through crises and healing. Assist older Seniors to live independently. Support adults with developmental challenges in the community and parenting young mothers and their families. They are just some of the services Catholic Charities member agencies provide. They are lifesaving and life-restoring. When you contribute to ShareLife, you help do all of this and more. Yes, "you can work wonders!"
www.sharelife.org

CATHOLIC CHARITIES MEMBER AGENCIES

How you can contact member agencies of Catholic Charities

COMMUNITY/FAMILY SERVICES

Catholic Community Services of York Region

1-800-263-2075 www.ccsyr.org

Catholic Crosscultural Services

416-757-7010 www.cathcrosscultural.org

Catholic Family Services of Durham

1-877-282-8932 www.cfsdurham.com

Catholic Family Services Peel-Dufferin

905-450-1608 www.cfspd.com

Catholic Family Services of Simcoe County

705-726-2503 www.cfssc.ca

Catholic Family Services of Toronto

416-921-1163 www.cfstoronto.com

FertilityCare Toronto™

416-465-2868 www.fertilitycare.ca

Natural Family Planning Association

416-481-5465 www.naturalfamilyplanning.ca/toronto

YOUNG PARENTS

Rosalie Hall

416-438-6880 www.rosaliehall.com

Rose of Durham

905-432-3622 www.roseofdurham.com

Rose of Sharon

905-853-5514 www.therose.ca

Vita Centre

905-502-7933 www.vitamanor.org

AFFILIATED ORGANIZATIONS

Camp Ozanam (Society of St. Vincent de Paul)

416-364-5577 campinfo@ssvptoronto.ca

Good Shepherd Ministries

416-869-3619 www.goodshepherd.ca

Birthright International

1-800-550-4900 www.birthright.org

CHILDREN AND YOUTH

Catholic Children's Aid Society of Toronto

416-395-1500 www.ccas.toronto.on.ca

Catholic Settlement House Day Nursery

416-977-0254 cshdn@on.aibn.com

Covenant House Toronto

1-800-435-7308 www.covenanthousetoronto.ca

Sancta Maria House

416-925-7333 www.smhtoronto.org

PEOPLE WITH SPECIAL NEEDS

Mary Centre

416-630-5533 www.marycentre.com

Our Place Community of Hope

416-598-2919 www.ourplacecommunityofhope.com

Saint Elizabeth Health Care

905-940-9655 www.saintelizabeth.com

St. Bernadette's Family Resource Centre

416-654-9810 www.stbernadettesfrc.org

St. Michael's Homes / Matt Talbot Houses

416-926-8267 www.stmichaelshomes.org

Silent Voice Canada

416-463-1104 TTY 416-463-3928 www.silentvoice.ca

SENIORS

Les Centres d'Accueil Héritage

416-365-3350 www.caheritage.org

LA Centre for Active Living

416-452-4875 www.loyolaarrupecentre.com

Providence Healthcare

416-285-3666 www.providence.on.ca

Society of Sharing

416-413-0380 www.societyofsharing.org

To learn more about Catholic Charities,
www.catholiccharitiestor.org

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