



September 2011

SAFSS NEWSLETTER

SAFSS

Settlement Assistance and Family Support Services (SAFSS) formerly South Asian Family Support Services, is a non profit, charitable, community based organization providing services to the community since 1989. The Mission of SAFSS is to assist, educate and empower newcomers, women, seniors, youth, children and families in their integration process to improve their quality of life, realize their fullest potential and become contributing members of the Canadian society.



Volume 2, 2011

Table of Contents

Message from the	1
From our LINC Centre	2
Harvest time picture	2
Free Dental Program	3
Upcoming Events	3
Info Sessions /Workshop	3
Free money for your kids	3
Some captivating moments	4

Message from the Executive Director

Dear Readers:

Hope everyone has enjoyed this beautiful summer. It always ends much too quickly but we have an exciting and challenging fall ahead. As we approach the fall, we are excited to have the opportunity to share with you some of our ongoing and upcoming initiatives. During the next 2-3 months, we will be hosting two major events. One is SAFSS' Annual General Meeting (AGM) scheduled for November 25 and the other is a workshop on Violence Against Women on November 3, 2011 (for details, see the information under Upcoming Events). We hope that you would be able to participate in our initiatives.

Fall is a very special time for us, as we organize and attend several special events during this time. On September 6, we attended the United Way 2011 Fundraising Campaign Kick-Off at the Access Point Crescent Town Community Hub located at the intersection of Victoria Park and Danforth Avenue. This was a great marketing opportunity for our organization, as we showcased our new

name and logo in this campaign which was attended by a large number of community and partner agencies in Toronto. We have also organized staff picnics in July-August and a Volunteer Appreciation and Seniors Celebration Night in June to recognize and celebrate their contributions. I would like to thank all of our staff members and volunteers who have helped organizing these events in a befitting manner.

This is my tenth year as Executive Director of SAFSS, and I am pleased to report that the organization has achieved many successes during this period. As I write this report, I think about tremendous economic uncertainty across the globe. While I cannot visualize the full impact of this economic downturn on debt crisis in many countries, I do believe that there are some tough times ahead of us.

It is extremely worrying to think about how funding cuts will impact us in future and how this will affect our services as well as the lives of many newcomers, women, children, youth, seniors and their families in Toronto.

Nonetheless, together we can overcome many difficulties. I take this opportunity to thank everyone at SAFSS for making a positive difference in the lives of many. It would not have been possible without your hard work, support and commitment. Thank you.

Dr. Kazi Hoque

Editor's note: Due to unavoidable circumstances, the newsletter for June 2011 could not be published. This newsletter covers the period from June to September 2011.

**Rabindra Nath Sabat:
Program Director & Editor**

FROM OUR LINC CENTRES

Praise versus Encouragement in Early Learning Environment

Children build self-esteem when they are provided with positive reinforcement. The differences between encouragement and praise have been documented in recent years, and studies show that there is a long-lasting effect of both praise and encouragement. If we always reward a child with praise after a task is completed, then the child develops expectations for rewards. Encouragement, on the other hand, refers to a positive acknowledgement and response that focuses on child's efforts to complete a work. Research shows that Praise can actually lessen self-motivation and the child may develop dependence syndrome on rewards.

While praise has long been recommended as an effective tool for parents to build self-esteem in their children, it has become somewhat counter-productive as children learn to "perform" for what they think others expect of them, rather than for their own satisfaction.

Praise can hinder in children's natural curiosity and desire to learn by focusing their attention on extrinsic rewards rather than extrinsic rewards that come from task itself. This can discourage the environment where children can make mistakes and learn from them. Young children, who may not be able to articulate their frustration with such manipulation, may react by imitating the misbehaving child.

Praising a child's behavior is nodding other children's behavior but encouragement on the other hand does not place judgment on child's work. The child is looking for the sign of approval or disapproval while encouragement does not give information regarding its value or indicate their status in the group. Praise leads child to have low expectations of success at a difficult task where as encouragement on the other hand gives children specific feedback and have opportunity to evaluate their own behavior and work. So, parents and teachers should learn to encourage the children more often for their growth to the fullest extent.

Zarqa Chishti (ECE), Lead Child-minder, Morningside LINC Centre



Summer Camp Chalk Drawing at Morningside LINC Centre



Morningside LINC Centre Garden

It is harvest time at the Morningside Centre community garden. Thanks to busy volunteers, Shivam Sahni and John Lo, the garden survived the long summer break, and is now thriving full of colourful flowers and ripening tomatoes. This wonderful project has been very rewarding and our students appreciate and cherish it. Many of them stop to see the garden first thing in the morning before going to their classes.

Radmila Rakas, LINC Instructor

Free Dental Program

The provincial government introduced a new dental program, "Healthy Smiles Ontario" (HSO) for eligible children and youth 0-17 years old. The objective of HSO is to allow children and youth to get regular dental care to prevent cavities and gum disease. The HSO covers regular visits to a licensed dentist or dental hygienist. Services covered include examinations, x-rays, fillings, extractions, cleaning and root canal treatment. Braces and teeth whitening are not covered. To be eligible, children and youth must be 17 years old or younger, their families must be residents of Ontario, must not have dental insurance, or be covered by any other government dental programs e.g. Ontario Works and the family's Adjusted Family Net Income (AFNI) must be \$20,000 or less. AFNI is calculated on income tax. Proof of income, date of birth and address is required.

However if families do not have documents, they can self declare that they are eligible and get someone in their community like a doctor, nurse, a well known community worker, a leader of a faith institution etc to guarantee that they are eligible. The guarantor will be required to sign a form confirming eligibility of the family. Once enrolled, you will be issued a card that you can take to any dentist or dental hygienist to get dental care.

Upcoming Events

Workshop on Violence Against Women on November 3, 2011 at Scarborough General Hospital Auditorium. For details, please contact Zarina Sherazee at (416) 431-4847 ext: 227

SAFSS' Annual General Meeting (AGM) scheduled for November 25, 2011 at LINC Morningside Centre, 1154 Morningside Ave E, Unit # 206, Toronto, ON M1B 3A4. For details please contact our receptionist at (416) 431-4847 Ext: 221

SAFSS Membership: SAFSS Clients/Volunteers \$5.00; Individual Members \$10.00; Community Agencies \$25.00. SAFSS is dedicated to addressing some of the pressing issues faced by community members. Members benefit greatly as they are advised of current events and opportunities. To be a member of SAFSS, we request that you complete the membership form and send it along with your membership fee to:

Settlement Assistance and Family Support Services (SAFSS), 1200 Markham Road, Suite 214, Scarborough, ON M1H 3C3 Call (416) 431-4847, Ext:221. You may download the membership form from our website at: www.safss.org

Info sessions /workshops (June– August 2011)

<u>Topic</u>	<u>Name of the Counselor</u>	<u>Date</u>
Family Law in Ontario	Perminder Dhanjoon	June 06, 2011
Workers Rights	Abi Kanagasabai	July 14, 2011
University Education	Behroze Bhasin	July 19, 2011
Ontario Works	Waheeda Alam	July 26, 2011
Diabetes	Usha Chhabra	July 27, 2010
Diabetes-Follow- up	Usha Chhabra	August 10, 2011
Employment Standard Act	Perminder Dhanjoon	August 23, 2011
Effective Communication with Youth	Massoumeh Tatari	August 30, 2011

FREE MONEY FOR YOUR KIDS: CANADA LEARNING BOND

You can get up to \$2,000 in free education money. All you have to do is open a Registered Education Savings Plan (RESP). You don't have to put any of your money into the plan to get this money from the Government of Canada. When you open an RESP, the Government will deposit \$500 right away and could deposit up to \$1,500 more by the time your child is 15. That's up to \$2,000 for your child's education after high school.

A picture expresses more than a thousand words



**Fundraising Chair
Sudha Verma honoring
Dr. Kazi Hoque for his
outstanding contribu-
tion to SAFSS on the oc-
casion of Annual Gala
Dinner**

**Honourable
Margarett Best and other
distinguished guests includ-
ing Board members and staff
at the Annual Volunteer
Appreciation Event held on
June 29, 2011**



**SAFSS staff with
Susan McIsaac,
CEO of United Way
Toronto at the United
Way Fundraising
Campaign Kick Off
on September 6,2011**