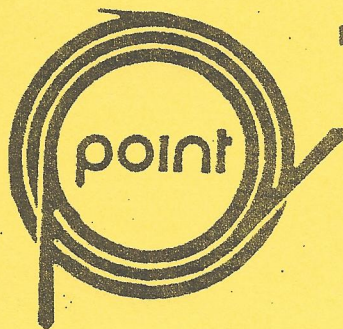



point by point

MAY 1988

VOL. 4 NO. 9



people and organizations in north toronto

Wednesday, June 8, 1988 

POINT Annual Meeting

Guest Speaker:

Janet Mac Innis



Volunteerism: "The Power of One"
and

20th Anniversary Celebration & Luncheon

Registration: 10 a.m.

Annual Meeting & Speaker: 10:30

Celebration & Luncheon: 11:30



If you will be able to attend the luncheon, please
r.s.v.p. by May 31st by calling 487-2390. Cost: \$6.00.

Location: St. Clements Anglican Church
Briar Hill and Duplex Avenues



people and organizations in north toronto
P.O.I.N.T. INCORPORATED



A United Way Member Agency

59 Briar Hill Avenue, Toronto, Ontario M4R 1H8 Telephone 487-2390

POINT NEWS

NORTH TORONTO COMMUNITY CENTRE

PUBLIC MEETING

Tuesday, May 17, 1988
at North Toronto Memorial Gardens
in Eglinton Park

7:00-7:30 p.m. Displays

7:30-9:00 p.m. Presentation

of the final report of the Working
Committee which incorporates changes made
as a result of the October public meetings.

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CITIBANK

POINT would like to thank Citibank for the banking package they have provided our non-profit organization. More dollars will now be available for POINT's work in the North Toronto community.

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MEETING HIGHLIGHTS

POINT hosted a new venture, a Teen Resources "Marketplace", on April 26th at Glenview Senior Public School. The evening began with displays from approximately 25 organizations and agencies that serve North Toronto teens, and continued with a discussion of the topic "Teens and Parents: Who Said It Would Be Easy?" The keynote speaker was Dr. Diane Sacks of the Adolescent Clinic, Hospital for Sick Children, who was joined by a panel consisting of two parents, Donna Heyland and Bill Horan, and two teenaged students, Tracey Skuce and Ben Wiener.

Dr. Sacks explained that a measure of the progress towards maturity by an adolescent can be viewed in terms of the following "tasks of adolescents".

1. Self-identity: The prerequisite for attaining this is self-esteem; problems in adolescence often stem from an earlier lack of appreciation. Adolescence can begin anywhere from 9 to 16 years of age, and whatever the age, an individual never feels he or she is "normal". Teens need reassurance of their normalcy; they may not seem to believe you, but they do need that reinforcement. Teens with medical problems (e.g. diabetes, epilepsy) will need reassurance of normalcy even if they don't ask.
2. Separation from Family: This tends to happen suddenly. The child who does not separate has a problem. Teens need friends and peers to sound out their thoughts and feelings. It may be more difficult to separate from a family that is in some way not a whole family (e.g. single parent, very ill parent), as this separation may make the teen feel guilty.
3. Identity of selves sexually: Parents should start expressing their values early in their children's life to prepare them for this ultimate goal. Don't suddenly initiate these discussions when they are teenagers. Their sexual identity will come from knowing your values, and knowing their own bodies, before they are teens. Give them your values, and make sure they know how to protect their bodies. They are then equipped to accept or reject your views.
4. Economic goals coming into focus: Teens must ultimately take full responsibility for themselves, and so should be developing goals regarding jobs, money management, etc. Teens today want to be rich, successful and famous, a very stressful set of goals. They need to know that economic possessions are not everything, that people

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before them have had to climb the economic ladder gradually to attain their goals.

We base our judgement of teens on these four areas. This will not be a smooth progression, as each individual has her or his own rate. They will all make mistakes, which may bring punishment. We can hope there will be no physical penalties from these mistakes.

Each panel member spoke on an aspect of this general topic.

Bill Horan stressed the importance of communication within the family group. Teens are constantly exposed to many pressures and the family is one of the relatively stable components in their lives. Discussions between parents also provide role models in problem solving, etc. to their teens. Group discussions are helpful, but concentrate on the problem, not the person. Describe the problem and how it affects you, the parent, rather than accuse your teenager. Don't have a double standard about rules - e.g. don't drink and drive yourself if that is your rule. A sense of humour often alleviates tension. Physical affection between teens and parents somehow keeps the channels open.

Donna Heyland described some aids to keeping on track with your teens. In the process of separating from the family teens must ease you, the parent, out of the controlling spot. Remember this as the cause of much teen behaviour. Be realistic about your children, and accept the way they are. Try to focus on your teen's positive qualities, and reflect these back to your child. Get fathers more involved with their families. It is very easy for them to spend most of their energy on their careers, and for mothers to assume the parenting role. Don't try to cope with teens alone. Find other parents and discuss your teens with them. You will probably find similar problems, and you may find some of your ideas are out of date. Talking to other parents keeps you sane.

Tracey Skuce dealt with social pressures which teens encounter. The most prominent of these is the need to fit in with their peers. Teens, especially younger teens, must feel accepted by their friends. Because of this, cliques tend to form with very well defined boundaries, based on such factors as preference in dress, music, athletics, etc. For the older teen, cliques are not as important, and individuals feel independent enough to express some individuality. Much of teenage rebellion is the necessity of separating from their families. For example, teenagers do not enjoy family vacations, but would prefer a beach with their friends, without family.

Ben Wiener presented his personal views of the relationship between teens and their parents. He feels that a common misunderstanding among parents is to view teen behaviour as a personal insult. Teens are going through years of uncertainty, and need to experiment, and on occasion, make mistakes. A teen is trying to find his or her right role. This restlessness may lead to drinking, drugs, truancy and conflicts at home, on such matters as curfew, hair, friends, etc. The only solution for parents is tolerance, and an acceptance that what is happening to teens is normal. Ben feels the parent's role is one of a friend and confidant, not an authoritarian, and should not include judgement and criticism.

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In the general discussion which followed the audience introduced the following topics: difference between adolescence today and in the last generation; guilty feelings parents induce in their children; over-programming of young children; teen sexuality and parental reactions; difficulty of parents understanding risk-taking which can be damaging; responsibilities of becoming sexually active; how to say no to teens, and to friends, curfews.

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COMMUNITY INFORMATION

FEATURED AGENCY

DELISLE YOUTH SERVICES

Delisle Youth Services is a co-educational, multi-service agency offering care for troubled adolescents and their families.

We provide service to adolescents with a wide variety of problems, including those related to family, school and social adjustment, peer relationships, behaviour, housing, unemployment, psychiatric and emotional disturbance.

Being a teenager can be tough, relationships with family and friends complicated, and school demanding. Sometimes it helps to have someone to talk with.

Delisle is available if you need us!

For an appointment, call 482-0081 or drop in on Thursdays between 2:00 and 7:00 p.m. We are located on the second floor of the Northern District Library building, 40 Orchard View Boulevard, Suite 256.

Delisle Youth Services offers its resources free to its participants.

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CANADIAN MENTAL HEALTH ASSOCIATION

This organization needs volunteers 18 years or over for its Rehabilitation Action Program (R.A.P.). Volunteers will be trained to provide social support on a one-to-one basis, to people who are recovering from a mental health problem. Three hours per week for a minimum of 6 weeks is required of volunteers. For further information, please call 789-7957, and ask for a R.A.P. co-ordinator.

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OPERATION PRIDE

Are you a youth who is undecided about your individual career direction, or do you know anyone in this situation? Operation Pride is an employment training and placement program for youth, ages 16 to 24. The program focuses on generic employment skills which are reinforced through a variety of revenue-generating work experiences and life-skills instruction. At the conclusion of the program, a four-week work experience is arranged. All programs are free. For more information call "Operation Pride" at 631-7400.

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ORIOLE PARK SCHOOL FAIR-O-SAURUS

Saturday, May 14th, 11 a.m. to 2 p.m.
Flea Market, Book Sale, Parade, Auction,
Silent Auction and more!

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SELF-HELP CLEARINGHOUSE OF METRO TORONTO

Did you know that there are more than 150 self-help organizations in Metro which meet primarily to help members overcome some of life's major problems. These include people with concerns involving physical and mental health, bereavement, alcohol and drug addictions, and single parenthood, just to name a few. Self-help eases the burden of our overtaxed social welfare system because the majority of the groups are non-profit and member-run. There are many self-help clearinghouses throughout the U.S.A. and Europe, but this operation in Metro is the first of its kind in Canada. Among its many goals is to publish a directory. It is funded by Health and Welfare Canada. For more information regarding the purpose and function of this project, contact Barbara Echenberg at 487-4355.

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CITY HALL - SMALL BUSINESS BOOSTER!

Has your small business run into roadblocks? Do you have a great business idea but don't know where to begin? The Small Business Self-Help Centre offers free advice and information to owners and potential entrepreneurs. Business hours are 8:30-5:30 p.m., Thursdays until 7 p.m. Additionally, there will be an Open House on Thursday, May 12, from 3 to 7 p.m. Location is main floor of City Hall, just west of the entrance. For information, call the Centre at 392-6646.

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NORTHERN DISTRICT LIBRARY

Offers extensive resources in its Community Information section. You will find answers to questions such as "Where's a legal clinic in my neighbourhood?", "Who's my member of Parliament?" or "Where does our group go for funding for a special project?". Check the Community Resources File for such information. 40 Orchard View Boulevard.

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CENTENNIAL COLLEGE

The Nursing Assistant Faculty of the School of Health Sciences is holding an Open House on Tuesday, May 10, from 3:00 to 6:00 p.m. This will provide members of the public with information on preparing for a career as a nursing assistant. Come and chat with faculty, and overview the course outline and contents. Held at Annex II, Warden Woods Campus at 651 Warden Avenue.

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CITY CYCLING COMMITTEE

For safety tips, and information on bicycle handling and traffic-riding skills, pick up free copies of booklets - City Cycling Skills, Smart Cycling, The Bicycle Routes and Guide Map. Available from bike shops, schools and libraries in Toronto, or from the City Hall Information Section.

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YONGE EGLINTON COMMUNITY HEALTH CENTRE

A draft Needs Assessment and Program Proposal has been developed by a Steering Committee, chaired by POINT, for a Health Centre to hopefully be located in the former 53 Division Police Station at Yonge and Montgomery. Health service agencies met in July 1987 to review a preliminary proposal and at that time a Steering Committee was formed. The results of their work will be discussed at a meeting on Wednesday, May 11, 1988 at 9:15 a.m. at the POINT office in Room 1. POINT members are invited to attend.

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SENIORS

DOROTHY KLEIN SENIORS HOUSING

The official Sod Turning for this building took place on March 22, 1988. This complex, located in the Bathurst-Eglinton area, will provide affordable housing for seniors, and will include 125 seniors apartments, a limited number of units for handicapped residents, 2 elevators, storage lockers, offices, meeting rooms, recreation and craft rooms, laundry facilities and some underground parking. Adjacent to the apartment building will be a retirement home, medical offices, a convenience store, commercial outlets, Senior Citizens Centre and recreational rooms. The Dorothy Klein Seniors Housing is a seniors non-profit building, rent subsidies will be available to qualified residents on a rent-geared-to-income basis. The project has received approval and support from the Ontario Ministry of Housing. For information: Chris Smith and Associates 691-9040.

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WORKSHOPS/SEMINARS/CONFERENCES

NEW DIRECTIONS

Programs for separated, divorced, widowed women.

Two new Support Groups have begun this spring: For the "over 50" group; for the under 50" group. Sessions have already started for these new groups, but for information regarding future dates, call 487-5317.

New Directions offers spring Workshops in the following areas: Women and Banking; Critical Planning for Tomorrow; Tips from a Chartered Accountant; Introduction to Investment; Wills and Estates; Job Hunting; Stress; Legal. For information call 487-5317.

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CENTENNIAL COLLEGE

School of Health Sciences

Openings for Nursing careers. Nursing program will accept applications for the Nursing Assistant programs for Fall Semester registration. For information re admission requirements, applications, and to arrange attendance at a Program Information session please call the Admissions Officer for Health Services, Julie Jethra, 694-3241, ext. 3336.

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YWCA

Job preparation for physically disabled young adults, aged 16 to 24. Free program to learn about job skills, career opportunities and do a 4 week volunteer placement. June 27 to August 5, or July 12 to August 19, at YWCA, 80 Woodlawn Avenue East. \$100 Honorarium upon completion. For information and registration call Marg Campbell, 961-8100.

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ARTS

STREETSTAGE

An Appeal to Toronto's Community Groups

Streetstage is a special project of "The Patio Lantern Society", a coalition of Toronto community groups and Toronto artists whose goal is to express community concerns using art. This group intends to build a discussion through art about city issues that affect each community in Toronto. Theatre, music and other art forms will be used to help each community educate itself and the wider public about its municipal concerns. Summer neighbourhood events are the ideal location for such presentations. The rewards for communities which participate will be: 1) City-wide publicity for their local event; 2) Increased community awareness and participation in your locality, and 3) stronger election results in November 1988 in favour of community goals. For information: Bruce Pearce or David Stonehouse 538-0692.

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