

point by point

JANUARY 1990

VOL. 6 NO. 5

MEETING NEWS

DECISIONS! DECISIONS! MEETING A LIVELY EVENING FOR TEENS AND PARENTS

This evening for teens and parents was jointly sponsored by POINT and St. Clement's School, and took place in the school on November 27, 1989.

The program began with a panel of three professionals: Mary Gleason, a Mental Health Nurse with the City of Toronto Department of Public Health, Kim Martyn, a Family Planning Community Worker, also with Public Health, and Stan Newman, the Director of the Youth Substance Abuse Program of the Toronto Y.M.C.A.

Newman deflated some myths about drug use. Toronto does NOT have a cocaine and crack problem; we DO have a substance abuse problem but alcohol is the leading addiction. Drug abuse does NOT grow worse every day; the use of almost every substance has declined to half of the rate of 1979. If an individual uses crack or cocaine once, they will NOT necessarily become addicted. But unfortunately, crack and cocaine do have strong addictive potential, he added, especially with young people. His advice to parents is: don't be afraid to talk with your kids, and offer them your support.

Kim Martyn dealt with relationships and sexuality among teenagers. A sense of one's sexuality is very important, and helps an individual become more confident and a better decision maker, she said. But you can't teach prevention without promoting self-esteem, communication and sexual awareness. Also, Martyn believes that teens are more comfortable discussing their concerns with someone they don't know, who keeps a healthy distance. Successful ways for a parent to bring up this topic, however, are through the use of movies, music, posters, pamphlets and books.

Because teens are influenced by many factors; hormones, parents, peers, movies, music and their own inner voice, our job is to help them find their own voice, Martyn suggested. Her motto for teens is "Just Say Know". In other words, "know your own mind, know the pressures, and know that you have your parents' support".

Mary Gleason counsels teens on decision making and problem solving and tries to help them work through their own crises. Gleason described the decision-making model she uses which is based on the acronym IDEAL.



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



A United Way Member Agency

- I - Identify the problem, often not the obvious one;
- D - the teen Describes the options, and writes them down;
- E - Evaluate the options, and the consequences of each. Then the teen should make a decision about which to follow;
- A - Act on this decision;
- L - Learn from the experience, to make future decisions easier.

This is a time-consuming process, Gleason adds, and requires effort and willingness to listen from the adult.

Two books she recommends are: Betty B. Young's Helping your Teenager Deal with Stress and Teach your Children Decision Making by Clabby and Elias.

The teen panel was composed of Andrew Clark, Grade 11 at Crescent School, Cathy Byers, Grade 13 at St. Clement's School, Jenny Hayden, Grade 13 at North Toronto Collegiate and Alf Scharlack, Grade 12 at North Toronto, and they had some good suggestions. For example, a teen concerned with a friend's drug use might start by mentioning the consequences of the habit - like skipping classes, dropping sports and getting lower grades. It's better to use these as an opener, the panel advised, before confronting them with an accusation.

As for parents too uncomfortable about teen activities to discuss them, a teen trying to close this distance should choose safer subjects for a start, like school, jobs or summer plans.

It was also suggested that although there can be a connection between family breakdown and drug abuse, this is not the only cause. Teens' self-image, school problems and middle class boredom can also be involved.

Other ideas coming out of this evening of spirited discussion included the following:

- * Parents of the "sixties generation" often find their past drug use difficult to discuss with their teens. It might be better to tell teens what you learned from the experience, suggested one participant, to lessen the risk of their copying you.
- * Teens will be more angered by an invasion of their privacy than by parents discovering illicit substances.
- * Abstinence should be presented to teens as a serious alternative; the condom is not the only answer.

.....

EDUCATION IN THE NINETIES OFF TO A ROCKY START

In the April 1989 Throne Speech, the Ontario Government proposed changes to secondary education that included destreaming Grade 9 and reducing the required number of credits for the graduation diploma from 30 to 21. A meeting sponsored by the Parents' Associations of Lawrence Park Collegiate Institute, North Toronto Collegiate Institute, Forest Hill Collegiate

Institute and Northern Secondary School was held November 8, 1989 to provide information about the proposed changes. Ken Keyes, Parliamentary Assistant to the Minister of Education, Cam Jackson, P.C. Education Critic, Donald Beggs, Curriculum Superintendent, Toronto Board of Education, Bob Holmeshaw, Principal of Earl Beattie Public School, and Roy Harvey, Principal of Lawrence Park Collegiate each spoke from his own particular viewpoint about either the current school program or the possible effects of the proposed changes on secondary education. The panel was moderated by Roy Schatz, a parent active on the Curriculum Committee at Lawrence Park.

Approximately 500 parents and educators, primarily from the north end, attended the meeting and most expressed displeasure with the proposals. The question and answer period brought forward many concerns. For example, how will learning be improved if students reading at the Grade 3 level are placed in the same Grade 9 classroom as students reading at the Grade 10 level or above? Can the system which is currently in the midst of major curriculum revisions that have not yet been completed or evaluated be able to accommodate further curriculum changes that the proposals necessitate?

Organizers of the meeting are now urging those concerned about the proposals to send letters to their M.P.P.'s to express these concerns. Further information can be obtained by writing Martha Tamblyn, Co-Chair, Curriculum Committee, Lawrence Park Collegiate Institute, 125 Chatsworth Drive, Toronto M4R 1S1.

.....

COMMUNITY NEWS

SUMMER JOB FAIR

Attention students and POINT Business Members: City of Toronto Department of Parks and Recreation will host a Summer Job Fair for students on February 27 and 28 at the Yonge-Eglinton Centre. Businesses and organizations interested in setting up tables at the Job Fair are requested to call Daryl Starkman at 392-6590.

.....

FREE LEGAL ADVICE FOR NORTH TORONTO RESIDENTS

A community lawyer will be on hand Wednesday evenings from 6:00 to 8:00 p.m. each week at the Central Eglinton Community Centre, 635 Mt. Pleasant Road. Although the service is free, appointments are necessary. Phone 487-4096 for further information.

.....

"COMMUNITY IN CRISIS" JUNIOR LEAGUE OF TORONTO SPONSORS A FORUM

The Junior League of Toronto would like to invite all interested persons to a Public Forum on Community Issues. A Panel Review and Group Discussion on Literacy, Housing and Substance Abuse featuring guest panelists:

Nancy Jackman, Panel Leader; John O'Leary, Literacy; Barbara Thornber, Housing and Lucille Toth, Substance Abuse will take place at North York Central Library Auditorium, 5120 Yonge Street (in the North York Civic Centre) on Wednesday, January 24 at 7:00 p.m. For further information call the Junior League office at 485-4218.

.....

GET FREE ASSISTANCE WITH TAX RETURNS

Beginning February 20, and continuing through April 14 the Central Eglinton Community Centre will be sponsoring an Income Tax Clinic every Tuesday evening from 6:00 to 9:00 p.m. Three Saturday dates are also available from 9:00 to 12 noon: March 17, April 7 and April 21. A qualified volunteer will be available at these times to assist you in preparing your 1989 Tax Return. Senior citizens and others who require assistance are encouraged to contact Kelly Todd at the Centre, 487-4096.

.....

It has come to our attention that in the last issue of POINT BY POINT Camp Wabikon was omitted from the list of businesses which are members of POINT. We apologize for this omission.

LAWRENCE PARK HAS HELPING GROUP

Emotions Anonymous, a self-help program which provides insight, inspiration, as well as practical tools for coping with emotional difficulties is interested in hearing from individuals in the community who might wish to form a group in North Toronto. There are presently three Emotions Anonymous groups meeting in other areas of the city. Phone Lawrence Park Community Church, 489-1551, for information.

.....AND A SINGLES GROUP, TOO

A group for singles, between the approximate ages of 30 and 55, is presently meeting at Lawrence Park Community Church, 2180 Bayview Avenue. Any single people interested in meeting others in a non-threatening, social environment are invited to a Pot-Luck Dinner at the Church on January 26 at 7:00 p.m. For more information about the group or the dinner, phone 489-1551.

.....

HOT OFF THE PRESS

Cityplan '91 Forum was held in May 1989 and officially launched the two-year consultative process that will culminate in a new Official Plan for the City's Central Area early in 1991. Copies of the Forum Proceedings are available for \$20 at City Hall, 392-0068.

.....

DELISLE YOUTH SERVICES PROVIDES HELP

Delisle Youth Services offers a counselling service to adolescents experiencing difficulties with the pressures of home, school, or within themselves. Appointments can be made by the adolescent him/herself, by a parent, the school, or any concerned individual. The counselling service offers a problem-solving approach in crises or difficult situations for teenagers or their families.

The programme includes individual counselling, family and group therapy, communication workshops for parents and families, housing assistance and drug abuse workshops. To make an appointment call 482-0081. There is no charge for this service. Counselling drop-in also available on Thursdays between 3:00 and 6:00 p.m.

.....

STUDENTS IN ADMINISTRATIVE STUDIES COULD HELP YOUR BUSINESS

Do you need volunteers to: design a computer system program? gather and analyze statistical data? undertake a market research project? develop promotional material? gather resource material? Northern Secondary School is looking for placements for 60 Grade 13 students enrolled in Administrative Studies. These studies include marketing, administration, computers, accounting, human resource management, office systems and procedures. Students have 40 to 50 hours available during the day or evening from January to April/May 1990. If these students could help you, call Joanne at 961-6888 as soon as possible.

.....

INDIVIDUALS AND FAMILIES NEEDED FOR SUPPORTIVE HOME SHARE - PARENT RELIEF PROGRAMME

This programme provides individualized support and supervision to developmentally handicapped adults so that family members may take a break. Respite care may be provided on an ongoing or short-term basis. Caregivers receive financial reimbursement, professional training, ongoing support and relief as well as the opportunity to enrich someone's life. For further information contact Metropolitan Toronto Association for Community Living, Supportive Home Share, 968-0650, ext. 265.

.....

SENIORS

VOLUNTEERS - SPRINT NEEDS YOU

Senior People's Resources in North Toronto, SPRINT, wants you to be a part of their volunteer team! If you drive your own car, and have some free time weekdays, you can help to deliver Meals on Wheels or drive a senior to a medical appointment. Mileage reimbursed. Call 481-6411 and help an elderly neighbour remain independent in your community.

.....

TWO CONTRACT POSITIONS OPEN AT SPRINT

COMMUNITY DEVELOPER is required to plan and implement a specific program aimed at recruiting volunteers and "finding" vulnerable clients. Experience essential. Nine month contract, four-fifths time. Send resumes to Jane Moore at SPRINT, 641 Eglinton Avenue West, Toronto M5N 1C5.

CASEWORKER: A contact position is open at this community agency serving frail elderly in North Toronto. Opportunity available to learn measurable social work practice. B.S.W. with experience preferred. Nine month contract, four-fifths time. Send resumes to Lorna MacGregor at SPRINT, 641 Eglinton Avenue West, Toronto M5N 1C5. Phone 481-6411 for further information.

.....

CONFERENCES SEMINARS WORKSHOPS

BECOME A BETTER COMMUNICATOR

Humber College is providing a program in communications and public relations for non-profit organizations. It's designed to give individuals, playing a variety of roles within their organizations, some practical information that can be applied immediately in the workplace. Classes run Tuesday and Thursday evenings from January 23 to March 15. Fee: \$145.00. For further information call Carrie Andrews at 675-3111, ext. 4271.

.....

LEARN ABOUT PROPOSAL WRITING

Humber College is offering two one-day seminars on Proposal Writing on Wednesday, February 21 or Thursday, March 22. This seminar is designed to guide participants through the key components of proposal writing and to provide a solid base on which to discuss funding. It will be of interest to the staff of community service organizations, business and industry, labour unions, social service agencies and educational institutions. Participants will be provided with a valuable tool that can be used both as an organizational planning instrument and as a proposal writing format.

.....

A PREVENTION PROGRAM FOR PARENTS

Developing Capable People is a program that emphasizes the development of family dialogue to strengthen the bonds of the family and teach children to learn responsibly from their own experience.

This skill-building program is sponsored by Parents in Transition, Parents against Drugs and the Ministry of Health and Welfare (National Drug Strategy).

To attend the nine sessions, beginning February 14, call the PIT office at 481-4543 or 225-6604, also Betty Prescott at 485-0551.

.....

P.D. DAYS FOR VOLUNTEER GROUPS

The Volunteer Centre of Metropolitan Toronto is offering a series of five Professional Development Workshops for volunteer workers beginning this month. Workshops and dates are as follows:

The Planning Cycle - January 23
Creative Recruitment - February 23
Developing a Volunteer Manual
March 22
Volunteers from the Multicultural
Community - May 22
Volunteer Management Series (3
sessions) in June
All from 9:00 a.m. to 12 noon

Call the Volunteer Centre of Metropolitan Toronto at 961-6888 for further information and fee schedule.

.....

TUNE IN TO THIRD SECTOR MANAGEMENT

Starting January 11, Open College begins an important new course on non-profit sector management on CJRT-FM.

Called The Third Sector, this course (for which you can register or simply tune in on your radio) helps managers and board members deal successfully with governments and the communities they serve.

The Third Sector is part of a new certificate program in voluntary and non-profit sector management developed by Ryerson and the Canadian Centre for Philanthropy. It's offered from January 11 to April 17 on Thursdays at 1:30 p.m. and Saturdays at 5:00 p.m. The course is also available on cassette.

For complete details on this course and on how to receive CJRT-FM, phone Open College at 595-0485.

.....

POINT NEWS

January 1990

TO: Unrenewed 1989 POINT members
FROM: Mary Brereton, Membership Chairman

Now that the hustle and bustle of the holiday season is over and 1990 is well on its way, I hope you will take a minute or two to renew your POINT membership for another year. Not only does it provide you with monthly updates of news and activities in the North Toronto area, it also provides POINT with a much needed community base that is necessary for continued financial assistance.

Your past support of POINT is very much appreciated and your continued support is very desirable.

Thank you for considering this request. A membership renewal form is enclosed.

P.S. If your membership renewal form and this letter have crossed paths in the mail, thank you very much for continuing your membership.

POINT PRESENTS

FABULOUS FAMILY ENTERTAINMENT

MARK YOUR CALENDAR TODAY
FOR
POINT'S ANNUAL THEATRE NIGHT

FRIDAY, MAY 11, 1990
7:30 P.M.
METRO CONVENTION CENTRE

FEATURING FAMOUS PEOPLE PLAYERS
A PROFESSIONAL BLACK LIGHT THEATRE TROUPE
CONSISTING MAINLY OF PERFORMERS WHO ARE
DEVELOPMENTALLY HANDICAPPED

TICKET PURCHASING DETAILS COMING SOON!!