

**Hospice
Toronto**

Young Carers Program

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**September 1,
2012**

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“Fall has arrived. Behold the changing leaves, and enjoy the crisp breeze. Let your eyes take in the bursts of color. Transformation is afoot and hope is in the air.”

-unknown

Take a look inside to see our upcoming programs including **3 new sites!** YCP will be in the east end, west end, north and downtown! Check out our new photos, young carer tips, and information on relaxation, laughter and a personal story from one of our Youth Champions. We are happy to announce Katie Jacobs has come back to the YCP team as our new Community Engagement Worker!



what we've been up to this summer!



Tricky P's video has been released! Tricky P is a hip hop artist and young carer himself. Please take a moment to see his powerful, moving and poignant rap video about young carers entitled **“Lucky”**. It tells the story of love shared, of commitments honoured and of opportunities gained when young family members take on a caregiving role. *Watch, share and tweet your support!* www.youtube.com/caregiverproject

New report released! **YOUNG CARERS IN CANADA - THE HIDDEN COSTS AND BENEFITS OF YOUNG CAREGIVING.** Authors Grant Charles, Tim Stainton & Sheila Marshall, School of Social Work, University of British Columbia. This paper explores the range of personal, social and economic costs and consequences of young caring. You can download the report at <http://www.vanierinstitute.ca/modules/news/newsitem.php?ItemId=444>

Activities Planned for this Fall...

This fall we have a full calendar of programs all over the city!!

◆ We have a brand new group for kids and teens (ages 5-18) who **help care for someone with a mental health issue**, such as **anxiety, trauma or mood disorders** hosted at **Women's College Hospital** located at **76 Grenville Street, Toronto ON M5S 1B2 on Thursdays 6-8pm September 20-October 25, 2012 (6 weeks in length)**. Interested participants must RSVP to Natalie before September 13, 2012 at natalie.wilson@hospicetoronto.ca or call!

◆ The Geneva Center will be hosting space for another **SIBS group (ages 8-12)** at **112 Merton St. Toronto on Mondays 6-8pm October 1-November 12, 2012 (6 program nights)**. Interested participants must RSVP to Natalie before September 24, 2012 at natalie.wilson@hospicetoronto.ca or call!

◆ We will be returning to the **east end Greektown/Danforth area on Wednesday evenings for Dish and Discuss and Fitness Frenzy—TIME: 6:00-8:00pm Wednesdays WHERE: Wilkinson Junior Public School, 53 Donlands Ave, Toronto**. Interested participants must RSVP to Natalie before September 17, 2012 at natalie.wilson@hospicetoronto.ca or call!

* **Dish and Discuss**- From: October 3- October 24, 2012 running a weekly teen (13-18 years old) group at Wilkinson Junior public school. This four week program will be aimed at bringing teen young carers together to meet each other and chat about what it is like to be a young carer, you can come and have the chance to speak your mind as well as explore helpful ways to cope with stress in your life. There will also be some time to have some fun!

* **Fitness Frenzy**: From November 7– November 28, 2012 we will be running a weekly sports and fitness program for ages (5-12 years old). For four weeks you can come and play different games and learn about how a healthy active lifestyle can help you when you're a young carer. Plus we have some special YCP guests coming to show us the fun ways they keep active!

◆ We have a new school space to host YCP Programs!! **In the North York/ Lawrence Heights area on Tuesday Evenings for Relax to the Max –Time 6:00pm– 7:30pm Where: Flemington Public School, 10 Flemington Rd, North York**. Interested participants must RSVP to Natalie before September 17 at natalie.wilson@hospicetoronto.ca or call!

* **Relax to the Max-Kids**: From October 2 -October 23, 2012 we will be running a program where kids can learn to unwind and learn some helpful coping skills to deal with stress. Using body relaxation techniques, art and play they will have the chance to chill out, meet other young carers and have fun!

* **Relax to the Max-Teen**: From November 6-November 27, 2012 we will be running the program with teens in mind. They will have a chance to learn some great relaxation techniques, through activities, art and meditation.

Fall Special Events



• **Fall Fiesta**; including **pumpkin carving, cookie decorating and Halloween games** on October 20, 2012 from 1:00pm-3:00pm at our office location.

• **Board Game Bonanza** on November 17, 2012 from 1:00pm-3:00pm also at our office location

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day	4 School Starts 	5	6	7	8
9	10	11	12	13	14	15
				RSVP for WCH		
16	17	18	19	20	21	22 
	RSVP for School Programs			YCP@ WCH		Autumn Begins
23	24	25	26	27	28	29
30	RSVP for SIBS			YCP@ WCH		

Schedule of Events

- Remember to RSVP to programs this month!

Contact Natalie by email or phone to RSVP

natalie.wilson@hospicetoronto.ca
or
416-364-2231

- YCP @ WCH Women's College Hospital from Sept 20-Oct 25

TIME: 6:00-8:00pm WHERE: 76 Grenville Street, Toronto ON M5S 1B2

Schedule of Events

- YCP SIBS will be @ the Geneva Centre from Oct 1-Nov 12

TIME: 6:00-8:00pm WHERE: Geneva Centre, 112 Merton St. Toronto

- YCP @ WCH Women's College Hospital from Sept 20-Oct 25

TIME: 6:00-8:00pm WHERE: 76 Grenville Street, Toronto ON M5S 1B2

- Dish and Discuss-Teen@ Wilkinson from October 3-24, 2012

TIME: 6:00-8:00pm WHERE: Wilkinson Junior Public School, 53 Donlands Ave, Toronto


- Relax to the Max-Kids@ Flemington from October 2-23, 2012

TIME: 6:00pm-7:30pm WHERE: Flemington Public School, 10 Flemington Rd, North York

- YCP Special Event! Fall Fiesta

TIME: 1:00-3:00pm WHERE: Hospice Toronto Office 2221 Yonge St. Suite 400, Toronto. More details to come...

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SIBS@ Geneva	2 Relax to the Max-Kids	3 Dish and Discuss-Teen	4 YCP@ WCH	5	6
7	8 	9 Relax to the Max-Kids	10 Dish and Discuss-Teen	11 YCP@ WCH	12	13
14	15 SIBS@ Geneva	16 Relax to the Max-Kids	17 Dish and Discuss-Teen	18 YCP@ WCH	19	20 SPECIAL EVENT
21	22 SIBS@ Geneva	23 Relax to the Max-Kids	24 Dish and Discuss-Teen	25 YCP@ WCH	26	27
28	29 SIBS@ Geneva	30	31 			



Remembrance Day on November 11 commemorates the sacrifices of people in all armed conflicts. Many people wear artificial poppies on their clothes in the weeks before Remembrance Day. Red poppies symbolize the memory of those who died and white poppies campaign for non-military interventions in conflict situations.



Schedule of Events

- YCP SIBS will be @ the Geneva Centre from Oct 1-Nov 12

TIME: 6:00-8:00pm WHERE: Geneva Centre, 112 Merton St. Toronto

- Fitness Frenzy @ Wilkinson from November 7-28, 2012

TIME: 6:00-8:00pm WHERE: Wilkinson Junior Public School, 53 Donlands Ave, Toronto

- Relax to the Max-Teen @ Flemington from November 6-27, 2012

TIME: 6:00pm-7:30pm WHERE: Flemington Public School, 10 Flemington Rd, North York

- YCP Special Event! Board Game Bonanza

TIME: 1:00-3:00pm WHERE: Hospice Toronto Office 2221 Yonge St. Suite 400, Toronto. More details to come...

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Daylight Saving Time Ends	5 SIBS@ Geneva	6 Relax to the Max-Teen	7 Fitness Frenzy-Kids	8	9	10
11 	12 SIBS@ Geneva	13 Relax to the Max-Teen	14 Fitness Frenzy-Kids	15	16	17 SPECIAL EVENT
18	19	20 Relax to the Max-Teen	21 Fitness Frenzy-Kids	22	23	24
25	26	27 Relax to the Max-Teen	28 Fitness Frenzy-Kids	29	30	

Relaxation

Relaxation can be defined as "rest or refreshment of the body and mind". We all need time out to relax and refresh. There are lots of different things you can do to help relax. Here are some examples...

- Listening to music
- Reading a story
- Sitting back in a comfortable chair or sofa
- Going for a walk, run, cycle or drive
- Having a warm bath or shower
- Going for a swim
- Watching TV, going to the cinema or listening to the radio
- Pursuing a hobby e.g. musical instrument, a collection, craft, gardening, etc.
- Reading poetry
- Praying, meditating or attending a religious meeting/service
- Going to a quiet place for some peace and quiet
- Socialising with friends and family
- Playing and watching sports
- Playing with a pet

Write down what you will do to relax during the Fall:



By: Youth Champion Halime Celik



What to do when...

advice from Western Australian young carers

You have trouble getting to school on time or need to leave early, because of your caring responsibilities at home.

Let your teachers or guidance counselor know as soon as you can about your role as a young carer. Try to work out a school timetable with them which takes into account your duties as a young carer at home. Ask an adult or YCP staff to help with this if you need.

Your friends don't know that you care for somebody at home.

If you feel comfortable speak to a close friend. It may feel easier to talk to one friend first rather than a whole group.

The person you care for embarrasses you in front of your friends.

Know that it is normal to have feelings of embarrassment, anger, or guilt about something that the person you care for might do. Other young carers will be able to share many similar stories, and it helps to talk these situations through with people who have been there.

Your family wants you to be at home on weekends but you want to spend time with your friends.

It can be hard as a young carer to start your own life while you still have responsibilities with your family. It can be especially difficult for your family and the person you care for, as they are used to seeing you all the time. Try to find regular times when you can be with your family to show them that you still care for them.

<http://www.youngcarerswa.asn.au/info-help/at-school/>



Young Carers-Personal Story

By: Youth Champion Emma Z. Vajda

I care for my dad because he has FTD- Frontotemporal Dementia. It was about a year ago when I was 16 and things started out as a blur. I was sometimes late for school and had difficulty in school.

The hard part of caring for him is being a “parent” to him and it breaks my heart to do it. He does not remember everything he says or does. Also it is hard to be the strong one for my dad.

So I chose to talk to a social worker in my school because my marks were not up to my potential. I also experienced trouble with bullies along with the difficulties with my dad. I had a lot of bad weeks because of it. At home I had to learn new chores around the house, and I had to walk to school and back. I worried about my dad’s tumour surgery and his recovery. I also worried that if he was outside by himself that he would get lost and the police would have to help find him.

I spoke with a social worker and through our talks I realized I have benefits to helping my dad. I also realized the good changes I have made. Those changes are dealing with bullying and being more independent from my mom.

Six months later, my self-confidence went up. I am now dealing with my mom better and being less bullied. I am slowly trying to put myself out there and trying hard to get good marks in school. I learned to live in the moment and take life with my dad day by day. I appreciate the times I spend with my dad alone and our inside jokes too, laughing and the other good times with him.

KATIE JACOBS MSW, RSW

Community Engagement Worker



I am excited to be back with the Young Carers Program as their new Community Engagement Worker! I am social worker with a background in bereavement and the social/emotional development of children and youth.

As a community engagement worker I will be raising awareness about who Young Carers are, and both the upside and challenges of being a young person with such an important role in the family. I meet with social workers, health care professionals and community organizations to help them understand young carers better. I share all the activities that the young carers program offers and work towards connecting other young carers to the program.

If you are interested in sharing with other organizations you are affiliated with; such as schools, hospitals, community centers or support groups about the Young Carers Program I can help! I am available to connect with them, share brochures, program info and to conduct presentations. You can contact me at katie.jacobs@hospicetoronto.ca

I am excited to be running Relax to the Max Kid and Teen programs this fall. I look forward to showing you some fun relaxation techniques, playing games and meeting all of you!

Young Carers Program

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**Where caregivers really count
no matter what age they are!**

www.hospicetoronto.ca/youngcarers

What is a Young Carer?

A **young carer** is someone aged 5-18 who is in a caregiving role. They help care for a parent, grandparent, sibling or any relative with a chronic or life threatening illness, disability, addiction, mental illness or language barrier. Young carers take on **practical, personal and emotional** caregiving tasks. These tasks may include helping with mobility, housework, shopping, translating, cooking, babysitting siblings, washing, toileting, feeding, dressing, administering medication, cheering up the person that requires care, and providing encouragement.

What is YCP?

The **Young Carers Program** supports young carers by offering activities and programs throughout Toronto that provide recreational, social, educational and skill development opportunities. We work with other local agencies to make sure families get the support they need. We strive to build resilience in young carers by creating opportunities for friendship, fun and learning, which will help strengthen the youth as well as their families.

All of our services are provided FREE of charge!

How do I Refer?

Anyone can make a referral. Call our office Monday to Friday 9am- 5pm and speak to one of our program staff, or you can fill out a referral form available on our website and fax or mail it in.

If you are a young carer or know a young carer, please give us a call or check out our website!

Want to Volunteer?

Please contact Larisa MacSween at 416-364-1666 ext: 231

A Message from the Program Manager

The Young Carers Program has **9 registered members** and we continue to grow! We've been running activities for young carers since 2011, and we are so happy to report that we have served over **150 young carers** through a variety of activities, workshops, programs, and special events! It is wonderful to see so many caring kids and teens meet each other, exchange stories, learn new skills, and most of all have fun together! We've also been able to form wonderful partnerships with local agencies and organizations who support our work, and more importantly recognize young carers and their needs. We look forward to building our relationships with our client families and partners as we grow the program! Thank you! Sincerely, Larisa



The Importance of Laughter



They say Laughter is the best medicine. It really is. It makes you forget your worries. You feel rejuvenated and relaxed. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Laughter is also a good exercise for facial muscles. Laughter is contagious, when laughter is shared; it binds people together and increases happiness and it's one of the best ways to relax!

How do you laugh?? **Chuckling, Giggling, Snickering, Snorting, Belly laugh, Cackling...**
Try this! Smile 5 times in 5 seconds; next try it while watching yourself in the mirror.