

FOR FAMILIES, CAREGIVERS,
&
FRIENDS



East End Children's Centre Newsletter

Can You Spare a Loonie ?...

It has come to this, unfortunately.

Long-story-short: East End Children's Centre is encountering some new financial pressures, and is undertaking a re-structuring of income and finances. We need to find a way of raising an additional \$25,000 that we can count on each and every year.

We've been serving families in this East Toronto for 22 years now. We are a strong and creative organization, with talented, committed staff and board members, working hard to source out new income. In the meantime, however, we believe that our participants would be disappointed if we did not offer them an easy way of helping out.

Over the coming year, we will be ***asking each parent or caregiver to contribute one dollar each time they visit the centre with their children.*** The contribution would be voluntary. Every parent, caregiver and child will be welcome whether or not a contribution is made. The goal will be to generate \$1,000 in contributions each month.

Charitable receipts will be issued for donations which exceed \$25.

Families wanting to make lump sum contributions can make arrangements with our manager, Cathy.

Thanks For Contributing!

FYI: East End Children's Centre's long-term plan is to engage support from foundations and the business sector. If you or a member of your family are an employee at a financial institution, PLEASE come forward and speak with us about garnering grant money. Most financial institutions have grant programs geared toward the community programs supported by their employees.

Sharing the Gift of Life

Meet EECC's bookkeeper; Jenny Lowell. She has shared the gift of life by giving a kidney to a sick friend. Here is her story;

EECC: Can you tell us how organ donation came into your life?

JL: When Valerie first was ill, I impulsively offered to donate a kidney to her if I could. Although I really didn't know what it would mean and I didn't expect we would actually be a good match, my offer was sincere.

EECC: What support was available to you (i.e. counseling, books, friends)?

JL: The Renal Transplant team at St. Michael's Hospital was wonderful. They have separate teams for both the recipients and the donors. We each had our own team of nurses, doctors and social workers to help us with any questions. I was lucky enough to have the financial resources and sick time to undergo elective surgery without any hardship. My colleagues were very supportive and my husband and kids took good care of me after the surgery.

EECC: How did you explain the donation to your family (especially children)?

JL: I didn't have any young children that I needed to explain it to, but I always felt that it was meant to be. We were a good match, I was in good health, I was able to arrange time off work to do it. My mother was very much against the donation. Once it was over and I was okay, she came around and was proud of me, but it was difficult reassuring her that everything would be fine.

EECC: What was the most valuable part of this experience to you as a donor?

JL: That I had the good health and resources to be able to help my friend get better. Also at my three month checkup, the doctor told me that my kidney function was so good "that I can't tell that we took a kidney from you."

Jenny's friend; Valerie Laing shared her side of the story;

EECC: How did you feel about receiving this gift?

VL: To have a friend who does think so highly of me to do this much makes me feel very lucky and so very thankful.

EECC: How did you explain the donation to your family (especially children)?

VL: They were old enough to understand.

EECC: What would you tell someone considering organ donation or signing one's driver's license for donor wishes?

VL: It's one of the greatest things you can do for someone. Especially if it's someone you know, then you will know how much you've changed that person's life.

I am blessed to have a friend like Jenny. Thanks, Jen.



East End Children's Centre (EECC) - Newsletter

On the Subject of Sharing...

Last month, our student Rossellyn and I were delivering a workshop to volunteers who are new to early learning settings, and we talked a lot about reasonable expectations for children. It reminded me that inevitably, in our drop-in programs, there are conflicts between children over toys. Often, parents and caregivers are heard telling the children to share. Rarely does this resolve the conflict between the children. What follows is Cathy's case against insisting that toddlers and preschoolers share a toy.

- A thing can only be shared if there is enough of it for everyone. If there isn't enough to go around, we can guide the children in turn-taking. They may not, at first, do this graciously. Crying while waiting for one's turn should be tolerated.
- When demanding that children share, what is your intention? Is your intention that there be peace between the children? Or is your intention that the children develop into compassionate adults, willing to put aside self-interest to help another? If its peace you want; help the children problem-solve. If the latter is your goal... look carefully at what your child sees you do. The reality is that most adults don't share very well: child poverty right here in Toronto is epidemic; the distribution of wealth, locally and globally, leaves much to be desired; and I don't know about *your* neighbours, but the folks on *my* street can't even share the limited street-parking spaces available... it's just plain cut-throat!!

Our children really need *us* to be strong sharing role models. After all, they do as we do, not as we say.

Cathy Wright, Manager, East End Children's Centre

Rhymes With Orange



East End Children's Centre (EECC) - Newsletter

Sharing with others

We would like to bring your attention to an important charity in our neighbourhood; **Woodgreen Red Door Family Shelter** (<http://www.reddoorshelter.ca>).

In operation since 1982, this refuge provides shelter to women and children escaping violence, refugees and other families which need safe emergency shelter.

They accept donations of your gently used items for their moving program. The moving program helps families, when they are ready, to move out of the shelters and start up a new home. A new future.

They welcome;

- table and chair sets
- child, bunk and twin beds
- chests of drawers and dressers
- double and queen beds
- cribs and mattresses

To make a donation of furniture please call;

Tel: 416-469-3457

Tel: 416-915-5671 ext. 222

Where to Get Help

The Assaulted Women's Helpline
1-866-863-0511 telephone
TTY 1-866-863-7868 a FREE 24 hour crisis line for abused women in Ontario. This service is anonymous and confidential and is provided in up to 154 languages.

Kids Help Phone available FREE 24 hour at 1-800-668-6868 This service is anonymous for any child or youth that needs help.

Distress Centres of Toronto can be reached FREE at 416-408-4357 if you are depressed, in distress or in crisis.

If you know a family that requires shelter please call Central Family Intake at 416-397-5637.

In an emergency call 911

For medical attention visit your doctor's office or (for urgent assistance) visit the local hospital

March Break; usual hours at Kimbourne location PLUS an evening program March 10th 4 - 7 pm with a light meal. Terry Fox is closed all of March Break. Terry Fox is also closed Good Friday and Easter Monday.

Contact East End Children's Centre

Kimbourne Park United Church
200 Woverleigh Blvd. (basement)
416-469-0495

Drop-In Hours:

Tues, Wed, Thurs 9 am – 12 noon
Saturdays 10 am – 1 pm

Terry Fox Recreation Centre
2 Gledhill Ave.
416-425-4051

Drop-In Hours:

Mon & Fri 8:45 am - 12 noon
Wed 12 noon – 3 pm

East End Children's Centre (EECC) - Newsletter

March Break Events

Toronto Zoo

Believe it or not, the Toronto Zoo is open 364 days a year (closed only on December 25th). This March Break, things will be HOPPING. Check out the fun and interactive stations throughout the zoo including the Frog Dome, learn how to do an authentic Frog Call, find out what type of food frogs enjoy and experience one of the many FROGZIBITZ Habitats. Visit www.torontozoo.com or call 416-392-5929.

Leisure Swimming

Swimming is the perfect activity for people of all ages and abilities and is often ranked as the best form of exercise. Leisure swims are free and an ideal time for people of all ages to creatively play in an aquatic setting. For drop-in swim schedules, visit <http://www.toronto.ca/parks/torontofun/> and click on swimming or visit your local pool for the March Break schedule.

Royal Ontario Museum

Experience the Royal Ontario Museum's dinosaur collection. Bigger, bolder and better than ever, the renowned collection of dinosaurs will stir your imagination and get your heart pounding. Visit www.rom.on.ca or call 416-586-8000.

The Ontario Science Centre

The Ontario Science Centre is open seven days a week. It offers an ongoing exploration of the connections between art, technology and science that encourage visitors to see things differently. For more information, visit <http://www.ontariosciencecentre.ca> or call 416-696-1000.

Hockey Hall of Fame

The Hockey Hall of Fame pays tribute to the passion of our national sport and also features legendary honoured members. Experience over 57,000 square feet of hands-on games, theatres, the Stanley Cup, and exhibits that include the finest collection of hockey artefacts from around the world. For more information, visit www.hhof.com or call (416) 360-7765.

Toronto Public Library: <http://torontopubliclibrary.ca>

Monday, March 10th

Magician Paul Wildbaum 10:30 a.m. Eglinton Square Branch
Music with Doug Barr 2 p.m. Deer Park Branch 40 St. Clair Ave. E.

Tuesday, March 11th

Really Little Theatre 10:30 a.m. Lillian H. Smith Branch 239 College St.
Magician Stephen Elvay 2 p.m. Dawes Rd. Branch 416 Dawes Rd.
Music with Robert Davis 2 p.m. Main St. Branch 137 Main St.
Magician Scott Dietrich 2 p.m. Riverdale Branch 370 Broadview Ave.

Wednesday, March 12th

Music with Markus 2 p.m. Bendale Branch 1515 Danforth ROAD
Native Storyteller Shannon Thunderbird 2 p.m. Danforth/Coxwll Branch
Magician Mark Lewis 2 p.m. Gerrard/Ashdale Branch 1432 Gerrard St. E.
Storyteller Carol Ashton 2 p.m. Kennedy/Eglinton Branch 2380 Eglinton E.
Mad Science 2 pm Mount Pleasant Branch 599 Mt.Pleasant Rd.
Music with Turkey Rhubarb 2 p.m. Pape/Danforth Branch 701 Pape Ave.

Thursday, March 13th

Magician Jason Palter 2 p.m. Beaches Branch 2161 Queen St. E.
Meet Live Animals from Muskoka Wildlife Centre 2 p.m. Kennedy/Eglinton Branch

Friday, March 14th

Magician Paul Wildbaum 10:30 a.m. Queen & Saulter Branch 765 Queen St. E.