

Head Office  
197 Euclid Avenue  
Toronto, ON M6J 2J8  
Tel: 416-603-1827  
Fax: 416-603-6655

46 St. Clair Gardens  
Toronto, ON M6E 3V4

Secord Community Centre  
91 Barrington Avenue  
Toronto, ON M4C 4Y9

Annex Early Learning Centre  
161 Madison Avenue  
Toronto, ON M5R 2S6

Cabbagetown Early Learning Centre  
162 Parliament Street  
Toronto, ON M5A 2Z1

Holy Family Early Learning Centre  
141 Close Avenue  
Toronto, ON M6K 2V6

Maple Leaf Early Learning Centre  
301 Culford Road  
Toronto, ON M6L 2V4

Parkdale Early Learning Centre  
119 Close Avenue  
Toronto, ON M6K 2V2

St. Francis Xavier Early Learning Centre  
53 Gracefield Avenue  
Toronto, ON M6L 1L3

Wellesley Early Learning Centre  
495 Sherbourne Street  
Toronto, ON M4X 1K7

Windermere Early Learning Centre  
356 Windermere Avenue  
Toronto, ON M6S 3L3

Parkdale/High Park Ontario Early Years Centre  
2918 Dundas Street West  
Toronto, ON M6P 1Y8

mail@childdevelop.ca

www.childdevelop.ca

Charitable Registration No.:  
11929-2795-RR0001

Tony Diniz  
Executive Director

## Mothers in Mind

### Helping kids get the right start

Tina, a mother of two, states that she finds it difficult to parent her three year old son. She acknowledges that her son looks exactly like his father - her abuser - and says that there are times when she worries that her son might become abusive toward her when he gets older. Tina feels terrible and wonders how her history of domestic violence impacts her relationship with her son.

Camisha sees other moms in her circle of friends enjoying breastfeeding and their relationship with their babies. She understands the importance of breastfeeding her daughter, but says she finds breastfeeding a very distressing experience. She wonders how her history of childhood sexual abuse has played a role in this.

Farah, a mother of three, knows she needs assistance in gaining skills to better parent her children. She has seen the effects domestic violence has had on her children and herself, but says that everytime she's tried to join a parenting group, she's left feeling as though no one in the group could relate to her struggles.

These are some of the moms in our *Mothers in Mind* program at Child Development Institute. They all find parenting challenging, and all have experienced traumatic events in their lives.

*Mothers in Mind* is a ten-week group for moms (of children 0-4) who have experienced domestic violence or other trauma and worry about whether this may be affecting their own experiences of parenting and their relationship with their young



children. *Mothers in Mind* is a group that focuses on parenting within a context of trauma and on strengthening the relationship between mother and child. For example, moms learn how violence impacts their parenting and how violence may also be affecting their children's thoughts, feelings and behaviours.

“Traditional parenting groups don't address the specific issues of trauma and how it shapes parenting,” says M.E. Leroy, Child and Family Clinician. “Because of their experiences, these moms often have very specific needs.”

The group, led by two facilitators, is interactive and is made up of mothers and their children together. Topics cover a range of themes, including sensitivity building, child-led play, child development, safety and stress management.

“The group aspect is important, because many of these women have been socially isolated due to their past trauma,” says M.E. “But it is the interactive piece - the individual work and interactions between the facilitators, the mothers and their children - that makes *Mothers in Mind* different from other groups.”

This program is also different, because it focuses on infants - children under four years of age. This is critical, because we know the importance of early child development and of getting involved with children as early as possible.

“When you become a mother, it is assumed that you will instinctively know how to best parent your child,” says Lisa Sura-Liddell, the Program Coordinator. “But if you had hurtful childhood experiences, or if you've had violence in your adult life, it can be hard to know what to do in moments of stress. These women are taking strides to give their kids the right start and to make parenting a more positive experience for them. Without *Mothers in Mind*, their specific needs wouldn't have been addressed.”

## Camp Wimodausic

### Four weeks to get kids back on track

At Camp Wimodausic, we don't send kids home for causing trouble or behaving inappropriately. Their problem behaviour is why they come in the first place. We provide a fun day camp experience, but we also build social skills and self-esteem in campers through a highly structured, therapeutic program.

For most of these children, this is their only chance to attend a day camp. But it is also a chance for them to improve their behaviour and make strides for a better future beyond the four week camp session.

Camp Wimodausic meets an urgent - and growing - need in our community. For over twenty years, Camp Wimodausic has improved the lives of hundreds of at-risk boys and girls in Toronto. We've helped children overcome their behavioural challenges, while providing a fun and supportive camping experience like no other.

Here are just a few comments from this summer's group of parents - comments that validate the work we do and that stress the need for this important day camp:



“My hope for camp was that Marc would learn patience, learn to wait his turn and work out everyday problems without getting upset. My expectations were met!”

“Camp helped with Josh's ADHD and his impulsiveness. SNAP gave him new ways to stay in control. Thank you for making his summer one he will remember.”

“Simon enjoyed camp. I could see his confidence and self-esteem blossom over the month. He has [coping] strategies that he uses automatically now.”

“There was a noticeable change in how Nikki deals with her problems. She now thinks about how to deal with them before acting.”

“This was Rachel's first positive camp experience. Thank you for giving her this experience.”

## SNAP™ Diversity in Motion

### CCCO helps kids control their anger across Canada, US and Europe

SNAP™ (Stop Now And Plan) is an award winning evidence-based program that helps children, youth and adults regulate angry feelings by getting them to stop, think, and plan positive alternatives before they act impulsively. With support from The J.W. McConnell Family Foundation, The Krembil Foundation and T.R. Meighen Family Foundation the model is being expanded and tested in schools and diverse communities across Canada, United States and Europe. Examples of such partnerships include:

- Native Child and Family Services explores whether the SNAP™ model could be adapted to fit within the cultural and clinical traditions of Native communities
- African-Canadian Christian Network awarded funding to faith-based organizations to deliver SNAP™ services to high-needs communities - piloting the program to children in need in the Malvern-Scarborough community
- Pittsburgh Youth Crime Initiative raises \$830,000 to bring SNAP™ to Pittsburgh
- Miami-Dade Youth Crime Task Force in partnership with the Juvenile Services Department implements a SNAP™ Program for under 12 aged child offenders
- SNAP™ pilots are in process overseas in Norway, Scotland, England, Sweden, Finland and New Zealand
- SNAP™ starts a pilot in Grand Falls, Newfoundland with interest brewing in Nova Scotia and Prince Edward Island

The research is clear - we have seven years of warning before an at-risk child can become a serious violent offender. The SNAP™ model is designed specifically with this in mind.

Child Development Institute  
197 Euclid Avenue  
Toronto, ON M6J 2J8

CHILD  
DEVELOPMENT INSTITUTE



Canada Post Publications Mail  
Sales Product Agreement NO

CHILD  
DEVELOPMENT INSTITUTE

# Developing News

Newsletter for Supporters of Child Development Institute

Fall 2007

## Leaders In Training

### Rita's chance to succeed

This summer, twelve year old Rita joined Camp Wimodausic as a junior counsellor - part of our Leaders In Training (LIT) program. Each morning, she'd take the bus to our St. Clair camp where she would help open circle time, encouraging campers to sing and join in. She'd spend the rest of the day helping with activities, like arts and crafts, and working directly with campers - many with severe behaviour problems. Rita, reliable and never late, excelled in her new role as leader.



But this was not Rita's first time at Child Development Institute. A year and a half ago she was referred to our Girls Connection program by the police.

For more than a decade, the Girls Connection has helped girls stay in school and stay out of trouble. This unique program recognizes that aggression takes very different forms for girls - it is the first evidence-based program of its kind specifically for aggressive and anti-social girls to help them address their challenges and achieve their goals.

Like many of the children we help, Rita had an early history of trauma. Severe neglect as a young child led to problems forming and maintaining relationships with her family and her peers. She had problems controlling her anger and and this led to trouble at school and at home. At eleven, Rita was already on the road to early school dropout.

The Girls Connection taught Rita ways to manage her anger and to make better choices about her future. Rita made considerable progress, even making her first friends. But it was the LIT program that had the biggest impact on improving her behaviour and motivation.

“Becoming a leader was a turning point for Rita,” says Erin Rajca, Coordinator of the Girls Connection program. “She always knew she had something to offer. But because of her behaviour, she was always overlooked. The LIT program at Camp Wimodausic gave her a real chance to participate and succeed.”

“Leaders In Training are role models for the other children. They're mentors who have struggled with similar problems, overcome these challenges and changed their lives.”

Rita, a young woman who once found it difficult to even interact with others, is now leading groups and experiencing success. She continues to work hard to solve her problems and make a brighter future for herself.

### Board of Directors

Ricki Sharpe, President  
Lyn Baptist  
Cindy Blakely  
Nadine Cannata  
Kevin Drynan  
Vanessa Grant  
Stephen Gross  
Judith Hinchman  
Natasha Koifman  
Nada Martel  
Linda Pincott Kitchen  
Eleanor Shen  
Leon Smith  
David Sterns

### Foundation Board of Directors

Mark Farrell, President  
Kate Dale  
David Feather  
Amie Lear  
Susan Paterson  
Jennifer Wardrop  
Cate Woodward

# Family Reconnection Centre

## Getting a second chance at parenthood

At one o'clock on Monday afternoon, five women, gathered on the couches around a central coffee table, continue the weekly group meeting. They have already had an hour of circle time and interactive play with their children. Now their children are in their own group across the hall, where they'll take part in structured play and social cognitive activities.



Laurie, the facilitator of the mother's group, begins with a check-in to see how the week has gone for the women. She then reads an inspirational poem to introduce the week's topic - building resiliency and hope with children. During the next hour, the group will reflect on the topic, share their experiences and offer support to one another.

This group is part of the Family Reconnection Centre (FRC). For over ten years, the FRC has provided specialized services for mothers who have often been separated from their children because of drug use, but who want to rebuild their relationships with their children.

These moms of young children (0-6) face similar challenges; almost all are in recovery from abuse of substances, such as heroin or crack cocaine; many have faced significant trauma in their lives; many have had involvement with the criminal justice system and have been referred by agencies such as the Children's Aid Society. The majority of the women who begin the program have children who are not in their care, due to their past drug use.

The FRC helps these moms by providing a family-centred approach that supports mothers striving to achieve family reunification. The program focuses on parenting, coping and other skills needed to provide healthy full-time care for their children. And because the program runs continuously, women can join at any time and receive ongoing support.

"Our approach is unique," says Cynthia Alutis, the FRC's Program Manager. "We help moms 'where they are' in the process of recovery and family reunification. Moms are not necessarily full-time parents when they arrive. But they are moms who really want to be good parents. We help support them in the steps towards reunification."

Group discussions focus on monthly themes and areas of concern for the women. For example, recent topics have included identifying and expressing feelings, relapse prevention, building children's self-esteem and the impact of substance abuse on parenting and relationships. Laurie uses videos, written materials, music and art to help facilitate learning and discussion.

**“Because of their hard work and connection with the FRC, they now have more appropriate coping strategies, a greater understanding of child development and parenting, a comfort level accessing community resources and a network of strong and encouraging women who they can rely on for support.”**

who maintain a drug-free lifestyle.

And the impact of the FRC is significant. It's estimated that of the women who participate in the program, over 80% keep their children at home - a much higher percent than those who do not participate in the program. The program provides the opportunity to develop stronger and more secure relationships with their children and gain a better knowledge of parenting approaches and strategies. And this gives the women greater confidence and competence as mothers.

"The mothers in our program are like other moms - they love their children and are committed to overcoming significant obstacles to be able to care for their children," says Cynthia. "Because of their hard work and connection with the FRC, they now have more appropriate coping strategies, a greater understanding of child development and parenting, a comfort level accessing community resources and a network of strong and encouraging women who they can rely on for support."

# Pilot Project in Jane and Finch

## Working together for healthier neighbourhoods

Jamie Sutherland visits Jane and Finch several times a week. Jamie grew up in this neighbourhood, so he knows it well. Although he sees a lot of changes in its make-up and he notices more gang activity, he can still identify with the community youth and families.

Jamie goes to Jane and Finch not as a former resident, but as a Community Child and Youth Outreach Worker for Child Development Institute. He travels across the city to meet with staff from partner agencies and to discuss the best ways to deliver our proven SNAP™ (Stop Now and Plan) program - a problem-solving and self-control strategy that builds social skills and self-esteem in youth.

Our pilot project in Jane and Finch makes SNAP™ available to local centres and programs who work with high-risk youth. The project takes a proven and effective strategy like SNAP™ and, in collaboration with local staff, adapts it to the unique conditions of each community centre.

And Jane and Finch - one of Toronto's identified 'priority areas' by the United Way - can really benefit from a program like SNAP™. This neighbourhood has many challenges: it is a densely populated, diverse community with higher than average rates of youth and children, low-income families, single parents, and unemployment.

Jamie facilitates groups at two centres, where he teaches SNAP™ to children and youth in the programs. Activities are modified to ensure they are appropriate for the youth in each centre. Youth learn that negative behaviour is not the only option. They learn and practice how to deal with anger, peer pressure and how to stay out of trouble.

A critical piece of the project is that Jamie also trains the staff of these partner agencies so that they can continue to adapt and deliver SNAP™ approaches independently in their own programs. Training is coupled with a SNAP™ working group, where Jamie and partner staff meet once every three weeks to discuss what's working and what needs to be modified to better suit participants.

"We're building a strong network of service providers who can learn for one another, who are committed to meeting the needs of children and families and who care deeply about this community," says Jamie, when asked why collaborating with local agencies is so important. "Working together multiplies the impact of our efforts so more children are reached. It also means we're able to access a variety of knowledge, including local expertise to ensure change is happening on the ground."

Jane and Finch is a neighbourhood with challenges, but Jamie is optimistic about its future. "This area has a strong history of locally-driven change. The potential of youth and families in this diverse community is enormous. SNAP™ is one tool that can help them reach their potential."

Your contributions make a tremendous difference to our work. Consider how far your gift goes:

- \$1,000 sends a child to a 4-week session of our summer camp for children with severe behavioural problems.
- \$500 allows an at-risk youth to attend a 12-week leadership training program to learn important life skills and build self-esteem.
- \$300 provides a hot meal for 15 women and 30 children attending a 12-week family violence treatment program.
- \$250 allows a parent to attend a 12-week parent education group to learn new skills and increase their confidence.
- \$150 provides a four year old child with a 2-week school readiness program to lay the groundwork for success in school.
- \$100 provides three sessions of family counselling or play therapy for an abused child.

**Fresh S**T**art 2008**  
**Child Development Institute Foundation**  
 is pleased to announce that our annual fundraising event, **Fresh S**T**art** will be held on: **Wed. Mar. 5, 2008**  
**6:00 - 9:00 p.m.**

**The Academy of Spherical Arts**  
**1 Snooker Avenue**

**Art draw**  
**Live jazz**  
**Pool on antique billiards tables**  
**Gourmet hors d'oeuvres, food stations and delicious desserts**

# Your Support Makes a Difference

Thank you to all our donors who have given a gift between September 2006 and August 2007

Rick Aaronson and Linda Loving*	Tony Diniz*	Jim and Elska Kofman	RBC Foundation
Accenture Inc.	Sarah Dinnick	The Krembil Foundation	Glenn and Margaret Ringland
Paul Allan and Maggie Manion*	Doorsteps Neighbourhood Services	Michael Latimer	Lillian Scarpellino
Annick Press	Dorbar Insurance Agency Inc.	Theo Lax	Scotiabank
Atlantis Restoration Services Ltd.	Dr. Scholl Foundation	Leanne Palylyk Children's Foundation	Karen Sewell
Sandy and Lyn Baptist*	EllisDon Corporation	Linda Lively	Steven and Ricki Sharpe*
Deborah Beatty	Ernst & Young LLP	Dan Linardic and Kim Race*	Francis and Eleanor Shen*
Ross Beverley	Heather Evans	S. Pearl Litwin*	John and Suzanne Sievenpiper
Robert and Cindy Blakely*	F.K. Morrow Foundation	Donald Livingstone and Melanie Carr*	Neil and Nicola Slater
Louise Bolduc	Graham Farquharson	Levy Lum	Shanan Spencer-Brown
Gary Bourgeois and Sheila Wallin*	Mark and Megan Farrell*	Mackenzie Financial Charitable Foundation	Tom Spragge
Peter and Mary Brown*	David Feather*	Mackenzie Financial Corporation	E.E. Sterns
Robert and Maryska Bushnell*	Frank and Mary-Wynn Fini*	Mats Sundin Captain's Corner Charity Box	Amy Stewart
June Callwood and Trent Frayne	Richard and Joanne Forrest	The Honourable Margaret N. McCain*	Philip Street and Vanessa Grant*
Canadian Tire Foundation for Families	The Fraser Elliott Foundation	Kelly Meighen	Frederick Sturm*
Vivien Cappe	Jim Fraser and Suzan Khan*	Greg and Susan Guichon	Subway
John Carey	Mariann Glynn	Andrew Guy	Lisa Sura
The Caring Foundation	Brian Greenspan and Marla Berger*	Janette Hamm*	William and Denise Sura
Jonathan A. Carnella and Meyung Kim Joh	Steve Gross and Nancy Hunter*	Richard and Nancy Hamm*	The T.R. Meighen Foundation
Robert Casper and Jennifer Wardrop*	Greg and Susan Guichon	Cecil and Susan Hawkins*	Shelagh Taylor
The Catherine and Maxwell Meighen Foundation	Andrew Guy	Lee and Mari Hodgkinson*	TD Securities Employees
Julie Cheesbrough*	Janette Hamm*	Mimi Hollenberg	Underwriting Hope Fund
CHUM Charitable Foundation	Richard and Nancy Hamm*	House of Horvath*	Toronto Fresh Air Fund
Bernice Cipparrone	Cecil and Susan Hawkins*	Victoria Houston	Transtar Mechanical Co. Ltd
Peter Cockburn and Jacqueline Breault	Lee and Mari Hodgkinson*	William and Rene Humphries*	True North
Cordeiro and Sons House Repairs Ltd.	Mimi Hollenberg	Hurley Corporation	Tilahun Tulu
Kathleen Crook	House of Horvath*	Susan Hylton	United Way of Kitchener-Waterloo
Phil and Eva Cunningham*	Victoria Houston	Richard and Marian Inamoto	United Way of York Region
Mel Davine	William and Rene Humphries*	J.W. McConnell Family Foundation	Margaret Walsh
Catharine de Leeuw	Hurley Corporation	Angelique Jenney	Christopher Webster
Sylvia De Souza	Susan Hylton	Joe's No Frills	John and Ann Weiser
Tim and Carol Devlin*	Richard and Marian Inamoto	Catherine Ann Kerwin	Darla Wilson
Iolanda Di Vincenzo	J.W. McConnell Family Foundation	Bob Kilgour and Sylvia Kemp*	Tony and Cate Woodward*
	Wendy Palmer	Christopher Koegl	WR Property Services Inc.
	Anthony and Lena Paniccia	Barbara Kofman	Wrigley Canada
	Paramount Pallet Inc.		David Young and Lynn Eakin
	Christos and Donna Paraschos		Victoria Young
	Lynn Quiniteri		
	Erin Rajca		
	Rapid Electric Company Ltd.		

\* Circle of Friends Donors - The Circle of Friends is a group of committed individuals who provide an annual gift of at least \$1,000 to be used in a wide range of prevention and intervention programs

**New! CDI monthly giving program**

Now it's even easier to support children and families in your city. Enroll in our monthly giving plan and join us in our work to help improve the lives of children. It is a convenient way for you to support our work, it's more cost-effective for us and it provides a steady and reliable source of funding for our programs, making it easier for us to make long-term plans.

By joining our monthly giving program, you authorize monthly donations. These gifts are withdrawn from your chequing account or charged to your credit card every month.

To find out more or to enroll by phone, please call Victoria Houston at 416-603-1827, ext 3144.