

Dorset Park Neighborhood Association

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DORSET PARK

COMMUNITY NEWSLETTER

Toronto Employment & Social Services (TESS)

Toronto Employment & Social Services (TESS) connects job seekers and employers across the city. We can help you find a job or the training you need to find work, access financial benefits through the Ontario Works program, and connect to health, housing, childcare and other services. There are 19 TESS offices in communities across Toronto, where you can come to a wide range of workshops for job seekers, find information on recruitment events and job fairs, get referrals to training and other programs, and get one-on-one help with resumé writing, interview skills and more. Visit toronto.ca/employmentandsocialservices for more information on our services.

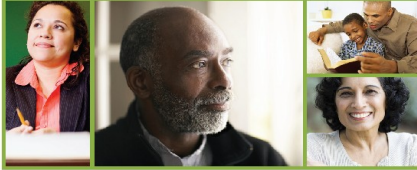
Thanks to Claudia Russell-Placencia

BOOM! BAM! ZAAAAAPPPPPP! HELP, GET ME OUT OF HERE!!!”

This year T.O.R.C.H. has gone all out with their third “Nightmare on Lawrence”, releasing all the ghouls and goblins at 2231 Lawrence Ave E, McGregor Park Community Centre, (Creak). TORCH Youth Group’s annual Haunted House will be on Friday, October 24th from 6:30pm to 8pm. (Creaaakk). Come and win as many prizes as you can while going through the most frightening haunted house we have ever created. The entrance fee is only \$2, however if you SHOW US that you follow us on any of our social media sites, you can get a 50% discount! CRRRRRREEEEEEEEAAAAAKKKKK! Oh No! Don’t forget to put on your scariest costumes to scare away the monsters who go “creak” in the night. So come and join TORCH at NIGHTMARE ON LAWRENCE: PART 3!

Thanks to Karrina Pillay

FREE adult classes
Improve your reading, writing & math.



Information sessions every Tuesday morning.
Register for a session by calling:

South/Central
777 Bloor Street West, Toronto
(416) 393-1995

East
1641 Pharmacy Avenue, Scarborough
(416) 396-6904

West
500 The East Mall, Etobicoke
(416) 394-3809

www.upgrademyskills.ca

HALLOWEEN HAUNT



- Haunted House
- Scary Treats
- Trick or Treat
- Face Painting
- Games
- Prizes
- Access to Community Services

****FIRST 100 KIDS WILL RECEIVE A LOOTBAG!!!!****
****Your Children Must Attend****
Join us if you dare!!! We have a fun filled afternoon @ The Dorset Park Community Hub!
We will have lots of games and prizes for the whole family!!


WHERE:
Dorset Park Community Hub,
1911 Kennedy Road, Unit 105
Scarborough, On
M1P 2L9

WHEN:
Thursday, October 30, 2014
from 3pm - 7pm


For more information:
Call The Newcomers' Centre
(416) 292-6912 ext. 3



LOCAL SCARBOROUGH COMMUNITY ORGANIZATIONS AND PARTNERS TOGETHER WITH TORONTO EMPLOYMENT & SOCIAL SERVICES PRESENTS:



Youth Networking Event
Join us for a highly motivated fun filled morning.



Business Casual Attire

Wednesday, November 19th
10 a.m. – 1 p.m.
(Registration 9:15 - 9:45 a.m.)
Tropicana Community Services, 1385 Huntingwood Drive

Youth age 20 to 27 join us to network with professionals from various industries & sectors

Learn about:

- youth programs and services
- job readiness and business etiquette
- featured guest speakers

Register online at toronto.ca/esportal or for more information please contact Cliffcrest Employment Services 416-392-4876

TORONTO Employment & Social Services

Residents Action Grants

Dorset Park Multicultural Community Kitchen

On Tuesday October 14, over 24 residents registered to attend the Dorset Park Community Kitchen. The Dorset Park Community Kitchen will be at the Hub Kitchen and will start on October 24, 2014. It will take place every Friday. The residents chose between morning and afternoon sessions. The fee for attending the kitchen is \$20 per person. The residents will learn how to cook different cuisines from east to west and in the same time nutritious meals. It will be a place where residents build and enhance cooking skills, share experience and learn more about catering. The cooking instructor is a professional chef who will provide a certificate for attending the project at the end of the program. This project is funded through United Way of Toronto. Big thanks to Aliyaa Abdulla, Amy Liu and Selvamany Thavaratnasingham for making this Kitchen possible.

Explore knowledge

On Saturday August 16th, over 200 residents went on a trip to Niagara Falls. The trip was a great opportunity for many residents to explore and learn more about Niagara Falls. The team organized a tour around the falls and by the end of the day the group met to participate in different activities including kids games and trivia about Niagara Falls. Residents enjoyed the trip and hoped to see more trips like this in the future. The trip fee was \$10 per person. On Friday November 7th, residents who went to the Falls will be invited to a potluck party to allow them to engage more and perhaps become a part of the trip team. The project is funded through United Way of Toronto. Big thanks to Ghada AlKalaa, Souha Hamam, Ghada Edris, Diaa Zouror and Maha Daas for making this trip possible.

Dorset Park Sports Club

The Dorset Park Sports Club was a successful program. Approximately 76 kids participated in the club. The club took place at Glamorgan Junior Public School every Monday. It started on July 14th and ended on September 1st. The club was available to children between the ages of 6-12 and was open to both boys and girls. In addition, it was available for any youths that still needed to complete their 40 hours. Both the soccer and basketball clubs had an outstanding turnout. The clubs had professional coaches who knew the sports very well and the children were very enthusiastic. There were two groups. The first group ranged from 6-8 years old and the second was from 9-12 years old. Each group had different time settings. The registration fee was \$10 per child. The project is funded through United Way of Toronto. Big thanks to Anitha Ponnudurai and Nalini Kugaseelan for making this club possible,

Sewing Club for Canlish Families

The sewing club started on September 20 at Sakinah Community Center. The classes are taking place every Saturday from 10a.m-12p.m. Approximately 20 women registered to learn more about sewing skills starting from the basics such as how to use the machine and building up. The instructor has professional sewing skills and experience that allow her to teach the women the skills required. The registration fee is \$10 per person per month. The women will receive by the end of 6 months a certificate for attending the classes and also a test to make a shopping tote or clothing as a graduation project. The ones who are able to implement and design will be help to train the new women. The project is funded through United Way of Toronto. Big thanks to Shua Amari and Sofia Warsame for making this club possible.

Thanks to Abeer Ali

Young Parent Hub

The Young Parent Hub is a program provided by Rosalie Hall for youth up to 25 years of age that are pregnant and/or parenting. This program is provided every Monday and every Thursday from 4:30pm-6:30pm Rosalie Hall 3020 Lawrence Avenue East .

Monday's program includes a Fathers Group (Just Dads) for young men with children ages 0-6, looking for resources about fatherhood, family, employment, life with child and/or partner etc. The Growing Healthy Together Prenatal Nutrition Program and Living and Learning with Baby are also Monday nights at Rosalie Hall.

Thursday's program, Parents V.I.B.E (Vision Inspired By Each other) for anyone who is pregnant and/or parenting. This group is not just for women, men who are fathers or expectant fathers can attend as well. Parents V.I.B.E offer groups on various healthy living topics and fun activities along with a light dinner.

For further information please contact Emelda Hodiwala, Community Counsellor @ 416-438-6880 ext 225

Thanks to Emelda Hodiwala

Dorset Park Community HUB

Dorset Park Community Hub is offering many programs for the fall including a computer program, Senior's yoga, food cooking demonstrations, homework club, sewing class, youth programs and many more. We are also having a flu clinic in partnership with VHA so check our calendar for more information. The community sweep that took place over the summer was a great success. The community members were happy to see us out in the community and shared many interesting stories with us. We are also starting to reach out to the community through many venues including local schools and faith groups in order to spread the word about the hub and the programs and services we offer. The hub is also planning to implement new and interesting programs in the New Year so keep in touch with us!

The Dorset Park Community Hub is a one stop shop that hosts a variety of programs and services such as employment services, a food bank, child-parent drop ins, seniors programs and much more. We are open from Monday to Friday from 9am to 6pm. Please visit us at 1911 Kennedy Road, Unit 105 or call 416-292-6912 for more information. *Monday October 27, 2014 The HUB will be a polling station for the Municipal Election please check your voters card.*

Thanks to Laura and Gajay

New Youth Initiatives @ McGregor Park

This Fall McGregor Park Community Centre is increasing access to recreation services for youth. A new Empowerment Program for girls, in partnership with Rosalie Hall, kicked off October 20th. "Girlfriends" aims to engage youth from the Dorset Park Community in discussions and activities that promote healthy youth development. Girlfriends is a free and dynamic program that runs every Monday from 3:30-6:30 pm. Topics covered include: Self-image, life struggles, nutrition, social media, cyber bullying, and healthy relationships. The program is designed to help young women think critically about issues that are affecting them and develop strategies for coping with life's struggles. McGregor's youth drop-in program has also been extended so that the lounge will now be open every day after school. Youth program staff and the Youth Outreach Worker are available during these times to support youth and provide resources when needed. A Youth Leadership Conference is also being planned for the end of November. The Leadership Conference will be a one day event and an opportunity for community youth to network and build their leadership skills. Workshop topics include: Diversity and Human Rights, Community Engagement and Development, Problem Solving and Conflict Resolution. Youth who participate will receive a Leadership Certificate. More details about this event will become available soon.

Thanks to Ernestine Dunkley

Dorset Park Safety Committee

The Dorset Park Safety Committee has been hard at work attending workshops and advocating for safety improvements to Glamorgan Park. The group would like to thank the staff at the City of Toronto Parks and Recreation staff who took the time out of their schedule to meet with the group and we are happy to share that changes have been made. Thanks so much to those in the safety committee who have been working tirelessly in order to ensure the park is safe for everyone to enjoy. The group's next big project is collecting signatures for a petition that is asking for speed bumps to be installed on Antrim Crescent.



If you want to create a safer community in Dorset Park it is not too late to join the Safety Ambassador Program and be part of the safety committee. Spots are still available. See flyer below.

You are invited to the monthly Safety meetings in Dorset Park, on the last Monday of each month.

Thanks to Donna Robinson

Pedestrian and Cyclist Safety

Pedestrian and Cyclist safety continues to be a priority that needs to be addressed

KENNEDY/ANTRIM

The existing yield to pedestrian/cyclists signs on the EAST and WEST side of KENNEDY ROAD are not working. By the time the majority of the motorists move into the turns they do not yield to because they have not noticed the existing signs.

Impatient, distracted, motorists frequently have pedestrians running for their lives. And the motorists are breaking the law. Please place the yield sign on the other side of the poles on the EAST and WEST SIDE of KENNEDY.

CANLISH

A similar problem exists at the intersection of BIRCHMOUNT/MERRYFIELD. Constituents requested a traffic light here in APRIL 2013. I am advised that it is an extremely dangerous corner for children. The same engineers are also responsible for this request. 311 advised me it is still an open issue

OTHER ISSUES

After speaking with many different people (both motorists and pedestrians) about this matter, they all agreed that many motorists are travelling far too fast as they exit and enter Apartments/Condos.

We need a "we value our children 5kph please" sign; a request needs to go out to 311.

Thanks to Sandra Low

Tips for Healthy Living

Parents and caregivers can play an active role in helping children and youth develop healthy attitudes and habits that will last a lifetime. Focus on being active, eating well and being yourself.

Plan to make physical activity part of each day—if you are active, your kids will be active too. Involve kids in planning, shopping for, preparing and serving meals. Feel good about eating well and being active, and your children will too.

For more information, call Toronto Health Connection at 416-338-7600 or visit toronto.ca/health.

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Baby Teeth are Important

Are baby teeth important?

Baby teeth are important for eating, speaking and having friends. Baby teeth help guide adult teeth into their proper place, and help with the growth and development of the jaw and face.

Dental disease, cavities in the teeth, may start in children's teeth as soon as the teeth appear in the mouth.

To prevent tooth decay:

1. **Brush/ clean your child's teeth** before bed and after meals. Use toothpaste only when your child is old enough to spit it out. If the child is unable to spit it out, use only water to brush their teeth.
2. **Choose healthy, tooth-friendly snacks such as** milk, fruit, vegetables, and cheese. Drinking sugary drinks such as fruit drinks and eating sweet, sticky snacks such as candy, cookies and cakes many times every day will cause teeth to be infected and to decay.
3. Never dip the pacifier in sugar or honey or any other sweet drink
4. Lift the child's lip once a month, and look for tooth decay (chalky white marks at the gum line, brown and yellow spots that won't brush off, holes or broken teeth). If you see any of these, then take your child to the dentist.
5. **Visit the dentist early and frequently.** A child's first dental visit should be around their first birthday.

If you can't afford a dentist and don't have dental insurance, **call 311**. We may be able to help your child see a dentist.

Thanks to Hazel Stewart

Dorset Park Neighbourhood Association

Vision:

We dream of a safe Dorset Park where people know their neighbours, take pride over their community and are able to access programming.

Priority Areas:

1. Safety

2. Program/Services

3. Food Security/Beautification

4. Employment

If you would like to get involved, please call 416-292-6912 ext 315 or email us at dorsetparkna@gmail.com.

www.DorsetPark.com

Everything about the Community



Call for Submissions

The Dorset Park Community Newsletter is calling for submissions focusing on safety, programming, food security, beautification, programs, employment and or other topics of interest to the Dorset Park community. Please email your submission to

gmsan@agincourtcommunityservices.com

416-292-6912 ext 316

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