



Life Source

Archbishop Philip
Pocock Society

Spring 2018
Newsletter



Above: A staff member and client of Providence Healthcare

Last year, four ShareLife-supported agencies provided loving care to over 6,300 seniors. These agencies provide friendly visits, rehabilitation, palliative care, long-term care and many community programs to improve their lives.

It started with misplacing items like her glasses, TV remote and keys. Charlotte, a dynamic and capable woman of 83, also struggled to keep track of time. These annoyances understandably agitated her, so she called her daughter Claire many times a day. Moreover, she felt bored and listless. This restlessness caused her to seek out projects that were beyond her ability and even potentially dangerous — like pulling items from high shelves.

Claire found it hard to watch Charlotte become frailer and a little sadder as she slowly lost her cognitive capacity. She was also concerned because she found her mother sleeping when she visited at different times of the day. No wonder Charlotte was calling late at night complaining that she couldn't sleep.

Claire was becoming exasperated, stressed and tired. She contacted Centres d'Accueil Héritage, a ShareLife-funded agency, to ask how she could improve the situation and prepare for the future.

The case manager told Claire about its Adult Day Program. Having agreed to try it, Charlotte began to really look forward to her days in the program. Further helping Claire, the centre helped facilitate Charlotte's transportation. Charlotte has now been happily attending the Adult Day Program for four years — providing excellent care for her and peace of mind for her daughter.

Thank you for being a monthly donor!

ShareLife
Living the Gospel

*The Catholic community and its partners
responding generously with justice and love.*

Message from the Executive Director



The story of Charlotte on the front of our publication is one that touches me greatly. As someone who served as a caregiver for loved ones, I know how difficult it is to be in this role while juggling the demands of our daily lives. It is inspiring to know that ShareLife agencies are there to help people like Charlotte in their later years.

Charlotte's story is one of many that demonstrate the importance of our ShareLife campaign. Each year we ask for the help of our parishioners to assist families, people with special needs, elderly people, immigrants and refugees, and children and youth. Our campaign also provides for the education of our priests and deacons, funds evangelical projects and food for hungry children internationally, and supports the visits of priests to those in hospitals.

On behalf of the many people who turn to a ShareLife agency for help, I thank you for being a monthly donor to our annual appeal. Your generosity is more than a financial contribution — it is your commitment to showing the strength of the Catholic community by supporting the needs of others.

This year, our theme is "Living the Gospel by providing for those in need." Our Lord taught that the greatest commandment is to love your God with all of your heart, soul, and mind, and then to love your neighbour as yourself. The work of our agencies brings to life the theme of our campaign, as love for neighbour is expressed through the programs and services our agencies offer.

Your support of the work of ShareLife agencies helps fulfill the message of the Gospel. We are grateful for your generous contribution toward our efforts.

Lives Changed

By supporting ShareLife as a monthly donor, you extend a helping hand to some of the most vulnerable people in our communities. ShareLife agencies make a direct and meaningful difference in their lives. Last year, our agencies compassionately and respectfully served people in more than 20 languages.

22,500 clients of our network of Catholic Family Services agencies were helped to deal with stress, anxiety, mental illness, anger management, domestic violence and personal crises.

3,600 individuals with special needs and their family members accessed programs at ShareLife-funded agencies, including education and caregiver respite services.

1,000 pregnant youth and young parents participated in counselling, education and group programs.

80 priests and seminarians were supported in their studies at St. Augustine's Seminary, Redemptoris Mater Seminary and Serra House.

Monthly Impact

\$4 per month pays for communicating with a refugee in a camp while he waits for the resettlement process to finalize.

\$8 per month gives a young mother and her child a monthly supply of baby formula.

\$20 per month sponsors a field trip for 33 Deaf youth in a sign language summer day camp.

\$40 per month provides ongoing clinical counselling for a survivor of domestic violence.

ShareLife-supported walk-in clinics vital for people in crisis

Reprinted with permission from the March 18, 2018 edition of the Catholic Register

By Jean Ko Din

Everyone goes through times of crisis, but not everyone has a place to turn to for mental health support.

Catholic family service agencies across the Greater Toronto Area hope to be that safe haven for people. All five agencies in the Archdiocese of Toronto host walk-in clinic hours that provide immediate counselling services to more than 22,000 people every year.

Catholic Family Services (CFS) of Peel-Dufferin has seen a spike in walk-in clients since the new year. Executive Director Sharon Mayne-Devine said the walk-in clinic received an average of about 25 people a week in 2017. But since January 2018, the clinic has averaged about 45 people per week.

"About the last 10 weeks, our numbers have almost doubled," said Mayne-Devine. "We're seeing more couples come in for our service, so that's a very good thing. We've been doing outreach in our community... and word of mouth is probably our number one way that people hear about our services."

At CFS Peel-Dufferin, Mayne-Devine said most of the clients live at or below the poverty line and aren't able to afford counselling services. The agency offers the first three walk-in sessions free and consecutive sessions are offered at a sliding-scale fee that the client can afford.

This client intake model allows the agency to open its doors to more people in the Brampton and Mississauga areas.

"I can't emphasize this enough, but we would not be able to even run this walk-in clinic if not for ShareLife," said Mayne Devine. "ShareLife is the only source of our funding for our walk-in counselling clinics."

Last year, ShareLife allocated more than \$4 million (27 per cent of annual funds) to family service agencies. For the five Catholic family service agencies — Peel-Dufferin, Durham, York Region, Simcoe County and Toronto — this means they can dedicate specific hours for walk-in counselling.

"All of the five CFS agencies do it a bit differently. For us, we use our walk-in as our intake model," said Elizabeth Pierce, Executive Director of CFS Durham. "When you come to our walk-in, you are screened to make sure we are the right service for them.... Everybody who walks in to our organization can get helped whether they get a single session of therapy or not."

Pierce said oftentimes clients are recommended to their agency to ask for help and information. When they come in for a walk-in session, a counsellor can help them identify their counselling needs.

CFS Durham offers support for those experiencing grief and loss, struggling with addiction, overcoming abuse and many other sources of depression and anxiety. If the agency does not have a program that meets the client's needs, counsellors can connect walk-in clients to other specialized services in their area.



Shereen McFarlane, program manager at CFS Toronto

"A woman was struggling so much with her mental illness that she needed primary mental health care support first, so we provided her with all the information she needed," said Pierce. "She left in happy tears, not because she didn't know where to go, but because when she came to us she felt helped. That's an example of someone who came into our walk-in and even though she didn't get a session, she got helped."

Shereen McFarlane, program manager of CFS Toronto's North office, said counsellors measure the success of a walk-in by measuring how much hope a client gains after a session. Before and after a session, clients fill out a survey in which they identify what they are feeling and how satisfied they are with the service.

"What we're trying to do with walk-ins is to make sure that one session, that single session that they come in for is just as deep and therapeutic as if they were to come in for an ongoing session," said McFarlane.

Denis Costello, Executive Director of CFS Toronto, said for about 75 per cent of clients who come for a walk-in, one session is all they need. For example, married couples often take advantage of this service to address a point of conflict in their relationship.

"Catching couples in the first couple of fights early on in the marriage can set them up and make an incredible difference," said Costello. "You set people on a good path and remind them of what's good in the relationship."

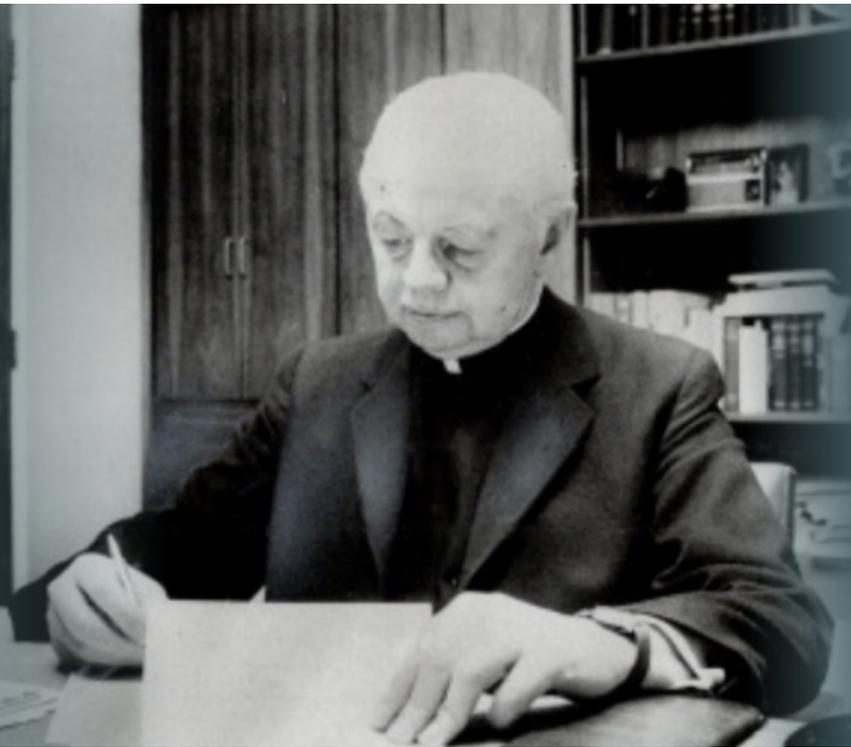
All five agencies charge for their services at a sliding scale, according to what the client can afford. Fees could range from \$2 per session to \$65 per session. They are able to do this, Costello said, because ShareLife is able to subsidize the agencies' operational costs.

"We ask people to invest in their own mental health, so we make the fee affordable so it does not become a barrier," said Costello. "But for every dollar we get from ShareLife, we are able to score a dollar somewhere else."

An Ongoing Mission

Archbishop Philip Pocock served as the seventh Archbishop of Toronto from 1971 to 1978. In 1976, he made a courageous decision to establish an organization that respects life at all stages. His legacy now lives on through the work being done by ShareLife agencies.

The Archbishop Philip Pocock Society was established in 2009 to recognize and thank those who support ShareLife agencies by making a monthly financial commitment. Today, ShareLife funds 42 Catholic agencies and grant recipients locally and around the world.



As a member of the Archbishop Philip Pocock Society, your ongoing support improves the lives of those who turn to Catholic social service agencies for help.

As a Society member you will receive:

- Two updates per year—our spring newsletter and fall annual report
- A bookmark commemorating the life of Archbishop Pocock
- Invitations to participate in ShareLife appreciation events

To join the Society, please make your monthly gift online by credit card at sharelife.org, or through post-dated cheques at your parish.

We thank you for making a year-long commitment to “Living the Gospel by providing for those in need.”

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