



LAMP

Winter Edition 2007

Your Community Health Centre



The day after Labour Day seems more like the start of a year to me than does January 1st. At LAMP, September always has that new year feel. It is a time when many of our programs either start or see a significant increase in attendance. This September was like all others except with a few notable differences.

This September was a birthday celebration for us. LAMP has now been in existence for 30 years and while the organization has changed much since its inception, our purpose has not. We continue to be here to serve the Lakeshore and work to build a healthy community.

We marked our anniversary with a birthday celebration at our annual general meeting and a dinner/dance.

The dance was not just a party although it was a good one. It was also a time to honour those who had been here from the beginning. Those whose support for this organization has remained steadfast for the past 30 years. In all 15 people were honoured for their 30 years of membership and commitment to LAMP.

The annual meeting featured an address by Eto-bicoke-Lakeshore Member of Parliament Michael Ignatieff. In his speech Mr. Ignatieff stressed the value organizations like LAMP have in building community. He said he would like to see more organizations like LAMP spread right across the entire country.

The meeting also featured a presentation on our new youth program. REMIX will provide skills training in music and recording arts to high-risk youth.

The meeting concluded with a presentation on the federally funded SCPI program, an initiative which among other things funds LAMP's drop-in program for homeless people. Recently the federal government announced that SCPI funding will be cancelled. This decision essentially ends our program which has served so many people in need. We now need you, as a supporter of LAMP to voice your concern over federal program cuts that hurt those that need the services the most.

Another big event this fall was our accreditation. Every three years LAMP and all other community health centres go through a process which does an assessment of our programs/services, our organizational practices and the relationship we have with our community. The process is an exhaustive one that includes interviews, a review of relevant documents and a survey of other organizations in the community. While we are still waiting for the final report, it is safe to say that we passed with flying colours. The level of support we received from the community for the quality of programs and services was unprecedented. It was an extremely strong endorsement of the work of all members of this organization whether they are volunteers, board members or staff.

As gratifying as that was, we cannot rest on our laurels. To maintain our relevance we must plan for the future. In order to do that LAMP has received assistance from the United Way to develop a forward-looking process. Should LAMP continue to expand? If we do want to expand how will it be managed?

These are the type of questions that we need to address and again we need your help. We want you to participate in the development of our future. A meeting is being held on Wednesday, December 6th, 6:30-8:00 p.m., here at LAMP.

Please consider attending.

Russ Ford, Executive Director



Gifts of Kindness & Wellness Corner	2
LAMP's 30th Anniversary Dinner & Dance	3
Community Cookbook & East Mississauga CHC	4
Ruckus 2006	5
Rathurn Area Youth & Housing in the Lakeshore	6 - 7
SALA 2006: Living Space Graffiti Transformation Project	8 - 9
Street Level: Roughing It in the Gorge	10 - 11
Ontario Early Years Centre	12
Children and Environmental Health & The Telemedicine Initiative	13
In the Community	14 - 15

8 Gifts of Kindness

1 THE GIFT OF LISTENING.
But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

2 THE GIFT OF AFFECTION.
Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

3 THE GIFT OF LAUGHTER.
Funny pictures. Share articles, funny stories and funny greetings. Your gift will say "I love to laugh with you."

4

THE GIFT OF A WRITTEN NOTE.
It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime and may even change a life.

5

THE GIFT OF A COMPLIMENT.
A simple and sincere "You look great in red", "You did a super job" or "That was a wonderful meal" can make someone's day.

6

THE GIFT OF A FAVOUR.
Every day, go out of your way to do something kind. Helping elderly cross the road can be nice.

7

THE GIFT OF SOLITUDE.
There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

8

THE GIFT OF A CHEERFUL DISPOSITION.
The easiest way to feel good is to extend a kind word to someone. It's really not that hard to say "Hello" or "Thank You".

Wellness Corner



Fish is an important part of a healthy diet which can contribute to heart health and healthy growth and development in children.

Fish is:

- an excellent source of first class protein and vitamins
- a good source of Omega-3 fatty acids essential for optimal brain and cardiovascular development
- nutritious
- low in saturated fat

Is Eating Fish Safe?

Mercury is a toxin found in our food supply especially in fish and shellfish. It is also found naturally in soil, rocks, lakes, streams, and oceans. In children mercury can lead to slower development of motor and verbal skills, attention problems, eyesight problems, lack of coordination, epileptic seizures, cerebral palsy, deafness, and even death. In adults it can lead to loss of concentration, visual disorder, fatigue, memory loss, muscle and joint pain, and immune system problems.

PCBs is a toxic human-made chemical used for a variety of purposes in manufacturing and construction. When released into the waters (lakes, oceans, rivers, and streams) they find their way into the food chain. They are also found in the feeds of farmed fish (some fish feeds are made with fish). PCBs have been linked to nervous systems disorders, developmental delays, immune system and reproductive problems. Children are also more vulnerable to PCB exposure. North America banned both production and transportation of PCBs in 1977, bringing about a decrease in their concentrations in fish over the last few years.

How to Add Fish to Your Diet In a Healthy Way

- The bigger and older the fish, the higher the contaminants.
- Fish that feed on other fish have higher levels of the toxins.
- Eat only one serving of 6-8oz of shark or swordfish or fresh or frozen tuna per week (these contain high levels of mercury and PCBs). Canned light tuna (not white tuna) can be eaten more often without danger.
- Young children, breastfeeding and pregnant women, and women planning to get pregnant, should only eat one serving of shark, swordfish, fresh and frozen tuna (except for canned light tuna), each month.
- Shrimp, canned light tuna, salmon, pollock, and catfish are low in mercury.
- Light tuna has less methylmercury than albacore or white tuna.
- Fish sticks and "fast food" sandwiches are commonly made from fish that are low in mercury.
- The more farmed the fish, the more PCBs.

References:

Ontario Public Health Association
Canadian Food Inspection Agency - www.inspection.gc.ca
Dietitians of Canada - www.dietitians.ca/resources

LAMP Community Health Centre *30th Anniversary Dinner & Dance*



*Thank you for celebrating
our 30 years with us.*

LAMP CHC Community Cookbook

Be a part of LAMP's history by contributing to the 30th Anniversary LAMP Community Cookbook.



We are looking for community members to submit favourite family recipes, cooking stories, quotes, jokes and cooking tips to help us create a cookbook that can be passed down for generations to come.

Submissions can be emailed to lampcookbook@hotmail.com, dropped off or mailed to LAMP Community Healthy Centre located at 185 Fifth St, Etobicoke ON M8V 2Z5.

We are a looking for original recipes, healthy choices and lots of flavour and variety!

Please help us by submitting you favourite original family recipes, make sure to tell us a little about the recipe, is it hot, medium or mild, is it a delicious healthy choice, or should we be placing it in our Sweet Tooth Danger Zone?

For more information about how you can contribute to LAMP's 30th Anniversary Cookbook please contact Chantal at lampcookbook@hotmail.com or Jasmin at 416-252-9701 ext 308.



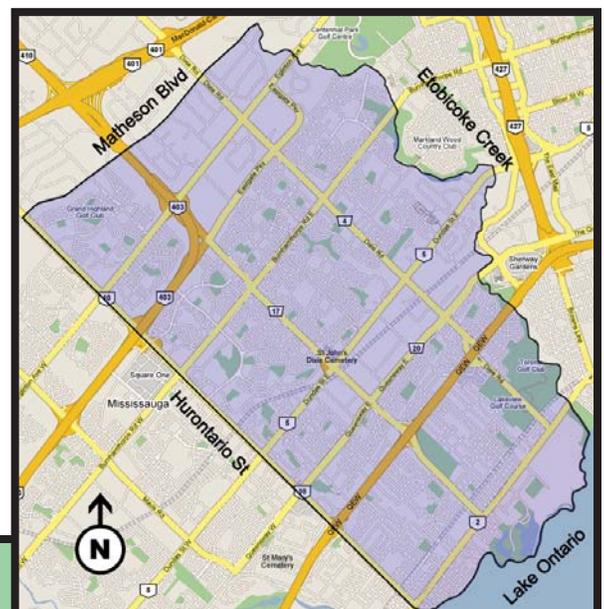
East Mississauga CHC

a branch of LAMP

As we anticipate the opening of the East Mississauga satellite, we continue to engage the community in both education and partnership building, and more recently, direct service delivery. Following the Spring East Mississauga CHC Community Consultation, service providers from various sectors formed the East Mississauga Health Promotion Committee. Coordinated by the CHC, the group is a unique partnership in Peel that strives to address the numerous social determinants of health. Participating members are committed to stimulating action and awareness to build a healthier environment for optimal health.

In partnership with Peel Community Connections, we are proud to present a 10-week community accessible program called Wellness Together. Possible only through the funding from the Peel Heart Health Network, we will offer East Mississauga residents an opportunity to get active and participate in concurrent weekly sessions in either Hatha Yoga or Laughter Yoga. This pilot program is intended to increase access to programs that traditionally have barriers such as cost, to reduce stress and social exclusion, and to maintain physical activity and emotional wellness in East Mississauga.

We are now offering Chiropody (foot care) services on a part-time, off-site basis to people working in and/or living in the satellite catchment area. Individuals who require foot care for ailments from the ankle down (such as calluses, ingrown toenails, warts, flat feet and heel pain) can call 905-602-4082 to determine if you qualify and to book an appointment. No referral is necessary and the service is free.

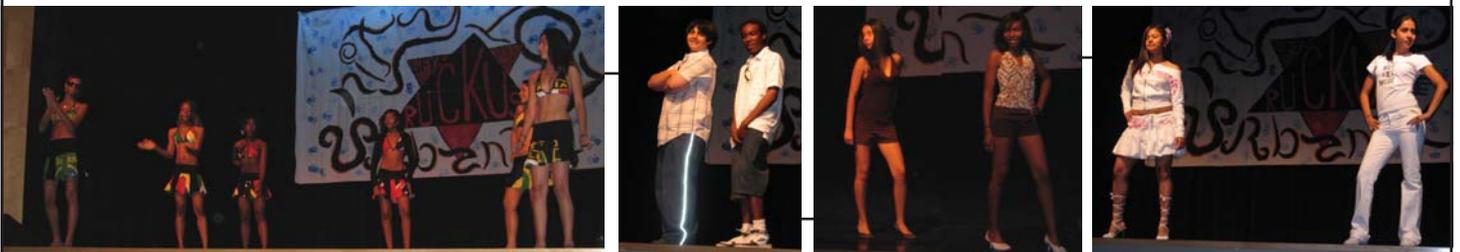


EAST MISSISSAUGA CATCHMENT AREA: South of Matheson Blvd, West of Hurontario St, North of Lake Ontario and East of Etobicoke Creek.

Ruckus 2006

URBAN UNITY 101 ...BRINGIN' IT ALL TOGETHER

Ruckus is a youth-led talent showcase produced annually for youth to grow and develop through the arts. Ruckus 2006 opened to a full house at the Assembly Hall fostering a strong and united youth community. The event enables youth to participate in leadership development, special event management and creative expression through the arts.



Summer Leadership

This year's Summer Leadership Program, which ran for eight weeks, was a wonderful experience for staff and participants. The activities delivered were focused on helping youth gain great leadership skills while having a good time. Youth were encouraged to be decision makers by being involved in the planning process, and also organizing and delivering programming for their peers.



They discovered that facilitating a session for each other was not as easy as it looks, and staff learned to deal with youth who challenged them as well as each other. It was great to see youth questioning norms, thinking critically, taking ownership, and learning what it means to be accountable.

The International Aids Conference, the Model UN Summit on International Child Labour, and Toronto Community Housing's Young Women's Conference, were just a few of the events we took part in over the summer months. We also took in the sun and fun at Wild Water Kingdom, Wonderland, the TCHC city-wide talent showcase at Mel Lastman Square, and Centennial Park Mini Indy go-carting track. A little yelling, a little fighting, a bit of cooking, a lot of laughing, and a whole lot of learning made for a wonderful Summer Leadership Program at RAY.

BCI Move/Basketball Court Opening

We are very excited to announce that the RAY project will be moving to our new home at Burnhamthorpe Collegiate Institute (BCI) in November! It has been long in coming; the community has been looking forward to this for some time. Our programs are aimed at providing resources for youth to live, learn, and play in a healthy environment. We offer a variety of specialized programs and workshops for youth, drop in after school programs, access to computers, academic support, and a host of physical activities, all centered around youth gaining positive leadership skills. BCI is the perfect location for our new community centre as it allows us to serve youth in our surrounding areas of East Mall, West Mall, and Capri.

Our move to BCI is a great follow up to another great event that just took place at the East Mall. The community celebrated the opening of its brand new basketball court, which has been in the works for almost 3 years. The children and youth were ecstatic, and parents are also very happy about the newest addition to their community. They are grateful that their children have a safe place to play where they can see them, instead of the children traveling to other communities to enjoy their court. In true East Mall fashion, this celebration was something to talk about as parents and children alike danced, ate, and relished in the event as Jojo Chintoh and his camera crew from City TV captured the festivities.

This court would not have been possible without the cooperation and dedication of several agencies and individuals like, the Bedford King Coil company, and the Etobicoke Rotary Club, with the support of Miriam Adam, tenant representative for Toronto Community Housing Unit 7, TCHC, and the RAY youth who were all instrumental in advocating for this court. The representatives from Bedford and the Rotary Club were each given a basketball as a token of appreciation, and had the honour of tossing up the ball at our very first basketball tournament at the East Mall. Congratulations East Mall!





Housing in the Lakeshore

Research confirms that homeless people, and those suffering from inadequate housing and deep poverty, have a higher rate of disease and they die at a younger age than people who are properly housed.

- Blueprint to End Homelessness in Toronto, 2006

In 2002, the Lakeshore Housing Needs Study highlighted the growing housing crisis in the Lakeshore. Fifty percent of renters living on low income consulted were paying more than 58 per cent of their income on housing. As a result, little money remained to pay for the other basic necessities. Those interviewed were relying more and more on food banks, rooming houses or unacceptable substandard accommodations. Unable to pay their full rent, many residents were evicted, living from one crisis to the next or some became homeless.

286,000 GTA households pay more than 30% of their income on housing, 91,000 GTA households are on the social housing waiting list and 30,000 homeless people pass through the Toronto emergency shelter every year.

- Toronto City Summit Alliance Report, 2003

In 2000, the federal government announced the Supportive Partnership Community Initiative (SCPI); a funding source to address the growing homelessness and housing problems across Canada. Administered through the City of Toronto, SCPI provides funding for a host of programs such as transitional housing, shelter, and drop-in services, in order to help communities respond to the immediate housing crisis.

Over the last four years, South Etobicoke has received SCPI funding for three innovative programs: LAMP's Adult Drop In and Out of the Cold Program, LAMP's More than a Mat: Real Housing and Albion Neighbourhood Centre's Streets to Home Program. Each program addresses a particular housing need or issue, and together these programs have provided a continuum of housing resources and supports.

People who are homeless or living in substandard housing conditions are very isolated in our community. **LAMP's Adult Drop In and Out of the Cold Program** has been the first line of connection for people living in these conditions by providing a nourishing meal, access to health and computer services and a place to socialize. Our

surveys have repeatedly shown that participants of the program appreciate the basic resources such as food and showers, but it's the greater sense of belonging to the community, which has had real meaning. Through this program, people who are homeless or under housed have access to LAMP services as well as other community programs such as Albion Neighbourhood Etobicoke Housing Help Line and the Streets to Homes.

The **Streets to Homes Program** places homeless people directly into apartments or rooms. In addition, it provides follow-up support to ensure that homeless people who move from the street into housing are able to retain their housing on a long-term basis. This has been a critical program to get people housing and keep them housed. Since its inception in 2005, over 50 people who have been living on the street in Etobicoke have been housed.

Our **More than a Mat: Real Housing Program** engaged residents and other community stakeholders in a variety of advocacy and community capacity initiatives. Since the project began in 2003, almost 100 low-income residents have been trained in a range of leadership skill sets. More than a Mat: Real Housing has supported the development of Etobicoke-Lakeshore Housing Task Force and the South Etobicoke Tenants Association. It has been instrumental in advocating for affordable housing and raising awareness about the importance of good, affordable housing in any community.

At the time of writing this article, the entire current SCPI program, serving 64 communities across Canada, is at risk of being closed down. Some programs have already ended, our More than a Mat: Real Housing being one such program and the Adult Drop-In and Streets to Homes are scheduled to end February 2007.

Through SCPI, we have made huge strides. It would indeed be a huge loss for many members of the community, and the community itself, if this program is not renewed.



SALA PROJECT

This summer's SALA (Student Artists of the Lakeshore Area): Living Space Graffiti Transformation Project was a great success. Two murals were designed and produced by the SALA team as gifts for the community. The SALA team consisted of three Student Artists (Irena Radic, Brendan McHale, Olesya Chorneka), a Student Artist Leader (Piotr Adas), the Project Coordinator (Joshua Barndt), and the Artist Teacher (Vladimir Vallecilla). According to Police Sergeant Patterson: "These kids are making great art, they are beautifying this area - and it's amazing". The SALA project has been operating every summer for about seven years.

Student Artists of the Lakeshore Area (SALA) is a source of great pride to all residents of Etobicoke Lakeshore. Working with neighbourhood institutions like LAMP, many volunteers and community service employees are helping our youth gain new experiences and to make a positive contribution to our community. As Federal Member of Parliament for the riding, I am particularly grateful for the outstanding work that they do in directing the lives of youth in positive directions, and for helping to enrich our community's cultural life. I congratulate them on the recent mural unveiling in Mimico and look forward to their next work.

- Michael Ignatieff, Member of Parliament for Etobicoke-Lakeshore

THIS PROJECT IS FUNDED BY THE CITY OF TORONTO'S GRAFFITI TRANSFORMATION PROJECT



THE FIRST MURAL was produced on the west side of the Akron Medical Building (2318 Lake Shore Blvd) thanks to the support of Terry Haystead the site's Property Manager. This mural design was inspired by interviews and a community workshop with Mimico residents. The mural imaginatively depicts the growth of the Mimico community, through difficult times and into a brighter future. The quote on the mural states "Inspiration can be the spark that ignites a community to grow and change. We hope that this mural can be such a spark." Three Police Liaison and two Etobicoke School of the Arts students volunteered their time to help paint this mural. Sonya Lee, Pharmaceutical Manager at the Akron Medical Building, reported that "graffiti has been a huge problem on this wall before. I'm glad that these kids could produce an amazing piece - and show the community



youth art." During the painting of the mural, Mayor David Miller and his assistant came by to talk to the students about the project after having observed the students painting as they were driving by the mural site.

THE SECOND MURAL site was in Long Branch (3645 Lake Shore Blvd) located on the east wall of the VIP Cleaners thanks to

the permission of Peter Santos the owner. For this mural exploration and human curiosity was the focus. The mural is composed of the colourful cosmos with an inspirational quote spreading above the planet earth: "There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less." (Kurt Hubert)

This mural is aimed at encouraging the community to continue to explore and reach its full potential and includes words soaring from a colourful nebula such as, "transcend" and "discover". According to Peter Santos, not only was he able to have graffiti on the entrance of his establishment covered, but the painting of the mural was also a great experience for him.

The extensive community support for this project included: Christine Campbell & the Mimico Resident's Association; Police Constable Kevin McAleer (Police's Graffiti Eradication Program) & several members of the 22 Division Police Community Services; the Mimico & Long Branch Business Improvement Associations; and, local community members.



Street Level:

Every August, Street Level staff takes a group of youth aged 14 to 19 on a skills development camping retreat to Elora Gorge Conservation Area, in Elora Ontario. Our goal is to provide team building and personal development through a variety of camping activities for youth and to have fun. We give priority to our Youth Council Members.

The Street Level Youth Council is made up of 12 youth aged 14 to 19 years. This youth-based and youth-driven group meets once a month to discuss Street Level programs. Some of the things they talk about are how to improve Street Level programming and make things more interesting, how to generate funds to assist with running various programs and special events, as well as, giving youth in South Etobicoke a voice in their community.

This year Deniese Masters, Street Level Supervisor, and Sarah Bower, Street Level Youth Leader, took 10 youth and Youth Council members on the most anticipated Street Level adventure of the year. Participating members included Arlene McLean, Antoinette Morgan, Cassey Cressy, Chris McLean, Christopher McLean, Emmanuel Ramadan, Nicky Moore, Peter Chaupiz, Ronaldo Abraham, and Starr Guest.

Elora Gorge Conservation Area

~ August 15th ~

Pulling up to our campsite for the first time, we knew all the planning and packing would be worth it. The trip up to Elora was full of stories from the previous year's campers. There was a mix of veterans and newbies this year which proved helpful on the first jam packed day!

Driving through the campgrounds we took one last glance at our cell phones, watching the bars disappear one by one. Goodbye reception, goodbye television, goodbye fast food ... wait, there was the traditional trip to KFC that night for Toonie Tuesday!

Once we cranked up the reggae in the 'radio free' zone, we were ready to set up camp. The guys whipped up the tents in no time while the girls took the first turn at cooking...slapping together turkey sandwiches, endlessly being chased by bees.

Once it had turned dark, the group scrambled for flashlights. Christopher, being quite the fire starter, immediately cracked open the fire wood and began what would turn out to be our only source of light out in the middle of the dark, heavily wooded area. With the stage set, it was manhunt time.

Sarah and Deniese were nominated to be jailors. That meant we sat in the middle of an open area, two by four in hand, waiting for raccoons and bats to attack while the group chased each other through the dark wilderness. Some players were climbing trees, laying in the grass, hiding in the brush and even relying on the mere darkness to hide. Cassey and Arlene stuck to the good old lock arms and stick together routine, but too scared to actually catch anyone.



Roughing It In The Gorge

~ August 16th ~

The next few days were much of the same; always something daring but always something different! On the second day we went 'gorging'. This involved a lifejacket, helmet and inner tube to travel down the river and over the rapids. The beginning of the course is where the big rapids were. We laughed and screamed, watching the 'gorgers' dodge in and out of the rapids, some spilling out of their tubes.

Going in small groups at a time, the whole group went to see them off and snap more photos. Chris and Cassey, being expert gorgers, led the first group down lending their experience to the "newbies". By this point Starr had already snapped 90 some odd pictures. Did I mention it had only been 4 hours? We deemed Cassey and Starr the official photographers as Deniese and Sarah repeatedly forgot to bring out the Street Level camera. In the meantime, Nicky and Pete were on lunch duty, preparing grilled veggies and sausages ... mmmmm!

That evening brought the competitive spirit when the bocci balls were brought out. Deniese was especially enthusiastic about kicking butt; we all know how competitive she is! Later that night the group played "Street Ball". Street ball: Anything goes volleyball. The competition was fierce; the game was fun. Niki developed a new style of spiking the ball. It went something like grabbing it out of mid air and dunking it down on the other team!

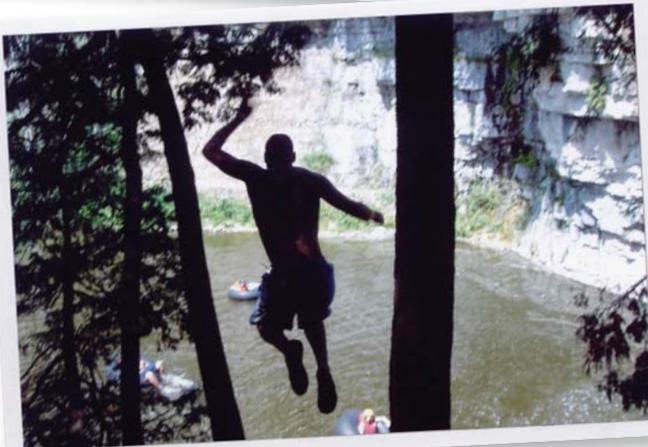


~ August 17th ~

By the third morning the group was exhausted. Finally being dragged out of bed at 11am to scarf down some cereal and hit the road, we were about to be on, what we had no idea would be, quite the adventure. We visited another conservation area where traditionally, the group would jump a 25 foot cliff. This year we were rejected by the presence of E. Coli!!! The conservation attendant sent us down another path to an alternate swimming area.

We drove and drove, and then drove some more. At one point the stench of manure was so strong, even with the windows up we had our noses pinched. All of a sudden about 30 minutes into this adventure, Eman noticed highrise buildings on the horizon. Yes, we had made our way all the way back to the City of Guelph! Once asking for directions and turning back around, we were on our way, but not without anxiously reapproaching the "stench zone". Once we had finally made it, the next mission began. We swam up to a wall of rock to be climbed, just to take yet another plunge. As we were swimming, off to the side was a group of small children splashing in the water while a full grown group, Ronaldo, Antionette, Arlene and Eman, pulled each other around by lifejackets!

The ride back to our campsite ended with a van full of campers passed out for almost three hours. By this time Deniese had prepared a fantastic pasta dinner with open fire toasted garlic bread. This last meal was a great chance for us to all reflect on our trip. Each member took turns telling the group one thing they liked about someone on the trip that they had previously not known so well. It was inspiring to hear some of the things these teens had to say about their peers.



The most inspiring thing about this experience, is knowing, and hearing the youth express that this is one thing they look forward to all year. One camper told staff that Street Level really helps them, teaches them things and allows them to experience things they might not otherwise have had an opportunity to do. Another camper told staff that Street Level makes them into better people, making them more aware of things that are going on around them.

We may not always be able to see these seemingly small triumphs, but when we were able to get away from the big city and all its pressures and obligations, we were able to get down to the basics ... even if it meant paying quarters to take a shower!

Deniese and Sarah would like to thank our group for making it a memorable, exciting and inspiring trip!



PARENTS GET A BOOST AT LAMP OEYC

Being a parent is one of the most exciting and challenging tasks a person can take on. To look at your child and realize you are influencing the future often encourages many parents to look at how they are parenting and how their influence can be as positive as possible. The LAMP Ontario Early Years Centre (LAMP OEYC) appreciates this and therefore focuses on providing competent and useful information to parents living in the Etobicoke-Lakeshore community. There are a number of informal ways we do this – family drop-ins, parent chats, and parent/child interaction programs, for example. And through formal parent education programs we work to provide parents with the information and experiences they need to become the best parents they can be.

Parenting groups provide a number of things that benefit families. Obviously they provide information, such as communication skills, discipline strategies, nutrition, development knowledge, and behaviour management tips. They can also challenge a parent's attitudes and practices. For it is important that parents not only learn new skills, but that they also examine their attitudes and biases about raising children.

But these groups also provide other intangibles for parents. Moms and dads can get a bit of a break. Childcare is provided (and usually a snack or a meal) so parents can have a discussion with other adults and the children are well looked after. People often report an increase in their confidence as a parent because of what they learn in these groups. They also often make connections with other parents in the community, which can decrease the isolation that often affects parents. But the most important outcome of these groups is the deeper connection parents can create with their children because of what they are learning.

There are a variety of groups offered at the LAMP OEYC and the content of the group will vary depending on the needs of the group and the focus of the material. For example:

- **The Incredible Years** focuses on developing a strong relationship through play and praise. Then moves on to how to use that relationship in setting clear limits and disciplining well.
- **Nobody's Perfect** focuses on behaviour, nutrition, and developmental stages.
- **The Father Involvement – Building Our Children's Character (FI-BOCC)** program provides fathers with an opportunity to discuss how a father influences the character development of his children through strong communication skills, building self-esteem, understanding the role of power and authority in the home, and disciplining with purpose.
- **Rhyme and Relax** is an infant stimulation program where baby massage is taught to the parents with the purpose of, again, creating a close connection between parent and baby.

The LAMP OEYC has also had the opportunity to provide leadership in the development of parenting curriculum. For example, The FI-BOCC program was co-developed by Brian Russell, one of the Parent Education Workers at LAMP OEYC, in collaboration with the Father Involvement Initiative - Ontario Network. In March 2006, Brian co-facilitated the training of 55 people from around the province who are now certified to deliver the FI-BOCC program in their communities. And this program has garnered interest nationally and internationally so there are plans for further training opportunities across Canada and around the world.

So what does it take to provide successful parenting programs? First of all, the LAMP OEYC has a team of parent educators who are committed to providing quality programs that will impact parents' abilities and attitudes in raising their children. Also, we have competent and dedicated child-care workers who look after the children while the parents are in their classes. We try, whenever possible, to provide a meal or a snack for the families since many of the programs happen around mealtimes. And there are times when we are also able to provide TTC tickets for the families. The goal is to reduce as many barriers for parents as possible so that these programs are accessible to as many families as possible.

In light of this, we rely upon donations from the community organizations such as The Daily Bread Food Bank and Second Harvest for food for the meals. And though we are supported financially by the United Way and the provincial government, there are corporations, such as Munich Re, who see the value of supporting the work we are doing and have recently provided a substantial financial donation to LAMP CHC for its parenting programs. LAMP CHC would like to take this opportunity to publicly thank Munich Re for its generous support. It is through the vision of such people, agencies, and organizations that LAMP CHC is able to provide the extensive programs it does.

Offering parent education groups is a vital part of the programming at the LAMP OEYC. If you would like more information about any of the programs we offer, please do not hesitate to contact us at 416-252-8293. You can also check us out on two sites on the web:

www.ontarioearlyyears.ca
(click "locations" and find "Toronto")
www.dadstoday.org

Ontario Early Years Centres
A Place For Parents And Their Children.



Centres de la Petite enfance
Un endroit pour les parents et leurs enfants.





LAMP Early Years Centre would like to thank
Queensway Home Depot
 for building the beautiful terrace in our butterfly
 garden and for all the weeding and fixing up.



Ontario Early Years Centres
 A Place for Parents And Their Children.



Centres de la Petite enfance
 Un endroit pour les parents et leurs enfants.

Children and Environmental Health

The Primary Health Care (PHC) program at LAMP CHC will be highlighting Children and Environmental Health issues in the coming year. We are planning two educational events. The first will be an educational session for staff at LAMP CHC highlighting important issues from a clinical and program perspective. In February, PHC will host an information evening for the larger community. The information will be presented by Dr Riina Bray of the Environmental Clinic, St Joseph's Hospital and representatives from both CPCHE (Canadian Partnership for Children's Health and Environment) and Toronto Public Health. Presentations will include practical information on how to assess your children's risks of exposures to toxic chemicals,

what are the potential risks in your homes, and what are the most common environmental exposures that may be affecting the health of your children. The evening will also include suggestions on what you can do to protect your children from potential environmental harm.



Further information will be available soon regarding the date and time of the information session so please plan on attending to learn more about this very important and timely topic.

Breaking New Ground ... Occupational Health Telemedicine in Ontario Community Health Centres and Beyond

What is Telemedicine?

"Telemedicine" means a "live" connection between a health care provider and a client through two-way video-conferencing equipment, at different locations in the province.

The LAMP Occupational Health Telemedicine Initiative

After several years of consultation with The Ministry of Health & Long Term Care, we are very pleased to say that LAMP has received funding to introduce telemedicine to a number of Community Health Centres ("CHCs") around Ontario. We will be linked in with the existing expertise provided by the Ontario Telemedicine Network. This will allow LAMP'S Occupational Health specialists (who are renowned in their field) to reach more people in CHC communities throughout the province.

Our specialists will be able to support patient examinations, consultations and give other advice.

Health promoters of the Workplace Safety Insurance Board also support our work through this project.

This project breaks new ground for LAMP as our Occupational Health services will be much more accessible saving many clients time and travel costs. Our ability to provide valuable occupational health information, not only to CHCs but to all interested Ontario Telemedicine Network partners will be a great service that will ultimately benefit injured workers province-wide.

Be sure to watch for news of our official opening in the coming months.

LAMP CHC ... IN

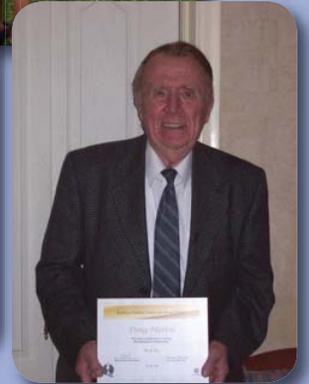
2006 Annual General Meeting



Waterfront Trail Artists' 10th Annual Great Pumpkin Art Festival

THE COMMUNITY

2006 Awards of Merit



South Etobicoke Youth Assembly

CPR Training





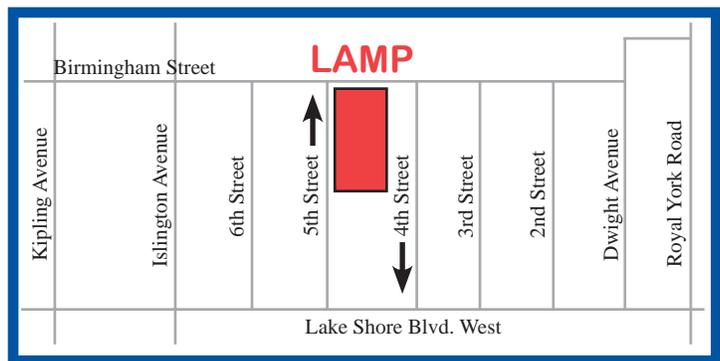
LAMP Community Health Centre strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy initiatives that promote the physical, emotional, social, and economic well-being of our community.

What We Believe:

<p>We believe that everyone has the right to live in a healthy community.</p>	<p>We value and respect people of diverse backgrounds and perspectives, and are committed to providing meaningful opportunities for our community to determine its own needs.</p>	<p>We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.</p>	<p>We are committed to fighting oppression in our community.</p>
<p>Inclusiveness is a core value at LAMP.</p>	<p>We believe that health is more than the absence of disease. It is influenced by social and economic factors.</p>	<p>We are committed to helping everyone in our community get access to the resources and supports that they need.</p>	<p>We believe that some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy, and support. Empowering people strengthens the whole community.</p>

LAMP Wants You to serve on a new Fundraising Committee, join our Community Relations and Membership Committee or our Equally Healthy Kids Committee. LAMP values and appreciates the skills, knowledge, and commitment community-minded citizens contribute to our society. We welcome all new members who are dedicated to building a healthy strong community.

Join a LAMP Committee Today! Call Jasmin at 416.252.9701 ext. 308. See how you can get involved!



LAMP has a scent-free policy. Fragrances, perfumes and other synthetic aromas (body lotion, strong-smelling soap, etc.) can create an allergic reaction or other type of severe discomfort. Please do not wear these products when coming to LAMP. Your help in maintaining a safe and comfortable environment for everyone is appreciated.

LAMP Community Health Centre

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