

St. Mathew's Mar Thoma Church,
Toronto

NEWCOMERS GUIDANCE CELL NEWSLETTER



Volume VIII - Issue 1

April 2011

Mission Statement

"We are committed to providing guidance and support for newcomers to our Parish, to help them in the process of settling in and around Toronto."

HIGHLIGHTS

- From the Coordinator . . .
- Current Resource-Pool
- Children's Care in Canada
- New Member Testimonials
- Information Source Links

FROM THE COORDINATOR . . .

Dear Newcomer,

I would like to take this opportunity to personally welcome you to the St. Mathew's Mar Thoma Church, Toronto, on behalf of its Newcomers Guidance Cell (NGC). The Newcomers Guidance Cell was formed in 2003 for the benefit of new immigrants and their families who move to Canada.

Leaving your country, immigrating implies a strong emotional change in two main stages. First, at the time of your departure, the moment when you leave your family and your closest friends. Second, at the time of your arrival in the country of residence, to a new reality. Now what you need to know is that you are not alone once you have stepped into Canadian territory. While loneliness cannot disappear overnight, you are not alone when you actually start living the Canadian experience. When you move to a new country, adapting to your new environment could be a challeng-

ing experience. There are lots of questions to ask and lots of things to learn, which can be overwhelming.

The Newcomers Guidance Cell was formed with the mission that: "We are committed to providing guidance and support for newcomers to our Parish, to help them in the process of settling in and around Toronto". NGC's goal is to welcome the newcomers to our church with open hearts, open minds, and open doors, making them feel at home, providing relevant information, recommendations and tips to them before, during, and after their arrival in Canada.

Over the years, the NGC was able to assist several families and individuals in order to transition smoothly into the way of life in Canada. However, during the last couple of years, the NGC was relatively less active, as many of the committee members were tied up with the Church building project. By the Grace of our Almighty God, we

were able to fulfill our dream of building our own place of worship! The church building dedication was held in September 2010.

I would like to inform you that the NGC Committee had decided to re-vive the NGC focus. During our first meeting in April 2011, we have decided to release a Newsletter before Alex Achen leaves for India; update the web-site, add the Sunday School Superintendent as a permanent member of the committee; update the voluntary resource-pool; update the 'Welcome Kit' before the end of May 2011 with up-to-date information; and utilize a part of the bulletin board in the fellowship hall to post jobs and other related information for newcomers and other members of the Church.

"Welcome Kit" — Newcomers can face challenges related to employment, communication, healthcare, and so much more. It is very impor-

The Newcomers Guidance Cell of St. Mathew's Mar Thoma Church, Toronto welcomes all Newcomers to our Sunday Services — 10:00am at 9238 Regional Road 25, Milton. ON. L9T2X7. Please visit www.marthomachurch.ca for worship schedule details.

tant for the newcomer to be aware of these challenges before he or she can begin to tackle them. This Welcome Kit provides useful information which helps to settle into Canadian life and overcome the many challenges that newcomers face. With this kit, you can get valuable information on Canadian work experience, foreign credentials recognition, improving your language or communication skills, popular job-search sites, leading professional associations, public transit infor-

mation, resource-pool members list, Executive Committee list and so on. You can also obtain comprehensive directions on applying for your health card, your SIN card, and whatever you may need in order to transition smoothly into the essential way of life in Canada.

Please visit our web page http://www.marthomachurch.ca/Parish_NewComersGuidanceCell.aspx for more information on the activities

of the NGC. I encourage all newcomers who need any kind of assistance to call any member of the Guidance Cell or resource-pool member.

I would take this opportunity to thank Annie Raju, Subash Manoj Alexander, Siby Mathew, and Thomas John for sharing their testimony regarding how they were assisted by the NGC.

Wish you all a "Happy Easter"!

Mr. Jojoy Luke
Coordinator

NGC RESOURCE-POOL MEMBERS

The following is a list of our current Resource-Pool members —

#	NAME	NICK NAME	PHONE	AREA OF SPECIALTY/ VOLUNTARY SERVICES	PRAYER GROUP	BEST TIME TO CALL
1	Mr. Abraham Jacob	Shibi	905-567-6175	Accounting/Finance	Mississauga North	Evenings
2	Mr. Varghese Eapen	Reji	905-848-0216	Accounting/Finance	Mississauga South	Anytime
3	Mr. Philip Mathews	Mohan	905-306-8093	Accounting, Rides	Mississauga South	Evenings
4	Mrs. Shoba George	Shoba	905-812-8666	Banking, Loans, Mortgage	Mississauga Centre	Evenings
5	Mr. Oommen Joseph	Saja	905-970-1444	Building Code Consultation	Brampton North	Evenings
6	Dr. Suja Mathew	Suja	905-792-3639	Dentist Licensing	Brampton Centre	Evenings
7	Mr. Biju C Mathews	Biju	905-846-2641	Engineering - Electrical	Brampton North	Evenings
8	Mr. Abraham Thundathil	Jobu	416-913-1899	Engineering - Mechanical	Brampton East	Evenings
9	Mr. Shaji Varghese	Shaji	905-450-9773	Engg. Tech - Mechanical	Brampton South	Evenings
10	Mrs. Susan Johnson	Susan	905-821-4385	General information	Mississauga North	Evenings
11	Mr. Jacob Mathew	Pramod	905-794-4855	Information Technology	Brampton East	Evenings
12	Mr. Tom Abraham	Tom	905-824-3994	Information Technology	Mississauga North	Evenings
13	Mr. Samuel T Varghese	Moni	905-542-2759	Medical Lab	Mississauga North	Evenings
14	Mrs. Jolly George	Jolly	905-824-3303	Mortgage Consultant	Mississauga North	Any time
15	Mrs. Ani Thomas	Ani	905-306-7259	RN Licensing	Brampton South	Evenings
16	Mrs. Asha R Siby	Asha	905-216-1098	RN Licensing	Brampton South	Evenings
17	Mr. Zachariah Varghese	Biju	905-216-5946	Pharmacist Licensing	Brampton Centre	Evenings
18	Mrs. Ansu S John	Ansu	905-915-2152	Physiotherapist Licensing	Brampton East	Evenings
19	Mr. Abraham T Verghis	Abe	905-785-6356	Engineering - Mechanical	Brampton East	Evenings
20	Mr. Benny John	Benny	905-582-5555	Engg - Telecommunications	Halton	Evenings
21	Mr. Jerry P George	Jerry	905-812-8666	Engineering - Electronics	Mississauga Centre	Evenings
22	Mr. Majo Mathew	Majo	905-290-0497	Engineering - Mechanical	Brampton East	Morning
23	Mr. Thomas Abraham	Shaji	905-824-1743	Engineering - Structural	Mississauga North	Evenings
24	Mr. Philip Varghese	Baby	905-566-1152	Rides	Mississauga South	Anytime
25	Mrs. Susan Verghese	Prema	905-567-7506	Social Welfare	Mississauga Centre	Evenings
26	Mrs. Jessy T Benjamin	Jessy	905-460-0983	Social Work	Brampton South	Evenings
27	Mr. Jojoy Luke	Jojoy	905-864-0565	Social Work	Halton	Evenings
28	Ms. Abitha Thomas	Abitha	905-495-7310	Teacher Licensing	Brampton North	Evenings
29	Mrs. Bindhu Jojoy	Bindhu	905-864-0565	Teacher Licensing	Halton	Evenings
30	Mrs. Lincy R Verghis	Lincy	905-785-6356	Teacher Licensing	Brampton East	Evenings

PARENTING AWARENESS FOR CARE OF CHILDREN IN CANADA

Compiled from various sources mentioned in 'References' at the end of this article

When a child is hurt intentionally, or when a parent or caregiver fails to protect a child in their care, it is against the law.

Physical Abuse

Physical abuse is any harm to a child caused by an action or omission of action by the child's caregiver. Any deliberate physical force or action (usually by a parent or caregiver) that results, or could result, in injury to a child. It can include punching, slapping, beating, shaking, burning, biting or throwing a child. Injuries may include bruises; welts; cuts; fractures; burns; or internal injuries.

Discipline

Discipline covers all methods used to train and teach children self-control and socially acceptable behavior. Discipline does not inflict physical or psychological harm to a child.

- involves the process of education, guidance and learning to help children develop self-control, is characterized by mutual respect and trust
- includes a belief that the child will be willing to change because of respect or with greater understanding
- has as its goal the development of internal controls that helps the child relate to others in a positive and responsible way.

Positive reinforcement; praise; modeling; structure and routine; setting and maintaining limits; realistic expectations; follow through; verbal and non-verbal cues; time outs; logical consequences; problem-solving.

Physical punishment is an unsuitable means of discipline because children should be free from all forms of violence. The law presently allows parents to use "reasonable force" to discipline children. What's reasonable depends on the situation, but many forms of physical punishment that were acceptable in the past are no longer permitted, such as tying or locking children up. Any form of physical discipline that requires medical attention, or results in bruising, welts or broken skin, is not considered reasonable discipline. Using belts, electrical cords or other objects to discipline a child can cause serious harm. Handling babies roughly, whether in anger or playfulness is extremely dangerous. Shaking can cause serious injury, including brain damage, blindness and even death.

Discipline without hurting Redirect

- If your child is frustrated and unable to solve a problem, try a different activity for example take a child outside for some

physical activity.

Time out

Time out is when a parent removes a child from a situation for refusing to follow the rules. It can be effective with children between the ages of 2 and 12.

- take your child to a safe, place where the child can calm down and regain control
- briefly explain that you are having a time out because of the child's misbehavior.
- when the child feels ready to try again (or when five minutes have passed), bring the child back to play
- praise the child's first acceptable behavior after time out.

Offer choices

- problem-solving and making choices help prepare children for their teenage years.
- choices help children learn how to make decisions. Offer simple choices, but do not threaten. For example, "you can wash the dishes or dry them. You decide."

Teach problem-solving

- help your child to define the problem. Ask questions, such as "what would happen if you tried to....?"
- together, think of solutions, choose the best one, try it
- afterwards, talk about what worked and what you could try next time.

Problem solve together

- as children approach the teen years, they still need clear limits but parents should be willing to negotiate a little
- when children start thinking for themselves, their talking back may anger you. However, to keep communicating, parents must do more listening and more explaining with older children
- work with your children to solve problems together.

Talking to your teen

One of the biggest problems during adolescence is the power struggle that develops between teens and adults. Recognize it for what it is, the result of teens wanting to feel powerful in an adult world, find ways of working through it together. Conversations with teens can be refreshing and insightful; they should be a part of each day. Most conversations take place in the presence of other

people, so find occasions to talk with your teen alone, away from brother, sister and anyone else. Make sure you listen to what is being said and what is not being said.

The goal of discipline is to teach children acceptable behavior. Hitting children does not teach acceptable behavior. It teaches children that "might makes right" and hitting is a way to solve problems. Catch your child being good...a hug, a smile and soft words will show your approval!!!

Who can baby-sit tonight?

The Child and Family Services Act states that "no person having charge of a child less than 16 years of age shall leave the child without making provision for his or her supervision and care that is reasonable in the circumstances". A parent/adult having charge of a child must make reasonable provision for the child's supervision and care, ensuring that the child is safe and well cared for. Neither the legislation nor the Ministry of Community,

Family and Children's Services provides Children's Aid Societies with any clear direction as to the age at which a child may be left unattended or be able to baby-sit other children.

The Children's Aid Society recommends that children not baby-sit until they are age 12 or preferably older.

Children and youth who baby-sit should attend a recognized babysitting course.

The Child and Family Services Act states: no person having charge of a child less than 16 years of age shall leave the child without making provision for his or her supervision and care that is reasonable in the circumstances...

The Children's Aid Society recommends that children less than 10 years of age not be left alone. The parent/adult in charge must make sure that the supervision and care is sufficient for the child.

References:

- Ontario Association of Children's Aid Societies.
- All About the Children's Aid Society of Hamilton.
- Positive Parenting Package by the Children's Aid Society of London-Middlesex.

When a child is hurt intentionally, or when a parent or caregiver fails to protect a child in their care, it is against the law.

ST. MATHEW'S MAR THOMA CHURCH, TORONTO

9238 Regional Road 25
Milton, ON. L9T 2X7

Phone: 905-636-0677 or 905-636-0679

Fax: 905-636-0410

Email: secretary@marthomachurch.ca

Parsonage

38 Royal Vista Road, Brampton, ON. L6Y 0N4

Phone: 905-455-4717

Fax: 905-455-2561



Lighted to Lighten

We're on the web!

www.marthomachurch.ca

NEWCOMERS GUIDANCE CELL MEMBERS

Rev. Alex P. John (<i>Vicar</i>)	905-455-4717
Mr. Jojy Luke (<i>Coordinator</i>)	905-864-0565
Mr. George Sam (<i>Georgi</i>)	905-792-3639
Mr. Abraham Verghis (<i>Abe</i>)	905-791-6888
Mrs. Susan Johnson	905-821-4385
Mr. Jerry P. George	905-812-8666
Mr. Ommachan Mathew (<i>Regi</i>)	416-242-9241
Mrs. Susan Verghese (<i>Prema</i>)	905-567-7506
Mrs. Annamma George (<i>Jolly</i>)	905-824-3303

GUIDANCE CELL RESOURCE POOL

For Resource Pool Members' information, visit:

http://www.marthomachurch.ca/arish_NewComersResourcePool.aspx

IMPORTANT WEB LINKS

SCHOOLS BOARDS

Toronto Catholic District School Board

Call (416) 222-8282, or visit www.tcdsb.org

Toronto District School Board

Call (416) 397-3000, or visit www.tdsb.on.ca

Peel District School Board

Call (905) 890-1099 or visit www.peelschools.org

Dufferin-Peel Catholic District School Board

Call (905) 890-1221 or visit www.dpcdsb.org/pr

IMPORTANT WEB-SITES FOR JOBS

www.canjobs.com	CanJobs
www.careerbuilder.ca	Career Builder
www.hotjobs.ca	Hot Jobs
www.jobsearch.ca	Job Search
www.monster.ca	Monster
www.workopolis.com	Workopolis
www.jobbank.gc.ca	HRDC Job Bank
www.gojobs.gov.on.ca	Government Jobs
www.region.peel.on.ca	Region of Peel
www.toronto.ca	City of Toronto
www.ottawa-worldskills.org	LASI World Skills
www.jobs.gc.ca	Public Service Commission
www.wes.org/ca	Credentials Evaluation
www.jobform.ca	Discussion Forum Resources
www.triec.ca	Toronto Region Emp. Council

TELLING TESTIMONIALS FROM SOME OF OUR 'NEW' MEMBERS!

Here are a few telling testimonials from some of our erstwhile 'new' members who are now not-so-new, of their experiences on arriving in this country, and the help they had received from the Newcomers Guidance Cell in our Parish —

1. From Annie (& Raju) Johny

When I came to Canada in April 2004, the Newcomers Guidance Cell was very helpful to me. The Newcomer's Welcome Kit was useful as it gave the basic information regarding the various agencies, licenses, etc. Ride to come to church was arranged for us. The coordinator at that time arranged a ride and for my husband Raju for his job interview in Cambridge. I am thankful to the Newcomers Cell for their support and motivation as a newcomer in this country!

2. From Subash Manoj Alexander & Family

In 2006, we had got the immigration Visa for Canada, and by the grace of God, through Rev. P.J. John who was the former Vicar of Edmonton in 2005, we found out about the Newcomers Guidance Cell of St. Mathew's Mar Thoma Church, Toronto. Hence we contacted the Coordinator at the time, and as per our request they found a suitable accommodation for us in Brampton. On arrival at the airport the Coordinator with spouse, and another NGC member were there to receive us. Another Parish member too has also helped us in many ways to settle down in Canada. Moreover they have given us the initial guidance for all necessary formalities to be completed. It was indeed a great help for us, and as a result, we never felt that we were isolated in a foreign country! We are thankful for all the support and services which we have received through the Newcomers Guidance Cell of St. Mathew's Mar Thoma Church! As a community, it is a great blessing for the newcomers and we hope the same will continue for the years to come!

3. From Thomas (& Jinu) John

The Newcomers Guidance Cell was very instrumental in our early days as new immigrants to Canada in 2007. As we were new to the country, various members from the Cell offered us great support and help in enabling us to get settled down. All places were new and unknown to us, but the members took us to various places, helped us in finding directions and also offered us regular rides in attending our worship services, other programs, shopping, etc. in our early days. We were also given the Welcome Kit that contained all detailed information about various settlement programs, job placement agencies, health-care, driving-license and other government information as well. The Newcomers Guidance Cell has played a lead role in our involvement with the community, that has helped us in building relationships and making us grow together and be united. We surely wish that they maintain their continuous support, assistance, and guidance to all new immigrants in getting settled down in this country!

4. From Siby (& Asha) Mathew

We came to Canada in 2007 August when we didn't have any relatives in Toronto. Before coming to Canada, I searched for Mar Thoma Church in Toronto. I went through St. Mathews Mar Thoma web-site, and contacted Alex Achen through email. Achen forwarded my mail to the NGC Coordinator at the time, who gave us so much information about Canada, answering all my questions — it gave an overall picture for us. The greatest help was being picked up from the airport without knowing or having any relationship — the Coordinator came and welcomed us at the airport, and we are always thankful for that! Also, a basement apartment had been arranged for us to rent, and they gave us rides to church, and later visited us at our home. We also received a brochure of services offered by government run programs. It is God's blessing to have a church close to where we live in Brampton, and a Newcomers Guidance Cell helping the new immigrants coming to Canada! I wish all the best to this Cell welcoming new immigrants in God's guidance!