



THERE IS NO ROOM FOR VIOLENCE IN OUR COMMUNITY!

Our Community, Our Home

Violence

IN THIS ISSUE: ANGER MANAGEMENT

Manantial - What is our goal?

The vision at Manantial is to become a leading community-based agency that promotes and supports active, healthy and safe lifestyles among individuals and families living in northwest Toronto and south Vaughan, with a particular focus on immigrants, seniors and youth.

MNSI's goals, which reflect the organization's four main areas of programming and services, are:

Preparing

To equip individuals and families to develop and maintain healthy relationships through one-on-one and family counseling, youth support programs, parenting support programs, and leadership training programs for youth and seniors

Lifestyle

To promote and support active and healthy lifestyles (mental and physical) among seniors and youth through senior and youth support programs

Violence Prevention

To educate individuals and families about violence and violence prevention through one-on-one and family counseling, youth support programs, seniors support programs,

and leadership training programs for youth and seniors

Serving the needy

To serve vulnerable populations by providing advocacy support to immigrant women, youth and seniors, as well as basic newcomer settlement services and referral to other agencies for individual and families, as required.

MNSI's programs and services are offered in both English and Spanish.

We encourage individuals and families to further develop their life skills, and strive to increase their knowledge and awareness of the rights that all Canadians enjoy and the services available to them in the community.

Above all, MNSI aims to help you prosper and assume a leadership role in your community!



Our Community, Our Home

One of the major focal points in servicing the community is Youth related issues. "Our Community, Our Home" is a youth project in support of the City of Toronto which provides youth of minority backgrounds with the skills and education required to avoid and/or deal with gender biases, discrimination, racism, violence and bullying.

We strive to educate youth and our surrounding community about the visible and invisible impacts of discrimination and violence. We believe that it is important for Youth to learn about their rights and options in order to combat the socio-economic disadvantage, stereotypes and social labels that hinder them from expanding their potential. In result of becoming aware of these barriers, they can achieve healthy, race indifferent, relationships within the community.

This effort will help individuals experience a positive change in their lives and their surrounding community.

DID YOU KNOW?

- Children and youth under the age of 20 represent almost one in four people (23%) in the Canadian population. As of July 1, 2010, there were approximately:
 - 3.7 million children under the age of 10
 - 1.9 million youths aged 10 to 14; and
 - 2.2 million youths between 15 and 19 years of age
- In 2009–2010, 10% of young men and 7% of young women were dropouts (defined as 20- to 24-year-olds without a high school diploma and not in school)



FAST FACTS

18,710

This is the number of children and youth aged 17 and under that were the victims of police reported family violence in 2010.

Anger Management

Recognizing the difference between an annoyance or inconvenience and a bona fide reason to get mad - somebody hurting you, hurting somebody you care for or damaging your property are all good reasons to get mad; somebody "disrespecting" you, getting in your way, slowing you down, being luckier than you, or doing something better than you do it are not reasonable causes of anger.

Taking a deep breath, stepping away from the situation and asking yourself:

"Why am I really mad?"

Often people misdirect anger caused by a valid yet bigger issue on to everyday annoyances and inconveniences.

Know your triggers, if there are certain things that you know bother you or that you can't accept know what they are, take steps to avoid them, and play out an appropriate reaction in your head when you're feeling calm to train your mind to react that way when the problem arises in real life.

Plan your time wisely, one of the most common anger stressors is poor time management, when you're in a rush and something slows you down even more you are very likely to react in anger, the simplest way to avoid this is to exercise effective time management, exercising regularly, it's true that exercise is an excellent way to de-stress body and mind, people who exercise regularly are less likely to overreact to annoyances and inconveniences.

Talk it out, reacting in anger often causes the reasoning center of the brain to shut off for a time and the way you can turn it back on is to talk rather than act out when anger takes hold, it may sound crazy but taking a few minutes to gather your thoughts and speaking them out loud can do wonders to diffuse an angry situation.

Dealing with Anger- Do's and Don't's

We all experience anger. Managed in healthy ways, anger can be a positive thing -- a red flag that something's wrong, a catalyst for change, and a good self-motivator. Handled poorly, anger can cause health and relationship problems. (See this article for more on the negative effects of anger.) For many, especially those who didn't have

positive role models for anger management while growing up, dealing with anger can be confusing; it's hard to know what to do with such a powerful and potentially destructive emotion. Examining your anger and using other anger management techniques can positively impact your health, relationships and overall happiness. It's simple to do. Here are some proven anger management strategies.

Understand Your Anger

Dealing with anger is much easier when you know what you're really angry about. Sometimes people may feel generally irritable because of stress, sleep deprivation, and other factors; more often, there's a more specific reason for the anger. Either way, you can become more aware of what's behind your anger if you keep an anger journal (a record of what makes you angry throughout the day) for a few weeks, then talk it over with a good friend, or even see a therapist to uncover underlying sources of anger, if you find yourself stumped. Once you are more aware of your sources of anger, you can take steps to deal with it.

Express Yourself—Constructively

Research shows that writing about anger and expressing it constructively can help reduce negative mood and even pain, particularly if the writing leads to 'meaning-making,' or speculation into the causes of the anger. This research, as well as other research on the benefits of journaling, supports the effectiveness of writing down your feelings and working through them on paper. The written expression of anger allows you to actively do something with your anger rather than just letting it make you feel bad.

Take Action

Your anger is telling you something. The first part of dealing with anger, as discussed, is examining it and listening to what it's telling you about your life. The next part involves taking action. Knowing why you're upset can go a long way, but eliminating your anger triggers and fixing problems that make you angry are equally important. You may not be able to eliminate everything in your life that causes you anger and frustration, but cutting out what you can should go a long way.



Violence among youths

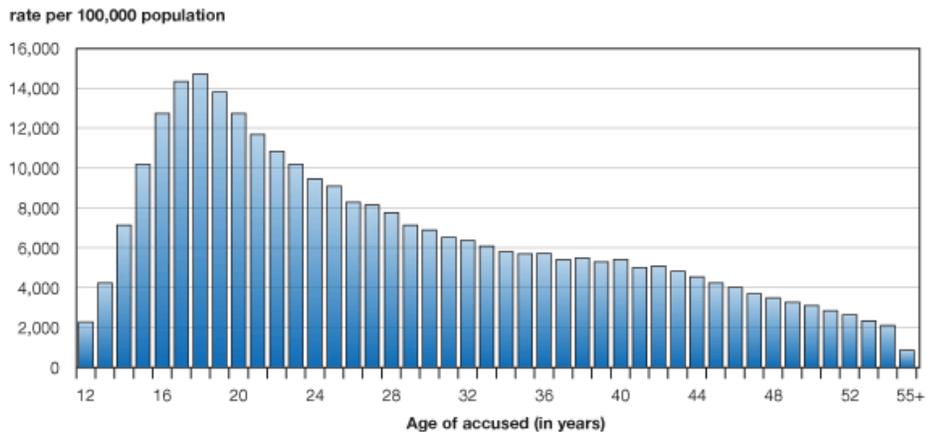
THE NUMBERS DON'T LIE

The bar graph below illustrates the rate of persons accused of crimes in Canada in the year 2010 between the ages of 12 and 55. The Y axis represents the rate of persons accused per 100,000 population and increases from 0 to 16,000 in increments of 2,000.

On the X axis, from left to right are the ages of the accused persons from 12 to 55 years in increments of 1 year.

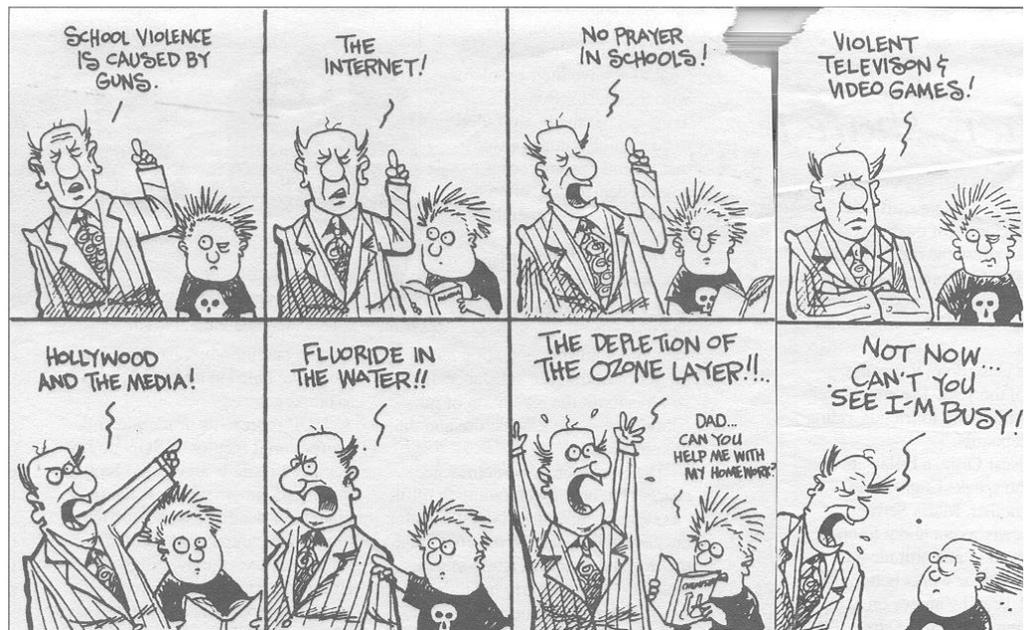
Results:

The rate of persons accused increases significantly from age 12 to age 18 where it peaks. The rate then decreases throughout the twenties, levelling off in the thirties and then decreases continuously to age 55.



Your anger is out of control if...

- You find yourself getting angry at everything that inconveniences you, annoys you or otherwise gets in the way of what you want to be doing
- It leads you to act out aggressively or violently as in yelling, ranting, hitting, shoving or plotting revenge
- It consumes you long after the event has passed, if you dwell on the things that make you angry then you're in trouble because normal anger is only a temporary emotional response to unsettling eternal stimuli,
- Things that didn't used to make you angry are suddenly major issues worthy of a rant, this does not apply to times when you have suppressed normal anger only to times that anger really isn't merited, for example when somebody gets a higher grade than you or when a person is taking too long in the bathroom,
- You find yourself doing self-destructive things to cope with your angry feelings, such as reckless driving, hazardous recreational activities, physical fighting, drugs and alcohol or, unsafe or random sexual activity.



"Gender based violence is when a gender is verbally, physically, emotionally, and/or mentally abused because he/she does not live up to society's standards" - Jeremy Guerra

Help Lines

Kids Help Phone 1 800 668-6868

Available 24/7

Call to speak to a counselor live or visit the website to post a message about your problem. Online questions may take up to a week to receive an answer, so if you want an answer right away you should call instead. On the other hand, if you're shy about asking your question you can visit the website and read the answers counselors have already posted in response to similar problems.

HEYY (Hearing Every Youth Through Youth) 416 423-HEYY (4399)

Available Monday to Friday, 6pm-9pm

Call to speak confidentially and anonymously with other youth who will listen and ask questions to help you sort out your situations. HEYY does NOT offer advice since the volunteers aren't professional counselors, instead they provide an opportunity for you to talk about your problems and come to your own decision about what to do.

Distress Centres of Toronto 416 408-HELP (4357)

Available 24/7

Trained counselors offer emotional support, crisis intervention and suicide prevention to youth and adults.

Telehealth Ontario 1-866-797-0000

Available 24/7

If you have a medical issue and aren't sure if you should go to a walk-in clinic, an emergency room or can wait for an appointment with your family doctor, phone Telehealth Ontario to speak to a Registered Nurse.

Toronto District School Board Safety Line 416-395-SAFE (7233)

Message center only, available 24/7

If you're a student in the Toronto District School Board and are aware of a situation that threatens the safety or welfare of you or anyone else in the school, you can call and leave an anonymous message for TDSB staff.

Crime Stoppers 416-222-TIPS (8477)

Visit the website or call to anonymously report a crime or to provide more information on a crime to the Toronto Police.

About Us

Manantial Neighbourhood Services, Inc. (MNSI) is a non-profit charitable organization that provides crisis intervention and newcomer integration services to primarily Latin American immigrants (individuals and families) in the Jane-Finch, Sheppard-Lawrence and Keele-Wilson communities of Toronto, and in south Vaughan. Manantial is particularly focused on serving the needs of youth and women victims of domestic and other violence, as well as providing leadership programs and activities for youth and seniors.

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