

R E P O R T

PORTUGUESE FAMILY DEVELOPMENT PROJECT

from

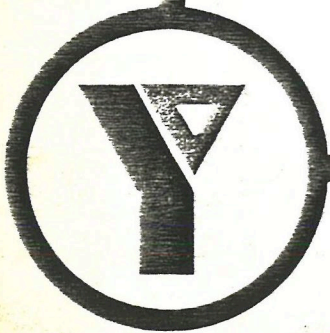
September 1, 1978

to

August 31, 1979

September 1, 1979.

WEST END Y.M.C.A.
931 College Street
Toronto, Ontario
M6H 1A1



THE YOUNG MEN'S CHRISTIAN ASSOCIATION

CENTRAL ONTARIO LAKESHORE "Y"
AND
YMCA OF METROPOLITAN TORONTO

INTRODUCTION

This report gives an account of the activities that took place during the second year of the Portuguese Family Development Project. This experimental project was subsidized in its first two years by two one year grants from the Secretary of State.

The activities of the second year of this project which ^{concern} this report, started on September the 1st, 1978 and ended on August the 31st, 1979.

For information on the objectives and activities accomplished in the first year please read the application and the two previous reports.

ACTIVITIES

The activities of the second year of this project were mainly directed at specific individuals within the family unit, which were found more problematic in our preliminary research.

They are specifically the women, teenagers and senior citizens. Several methods were used to reach these individuals in order to discuss their problems, bring them relevant information and create a greater awareness about the conditions and attitudes that create the problems. Some of those methods utilized guest speakers in a series of television programs on Cable TV. Discussion groups and articles in community newspapers were also used to spread the educational work within the Portuguese community. The Family Worker was also instrumental in gathering many workers from several social agencies which deal with Portuguese clients and form a "Portuguese Interagency Network".

What follows is a more detailed description of the activities held during the second year of the project.

WOMEN'S GROUPS

There were three women's groups one of which had already been estab-

lished in the first year of the program. They started meeting on January the 9th, and terminated on May the 29th, 1979.

These groups were composed of 5 - 8 married women, some of them working in an evening shift. The groups met twice a week for two hours, and each meeting took place in a different persons home. Their schedules were as follows:

- Argyle St. group - Tuesday and Thursday 9:30 - 11:30 a.m.
- Lisgar St. group - Monday and Wednesday 9:30 - 11:30 a.m.
- Beaconsfield St. group - Tuesday and Thursday 1:30 - 3:00 p.m.

The activities were organized and decided by the group and included discussions on various topics, such as family conflicts among couples or parents and children, education and health. The groups planned also field trips to City Hall, St. Joseph's Hospital and Casa Loma; and, finally, they also decided to dedicate some time to improve the English language, specially by acquiring better conversation skills.

The Portuguese women in these groups developed a greater awareness about their role as working women, mothers and wives. They also became more aware of Canadian society institutions and better prepared to deal with them in the English language. They really appreciated the time they spent together and are planning to maintain those meetings in the future.

SENIOR CITIZENS

The Portuguese Senior Citizens population has dramatically increased in the last ten years. Most of them came from Portugal already at an older age to join their children in Canada. Most of them are living with their children but economic difficulties, loneliness and family conflict are becoming increasingly frequent. Most of them are sponsored for life and are not eligible for pension or any other form of social assistance. They do not have any

money and are totally dependent on their children for their livelihood. This creates in them a feeling of being a burden, creates in them an obligation to do chores such as babysitting, cooking, and cleaning the house. Many of them feel tired, abused and unhappy with this type of situation. The Family worker interviewed several Senior Citizens and used her findings to write an article about their situation in the newspaper "Comunidade" (see attached copy). There was also a Television program dedicated to the problems that Portuguese Senior Citizens face in Canada, in which one senior woman was interviewed, as well as two people who have been working with Portuguese Senior Citizens for many years.

The conclusion from the interviews was that most of the seniors felt that they are worse off here than if they were by themselves in Portugal. "I feel like a rock in the middle of the ocean," said one of them commenting about his life in Canada.

An attempt was made to sensitize the children whose old parents are living with them, about their economic, social and health needs. Specifically they need some little money to be able to buy a few things they like, medicine, tickets, etc. They need time to rest and socialize; and they require a better understanding and care about their health needs.

TEENAGERS

Teenagers form another group which is frequently involved in family conflicts and family problems. To understand their situation and their feelings the worker arranged three meetings with a group of youngsters attending a local High School in the West End.

In that group of youth 13 - 18 years of age, there were 8 girls and 2 boys. The girls said that "going out" is one of the major sources of conflict. Dating is kept a secret because they fear that if the parents find out they will be forced to marry sooner.

There is very little communication between them and their parents, and a great gap in understanding each other.

Two television programs and an article for a Portuguese newspaper were produced using as a base the findings of the interviews done with young people.

TELEVISION PROGRAMS

During this past year the Family Worker was able to organize 29 Television programs each one of 30 minutes duration, on topics many of which are directly related to family problems and needs. Dozens of guest speakers and volunteers were invited to the program called "Presença Portuguesa" (Portuguese Presence) on Maclean-Hunter Cable 10. Tapings were every Monday from 4:30 - 5:00 p.m. Each program was shown by Maclean-Hunter, Cable 10, three different times a week in the area south of Bloor from Bathurst Street to Etobicoke. York Keeble used the same tapes to show them north of Bloor where there is also a substantial number of Portuguese residents.

Following are the dates and the topics of the television shows.

- | | |
|----------------|--|
| November 20/78 | - Juvenile Delinquency |
| April 17/78 | - Job Rights and Security |
| May 5/78 | - Juvenile Delinquency (Alternatives) Probation Aftercare Programs |
| May 8/78 | - Family Court System (Procedure) |
| May 15/78 | - Poetry Program |
| May 29/78 | - Group Homes |
| December 4/78 | - Group Homes continuation availability and feasibility |
| January 20/79 | - Two part program 1st Pregnancy and how it affects the body physically and emotionally |
| January 29/79 | 2nd prenatal classes, - purpose - who should attend, etc. |

- February 5/79
 - Family Benefits
 - who is entitled
 - this program was done with a small skit presenting a typical situation of someone applying for Family Benefits followed by a discussion.
- February 26/79
 - Education alternatives
 - Community College
 - University
- March 5/79
 - The New Family Law Reform Act.
- March 12/79
 - Income Tax
- March 26/79
 - Family Services Association
 - Mental Retardation in the Portuguese Community
- April 2/79
 - Union of Injured Workers
 - workers rights to collect Workman's Compensation
 - who is eligible
 - how to apply
- April 9/79
 - Cleaners Action
 - Defending Workers Rights Working with Unions
- April 3/79
 - West End YMCA
 - community programs
- April 26/79
 - Charles R. Sanderson Library
 - Library systems
- May 3/79
 - Unemployment Help Centre
 - purpose
 - who it benefits, etc.
- May 7/79
 - Family Planning Office
 - Birth Control, TAB Groups, V.D. Etc
- May 14/79
 - The Nurse Practitioner at the Rusholme Clinic
- May 28/79
 - Workmen's Compensation Board. How it works.
- June 4/79
 - How to become a Canadian Citizen
- June 5/79
 - Parkdale Youth Centre
- June 9/79
 - Soccer Camp
- June 17/79
 - Scadding Court Community Centre
- July 5/79
 - Roundtable discussion on "Teenagers- How They Relate To Parents" (1 hour)

OTHER ACTIVITIES

The Family Worker was also involved in setting up a group of concerned social and community workers dealing with Portuguese clients. The interest of this group called "Portuguese Interagency Network" is to share information, identify problems and gaps in particular services, and to promote interagency communication and social action planning. (See attached copy of bylaws).

One of the major objectives of this Family Development Project was to make families better informed about the community agencies and services and make the agencies more aware of the needs of the Portuguese families. Interagency Network is an important vehicle to accomplish this objective.

The Family Worker also provided counselling to many individuals who frequently came to discuss family problems.

CONCLUSION

The Portuguese Family Project was to have been a three year experimental program.

The objectives set up for the first and second year were successfully met by the Family Worker. (See Proposal page 5). Through this program she discovered that there are many conflicts, great human suffering and difficulties in communication among Portuguese family members. It was also found that there is a gap between the family needs and the capacity of the social agencies to respond to those needs. Lack of information and inability to speak the language are the major barriers from the side of the families; on the other hand, many agencies lack the professional staff and the educational (outreach) programs to meet the needs of the families.

The leadership training, development of information resources for the Community and the sensitization of social agencies is the work that remains to be done in the third year of the Portuguese Family Development Project.

FINANCIAL STATEMENT

Expenses:

| | |
|-------------------------------------|--------------|
| Salary of Family Development Worker | \$ 10,500.00 |
| Benefits | 1,050.00 |
| Office Space | 1,800.00 |
| Program Promotion | 150.00 |
| Office Supplies | 239.00 |
| Travel | 170.00 |
| Telephone | 300.00 |
| Administration | 2,841.00 |
| | <hr/> |
| Total | \$ 17,050.00 |

Revenue:

| | |
|--------------------|--------------|
| Secretary of State | 12,000.00 |
| YMCA | 5,050.00 |
| | <hr/> |
| Total | \$ 17,050.00 |
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