

family matters



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jfandcs.com

United We Celebrate!



JF&CS staff at the United Way Celebration Gala

On January 28, JF&CS Board President, Alan Levine, Executive Director, Richard Cummings, and an intrepid team of staff from all areas of the organization attended the United Way Toronto 2014 Celebration Gala.

UWT hosts the annual event as a way to recognize and thank

community agencies, volunteers and supporters, and to celebrate their collective Campaign achievement.

The next day, Susan McIsaac, President & CEO of UWT sent out an email to all members sharing the very exciting news that campaign raised an incredible \$117.6-million.

Susan noted, by working together, we're creating possibility for thousands of individuals, families and entire neighbourhoods across Toronto. You should be immensely proud of what you've accomplished on behalf of our great city. I'm truly inspired by all of your hard work.

JF&CS remains a leading recipient of UWT dollars and is one of their founding member agencies - since 1956.

Dust Off Your Diaries!



May 21st at the Garrison.

Find your old camp letters! Look through your journals! Recall old stories that you have been suppressing for years!

On May 21st, JF&CS Emerging Leaders will present, [Cringe Worthy](#), a comedy show featuring

hilarious and embarrassing adolescent artifacts presented live on stage.

We're currently seeking performers! Share your most #cringeworthy camp letters, journal entries, life-changing stories and funny lyrics at an event that will make you laugh, cry and cringe. [Learn more or register for a performer's session today!](#)

All proceeds will help JF&CS send vulnerable kids to summer camp. JF&CS Emerging Leaders is a group of young professionals in their 20s and 30s with a passion for making a difference in the community through the work of Jewish Family & Child. www.jfcsemergingleaders.com

Take Just-A-Second to Donate Some Clothes!



You may notice that we have recently replaced our [Just-A-Second Shop](#) donation bins around the city.

The Shop, which is located at 4117 Bathurst St., is open six days a week, and offers new and gently used clothing and small household items at very reasonable prices. Vulnerable clients of our Agency are able to shop for a certain number of items free of charge.

Proceeds from the shop support the many ways JF&CS serves the community, with a special focus on sending children to Jewish day and overnight camps.

Your donation is a great source of help to people in need in our community.

Please drop off your clean, bagged items at one of our new collection boxes, located across the GTA:

- **Associated Hebrew School 300 Atkinson Ave.**
- **Prosserman JCC, 4588 Bathurst St (back parking**

lot)

- **Beth Tikvah Synagogue, 3080 Bayview Ave**
- **Beth Tzedec Congregation, 1700 Bathurst St**
- **Just a Second Shop, 4117 Bathurst St**

Questions about donating to the Shop? Call 416.638.7800 x 6999

In Her Own Words...

It has been one year since I had my last chemotherapy treatment as well one year since I've been in remission. Yeah!

During my chemo, I felt totally exhausted physically, mentally and emotionally. Prior to my cancer diagnosis, I was seeing you on a regular basis as I felt my life was out of control and I had lost what seemed normal to me. I felt I was diving head first into a deep black hole. I could not understand or cope



with the multiple disappointments that were facing me on all sides. It seemed like the end of the world at the time.

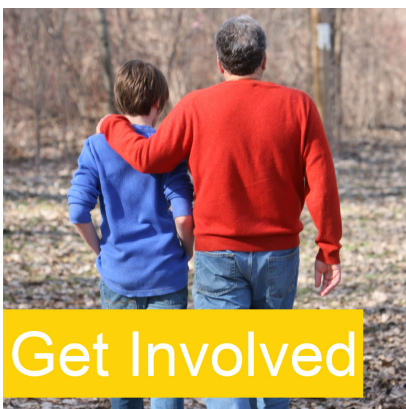
Then when I was told I had cancer and that it would have to become my priority, I realized I was stronger than I thought, and I still had it in me to take control and get done what had to be done. Everything else became secondary; it was fight or flight. I had to make life-threatening decisions and I had to face them alone and accept the reality of it. The chemo knocked me off my feet and each day was harder than the next, but I did it and I did it well! I came through it a much happier, softer, kinder, funnier person. Life is not perfect (and who said it has to be) but I am grateful for each day and each hour. I have shed my stresses; I am very conscious now of how I deal with issues.

I realize I cannot change the world. Most importantly, I want you to know how grateful I am to have [JF&CS]. You have done so much for me. Without your kindness, compassion, sincerity and help I believe I would have fallen into that black hole at a much faster speed. I hope I will not have further crises in my life, and I know there are no guarantees, but I feel I have moved forward and look at life very differently and have become optimistic and grateful. I don't know how long this will last but I will try to keep it going. I am not on any antidepressants and my coping skills are great, so I am in a good place.

I am truly thankful for my situation and place that I am in my life.



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Jewish Family & Child

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