



Insights and Encounters

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Call to Family, Community, and Participation: A Christmas Season That Brought Our Mission to Life

Catholic Children's Aid Society of Toronto



Catholic Social Teaching reminds us that we are called to build a society where every person is valued, every family is supported, and every child is embraced as part of our shared human family. This Christmas, the Catholic Children's Aid Society of Toronto (CCAS) and the Catholic Children's Aid Foundation (CCAF) witnessed that call lived out in generous and deeply meaningful ways.

Across Toronto, donors, volunteers, students, parish partners, and CCAS staff came together to ensure that children, youth, and families involved with child welfare felt supported and cared for during the holiday season. Their compassion reflected a shared belief that **strong communities are built when we show up for one another**, especially for those facing hardship.

Through CCAF's Christmas programs, that commitment took shape in tangible acts of kindness. The **Adopt-a-Family Program** supported **180 CCAS families**, providing warm clothing, household essentials, toys, and books chosen with dignity and intention. **Coats for Kids** delivered **480 brand-new winter coats**, generously donated by private donors and distributed with the help of students from Northmount and De La Salle College "Oaklands," who raised funds and hand-delivered coats — a powerful example of young people embracing their role in community life. Youth in care also gathered for a full Christmas dinner, sharing warmth, connection, and celebration.

In total, **more than 800 families** received support through gift cards, toys, clothing, and essential items. Each contribution strengthened families, protected human dignity, and promoted the common good — the very heart of our mission.

To read more, visit The Catholic Register: <https://www.catholicregister.org/item/3195-our-children-the-focus-for-catholic-childrens-aid>

To learn how you can support children, youth, and families year-round, visit www.ccafdn.ca.

Thank you for helping build a community where every child and family knows they are supported and never alone.



Rebuilding a Healthcare Career and a New Life in Canada: Priya's Story

Catholic Crosscultural Services



When Priya left Sri Lanka, she had to make an impossible choice: stay and risk her safety, or leave behind everything she knew, including a medical career she had worked years to build. She arrived in Canada as a refugee with experience as a doctor, but no idea how to restart in a new system.

Like many internationally trained professionals, Priya faced a maze of information about credentials, exams, and licensing. She was eager to return to helping others but found the process overwhelming.

Things began to change when Priya connected with Catholic Crosscultural Services (CCS). Our team at CCS sat down with Priya, listened to her story, and began to map out a plan with her. They helped her understand the requirements for healthcare roles in Canada, supported her through applications, and prepared her for interviews. They also offered emotional support on the days when the process felt slow and discouraging.

Step by step, Priya moved forward. Eventually, she secured a position as a Physician Assistant, a role where she can use her training, care for patients, and contribute to the country that gave her safety.

Priya's journey is about more than one job. It reflects how, with the right support, newcomers can rebuild meaningful careers and continue making a difference in their communities.



Celebrating the Feast of the Epiphany

Catholic Community Services of York Region



We are pleased to highlight a recent community gathering hosted through our Autism Program back in January - one of the most meaningful ways to begin the new year- marking the Feast of the Epiphany and the Baptism of Jesus. The event was designed for newcomer families from diverse cultural backgrounds raising children with autism and offered a welcoming space for them to come together through storytelling, reflection, and connection. The event was facilitated by a registered psychotherapist from CCSYR's Autism Program, who brings specialized training in neurodiversity and extensive experience working with immigrant and newcomer families. The event reflected the Catholic Social Teaching call to family, community, and participation.

This Autism Program is intentionally designed to reduce barriers such as financial constraints, language challenges, and limited access to culturally appropriate supports by creating a safe, inclusive environment where families can participate fully, connect with one another, and feel supported within their community. The program serves 60 family members, supported by dedicated volunteers and staff. Participants engage in culturally sensitive storytelling, music, shared food, and interactive games, all thoughtfully designed to be accessible and supportive of children with autism and their caregivers.

We are especially grateful to the Saint Elizabeth Foundation for their generous donation of blankets, which we gifted to event attendees as a practical symbol of warmth and comfort during the winter season. We also extend our sincere thanks to ShareLife and CCAT for their continued generosity and partnership. Your support enables us to serve families with dignity and compassion, especially families from diverse cultural backgrounds. It helps us foster deeper connections with families that support them to thrive. We are deeply grateful for your trust and belief in this important work.



Because Kids Are Worth It

Catholic Family Services of Toronto



At Catholic Family Services of Toronto, we've found that family separations can deeply impact children, leaving them feeling isolated and torn between loyalty to both parents. They may feel guilty, confused, and believe they're responsible for the break-up, often struggling to express their emotions. This can lead to behaviour changes, school difficulties, and challenges in relationships.

Children's reactions to separation and loss are often their way of communicating big feelings they do not yet have words for, and early support can make a meaningful difference. This is why we're proud to offer the Because Kids Are Worth It (BKAWI) group, a counselling and support group that helps children and pre-teens navigate family break-up, loss, and grief in a safe, supportive, and structured environment. The group provides a predictable space where children feel emotionally safe, respected, and supported at their own pace. Participation is age-appropriate and voluntary, allowing each child to engage in ways that feel comfortable for them.

The groups' facilitator, Mina Hur, Registered Psychotherapist (Qualifying), leads children in using creative methods like art, board games, role-playing and psychoeducation to explore and express their feelings: "Every week, I see children slowly realize that their feelings are valid and that they are not alone. With gentle support and a safe space to open-up, they begin to understand themselves better and grow stronger."

In the group, Mina emphasizes children share their experiences with one another in order to help them realize their emotions are normal, while also helping them build coping skills to manage tough feelings like guilt, sadness, and confusion. Children leave the group with practical tools to name their feelings, communicate their needs, and cope with changes both at home and at school. On the impact of the group, Mina has said, "It's truly heart-warming to watch them (participants) move from confusion to clarity, and from worry to confidence as they build resilience through life's transitions."

BKAWI runs Wednesdays from February 11th to March 25th. For further information and to register, speak with: Mina Hur at mhur@cfstoronto.com or 647-560-4686, or visit CFSToronto.com



Healing Together Through HEAL

Catholic Family Services Peel-Dufferin



The HEAL program (Helping End Abuse for Life) at Catholic Family Services Peel Dufferin, is focused on bringing families, community partners, and systems together to support women and children affected by family and intimate partner violence across the Peel Region. The HEAL Network is a part of the program and is a collaboration of 20 cross sectoral partners led by CFSPD, working together to strengthen families, address the impacts of violence, and support long-term outcomes that help prevent future violence through early intervention. All HEAL programs and services are provided free of cost, ensuring access to healing is never limited by financial barriers.

Using a trauma-informed approach, HEAL offers a range of programs that empower individuals and foster connection. HEAL counselling and group programs support women and children individually or together, helping them process experiences of violence, develop coping skills, and strengthen parent-child relationships. Youth groups, school-based workshops, and outreach education initiatives further engage youth and families in conversations about healthy relationships, leadership, and violence prevention.

As a part of the HEAL program, we received funding from Ontario Trillium Foundation, for a family centered early intervention program named The Resilient Families Project. The Resilient Families Project exemplified the strength and expertise of the HEAL Network. The Project was focused on supporting parents in understanding the impacts of trauma and learning about trauma-informed parenting skills as well as equipping professionals within partner agencies to respond through a trauma-informed lens. The project exceeded its goals, reaching 172 parents and 126 professionals, with over 90% of participants reporting high satisfaction and meaningful impact.

Recently, HEAL partners gathered for a successful knowledge exchange day, attended by Minister Charmaine Williams, Associate Minister of Women's Social and Economic Opportunity of Ontario, who emphasized the importance of investing in programs that strengthen families and communities. Guided by compassion and collaboration, HEAL continues to build pathways toward safety, healing, and a future free from violence.



Building Connection over Community Dinners

Covenant House



At Covenant House, food is a big part of connection and building community. This is why on the last Thursday of every month, youth in our onsite transitional housing program and those who've since moved on from it gather to connect and enjoy a meal.

“Community Dinners” are not just a fun tradition at Covenant House: they are key to connection – a bridge for young people who are still living with us to learn what independent living is really like and a bridge back to Covenant House for youth who are now living independently.

Each dinner provides an opportunity for youth to share food they've created and showcase some of the life skills they developed while in the program. Youth work together and with staff to plan a menu, shop for ingredients and learn to cook. Then, they get to experience the pride of placing it on the table for their community to enjoy.

This holiday season, the Rights of Passage program held a special Community Dinner, which offered a meaningful celebration filled with community, warmth, and shared traditions. The menu—prepared by youth and staff—featured festive classics like turkey with stuffing and gravy to cultural favourites such as shero with injera and jollof rice.

After dinner, youth and staff enjoyed games and activities. The most meaningful moments came from the youth themselves, when one youth reflected on the experience and shared that, “This feels like a family dinner. Thank you!”



Supporting Healthy Pregnancies and Recovery Through Low Impact Yoga

Rose of Sharon Services for Young Mothers



Pregnant and parenting young mothers are encouraged to prioritize self-care at Rose of Sharon Services for Young Mothers, where wellness is recognized as an essential part of healthy parenting. One of the most well-attended and valued offerings is our yoga workshop. Led by a certified instructor, each session is thoughtfully designed to create a calm, safe, and nurturing space where young mothers can slow down, breathe deeply, and focus on their own well-being.

Through guided meditation and gentle stretching, participants learn techniques that help ease the physical discomforts of pregnancy, such as back pain, swelling, and fatigue. For those who have recently given birth, the practice supports post-partum recovery by improving circulation, rebuilding strength, and promoting relaxation.

The instructor emphasizes listening to one's body and encouraging slow, supportive movements, which help reduce stress. Beyond the physical benefits, yoga offers powerful emotional and mental health support. Regular practice may help to reduce anxiety, improve sleep, regulate breathing, and enhance overall mood. Many young mothers share that the sessions help them feel calmer, more centered, and better equipped to handle the challenges of pregnancy, recovery, and early parenting. Learning meditation and relaxation techniques also gives them tools they can use at home, even during brief moments of quiet.

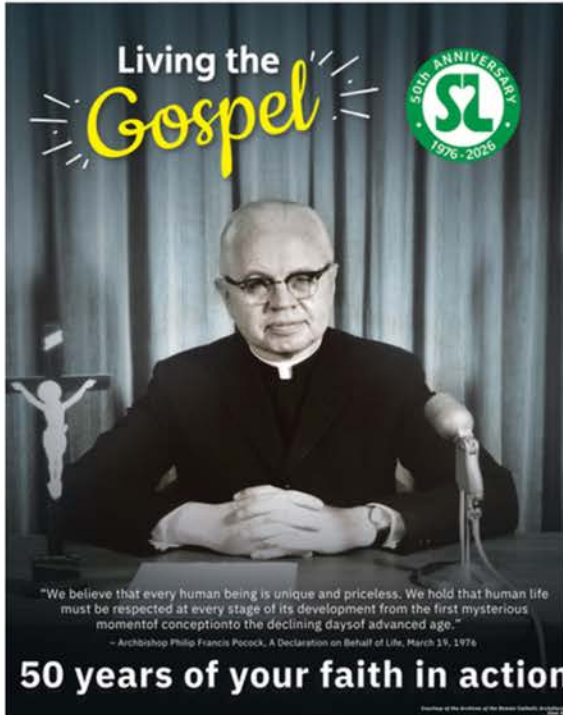
Participants consistently report leaving the workshop feeling refreshed, more positive, and with a renewed outlook on their day. By fostering mindfulness, confidence, and self-connection, yoga at Rose of Sharon supports not only healthy pregnancies and recoveries, but also stronger, and happier young mothers.



50 years of your faith in action through ShareLife



ShareLife



This year marks the 50th anniversary of ShareLife — a meaningful milestone for our faith community and a moment to recognize a legacy that began with a courageous decision by Archbishop Philip Pocock.

In 1976, Archbishop Pocock established ShareLife to ensure that Catholic charitable outreach across the Archdiocese of Toronto fully reflected Catholic teaching on the dignity of every human life. His leadership set a clear and faithful direction for how the archdiocese would carry out works of mercy and social service. That direction continues to guide the mission today.

This anniversary year invites us to honour the conviction that shaped our beginnings, to recognize the agencies serving our communities right now, and to commit ourselves to the work still ahead. It is a celebration of the foundation laid, the service being carried out each day, and the responsibility we share for the future.

For five decades, Catholic Charities member and affiliated agencies have provided essential care to people of all faiths and backgrounds — including mental health counselling, family and children’s services, newcomer and refugee assistance, care for seniors, support for young mothers, and food programs. ShareLife engages the wider Catholic community in sustaining this work through parish giving and ongoing faithful commitment.

That shared compassion and commitment remains strong. The most recent Parish Campaign raised a historic \$15.6 million — the highest total to date — reflecting the faithful support of parish communities across the archdiocese.

Throughout this anniversary year, we will be highlighting the voices and experiences that have shaped ShareLife across five decades — parishioners, clergy, volunteers, and community partners who have carried this mission forward. We hope to share memories from those who recall its founding in 1976, stories from those who took part in the early door-to-door campaigns, and reflections from those who continue to see its impact today. If you have a ShareLife story or memory you would like to share, we would be glad to hear from you at sharelifecommunications@archtoronto.org.

Your story is one of the many ways faith has taken action through ShareLife.



Coldest Night of the Year fundraiser

St. Felix Centre



Join St. Felix Centre for our 8th annual Coldest Night of the Year fundraiser!

St. Felix Centre is a Toronto-based non-profit providing a continuum of housing services and wrap-around social services to support marginalized communities experiencing homelessness, housing insecurity, mental health challenges, and other complex challenges stemming from poverty.

Coldest Night of the Year is a 5km walkathon taking place on Saturday, February 28th, and is part of a nationwide initiative that gives people the opportunity to imagine what it's like to be someone experiencing homelessness during the harsh Canadian winter. It is an important reminder of why services like St. Felix Centre's are essential.

Each year, many supporters from corporate groups, community groups, donors, and volunteers come together to participate in CNOY and help raise awareness about homelessness across Toronto, and raise vital funds to support all St. Felix Centre programs.

There are 2 ways you can support St. Felix Centre's CNOY 2026 event to help make it a success!

- 1. Register as a walker and fundraise for St. Felix Centre! Just follow this [link](#) to register.
- 2. Make a donation towards the 'St. Felix Walkers' team at this [link](#).

CNOY is a family-friendly (and pet-friendly!) event, and all ages are welcome to join! St. Felix Centre is also happy to support a remote walk or alternative activities to accommodate those with different accessibility needs.

For more information, please reach out to connect@stfelixcentre.org

We can't wait to see you walking with us on February 28th!



AFL and TCDSB Celebrate the Legacy of the Loretto Sisters

The Angel Foundation for Learning



Toronto Catholic District School Board students and staff gathered at Mary Ward Centre on January 7th for a day of prayer, reflection, and shared learning focusing on the legacy of Mary Ward, founder of the Sisters of the Institute of the Blessed Virgin Mary (Loretto Sisters). Coordinated jointly by Loretto Abbey, the Angel Foundation for Learning, and the Mary Ward Centre, the event featured a presentation by Sr. Evanne Hunter, IBVM/CJ, focusing on the courage and spiritual leadership of Mary Ward and the impact her legacy continues to have on the education of young women today.

Other speakers included John Wujek, AFL's Executive Director, who spoke about the power of student voice and advocacy, while George Danfulani, Superintendent of Nurturing Our Catholic Community, talked about the event as a living reflection of TCDSB's pastoral plan "Growing in knowledge with justice".

Students from Loretto Abbey, Loretto College, Mary Ward, and St. Mother Teresa Catholic Secondary Schools engaged in small group discussions on exploring hospitality and solidarity with newcomers, raising awareness and responsibility around human trafficking, meditation and reflection on the connection between faith and ecology, and celebrating the voices, courage, and leadership of women.

Students were charged with returning to their respective schools to share their learning and to seek out ways to bring those teachings to life in their communities.

Participants extend sincere appreciation to Cataldi Fresh Market, who sponsored the luncheon, and to concelebrants Fr. Peter Choi, Fr. Prakash A. Lohale, OP, and student readers and musicians who organized the closing Mass of celebration.

This event was a precursor to the annual acknowledgement of IBVM Day across the TCDSB each January 23rd, which celebrates the enduring legacy of leadership, compassion, and caring of the Loretto Sisters.



IN OUR OWN WORDS

Victory Okeugo

Recipient of the 2024 Lifelong
Learner Scholarship

As someone who has gone through some very difficult challenges in life, I remember emotions and their impact. What I remember most about being awarded the Lifelong Learner Award is its impact. To this day, it remains a scholarship award that changed my life.

I won the scholarship when I needed confirmation that my dreams were valid and that I mattered, regardless of what life was throwing at me, but the monetary award was just the beginning. With the money I saved, I was able to buy my law books and focus on school, which was such a relief because when bills and fees are constantly on your mind, it is hard to focus on other things that might arguably deserve more thought, like your education.

However, the scholarship ceremony itself had an even greater impact on me. When I went to receive my award, my biography had been read out. In my biography, I stated that I was interested in international law and youth. I felt so much warmth, and someone in the room noticed my dreams, connecting me to a source that led me to the United Nations as a Youth Advocate and Delegate for Canada, where I championed the need for scholarships and mentorship for youth, including children in care. Through that experience at the United Nations, I have been able to walk into rooms I otherwise would have never been privileged to, and I have learned so much about advocacy and the type of society I want to be part of, a society that sees people, their potential, and not their circumstances, limitations, or what they have been through.

I will forever be grateful to the Catholic Charities of the Archdiocese of Toronto for believing in my dreams and for your heart, which empowers and uplifts people, especially youth in care. Your existence and continued work motivate me to advocate for the world I believe in, one where people are given opportunities to pursue a life they most definitely deserve to have through education.

Thank you again. Thank you for changing my life.

PAUSE & REFLECT

The Gift of Dignified Silence

Dr. Agnes Thomas

Why Choosing When Not to Speak Matters Now

In a time when words can spread quickly and widely, the sacred space between them holds real importance. Exploring how silence shapes our daily lives, influences our private and public interactions, and affects individuals reveals a lot about the strength of our relationships and our sense of presence. To understand its power, we need to examine what silence means and how it shows up in our everyday moments. Silence is a skill that must be learned and practiced with care and purpose, especially in relationships influenced by power, such as those between a parent and child, a manager and employee, or a teacher and student.

Silence is a form of communication without words, shaped by context, intention, and power. It exists wherever people interact and is often felt more than noticed. Silence can be used to control, exclude, or harm, but it can also create space for listening, reflection, healing, and safety. Therefore, how we use silence and how we model it as parents, adults, and leaders is important.

Upholding silence as a core value allows us to offer the gift of listening, as they are interconnected. Together, they protect dignity and foster emotional safety. When used thoughtfully, they can heal, strengthen connections, and bring resolution. However, when used carelessly, silence can become punishment, a cold withdrawal meant to express anger or disapproval. In these moments, silence shifts from restraint to control. Using silence to maintain surface peace while avoiding accountability is a clear misuse, often seen in many power dynamics, both private and public.

Family life can give children an environment to learn respectful silence from a young age. When adults choose to show restraint during stressful moments, both in private and public, they demonstrate to young people that silence can be a meaningful way to stay present during conflict or sadness, creating space while respecting their own dignity and that of others. When understood properly, silence is not a way to avoid difficult conversations, but an awareness of when to speak and when to pause. It encourages responses rather than reactions, responsibility rather than withdrawal. A child who often sees parents retreat into silence during conflict may come to view withdrawal as a normal response to tension, affecting how they handle disagreements later in life.

PAUSE & REFLECT

The Gift of Dignified Silence - continued

Dr. Agnes Thomas

Why is this important right now? We live in a world that feels more divided than ever, where words are often used to break others down, dehumanize, and cause harm. At the same time, each of us brings different personalities, experiences, and beliefs into our relationships, which can easily lead to tension and misunderstanding. Learning when to hold space and choose respectful silence allows us to pause, reflect, and exercise restraint in moments when we feel provoked or overwhelmed. This helps us navigate life with more care. It also builds accountability and self-regulation, making it easier to resist the urge to react in ways that could harm others.

Dignified silence, in today's social and professional environments, is especially important within relationships shaped by power. When used effectively, silence can prevent further harm in emotionally charged or intimidating situations by stopping words that would hurt rather than help. When used poorly, it becomes avoidance. In the workplace, this happens when a manager does not respond to a staff member's concern, signalling that maintaining peace outweighs addressing harm or providing protection. It's important to understand that silence does not replace accountability, delay repair, or dismiss harm.

Whether in parenting or leadership, modelling dignified silence can minimize careless language that undermines trust and causes lasting harm. We live in a world shaped by hierarchies from birth to death, and how we navigate them through restraint or reactivity affects both our mental well-being and the health of our relationships.

The silence we need to practice and hold intentionally is one that fosters connection rather than withdrawal. It protects dignity, encourages pause, and creates space for reflection when tensions escalate. Used wisely, silence becomes a tool to reduce harm, not a means of control. In that quiet space between words, there is room for clarity, repair, and the possibility of peace when discord arises.

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”. James 1:19



INSIGHTS & ENCOUNTERS THE PODCAST

VOICES OF FAITH: CONVERSATIONS ON PRAYER AND SPIRITUALITY

EPISODE 1:



Making Space for Prayer in a Distracted World

with Sr. Sarah Rudolph CJ
Representative of the IBVM NGO
at the United Nations

EPISODE 2:



Navigating Faith and Healing Through Prayer and Dreams

with Rev. Glenn McCullough
Assistant Professor of Practical Theology &
Spiritual Care - Emmanuel College/Knox
College UofT

EPISODE 3:



Embracing prayer and tradition: Indigenous Spirituality and Catholic Faith

with Julia Kozak - Member of the Nisga'a
Nation and the first Indigenous First Nations
person to design vestments for a Pope

EPISODE 4:



From Silence to Song: Prayer and Community at Taizé

with Br. Emile of Taizé
Member of the Taizé community since 1976,
where he teaches theology in the
community in France.

EPISODE 5:



Finding Purpose: Karina's Path from Foster Care to Prayerful Living

with Karina Nytko - Recipient of CCAT's
2024 Lennon/Cullen Social Work
Scholarship

EPISODE 6:



Ignatian Prayer in Modern Life: An Approach to Finding God Everywhere

with Fr. Joe Schner SJ
Professor Emeritus of Psychology and
Psychology of Religion at St. Regis College

EPISODE 7:



Encountering the Divine: Prayer, Reflection, and Community in Modern Life


with Dr. Agnes Thomas Executive Director
of Catholic Charities of the
Archdiocese of Toronto

SCAN TO LISTEN:



SPREAKER.COM/PODCAST/INSIGHTS-AND-ENCOUNTERS
SPOTIFY.COM/SHOW/0LHA9UDBZFXR43KMGZU1JW

ON THE HORIZON





Catholic Praxis:
SYNERGY 2026
CONFERENCE

November 3 – 5, 2026

Chelsea Hotel
33 Gerrard St W
Toronto, ON

Bringing together Catholic Social Services, Catholic Health and Catholic Education to explore effective ways to collaborate in addressing pressing societal challenges such as poverty, food insecurity, housing instability and mental health.



www.catholicpraxis.ca / www.SynergyTO2026.ca

For more information: info@SynergyTO2026.ca

SYNERGY 2026

Catholic Social Teaching in Action

Grounded in the principles of human dignity, the common good, solidarity, subsidiarity, and a preferential option for those facing poverty or marginalization, the 2026 Synergy Conference unites practitioners, researchers, faith leaders, community organizations, educators, and individuals with firsthand experience.

Participants from Catholic Social Services, Health, and Education will explore meaningful and innovative applications of Catholic Social Teaching across various sectors and social challenges.

Synergy, a collaborative alliance of Catholic organizations, reflects our commitment to unity, clarity, and transformation. It is a strategic initiative designed to elevate our collective voice and strengthen our service capacity.

So, please save the date; we look forward to embarking on this journey with you!

Catholic Charities of the Archdiocese of Toronto provides leadership, supports social services, and facilitates advocacy for its member agencies and the people they serve. At its core is Catholic Social Teaching that focuses on the poor and marginalized, urging us all to build a just society and safeguard the dignity of every person.



Catholic Charities of the Archdiocese of Toronto

How you can contact member agencies and affiliated organizations of Catholic Charities

MEMBER AGENCIES

COMMUNITY/FAMILY SERVICES

Catholic Community Services of York Region
1-800-263-2075
www.ccsyr.org

Catholic Crosscultural Services
416-757-7010
www.cathcrosscultural.org

Catholic Family Services of Durham
1-877-282-8932
https://cfsdurham.com

Catholic Family Services Peel-Dufferin
905-450-1608
www.cfspd.com

Catholic Family Services of Simcoe County
1-800-726-2503
www.cfssc.ca

Catholic Family Services of Toronto
416-921-1163
www.cfstoronto.com

PEOPLE WITH DISABILITIES

Mary Centre
416-630-5533
www.marycentre.com

Saint Elizabeth Health Care
905-940-9655
www.sehc.com

St. Bernadette's Family Resource Centre
416-654-9810
www.stbernadettesfrc.org

**St. Michael's Homes
(Our Place Community of Hope Program)**
416-926-8267
www.stmichaelshomes.org

Silent Voice Canada
416-463-1104 TTY
416-463-3928
www.silentvoice.ca

SENIORS

Centres D'Accueil Héritage (CAH)
416-365-3350
www.caheritage.org

LA Centre for Active Seniors
416-452-4875
www.lacentreforseniors.ca

**House of Providence
(Unity Health Toronto)**
416-285-3666
www.providence.on.ca

Society of Sharing
416-413-0380
www.societyofsharing.org

CHILDREN AND YOUTH

Catholic Children's Aid Society of Toronto
416-395-1500
www.torontoccas.ca

Covenant House Toronto
1-800-435-7308
www.covenanthousetoronto.com

YOUNG PARENTS

Rosalie Hall
416-438-6880
www.rosaliehall.com

**Rose of Durham
(Young Parents Division of CFS Durham)**
905-432-3622
www.roseofdurham.com

Rose of Sharon
905-853-5514
www.roseofsharon.com

Vita Centre
905-502-7933
www.vitacentre.org

AFFILIATED ORGANIZATIONS

**Society of St. Vincent de Paul
(Camp Ozanam)**
416-364-5577
info@ssvptoronto.ca

Good Shepherd Ministries
416-869-3619
www.goodshepherd.ca

Birthright International
1-800-550-4900
www.birthright.org

St. Marguerite Bourgeoys FertilityCare Toronto
416-465-2868
www.fertilitycare.ca

Natural Family Planning Association
416-481-5465
www.toronto.naturalfamilyplanning.ca

To learn more about Catholic Charities

www.ccat.ca



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