

“Life’s Like That” When You Live Independently

By: Eric Laimer, Felicita Zanatta & Doug McMahon



The “Life’s Like That” game has helped Jenna prepare for the future, have fun and make new friends.

Life, filled with highs and lows, hardships and opportunities, can sometimes feel like a game. As we journey through the transitional phase from youth to adulthood, we sometimes think it would be easier with a how-to manual, in tow. With that sentiment in mind, the “Life’s Like That” game was created.

The game came to fruition when North York Committee member Nancy Ceci saw a need to develop a skill building program for her son Marc and other young adults to help prepare them for independent living. After some consultation with regional councils and a youth focus group, common needs were identified and eight young adults came together to help find a way to fulfill those needs and learn independent living skills.

Central Region Membership Coordinator Felicita Zanatta organized three skill building sessions last

spring in cooperation with Maze Master, an on line resource and workshop for youth designed in collaboration between the Toronto Catholic School Board and the Ministry of Training Colleges and Universities. The sessions focused on budgeting and assertiveness training. Doug McMahon, North York Region Behaviour Consultant, added a session about understanding relationships to complement the work done by Maze Master.

While the sessions were helpful and informative, Doug and Felicita had the inspiration to go further and develop a youth skill building game that’s fun, educational and tailored to the needs of people with an intellectual disability. With that idea, the “Life’s Like That” game was born.

Participants are divided up into teams representing singles living on their own for the first time, roommates, and couples. Depending upon each participant’s assigned relationship situation, questions are asked to deal with specific relationship scenarios such as dating, working out roommate conflicts and living on a budget.

In their team groups, participants walk around a life size game board landing on different coloured squares which ask them to problem solve issues of daily living requirements, act out relationship scenarios and deal with financial issues. Using Monopoly money, the participants pay rent, buy food and get paid each time they

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March 2013

Rights and Complaints!

Maintaining the Highest Quality Service

At Community Living Toronto we do our best to ensure we are meeting the needs and goals of the people we support, our families, volunteers, and staff. We can only do that by keeping you informed of initiatives we are taking to maintain the highest quality service, and by making sure that everyone has an opportunity to let us know when there's something we can do better.

New Complaints Mechanism

Individuals in service, self-advocates, families, members, volunteers, staff, and the community at large are encouraged to share their concerns, questions and ideas. Our new process focuses on trying to resolve concerns at the front-line first. Issues that are not resolved there may then be raised with the appropriate Regional Executive Director, then the CEO and Board President as necessary. And remember the "We Want to Hear From You" feedback form is available at every location, on the Association's web-site or by request.

The Guiding Principles of this process are to ensure:

- Complaints are dealt with promptly and resolved as quickly as possible.
- Complaints are confidential and protect the complainant's privacy.
- The review of complaints is fair, impartial and respectful to all parties involved.
- Complainants are advised of their options to escalate their complaint if they are dissatisfied with treatment or outcome.
- Complainants are provided clear and understandable reasons for how decisions on the complaint were made.
- Updates are provided to complainants during review processes.
- Complaints are used to assist in improving services, policies and procedures.

Rights and Responsibilities

We all have rights. And with those rights, come responsibilities. Community Living Toronto will help each individual use his/her rights and responsibilities, look at options and get advice and support from others. We promote services and supports that acknowledge and respect the preferences and choices of the individuals we support.

The following responsibilities are expected of individuals who receive services and supports and their family/designate:

- Treat others with dignity and respect
- Respect the privacy needs and personal possessions of others
- Let us know if you feel you are not being treated with dignity and respect or if you suspect or witness others being mistreated or abused
- Participate in all aspects of person directed planning *
- Provide feedback on services and supports
- Listen to and respect feedback provided by others

**We understand that some individuals may not wish to participate in person directed planning.*

If it is necessary to limit or restrict rights, the least restrictive/intrusive methods will be used and informed consent obtained. Restrictions are considered temporary (unless legal action requires otherwise) and the Association will help restore the rights or remove any limitations.

Rights and Ethics

We are one of the first organizations in the developmental services sector who have established a Rights and Ethics Committee. This committee of the Board provides advice on human, civil and legal rights restrictions, Association policies and practices and ethical issues relating to research.

Rights & Complaints, Cont'd

It also looks at the steps taken to develop, review and remove rights restrictions and intrusive behaviour interventions; it provides advice to the CEO on policy related complaints and on rights restrictions that have not been satisfactorily resolved through the complaints review process; it supports and encourages rights education for staff, individuals and their families.

Teen Friendships & Dating

Parents and their teens (16-19 years old) are invited to participate in a study on friendship and dating experiences in young people with developmental disabilities.

Teens do not have to date to participate. The study will take about 1 hour and will help researchers learn more about how teen friendships and dating develop.

You will get a \$5 gift card for Tim Hortons as a thank you for taking part in this study.

If you are interested or want to learn more, please call or e-mail the primary researcher,

Marina Heifetz
Tel: (416) 887-7013
E-mail: marina13@yorku.ca

The study has been approved by York University and the Surrey Place Centre Ethics Review Board.

Spotlight!



L to R: Garry Pruden, Minister John Milloy, Donna Worotynech, Neil Clifford, Harold Tomlinson

In February, Minister Milloy toured Creative Village Studio and met many of the artists who attend the Studio each week. This was featured on the front page of the Ministry's newsletter, Spotlight on Transformation, which you can find here: <http://www.mcss.gov.on.ca/en/mcss/publications/spotlight.aspx>.

If you want to see (and buy!) some of the artwork, visit Creative Village Studio, located at 4895 Dundas St. W. You can also plan to see these upcoming exhibitions:

Etobicoke Arts Council Gallery
Jan 28 to April 12/13

Joshua Creek Heritage Art Centre, Oakville
Feb 8 to March 10

March Fifteen on King Street
Dates TBD

CONTACT Photography Festival
May 1-31, specific dates TBD

Central News

Council Listings

Central Regional Council

Chairperson
Peter Wakayama

Vice Chair
Lee Tarshis

Board Representative
Susan McCloy

**Alternate
Board Representative**
Peter Wakayama

Treasurer
Susan McCloy

Chair of Fundraising Committee
Judy Dawson

Members at Large
Paul Cochrane
Nelson Raposo
Sandra Ricci
David Danyluk
Alda Zimbalatti
Katherine Gilhooly

Regional Executive Director
Frances MacNeil

Membership Coordinator
Felicita Zanatta
647-729-1210
fzanatta@cltoronto.ca

Contact Information
Central Regional Office
20 Spadina Rd.
Toronto, Ontario
M5R 2S7

T: 416.968.0650
F: 416.968.6463

Central Region Meeting:
March 5, 2013
6 pm
20 Spadina Road
Room 2B

Spring Fling is Coming

By: *Felicita Zanatta*

We are counting down the weeks to April; warmer weather, flowers and our very own Spring Fling presented by Central Region Council! This year, Council, along with party planner extraordinaire Judy Dawson, has banded together bring you a wonderful dinner and dance.

Once again, Spring Fling will boast an amazing array of Silent Auction items including HEYS luggage, jewelry by Joan Rivers, a software package from Microsoft, fashions by Brian Bailey and a long table full of terrific items to satisfy any shopper, chef, gardener, sports fan, and ballet or symphony fan. For a sneak peek at some of the items on offer, take a look at the pictures on page 10.

This year, the event will include a buffet dinner with dancing, while the raffle will have fabulous prizes, so make sure to bring your wallets and credit cards! As always, this promises to be a wonderful evening of celebration and fun!

All are welcome, so be sure to bring your family, friends and neighbours!

If you cannot attend, please consider making a cash donation in lieu of a ticket. The funds raised at this event are used by Central Region Council to support activities that benefit everyone connected to Community Living Toronto.

Please note we are still accepting donated items for the Silent Auction and prize table.

Purchase your tickets today!



Central Region Council's

Spring Fling Dinner and Dance

Saturday April 13, 2013
5:00 pm reception
6:00 pm dinner

**Japanese Canadian Cultural
Centre**
6 Garamond Court
(Don Mills and Wynford Drive)

Tickets: \$45

VISA, MasterCard and Amex
accepted for Silent Auction
bids so don't forget to bring that
plastic.

**To order tickets please
contact Felicita Zanatta at
647-729-1210 or email at
fzanatta@cltoronto.ca**



Council Listings

Etobicoke/ York
Regional Council

Chairperson
Ann Marie Fierro

Board Representative
Stefica Skof

Alternate Board Representative
Laura Parsonson

Treasurer
Ruth Nagy

Airi Clifford
Zdenka Bilic
Mary Byne
Janina Coulthard
Wally Richards
Joan Karout
Gaston Karout
Christine LeClair
Peter Marrese
Mary Pawson
Stefica Skof
Sharon Totafurno

Regional Executive Director
Brad Saunders

Membership Coordinator
Eric Laimer
647.729.0445
elaimer@cltoronto.ca

Contact Information
Etobicoke/York
Regional Office
295 The West Mall,
Suite 204
Etobicoke, Ontario
M9C 4Z4

T: 416.236.7621
F: 416.236.7673

**Next Council Meeting:
Tuesday March 12th.
6:30 pm
295 The West Mall
Suite 204
Boardroom**

Ruth Nagy Receives Etobicoke Community Recognition Award

By: Eric Laimer



MPP Donna Cansfield and Ruth Nagy.

Friends and family braved the exceptionally cold weather to proudly watch Ruth Nagy receive a Community Recognition award at MPP Donna Cansfield's levee back on January 16. Ruth was honoured for her long and dedicated volunteer work with Community Living Toronto in a range of capacities.

In 1998, Ruth was part of the committee that helped create the Community Living Toronto vision. Her volunteer work has always been a constant example of that vision in action. She has spent countless years advocating for her daughter Diana and others with an intellectual disability.

Ruth has been a member of Etobicoke/York Region Council for over 20 years. She has held every

executive position on Council from Chairperson to Treasurer. Never one to sit on the sidelines, Ruth has always been actively involved with all Council initiatives. Her charm and humour have inspired those around her. Ruth also has the special ability to express an opinion and advocate with a strong voice in an always tactful and classy manner.

Ruth served countless years on the Board of Directors and has shared her experience and expertise on several committees such as the Nominating and Government Relations Committees.

Her work on the Government Relations Committee has been particularly effective as she has fostered excellent relations with municipal and provincial government through MPP visits and her natural ability to network at any opportunity.

Ruth has also been active in supporting grass roots initiatives. She has helped out with gardening at a group home, yard sales, Council fundraisers, picnics, barbecues and many other events. She seems to be at every Community Living Toronto event!

While Ruth has been recognized by Community Living Toronto as a past recipient of the Regional and Association Volunteer of the year, it's especially gratifying that she has received much deserved recognition from the Etobicoke community. Congratulations Ruth!

Council Listings

North York Regional Council

Chairperson
Nancy Ceci

Board Representative
Colleen Broadhurst

Alternate Board Representative
Morris Jesion

Treasurer
TBD

Members at Large
Teresa Bhandal
Shirley Germuska
Eva Lipa
Dr. Norbert Kerenyi

Regional Executive Director
Brad Saunders

Membership Coordinator
Wendy Dyke
647-729-3627
wdyke@cltoronto.ca

Contact Information
North York Regional Office
1122 Finch Ave. W.,
Unit 18
Toronto, Ontario
M3J 3J5

T: 416.225.7166
F: 416.225.8623

Next Council Meeting:

March 11, 2013
North York Office
Boardroom
1:00 - 3:00 pm

Havergal Best Buddies Work Hard to Make School More Inclusive

By Matt Poirier



From l to r: Jill, Jenna, Ally and Alex

North York's Havergal Best Buddies Chapter is just over half way through their year, but shows no signs of slowing down as they head towards spring! In September, the Chapter showed a remarkable increase in numbers with a total of 9 buddies and an impressive 25 Havergal peer buddies, eager and dedicated to making this the best year yet.

Aside from hanging out in the community, shopping and going to Marlies games, the Havergal team, led by presidents Alex and Jill, have successfully organized and hosted a number of Buddy Parties. One of the Buddies, Jenna, really enjoys spending this time with her Havergal Buddies. "I love meeting new friends and Best Buddies has allowed me to do that." she says.

In December, Jill and Alex established a partnership with the Upper Canada College Chapter. A joint

Saturday Bowling Event will take place in early spring. The ladies hope it will not only become an annual tradition, but that future Chapter leaders can expand the partnership to include even more events!

As a way of gaining some new insight and ideas for both their chapter and school, Alex and Jill will be attending Community Living Ontario's *RE:Action 4 Inclusion* Conference in early March to learn ways of promoting an inclusive school environment. "We love being able to take advantage of opportunities like this and take what we learn back to our Chapter," Jill says. "Seeing the Chapter's hard work paying off and watching friendships grow is really what it's all about."

Havergal's Best Buddies Chapter will wrap up with a huge end of the year party on May 8th!



Students and Buddies Enjoy Their Holiday Party

Scarborough News

Council Listings

Scarborough Regional Council

Co-Chairpersons
Judith Andrenacci
Alison Thomas

Board Representative
Bonnie Heath

Alternate Board Representative
Donna Britten

Treasurer
Alison Thomas

Membership Chair
Pat Sparks

Robert Shaddock

Members at Large
Donna Britten
Donald Hale
Deborah White
Kathy Lisle
Ellen Armstrong
Robert Shaddock

Regional Executive Director
Sue Lynch

Membership Coordinator
Ann-Marie Binetti
647-729-1635
abinetti@cltoronto.ca

Contact Information
Scarborough Regional Office
1712 Ellesmere Rd.
Scarborough, Ontario
M1H 2V5

T: 416.438.6099
F: 416.438.6144

Next Council Meeting :
Monday, March 4th, 2013
6:30 pm
1712 Ellesmere Rd
Conference Room

David, We're So Proud of You. Again!

By Petra Asfaw

I've known David Arinobu for several years. We met when I was managing Community Living Toronto's Supportive Home Share Program, which supports David and his 'Mom' Lois. We started a Support Circle for David and Lois at that time, and it's still going strong! We've celebrated milestone birthdays, David's hiring at Wal-Mart (with the help of our Youth 2 Work Program), his raise, as well as all his goals and athletic accomplishments. When he is not busy doing all of the above, he attends Fosters Connections and has recently started volunteering at Seven Oaks, a City of Toronto Long-Term Care Home. In his role, David helps out on Mondays with the setup, playing, and cleanup of Bingo. He's an essential part of the program and everyone knows him by name. In

typical David style, he is always happy and eager to help. In recognition of his hard work at Seven Oaks, David was honoured as 'Volunteer of the Month' in January.

Keep up the great work David and congratulations!



It's almost time for the Bingo Bowling Extravaganza!!!!

When: Friday May 3rd , 7:00pm to 10:00pm

Where: Parkway Bowl, 67 Ellesmere Rd, Toronto, ON,

**Cost: \$20.00 per person
(includes shoe rental and sweet table)**

Please contact Ann-Marie to register : 647-729-1635

Victory at the Supreme Court of Canada on the Right to Education

The Canadian Association for Community Living (CACL) and the BC Association for Community Living (BCACL) applaud the ground-breaking judgment delivered by the Supreme Court of Canada on the right to equal access to education *Moore v. British Columbia*. The case began 15 years ago with a complaint to the British Columbia Human Rights Tribunal on behalf of Jeffrey Moore who has significant learning disabilities and at the time was a student receiving special education services. The complaint alleged discrimination on the basis of disability by the North Vancouver School District and the British Columbia Ministry of Education for the period of June 1992 to June 1995, when the special education services he was receiving were cut and no other alternative was provided.

The complaint was made on the basis that Jeffrey was denied a “service customarily available to the public” under s. 8 of the B.C. *Human Rights Code*. As the case made its way through the Tribunal, the B.C. Supreme Court and Court of Appeal, and eventually to the Supreme Court of Canada, it became clear that one of the central issues was the nature of the ‘service’ to which Jeffrey was denied. If the service was simply special educational services and Jeffrey was treated the same as all other special needs students whose services were cut, as the respondents argued, then the claim of discrimination would not be allowed. This is precisely the conclusion that the B.C. Supreme Court and Court of Appeal arrived at, against the finding of discrimination found by the B.C. Human Rights Tribunal.

CACL intervened in this case to take a very strong position that the ‘service’ to which Jeffrey was entitled was public education, and the students he should be compared to were all other students who were entitled to general education.

The Supreme Court of Canada has agreed with our analysis on the definition of ‘education as a service’ under human rights legislation to which children with disabilities are entitled to equal access. Speaking on behalf of the Supreme Court of Canada, Justice

Rosalie Silberman Abella found, “Adequate special education... is not a dispensable luxury... it is the ramp that provides access to the statutory commitment to education made to *all* children in British Columbia.”

“The Moore family has been courageous in taking up the cause of ensuring all students receive a quality public education.” says Faith Bodnar, Executive Director of the BC Association for Community Living. “The Moores fought for fifteen years knowing that it would not impact their son, doing it on behalf of all students with special needs now and in the future. The public education system must be held accountable for how it meets the needs of students. We join CACL in applauding the decision of the Supreme Court in upholding the fundamental rights of students with special needs to access the supports they need to be fully included.”

The above is an excerpt from the November 9, 2012 Press Release from the Canadian Association for Community Living—reprinted with permission. For the entire press release check out the CACL website – [cacl.ca](http://www.cacl.ca)

<http://www.cacl.ca/news-stories/blog/victory-supreme-court-canada-right-education>

Jumpstart Literacy needs more participants!

Saturday mornings 9:30 to 11:30

Until June 1, 2013

(starts again in September)

1122 Finch Ave W, Unit 16

(Finch & Dufferin)

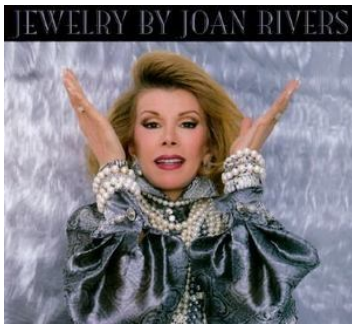
Cost? \$5.00 per week, pay as you go

Contact Matt Poirier

at 647-729-1162

matthew.poirier@cltoronto.ca

Spring Fling Dinner and Dance Auction Items



BRIAN BAILEY



Connecting Families—Full Day Forum

Saturday, March 23, 2013

Join the conversation with Connecting Families a full day forum that provides information and tools – from financial and legal planning to funding & supports – for individuals and families as they journey through all stages of life.

This is a ticketed event - \$25/person or \$40/couple

For further information contact Sylvie Labrosse at 647.729.1180 or Sylvie.labrosse@cltoronto.ca

This forum is presented in partnership with ConnectABILITY.ca and the Fundraising and Public Relations department of Community Living Toronto. ConnectABILITY.ca is a website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability, their families and support networks.

Continue the conversation on Connected Families

This is a place for YOU to talk and connect about everything from the little stuff to the really big stuff, how you solved problems, found resources and found ways to make your dreams happen.



Tell your stories, your ideas, your successes and even your frustrations. Share your tips to help others succeed and find tips that could help you.

www.connectability.ca/connected-families
ConnectABILITY.ca

Celebrity Day Sibshop

Sibshops are designed for kids ages 8-14, who have a brother or sister with an intellectual disability and who want to meet other kids who truly understand!

We are also welcoming Sibling Mentors
 - ages 14 to 16

Saturday March 9, 2013

10:15 am- Doors Open

10:30 - 3:15 - Sibshop Session

Location: Victoria Park Hub

1527 Victoria Park Avenue, 2nd Floor

North East corner of Victoria Park & Eglinton Avenue, on the 2nd floor of the Value Village plaza - entrance at the North End of the plaza

Telephone registration required for first time attendees

Call Cate Whitely at 647-729-3635

Or Wendy Dyke at 647-729-3627

Self-Advocates Council Update

Self-Advocates Council Listings

Chairperson
Robert Shaddock
Vice-Chair
Sam McKhail

Board Representative
Paul Cochrane

**Community Living Ontario
Representative**
Peter Marrese

Treasurer/Secretary
Robbie Cowdrey

Members At Large
Caseen Johnson
Candice Doherty
Lorraine Bradley
Margherita Cappiello
Mark Miller
Mike Murray
Nelson Raposo
Nick Lappas

**Community Support
Coordinator**
Sue Hutton
647-729-1205
shutton@cltoronto.ca

Next Council Meeting:
Mon March 18
11-1pm
20 Spadina.

Real Advocacy for ODSP Change

By Sue Hutton



*Back Row L-R: Paul Cochrane,
Andrea Hatala, Naomi Berlyne.
Front Row L-R: Casseen Johnson,
Margherita Cappiello, Jose Escobar*



*L-R: Donald Sadler, Naomi Berlyne, Andrea
Hatala and Linda Kirmiziyen*

The Self-Advocates Council (SAC) is partnering with the ODSP Action Coalition. An accessible workshop was created just for individuals with intellectual disabilities to voice their concerns about ODSP.

The SAC noticed that many advocacy workshops and meetings are not actually accessible for people with intellectual disabilities where comprehension needs exist. "Most of the time, they are not in plain language. They don't actually include us as equals," said SAC member Paul Cochrane of groups he has participated in over the years. Paul had the idea to invite the ODSP Action Coalition to

come and host an accessible workshop for people with intellectual disabilities.

Naomi Berlyne and Andrea Hatala of the ODSP Action Coalition came to Foster's Club House and guided the SAC and friends through an amazing ODSP workshop.

Pictures of politicians taught the group about municipal, provincial and federal leaders in Canada. The workshop was paced in a way that everyone could understand.

The group had a lot of fun, and learned a lot. Together the group understood the issues, and wrote a letter to the Minister in charge of ODSP. Now that's real advocacy!

Famous People Players

Currently seeking new members. Interviews by appointment.

Interested individuals please contact:

Alexis McDonald at 416-532-1137, ext. 31

Email: famouspeopleplayers@bellnet.ca

Website: www.fpp.org

Resources, Networking And You

Life Beyond Work

High school is more than just about attending classes. It is also about exploring your interests, developing skills, establishing social relationships (independent of your family circle) and having fun! Activities and experiences at this time can help us figure out what we would like to do after high school and, they teach us to balance what we like to do and what we must do, in our daily lives. You would typically do this through recreational, camps and volunteer activities. Some of these will occur during the school day; others will happen outside of school.

Inside school:

Check out the extra-curricular activities offered in the school. Intramural sports activities, use of fitness equipment, clubs (such as drama, chess, or photography), choirs, bands, yearbook and newspaper committees, all offer opportunities to pursue interests and make friends. What activities are you interested in? What will fit into your schedule? Are you interested in competing or just having fun? Once you answer these questions, plan to attend a session or two to see if it is what you had in mind. Remember, high schools often offer activities that will be new to you (i.e.: football). Intramural clubs are great places to learn and the coaches expect to do some teaching and mentoring. That is how they build their teams/clubs for future years. Some schools offer peer-mentors, if you need extra support. Speak to your Guidance Counselor for advice.

Many school departments use volunteers. For example: the library may use student helpers to re-shelve books, teachers use students as “office assistants” on parent nights, the drama club uses volunteers to help paint sets and there is often, a “stage crew”, to set up the stage for assemblies. Talk to teachers about opportunities or visit your Guidance Counsellor. Some activities will be ongoing while others are a one-time event.

Paid work in schools is limited but, the cafeteria,

office or gym coach might offer positions.

Outside of school: Recreation

Community and recreation centres offer a wide variety of activities. You can find everything from swimming lessons to woodworking classes. They usually produce a calendar of events organized around the school year and offer activities based on age/experience. Check schedules to determine when the activities you are interested in are offered. Take note of registration dates and fee schedules. Many offer reduced fees for families on tight budgets. Municipal departments such as Parks and Recreation will have information but often, walking to the centre and asking staff, is the easiest way to check out activities available locally.

Boards of Education often offer interest courses such as dance, crafts, cooking and mechanics. These are usually offered at night time. Calendars are often organized around the school year. Fee schedules are published.

Public libraries often offer workshops, movie nights or lectures. Check out the website or visit your local library. They will have their calendars and often, those for other local libraries.

Many cities will have bulletin boards or websites announcing events around the city such as winter festivals, theatre in the park, neighbourhood festivals and public meetings. On the internet, searching for events in your city will often give you a list of what’s happening in your area.

Locally, you should look for private organizations. Religious institutions might have youth groups, choirs or study groups. Cultural groups may have language or dance classes and community gatherings. Theatre groups will post a play schedule. Sports clubs, private dance, yoga classes, fitness clubs and pottery centres are just a few of the activities found in the private sector. Your local newspaper or telephone directory

Cont’d next page

Resources, cont'd...

will provide contact information and many now will have a website.

Camps

Do not overlook the offerings of camp programs in the 21st century! Summer camp, March break and even December camps can offer exposure to new skills or enrichment of current talents! Traditional camps offer a mixed experience of boating, swimming, arts and crafts and survival skills but there are so many more options! Computer camp, sports camp, dance camp, circus camp, sailing camp, digital photography camp are just a few of the choices to be found. Many of these camps are designed for the young teen set (under age 16) and many also offer opportunities for Counsellors-in-Training, for those looking for leadership experience. Whether you wish to be a camper or a leader, opportunities are out there! Determine your budget, your desire for residential or day camp, and your interests and get searching! On the internet 'summer camp + your province', will get you started. All camps offer opportunities for lasting friendships and great memories.

Volunteering

Volunteer involvement strengthens communities and is mutually beneficial to the volunteer, the organization they support and the community. The

volunteer develops skills and contributes to the community. Volunteers improve the capacity of the organization to realize its mission. When you volunteer, you should choose your activity carefully! Are you wishing to learn something? Gain experience for your resume? Share a talent you have? Have fun? You will be asked to make a commitment. The organization will allocate resources to train and support you.

To find a volunteer position, consider charities and non-profit organizations local to you. Organizations like hospitals, service clubs and museums are good places to start. If you do not know of any, try to find your local volunteer centre. On the internet, a search for 'volunteer + your city' often gets you a list. They will have information of current positions. These are just some ways that you can start to develop a balanced life. This helps you to build connections and relationships, as well as varied skills and abilities through different activities.

To view this and similar articles on-line visit connectABILITY.ca. There are also workshops, podcasts, interactive web tools, the Connected Families discussion group and more!

ConnectABILITY.ca

Central Region Council Dinner Club

Wednesday Evenings
4 pm to 7:30 pm
30 Birch Avenue

\$5 for a great meal and friendship

**Please call Felicita Zanatta at
647-729-1210
for information**

POP CAN CLUB

Day: Saturdays

Time: 6:30-9:00 pm

Location: Wallace Emerson Community Centre,
1260 Dufferin Street

Fee: Free

Age: Youth and Adults (14 yrs. and over)

The Pop Can Club is a drop in program that runs every Saturday evening at Wallace Emerson Community Centre. It's a free program that offers sports, fine arts, a light snack and a lot of opportunities to be social and have fun! Come out to see old friends or to make new ones! Participate in new activities each Saturday and bring a friend or two along! The group also celebrates each season with themed dances.

For more information call City of Toronto; Parks, Forestry and Recreation- Adapted and Integrated Services at 416-397-4690.

Events / Workshops



Fifth Easy Roller Bowlathon

**Saturday April 20, 2013
5:00 to 8:00 pm**

Bowlerama West– 5429 Dundas Street West

Silent Auction, Raffles, Prizes and More!

Enjoy a fun evening of bowling for \$20 or collect \$25 in sponsored pledges and bowl for free!

You must register by Friday April 12 to enter.

To register, get info and to obtain your pledge sheet contact:

Eric Laimer 647-729-0445 or
elaimer@cltoronto.ca

All proceeds go towards Etobicoke/York Region council and membership.

Respite Choices Information Night

Hosted by Etobicoke/York Region Council

Learn about: respite choices in your community and how to access them, the services of respiteservices.com, the CHAP program and more! Snacks and light refreshments will be served. Sign language interpretation and TTC tokens are available by request but you must RSVP.

**Tuesday April 30th
7:00-8:30 pm**

Etobicoke/ York Region Office
295 The West Mall, Suite 204

RSVP to
Eric Laimer
647-729-0445 or
elaimer@cltoronto.ca

Respite
CHOICES

because everyone needs a short break...



"Working together to provide services and supports to individuals with developmental disabilities and their families"

8th Annual Information Fair

Developmental Services Toronto (dsto) invites you to attend the **8th Annual Information Fair**

Date: Tuesday, May 14, 2013
Time: 9:30 a.m. – 4:30 p.m.
Place: Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, ON M3C 1Z5
Don Valley Parkway and Wynford Drive

For more information about the fair go to: Developmental Services Ontario, Toronto Region website: www.dsotoronto.com or contact: **Jennifer Altosaar** at 647-729-1217 email jennifer.altosaar@cltoronto.ca

Pizza/Bingo Night at North York Employment Training Services

**Thursday March 14, 2013
6 - 8 p.m.**

1122 Finch Avenue West, Unit 16

Everyone Welcome!
\$2.00 Cover Charge

Call to register!

Flora Nichols: 647-729-3645
Wendy Dyke: 647-729-3627

Calendar of Events

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Central Region: Felicitia Zanatta 647-729-1210	Etobicoke/ York Region: Eric Laimer 647-729-0445	North York Region: Wendy Dyke 647-729-3627	Scarborough Region: Ann-Marie Binetti 647-729-1635		1 Lawson Dance	2 Tri Hards Bowling
3	4 Scarborough Council	5 Central Council Scarborough Residential Alternatives	6 Central Dinner Club	7	8	9 Sibshop at Victoria Park Hub
10	11 NY Council Meeting	12 Etobicoke Council	13 Central Dinner Club	14 Pizza/Bingo at Victoria Park Hub	15 Lawson Bingo	16 Tri Hards Bowling
17	18	19 Deadline for Cooking Class Applications	20 Central Dinner Club	21	22 Connections Dance	23
24  31	25	26	27 Central Dinner Club Friendship Club	28	29	30 Tri Hards Bowling

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Central Dinner Club NY Cooking Class	4	5 Lawson Dance	6
7	8 NY Council Meeting	9 Central Council Etobicoke Council	10 Central Dinner Club NY Cooking Class	11	12	13 Tri Hards Bowling Spring Fling
14	15	16	17 Volunteer Dinner Central Dinner Club	8	19 Lawson Bingo	20 Etobicoke Bowl-a-Thon
21	22	23	24 NY Cooking Class Friendship Club Central Dinner Club	25	26 Connections Dance	27 Tri Hards Bowling
28	29	30 Respite Choices Info Night				

Our Mission:

Community Living Toronto changes the lives of people with an intellectual disability by giving them a voice and supporting their choices where they live, learn, work and play.

Our Vision:

Community Living Toronto is a recognized leader offering a full range of personalized supports and services to people with an intellectual disability and their families. We set the benchmark for excellence, innovation and accountability in the developmental services sector. Our vision for society is one where everyone belongs and we help each other reach for our dreams.

www.communitylivingtoronto.ca



Where choices change the lives of people with an intellectual disability

