

Making Dreams Come True

By: Sylvie Labrosse



Community Living Toronto's Choices that can Change Lives Fund helps realize goals and make dreams come true for individuals and families, when all other resources have been exhausted.

This is done in partnership with individuals, corporations and foundations, who, to date, have generously raised close to \$50,000!

Launched in 2011, the first call for applications took place in early 2012 and resulted in more applications than we could have hoped for. In total, 14 grants were funded, ranging from electronic devices to help with communication skills, summer camp experiences, specialized piano lessons, a replacement wig for a senior, a healthy cooking class and additional support towards travel training goals. We were thrilled to be able to help a diverse group of people and families of all ages.

The Choices that can Change Lives Fund is available to individuals and families currently receiving service from Community Living Toronto or have identified the us as their Lead Agency. Applicants must also have a current membership with Community Living Toronto to apply.

From trips to tutoring, to a bicycle or a baseball glove, dreams can come true! Through the Choices that can Change Lives Fund grants help someone take classes, attend summer camp, go to a concert or take a trip. It can even be for something as simple as a

a day off for an individual with an intellectual disability who goes to work, a program or workshop every day and doesn't have the financial means to take a one-day break.

The next round of applications will be open on November 1st with completed applications due January 31, 2013. Watch the Choices that can Change Lives Fund Website,

choiceschangelives.ca for updated applications, information and impact stories.

For further information about this fund and how you can become a funding partner, contact Sylvie Labrosse, Manager, Fundraising at 647.729.1180 or Sylvie.Labrosse@cltoronto.ca.



Dreams can include developing your artistic skills, like Patricia making cards at Creative Village Studio!

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November 2012

Volunteer Leadership

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Lieutenant Governor of Ontario

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Prorogue! What It Means for You and Community Living Toronto

As you know, on Monday, October 15, the Legislature was prorogued, and Premier Dalton McGuinty resigned. As the drama unfolds over the next few months, which some say could take almost a year before the Legislature is sitting again, what does that mean? CL Toronto's Government Relations Committee met on October 19, and one of its members, Will Stewart, provided an overview of what is still going on at Queen's Park. Will, a Principal at Navigator, was Chief of Staff for John Baird when he was a provincial Cabinet Minister. While government operations don't change 'much', there are some differences:

Who's running things?

- McGuinty is still the Premier and MPP until a new Liberal Leader is selected
- Cabinet office – The Cabinet Office is the central agency which supports the Premier, Cabinet and its Committees in their efforts to set the broad directions and priorities of the Government. With the prorogation, Cabinet Office makes greater decisions on what government and Ministries can and can't do. Cabinet office plays a greater role in regulations, policies, and decisions on new spending.

What's Working:

- MPPs are still on the job. Their daily business and responsibilities to their constituents continue. Keep in mind they are going to start getting ready for an election, which is likely within the next 10 months.
 - Ministers are still running their Ministries. If they decide to run for the Liberal leadership, they must resign according to Liberal Party rules. In this case someone else will be assigned responsibility for their portfolio(s).
 - Ministries continue as is – there will likely be no new major programs or spending; any requests for either will need buy-in from Cabinet Office.
- Budget consultations – the Minister of Finance consultations may go ahead, however the standing committee consults will not

What's Not Working:

- There are no debates, committees or hearings.
- Any Bills, pieces of Legislation or Regulations currently being debated are cancelled, regardless of the stage they were at in the legislative process. They will have to be reintroduced once the Legislature resumes.
- There are no new programs or spending.

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Letters to the Editor

Tools & Tips That Can Help You Get Your Letter Published

We get many inquiries about issues and events that are covered in the local newspapers that are relevant to people with an intellectual disability and our Association. Accessibility, policy changes, lack of funding, transit, education and daycare often prompt inquiries about whether CLToronto is going to respond, and whether, as members, donors and friends, you can respond too.

As an organization we respond to issues frequently, both formally by invitation and through Letters to the Editor. These are formal responses, on behalf of the Association.

We encourage you to engage with current events as well; Letters to the Editor are published every day, in every newspaper, on a variety of issues. They're an easy way to add your voice to what's going on in the community. Below are a few tips to keep in mind if you're interested in engaging with the media this way:

- Keep it short. Letters to the Editor, on average, are less than 200 words.
- Include your full name, address and contact information. A letter will not appear in print without your permission.
- Be timely with your response. Generally, articles in the paper have a limited lifespan, so submit your comments within 12-18 hours. Your chance of being published will be better if it's still relevant.
- Keep it professional. You're responding to an issue, so keep your comments focused on that. Do not insult the journalist or imply they are tainted/biased (same goes for the paper).
- Keep it family friendly.
- Respond as a private citizen. Your affiliation to CLToronto should not be published without our permission.
- Keep it simple. Avoid jargon, language and terminology that the average reader may not understand.

And a few tips on etiquette:

- If emailing, include your letter in the body of the email – journalists and newspapers are wary of opening attachments.
- Do not send your comments to all of the papers, only to the one publishing the article you're responding to.
- Copy the journalist who wrote the article! They often like to see the conversation their work generates.
- If your letter is not published, do not follow up with a barrage of comments, emails, requests or demands as to why it wasn't published. Remember that the paper receives hundreds of responses every day to the articles and news they report on and not every letter can be published. However, do make sure you check the paper's website as many more letters are posted online than are published in the print newspaper. For most papers, you can find these under 'Opinion' or 'Commentary'.

Other ways you can add your voice

Make a comment!

On every newspaper site, there is an opportunity for you to comment, directly, on individual stories. Some papers require that you have an account (these are free), while others are open.

Keep in mind that these are usually screened before they're published, to protect the paper from libel or slander.

When commenting, remember tips outlined above.

Share on social media!

Every paper provides the option to share a story on your facebook, twitter or other social media outlet. This gives you the opportunity to engage your network in a larger conversation.

Eligibility Regulation: Add Your Voice!

As you know, the Ministry has released a draft Regulation that provides clarification on eligibility for adult funding under the Social Inclusion Act, particularly with respect to the Passport program. The Regulation, *Transition: Deemed Eligibility for Adult Developmental Services under the Act* provides some much needed clarification about how the transition from Children's services (SSAH) to Adult services (Passport) will occur, and who is eligible for those and other adult services. In addition, the review cycle for SSAH funding under Passport will apparently be the 3 year cycle currently used by Passport, but it is unclear if the criteria for the review will remain the same.

However, the Regulation does not address the key concern that those turning 18 after April 1, 2013 will need to apply through the DSO for SSAH/Passport funding with no guarantee of continuity of the support they previously received through SSAH even if they had received SSAH funding as a child.

Community Living Toronto has reviewed the

Regulation, and has submitted feedback based on information and recommendation received from many of our members. We want the government to be sure that young people make the transition from childhood to adulthood successful and seamless, so that they continue to build their skills, goals, and have every opportunity to achieve their dreams. Not addressing this gap could result in longer waitlists, increased isolation from the community and loss of learned skills, and added financial and functional burden on the family home. To read our full document, visit www.communitylivingtoronto.ca.

Government also needs to hear from families and individuals expressing concern and the potential impact on people's lives. We urge you to send an email or letter to the Minister of Community and Social Services, The Hon. John Milloy, as well as the DSTransformation team, DSTransformation.CSS@ontario.ca. Feedback will be accepted by government until November 5th.

Changes to Passport

The government is seeking feedback on new guidelines for its Passport program. In recent years, a range of stakeholders including people with an intellectual disability, families, community agencies as well as the Auditor General, have identified concerns with the current Passport program. Two of the key concerns raised include:

- The need for more clarity – the current rules for how Passport funding can be spent are open to interpretation. This has led to inconsistencies in how individuals and families are using their funding in different parts of the province.
- The complexity of the reporting process – the current process for reporting expenses and submitting invoices for reimbursement is labour intensive for individuals and families.

To address these concerns, Ontario is making improvements to the program. Key changes proposed to the program include how Passport dollars are spent, accountability and respite. You can read the proposed changes in the current Spotlight on Transformation, available here. Feedback on the changes is being accepted until November 5, 2012. You can email your feedback to: DSTransformation.css@ontario.ca.

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
Serena De Souza

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:
November 21, 2012
5:30 pm
20 Spadina Road
Room 2B

Put Spring Fling On Your Calendar

By Felicity Zanatta

Central Region Council is once again hosting the Annual Spring Fling Dinner Dance. Mark your Calendar for Saturday April 13, 2013 for a fun filled evening of food, dancing and amazing Silent Auction items. The exciting evening is held at the Japanese Canadian Cultural Centre. Everyone who enjoys lovely gifts will be satisfied at the extensive Silent Auction table filled with jewelry, home and personal items to provide lively bidding.

This year, the tickets will be available for purchase in time for Holiday Gift Giving. All tickets for the 2013 Spring Fling are priced at \$45 and can be purchased from Felicity Zanatta, Membership Coordinator at 647-729-1210 or email fzanatta@cltoronto.ca.

Give someone a wonderful surprise gift and purchase tickets to Spring Fling for them. The fundraiser benefits activities such as Holiday Hampers which provide meals and gifts bags to individuals during the Holiday Season who are in need.



Spring Fling Dinner and Dance

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

**Japanese Canadian Cultural
Centre**
6 Garamond Court

Tickets \$45

Join Us!

Central Region Council meetings are held on the third Wednesday of the month and are now starting at 6 pm. Come out and participate! Meetings are held at 20 Spadina Road.

There will not be a meeting in December as the Council will join the Holiday Celebration on December 12, 6 pm. at 30 Birch Ave.

Flu Clinic

Toronto EMS Public Health Department

November 19, 2012

1 - 3 p.m.

20 Spadina Road, Room 1

First come first served

For more information contact: Felicity Zanatta 647-729-1210

Or 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 Nov. 13th.
6:30 pm
295 The West Mall
Suite 204
Boardroom

Holiday Hampers Help Families

By Eric Laimer



Community Support staff gather toys for their families' hampers.

While many of us rush to complete our Holiday shopping, some people are scrambling just to adequately feed and clothe their family, like Suzanne. While Suzanne recently graduated as a nurse, she has only been able to find part-time work. As a single parent with three young children, she finds it difficult to make ends meet. Her oldest son has multiple disabilities, including an intellectual disability.

The Etobicoke/ York Region Holiday Hamper program has been assisting less fortunate families, individuals and parents like Suzanne during the Holidays for over 20 years. Last year, the program helped 27 families, including over 50 children by directly providing them with clothing, food, household items and more. All this is made possible by generous Community Living Toronto donors.

Community Living Toronto support staff typically nominate 2 to 3 lesser fortunate families from their caseloads

that are particularly in need of assistance from Holiday Hampers.

Financial assistance goes towards the purchase of department and grocery store gift cards to give families flexibility in meeting their needs. Others donate new clothes, toys and non-perishable food to give children so children have a holiday surprise.

Chum/City Christmas Wish has been a long time donor providing financial support and toys. Etobicoke/York Region Council and members have also been loyal supporters to the program.

Please consider making a donation. Items for teens are especially needed. Donations can be dropped off at the upcoming Holiday Drop In Party (see below) or at Etobicoke Employment Training Services between December 3 and 11. Pick-up is also available. For more information, please see the flyer on page 14 or contact Eric Laimer at 647-729-0445 or elaimer@cltoronto.ca.

Etobicoke/ York Region Council Holiday Party Drop-In

Join us for a social evening featuring a light buffet and good cheer!
Everyone welcome!

Tuesday December 11th
6:30 to 8:30 pm.

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

*Donations are welcome for the
Etobicoke Holiday Hampers Program.*

RSVP appreciated but not required.
Contact: Eric Laimer 647-729-0445
elaimer@cltoronto.ca

Council Listings

North York Regional Council

Chairperson
Nancy Ceci

Board Representative
Colleen Broadhurst

Alternate Board Representative
Morris Jesion

Treasurer
TBD

Self Advocate Representative
Sam McKhail

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

Regional Executive Director
Brad Saunders

Membership Coordinator
Wendy Dyke
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wdyke@cltoronto.ca

Contact Information
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Unit 18
Toronto, Ontario
M3J 3J5

T: 416.225.7166
F: 416.225.8623

Next Council Meeting:

November 5, 2012
North York Office
Boardroom
1:00 - 3:00 pm

Amazing Young Woman Finds Hub a Welcoming and Nurturing Environment

By Wendy Dyke



Sharon with Meher Dadabhoy

Sharon is an amazing young woman who is blind and deaf. In 1996, Sharon first accessed Community Living Toronto services through our children's respite services and in 2004 her foster family

became part of our Supportive Home Share (SHS) program.

The SHS program provides opportunities for adults with an intellectual disability to live in the community in a family home setting with a host family who provides support and guidance with the daily life. Sharon also is supported by an intervener during the day to assist with her community supports.

For the past two years, Sharon has been running her own personal shopping business. While her business has kept her busy, she also found time to participate in activities twice a week at the Victoria Park Hub. She has found this to be a wonderful place to meet and interact with people from various backgrounds and countries.

Sharon was welcomed by the Hub community in two weekly programs. She assisted in the Infant Parent-Child Mother Goose program. This program ran for six weeks in the spring at the Scarborough Centre Ontario Early Years in partnership with Toronto Public Library. Parents or caregivers of infants up to twelve months

old came to the Hub Tuesday mornings to learn about the power of using rhythms, songs and stories in caring for their children.

The second program Sharon is involved with is the cook and learn club. The participants prepare food from all over the world, prepare snacks for community meetings and shop for hub supplies. The cook and learn club is an initiative to encourage residents of Victoria Village to participate in cooking and get to know different cultural food. While participants are learning about diverse cultures, they learn about proper food handling, gain leadership skills, and take turns with cleanup to build community capacity. The cook and learn program also provides opportunity for members to mingle and get to know staff while having lunch with them.

Sharon really felt welcomed at the Hub. She is now looking forward to a new challenge with a planned move in November to a group home residence outside of Toronto with Deaf Blind Ontario. Sharon will be missed by her friends at the Hub and her Community Living Toronto family.



Sharon at the Hub

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

Self Advocate Representative
Robert Shaddock

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

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

**Annual Wine & Cheese:
Monday, December 3rd
2012
6:30 pm
1712 Ellesmere Rd
Conference Room**

Love Boat Cruise for the United Way!

By Ann-Marie Binetti



Patty, Indra, Stacey and Robert were a few of the guests who set sail on October 16th to support United Way Toronto. The Lawson gym was transformed into a tropical paradise to host this fun and worthwhile event. A special thanks to all the organizers and volunteers who helped to make this a special night!

*Please join us for Scarborough Regional Council's
Annual Wine and Cheese*

*December 3rd at 6:30pm at 1712 Ellesmere Rd
in the Dining Room.*

*Come out and meet Scarborough Council members, staff and
the rest of our Scarborough family!
Looking forward to seeing you there!*



securing futures
creating a legacy for generations to come

Thinking about leaving a gift
to charity in your will?

Consider Community Living Toronto

Your commitment today will make a
lasting impact tomorrow for future
generations to come.

For further information
or to discuss other gift planning options contact

Angela Bradley – 647.729.1178

Sylvie Labrosse – 647-729-1180

*Right, Shannon, Angela, Frances and Sunday were the
Central Region team for Director Trivia.*

Great Moments From The United Way Campaign!



Felicita Zanatta and Doug McMahon host Trivia
Director for United Way Fundraising.



Prorogue!

Continued from page 2

So....What Now?

- We continue to work with the Ministry on transformation and the initiatives currently attached to that, such as SSAH/Passport Regulation and social assistance.
- As Ministry processes and procedures continue, it is 'business as usual' for many, remembering there's no new programs or spending.
- There will be a backlog once the Legislation resumes, as regulations that the developmental services sector was working on are now cancelled.
- We start to prepare for the eventual election. The climate is now much more political.

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

SAC Meetings are
Held the third Monday of each
month at 1PM at 20 Spadina.

Next Council Meeting:
November 19, 1pm
20 Spadina.

The Inspiring Support of Shineeca

As told to Sue Hutton



Shineeca is an inspiration to us all.

Shineeca McLeod lives to help others. She met Foster's facilitator Jaycelle Scott at the food bank a few months ago. Shineeca talked to Jaycelle about how Ontario Disability Support Program (ODSP) was not enough for people to live on. So she wanted to get involved in working for change.

Shineeca manages to get by living on ODSP. Shineeca was labeled with an intellectual disability when she was in school. The beautiful thing is, Shineeca does not let her disability slow her down from contributing to her community.

Shineeca has lived through her share of hard times – even seeing people shoot bullets out of cars when she was a kid. She grew up in what is called “the Jungle” – a rough part of town. This made Shineeca stronger. With deep involvement in her church, Shineeca loves to help others out.

Everyday, Shineeca is listening to others and helping out with after school

programs for youth in her community. In her volunteer work, her supervisor gave her the name “Spring” because she is filled with hope for new beginnings.

Shineeca was happy to help the Self Advocates Council (SAC) when she heard about the proposed cuts to ODSP. With the help of Jaycelle, she delivered a stack of petitions signed by SAC members and friends to the Community Action worker at St. Stephens Community Centre.

Shineeca was impressed with the help that St. Stephens gives and enjoyed learning what others were doing in their communities to help out. She told me with wide eyes, that St. Stephens feeds somewhere around 40,000 people every year. Lots of them are homeless, and really need it.

Shineeca encouraged the SAC members to help others every day, listen to each other and recognize what is important to people.



Shineeca and her friend Latoya after the October SAC meeting.

The Do's and Don't's of Staying Safe on the Internet

By: Don Murray



Adam Byne knows the importance of Internet safety.

The internet is a very useful tool to help us find information, music, games, meet people and talk to friends. There are many tools available that can equalize communication for a person with a disability. These include speech readers, intelligent word programs that will provide words and phrases to choose from once you begin to type, voice mail and free VOIP (Voice Over Internet Protocol) telephone services such as Skype.

When communicating over the internet you can not see what the person looks like and therefore there are no pre-conceived opinions about you based on visible disabilities or visual attributes.

However, there are dangers that you need to be aware of. We feel safe on the internet and believe that the websites we go to and what we post on the sites or in e-mail is private, but it is not. Everything we type or post is for public viewing and anyone can see it. E-mails addressed to one person can be forwarded to others. We do not know who is going to see them and this could include nice people as well as those who want to harm us or do something illegal.

One of the best ways to stay safe is to maintain an ongoing open dialogue about what you are doing on the internet with someone you trust. This could be a parent, other family member, a staff, a friend or a volunteer. Someone else may be able to point out safety concerns that

you did not think of or were not aware of. Talk about where you are going on the internet – the websites, the chat rooms, the game sites that you are going to, the people you are chatting with and the types of conversations you are having.

It is good also to talk about how much time you spend on the computer. Online chats and online gaming can be very addictive. Without realizing it, you may be spending so much time online that it is causing you great harm personally and /or financially. It is important to get away from the virtual world and make real connections with friends, family and real people. Set daily limits on the amount of time you are spending on the computer, for example one hour per day.

Inviting this trusted person to be a friend on your Facebook page or other social media sites where you are a member will give this person a better chance to catch things that could put you in danger.

It is a good idea to have the computer in a public place such as a family room, living room or kitchen rather than in a private place such as your bedroom. When the computer is in view of others, there is a better chance that when you are unaware of danger it will be noticed by others and brought to your attention.

Here are some important tips that you should follow to make sure that you are as safe as possible.

Protect your real identity.

The information you provide online can be used by others to identify where you live, what you look like, when you will be away from your home, places and times where you are likely to be found, personal identity information like health card numbers and banking information.

Never give out your real name, age, address, phone number or any other information (including passwords) to a stranger online. Only give out personal information such as Social Insurance Numbers or banking information on a reputable secure site. Legitimate companies such as banks will not send you emails and ask you to reply with personal information. If you are a customer of the bank, they already have your information and will get in touch with you by

Continued on the next page.

phone. If you are not sure whether the request is real, find the bank's phone number in the phone book (or on their website) and give them a call. Explain what you received and ask them whether they sent the email.

Don't send a photo of yourself online and do not use a webcam if you have never physically met the person. If you have met the person, then you both know what each other looks like.

On chats and other social media use a nickname that does not identify you. Do not use something like "CindyfromOttawa". Instead use something neutral like "musicfan".

Never share your account password or save your password on a public computer. If you do so, then other people will have access to your information and your accounts.

Remember that everything that you read online may not be true.

Someone you meet online is not a "friend". You really do not know anything about this person. They may have lied about who they are. Much of what you read is someone's opinion (whether it is in a chat, a blog or an email). It is not fact. People can write whatever they want and there is no way to check that what they are saying is really true.

If you have physically met someone in person before talking to the person online, there is an element of safety, although there still could be danger. However, if you are meeting the person online first, then you need to be very cautious about what you say and agree to do. Some people will pretend to be someone else so that they can trick you into doing something that may cause you harm.

If you think that you may have been tricked or cheated, don't keep it secret. Talk to someone you trust about it. They will be able to help you.

If an offer seems "too good to be true" it likely is. Ask someone you trust about it. It is always good to get a second opinion about any offer online before you go ahead. They may think of something that you have overlooked.

Do not go to meet someone you have met online that you know very little about. If you do decide to meet someone you have become friends with online, meet in a public place, make sure that you do not go alone and let other people know where you are going.

Never post anything that would cause you embarrassment or shame.

As a basic rule, you should not put anything onto websites or the internet that you would not show or say to

anyone in a public place like a store, a bus or a coffee shop.

The internet is very public and once you have posted a comment, photo or video, it cannot be erased or taken back. As an example, anything that you put on your Facebook page is owned by Facebook and stays on Facebook even if you remove it.

Websites make the decision on what to do with the information and this could include sharing or selling the information with other companies or websites as a means to make money. You cannot control how many times it is copied and it may be used against you. An embarrassing picture could show up in public many years after you posted it on the internet.

Always be courteous online.

The same rules of relating to others that apply in real life apply online. As a basic rule, you should treat people, whether online or offline, as you yourself would like to be treated by others. Don't send e-mails that may hurt others or are against the law. Don't be rude or use abusive language in chats or e-mails.

Don't send emails when you are angry. Rather than send the email right away, save it as a draft and re-read it the next day before you send it. Once you have calmed down and thought about it, you will often change the email prior to sending it or not send it at all.

Protect Your Computer System.

There are many people who spend a lot of time and effort to create programs that allow them to get control over your computer or to damage your computer without you knowing it. If they can get control over your computer, they can use it to do illegal and or damaging things and we do not have any visible connection between them.

They can also spy on you and be able to tell which websites you are going to and what you are doing there. Often, this information is used to be able to make money by selling it to other companies. Shut down your computer when it is not in use, especially in public places. Keep your antivirus and antispyware programs, other software and operating systems updated.

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

Events / Workshops

Central Region Council Dinner Club
Wednesday Evenings
4 pm to 7:30 pm
30 Birch Avenue

Holiday Dinner on Dec. 12 then closed
until Jan. 9, 2013
\$5 for a great meal and friendship

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

Support Group for Parents of Children With Autism Spectrum Disorder

Ancaster Community Centre
41 Ancaster Road, North York
Every other Thursday
9:30 am to 11:00 am

To learn more & to register contact:
Rachele Zilli at 647-729-3634

Pizza/Bingo Night at Victoria Park Hub!

Thursday November 15, 6 - 8 p.m.
1527 Victoria Park Avenue E.

Everyone Welcome!
\$2.00 Cover Charge

Call to register!
Flora Nichols: 647-729-3645
Wendy Dyke: 647-729-3627

Space is Limited!

Adult Literacy at Warden Woods

Community Living Toronto's Warden Woods location at 50 Fairfax Avenue is partnering with the Toronto District School Board to offer a variety of Literacy courses for adults.

The two areas of focus are basic literacy for those who require a review of the foundational skills and modules related to living independently or workplace issues.

All of the courses offered are two days a week with 5 hours of instructional teaching each week. Every student must pass a pre-course assessment provided and given by a Toronto District School Board Assessor to be considered for the program courses.

To get more information and a calendar, please contact Alison Hinz at 416-317-0598.

How Can We Help You?

Etobicoke/ York Region Council will be hosting a round table discussion for parents to network with other parents, voice concerns and develop ideas for future meetings and programs. Your input is very important to us. We are your Council, we want to work for you; always for the benefit of the people we serve. Join us, keep the passion alive.

Tuesday November 20th

6:30 pm Coffee
7:00-8:00pm Meeting

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

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

PLAN TORONTO
IS PLEASED TO HOST THE
OFFICIAL DVD LAUNCH OF

DANCE IN THE SHADOW
THE UNFOLDING STORY OF REBECCA BEAYNI

Thursday November 29, 2012
7:00 to 8:00 PM
(Reception to follow)

INNIS TOWN HALL
UNIVERSITY OF TORONTO
2 Sussex Ave., Toronto
For more on Rebecca visit
www.rebeccabeayni.com

PLAN TORONTO | Tel 416-232-9444 | www.plantoronto.ca

Tropical Vacation Sibshop

For children ages 7 - 14 who have
siblings with disabilities

Monday November 12, 2012
5:15 p.m. to 8:15 p.m.

1122 Finch Avenue West, Unit 16

First time attendees must
call to register:

Cate Whitely 647-729-3635
Wendy Dyke 647-729-3627

Repeat attendees may
email to register:
cwhitely@cltoronto.ca
wdyke@cltoronto.ca

Community Living Toronto Is Collecting Donations for the Annual Holiday Hamper Drive

We are looking for donations of **NEW** items only please
Unwrapped Toys, Books, Personal Hygiene Products, Socks, Hats, Mitts,
Scarves, Gift cards for Restaurants, Department or Grocery Stores,
Movie Passes, Monetary Donations or Consider Adopting a Child or Family!

Help give a family some cheer this holiday season!

Please see below for drop off dates, locations and contacts.

North York Region Office
1122 Finch Avenue West, Unit 18
Drop off by December 12
Wendy Dyke 647-729-3627
wdyke@cltoronto.ca

Etobicoke ETS
288 Judson St, Unit 17
Drop off from Dec. 3-11, 9-3pm.
Eric Laimer 647-729-0445
elaimer@cltoronto.ca

Scarborough Region Office
1712 Ellesmere Road
OR Warden Woods ETS
50 Fairfax Crescent
Drop off Nov. 12-Dec. 13
Shelly Greenberg 647-729-1627
sgreenberg@cltoronto.ca

Calendar of Events

November 2012

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	2 Lawson Dance	3 Tri Hards Bowling Central Youth GroupGroup
4	5 NY Council Mtg Scarb. Council Mtg.	6 Scarborough Residential Alternatives	7 Central Dinner Club	8	9	10
11	12 Sibshop in NY	13 Etobicoke Council Meeting	14 Central Dinner Club	15 Hub Pizza/Bingo	16 Scarborough Bingo	17 Tri Hards Bowling
18	19 Central Flu Clinic	20 Etobicoke Council Discussion Group	21 Central Council Meeting	22	23	24 Community Rocks
25	26	27	28 Central Dinner Club	29	30 Connections Dance	

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Tri Hards Bowl- ing Central Youth Group
2	3 Scarborough Wine and Cheese	4 Scarborough Residential Alternatives	5 Central Dinner Club	6	7 Lawson Dance	8
9	10	11 Etobicoke Council Holiday Party	12 NY Holiday Hampers Donations Central Council / Dinner Club Holiday Party	13	14 Connections Dance	15 Tri Hards Holiday Party
16	17	18	19	20	21	22
23 /	24 /	25	26	27	28	29
30	31					



**Community
Rocks**

Community Living Toronto

Featuring
Blue Rodeo

PARTY WITH A PURPOSE !

Saturday, November 24, 2012
The Queen Elizabeth Theatre | 190 Princes Blvd., Exhibition Place

Tickets \$150 or \$85 for CLToronto staff

Buy yours today @ communityrocks.ca
Or contact us @ 416.968.0915 | fundraising@cltoronto.ca

