

FEATURED STORY

Have Your Say at our Town Hall Meetings

The Board of Directors of Community Living Toronto are currently leading the development of a new strategic plan, based on our vision, mission and values. The plan will enable us to figure out where the organization is headed, what our priorities should be and what we want to accomplish in the next 3-5 years.

In order to prepare, Community Living Toronto has already completed a SWOT (Strengths, Weaknesses, Opportunities and Threats) exercise with the Board of Directors, created and met with a Steering Committee, developed a workplan, and came up with a stakeholder list of self-advocates, families, staff, community partners, funders and volunteers to solicit for surveys and focus groups.

This coming month, we are hoping to gather feedback from families, members and interested individuals so that we can ensure that our priorities align with the needs of those we support, their families, and our communities.

Consulting firm Barnes Management Group (BMG) was chosen by the board to help lead the development of our Strategic Plan and will be attending upcoming Regional Council Meetings to gather feedback.

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You are invited to attend:

Scarborough	Oct 3, 6:30pm	1712 Ellesmere Rd
Central	Oct 4, 6:30pm	20 Spadina Rd
Etobicoke/York	Oct 11, 6:30pm	4895 Dundas St. W., Creative Village Studio
North York	Oct 24, 6:30pm	1122 Finch Ave. W., Unit 16

Please RSVP:
 Scarborough: Felicita Zanatta, fzanatta@cltoronto.ca
 Central: Matt Poirier, matthew.poirier@cltoronto.ca
 Etobicoke/York: Georgina Stergiotis, Georgina.stergiotis@cltoronto.ca
 North York: Wendy Dyke, wdyke@cltoronto.ca

Partnership with Library brings new Literacy Classes

By Melanie Hooker

In January 2016, a pilot project began as a partnership between the Toronto Public Library and Community Living Toronto and is now successfully entering its third session. The class is a ten week functional literacy class, run once a week for individuals with an intellectual disability.

The first session of the class was held during the winter of 2016 at the Barbara Frum Library in North York. After a successful first session, the second quickly followed in the spring at S. Walter Stewart Library in Central region. With two sessions under our belt, and with demand increasing, our third session will begin this fall and will be held at the Don Mills Toronto Public Library. The class has been well received by staff and students with glowing reviews and requests for more!

Students in the class come from both Community Living Toronto and the community at large, and there is no fee to attend. The classes have been held in Central Region and in North York with the intention of being rolled out to a different location and region each session. Aside from being a great learning opportunity for individuals we support, these classes have strengthened the relationship between Community Living Toronto and the Toronto Public Library. Partnerships such as these make our communities stronger and more inclusive.

If you would like more information on the literacy programs or interested in participating please contact, Melanie Hooker, Central Region, melanie.hooker@cltoronto.ca.



Literacy participants practicing their new skill

Upcoming Central Events

Central Region Council Meeting/ Strategic Planning Town Hall

Tuesday, October 4, 2016 at 6:30 pm

20 Spadina Rd, Room 2B

All are welcome.

To RSVP to the above event: Contact Matt Poirier at 647-729-1210 or matthew.poirier@cltoronto.ca

Central Parent Share

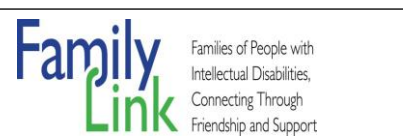
A support group for Parents of Children with Developmental Disabilities

Regent Park Community Centre, 2nd floor
402 Shutter St, Toronto, ON

Dates: October 17, November 14

Time: 10 to noon

RSVP: Yulia Prudova 647-729-1209



Gem of Etobicoke Award

By: Keri Hill



Creative Village artists and facilitator Harold Tomlinson being presented the Gem of Etobicoke Award by Lakeshore-Etobicoke MPP, Peter Milczyn.

Congratulations to the artists and Facilitator Harold Tomlinson at Creative Village Studio for being awarded the Gems of Etobicoke Award for Best Community Service.

The award was created by Peter Milczyn, MPP from Lakeshore Etobicoke to recognize small businesses and community service organizations for their outstanding contributions to the community. Creative Village Studio was chosen by a panel of judges from hundreds of entries.

On September 8, 2016, Peter Milczyn, presented the award to Harold Tomlinson, surrounded by many of the studio artists and Community Living Toronto staff.

Creative Village Studio is where individuals of all abilities can explore their artistic talents and skills thanks to the outstanding leadership and mentorship of Harold.

Upcoming Etobicoke/York Events

Etobicoke/York Region Strategic Planning Town Hall

Tuesday October 11, 2016 at 6:30 pm

Creative Village Studio

4895 Dundas St. West

Everyone welcome

RSVP: Georgina Stergiotis at 647-729-0445

georgina.stergiotis@cltoronto.ca

Friendship Club

Last Wednesday of each month

6pm-8pm

Registration: LauraLee Edmiston

647-729-0440 or ledmiston@cltoronto.ca

Parent Share

A support group for Parents of Children with Developmental Disabilities

Etobicoke Region office

295 The West Mall, suite 204

Dates: Oct. 20, Nov.17, and Dec. 15

Time: 10 am to Noon

RSVP: Sarah Winter 647-729-1633

swinter@cltoronto.ca or

Bonnie Heath 416-645-6000, ext. 1311

bheath@woodgreen.org



NORTH YORK REGION

North York Cooking Classes Widely in Demand!

By Wendy Dyke



Participants and volunteers review menu planning

Over the summer months, North York Council sponsored two summer cooking class sessions. One session was held at the Victoria Park Hub using the community kitchen and Community Living Toronto's program room, while the second session was held at the North York Adult Development Program, located on Finch Avenue. Both classes filled up quickly and we continued to receive calls about the classes well into August.

The feedback from participants was overwhelmingly positive as they each learned a variety of skills, including using a stove top, measuring and using seasonings, making healthy choices, and so much more.

Each class started with the group reviewing the recipes that they'd be using that day and planning how they would tackle making the meal. Instructors, volunteers and participants worked together to meal prep, cook, and clean up afterwards. Each participant received a binder filled with recipes to take home so they can practice and review what they learned in

class at home, with the support from family or support workers.

For upcoming session details, make sure to check the calendar of events on Community Living Toronto's website, ConnectABILITY.ca, as well as mycommunityhub.ca.

Upcoming North York Events

North York Region Strategic Planning Town Hall

Monday, October 24, 2016 at 6:30 pm

1122 Finch Ave. W., unit 18

All are welcome

RSVP: Wendy Dyke 647-729-3627

wdyke@cltoronto.ca

Parent Share

A support group for Parents of Children with Developmental Disabilities

1122 Finch Avenue West, 10 am to Noon

Dates: October 6, November 3,

December 1, 2016

RSVP: Sarah Winter 647-729-1633

swinter@cltoronto.ca

Bonnie Heath 416-645-6000, ext. 1311

bheath@woodgreen.org



CLT and Toronto Children's Services Presents a support group for parents of children with autism spectrum disorder.

Ancaster Community Center

41 Ancaster Rd.

The second Thursday of each month

9:30 am to 11:00 am.

For more information contact:

Rachele Zilli 647-729-3634

Stephanie Hannaoui 416-392-3464

Halloween Dance

Friday October 28th

1122 Finch Avenue West, Unit 16

6:30 pm to 8:30 pm

Pizza/Bingo

Wednesday November 16th

6 pm to 8 pm

Victoria Park Hub

1527 Victoria Park Avenue

RSVP for above events to:

Wendy Dyke 647-729-3627

wdyke@cltoronto.ca

Jumpstart Literacy

Every Saturday

9:30 am to 11:30 am

1122 Finch Avenue West, Unit 16

Registration fee: \$20.00 per person

Weekly fee: \$5.00 per person

**To learn more and to register,
please contact: Sehrish Zehra at
647-729-1162**

Sehris.zehra@cltoronto.ca

SCARBOROUGH REGION

Lawson Children's Respite Open House

By: Lynette Annaert and Charla Rodak

On June 8, 2016, Lawson's Children's Respite held their first ever open house. The evening gave families and community partners an opportunity to find out about the Lawson Respite program, the Sensory Room project, meet program staff and ask questions. We also unveiled our new apartment names: Discovery

Cove (ages 2-8), Treasure Island (ages 9-13) and Adventure Planet (ages 14-17).

The turnout was great with many families letting us know that they appreciated the Open House as they were unaware that the program existed! We would like to take this opportunity to thank those who were able to attend and also the Lawson staff team for a job well done!

For any information about the Lawson Children's Respite program, please call Lynette Annaert, Program Supervisor at 647-729-1639 or email at lynette.annaert@cltoronto.ca



The Lawson Team is ready for the open house.

Upcoming Scarborough Events

Council Meeting/ Strategic Planning Town Hall

Monday October 3, 2016 6:30pm

1712 Ellesmere Road Dining Room

All Welcome!

Bingo at Lawson

Friday October 21, 2016

1712 Ellesmere Road,

7-8:30pm

\$5 for a snack and prizes

**For more information on the above events
and to register contact Felicita Zanatta at
647-729-1635 or fzanatta@cltoronto.ca**

Tuesday Morning Drop in

10 am to noon

1712 Ellesmere Rd.

\$4.00 each week

for more information and to RSVP contact:

Sarah at 647-729-1633 or

swinter@cltoronto.ca

Fall Family Yoga

October 19 – November 23, 2016

Every Wednesday

5:00-6:15 pm

Fee: \$10.00 per family

1712 Ellesmere Ave.

For more information or to register contact:

Sarah Winter at 647-729-1633 or

swinter@cltoronto.ca

Parent Share

A support group for Parents of Children with
Developmental Disabilities

Cedarbrook Community Centre

91 Eastpark Blvd, Scarborough 9:30-11:30 am

Dates: Oct 13, Nov. 10, Dec. 8

Time: 9:30-11:30 am

RSVP: Janet Dunne

jdunne@cltoronto.ca , 647-729-1613

Bonnie Heath

bheath@woodgreen.org ,416-646-6000 x 1311

Self-Advocates Council

Self-Advocates are Making Legal Rights Accessible

A report about developmental services came out in August called *Nowhere to Turn*. This report was written by the Ombudsman of Ontario. The Ombudsman is like a watchdog for Ontario, looking over government funded programs.

Developmental services is a government funded program. When self advocates heard about the report, they said it was really sad. They also felt like it was important for more people labelled with intellectual disabilities to know about this. They wanted to know more about what advocacy can be done by people labelled with intellectual disabilities.

On Wednesday, October 5, there will be a workshop specifically for people labeled with intellectual disabilities to learn about the Ombudsman's report, and what the Ombudsman's office is. ARCH lawyers and people from the Ombudsman's office will be using pictures and role plays to help everyone understand the report. We will also be talking about what we can do to make things better. For more information, contact Sue Hutton at huttons@lao.on.ca or shutton@cltoronto.ca . For more information on this workshop refer below to **Upcoming SAC Events**.

The Self Advocates Council Coordinator Sue Hutton is on a temporary part time leave. Sue is still working with the SAC, but is also at ARCH Disability Law Centre two days a week. Sue is doing rights work at ARCH. Some of the self -advocates are having an opportunity to do some work there with Sue also. Some of them have been able to lead a role play about rights at an ARCH workshop in London, Ontario. This is with a group called, **Respecting Rights at ARCH**, that does rights workshops for people labeled with an intellectual disability around Ontario. For more information about these workshops you can visit this site:

http://www.archdisabilitylaw.ca/Respecting_Rights_Committee_Workshops



Paul Cochrane and Shineeca McLeod leading a role play about rights.

Upcoming SAC Events

NOWHERE TO TURN

A Plain Language workshop for People labeled with intellectual disabilities on The Ombudsman’s Report on Developmental Services

Wednesday October 5, 2016

10am - 1pm

ARCH Disability Law Centre

55 University Ave. 15th Floor, Toronto

Hosted by Respecting Rights, a project at ARCH.

Please RSVP to: Sue Hutton at 647-729-1205 or shutton@cltoronto.ca

Volunteer Voice

Volunteer Run Programs Launching!

By: Sehrish Zehra

The New Year is off to a great start with the Jumpstart Literacy program, which began on September 10th, 2016. Jumpstart Literacy is an annual literacy program offered to adults with an intellectual disability who are interested in building their literacy skills. The program focuses on English literacy and selected sessions are devoted to building mathematics

literacy skills as well. The program is an excellent opportunity to build life skills, become engaged and gain a greater sense of independence through literacy. It is also an opportunity to make lasting friendships and meet new people in your community.

Jumpstart Literacy thrives year after year (and has been running for nearly 20 years!) due to the great commitment and generosity of time and spirit from our volunteers. Our enthusiastic and compassionate volunteers create an environment of inclusion where everyone feels welcome and respected. This year, many volunteers have joined to help provide one-on-one support and engagement to the participants of the program. Participants have provided excellent feedback and we are looking forward to another successful year.

A few slots for the program are still available for participants interested in signing up. If interested, contact Sehrish Zehra at 647-729-1162

In addition to the Jumpstart Literacy Program, the Fall Family Yoga sessions will be launched shortly. This is also a volunteer-assisted program that is open to all families looking for a way to relax and unwind. Sessions are beginning Wednesday, October 19th and end on Wednesday November 23rd. Come relax with Community Living Toronto!

For additional information for Fall Family Yoga, refer to the section **Upcoming Events in Scarborough** of this newsletter.

www.communitylivingtoronto.ca



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Community Living Toronto



United Way Toronto

A United Way member agency