



Where choices change the lives of people with an intellectual disability

FEATURED STORY



TIFSters Dave and Alex

By: Kirra Dack

Dave started the Trying It On For Size (TIFS) program in January, 2016. He began with 3-hour and 6-hour visits, working on skills with his community support worker, Kirra. He had expressed interest in having a roommate to partner up with during his overnight stays at the apartment. At this stage, there was no suitable roommate for Dave. In June, however, there was a new intake process and Alex joined the program, becoming one of our newest TIFSters. Alex also expressed interest in a roommate and Kirra thought Dave and Alex might be a great match. Community Living Toronto had two events coming up: Bowling and Bingo. Kirra saw these as opportunities where Dave and Alex, along with their families, could meet and get to know one another. There was an instant bond between Dave and Alex and so the partnership began.

Early in their friendship, Dave and Alex found a major common interest in sports. Their friendship grew as their TIFS stays continued and they encouraged each other when learning new skills. They each had their own strengths and challenges and they helped each

In this Issue

- Pg 1 | Featured Story
- Pg 2 | Central Region
- Pg 2 | Etobicoke Region
- Pg 3 | North York Region
- Pg 5 | Scarborough Region
- Pg 7 | Volunteer Voice
- Pg 7 | News

other grow and progress. They continued individual skill building sessions with Kirra, but they'd also get together to cook, clean, and go out on the town. They enjoyed Dance Rock evenings, watching sports, and grabbing a bite.

On overnight stays at the apartment, the final responsibility on the last day is cleaning up; no one's favourite job. Whenever Kirra arrived at the end of a Dave and Alex overnight, the pair would already be busy tidying up; no prompting needed. At the front door, she could hear them encouraging each other, saying "Good job Dave!" and "Keep up the good work Alex!"

Dave and Alex shared a goal: both wanted to go out in the community, independently, while doing overnights at the apartment. Earlier, Kirra had accompanied them on their outings, but soon the guys were heading out on their own. Dave and Alex went out to movies, restaurants, and sports bars to catch a game. They'd figure out the directions together and use public transit.

All of these experiences built Dave and Alex's confidence and soon they were organizing activities together outside of the program. They even planned a trip to Niagara for themselves and their friends. The pair's friendship has continued to grow stronger. They

Wine and Cheese Social



Wine and Cheese Social at Creative Village

By: Georgina Stergiotis

It was a beautiful Fall evening for all who attended the Wine and Cheese Social at Creative Village Studio on Thursday September 28, 2017.

The event was the second Wine and Cheese Social hosted by Etobicoke/York Council. The evening was dedicated to celebrating Canada’s 150th birthday and showcasing Community Living Toronto to the neighbourhood. Creative Village Studio, facilitated by Harold Tomlinson, has become a part of the community. It not only showcases the beautiful paintings, drawings, photography, knitting, and arts and crafts created by individuals with an intellectual disability, it is a space where folks can come together and socialize with their friends.

In keeping with Canada’s 150th theme, staff, family, friends, and neighbours from the community enjoyed a variety of Canadian wines and Canadian cheeses. Generously donated Canadian-themed door prizes were given away throughout the evening.

Council would like to thank the following for their kind and generous donations:

- **Marek Badzynski for his beautiful Canadian landscape painting**
- **Saputo Cheeses**
- **Jim’s No Frills**
- **Tim Horton’s (on the Queensway)**
- **Janina Coulthard for the cozy Canadian fleece blanket, among other gifts**

stand by each other in times of frustration, using supportive language and words of kindness. They also share a ton of laughs.

Now that the TIFS program has come to an end for Dave and Alex, their eagerness to live independently reflects the mutual encouragement, motivation, and confidence brought by their strong friendship.

Contact: Kirra Dack at 647-780-1336 or kirra.dack@cltoronto.ca

Upcoming Central Events

Central Region Dinner Club

Every Wednesday
4:00 pm – 8:00 pm
30 Birch Ave

Central Region Council Meeting

Tuesday November 14, 2017
6:00 pm – 8:00 pm
20 Spadina Rd, Room 2B
All are welcome!

Parent Share Central Region

Monday November 13, 2017
10:00 am – 12:00 pm
Purple Carrots Drama Classes
38 Regent St, Second Level
For information contact: Sarah Winter at 647-729-1633 or swinter@cltoronto.ca or Bonnie Heath at 416-645-6000 ext. 1311 bheath@woodgreen.org

Flu Clinic

Wednesday November 15, 2017
9:00 am – 11:00 am
20 Spadina Rd, Room 1
RSVP: Michelle Grimley at 647-729-1210 or michelle.grimley@cltoronto.ca

For information on any of the above events, contact: Michelle Grimley
at 647-729-1210 or michelle.grimley@cltoronto.ca

Wishing Bob Well As He Retires



Bob, front centre, surrounded by well wishers

By Wendy Dyke, Community Support Coordinator

Shadow Lake's dining hall was a very busy place during the late afternoon and early evening of September 27th. Numerous current and former staff from Community Living Toronto gathered to wish Bob Ferguson well as he retired from the association after 37 years of service.

Presentations from Brad Saunders, Sue Lynch, Gary Oulette, and Ann-Marie Binnetti took us on a journey of remembrances of Bob's years with Community Living Toronto. Bob started his career at Shadow Lake Camp as a counselor in May 1980. He went on to full time work in residential services and later at the Adult Development Program in North York Region where he attained a Manager position. In this position Bob took the lead for developing the Youth 2 Work program. This program provides individuals in transition from High School to post graduation opportunities for supported work experiences at various employment enterprises.

In 2004, Bob was promoted to Service Development Manager for the region. During his time in this position, Bob worked tirelessly to initiate and develop community partnerships through his connections with the North York Chamber of Commerce and the Toronto Board of Trade.

Bob provided numerous presentations on transitional youth and to newcomer organizations on accessing services and supports. His work with settlement

Etobicoke/York Council work tirelessly fundraising to support programs and advocating for all individuals with an intellectual disability and their families. If you are interested in making a difference in your community and at Community Living Toronto, join Etobicoke/York council. Etobicoke/York council meet on the second Tuesday of each month.

If you are interested in Joining our Etobicoke/York Council contact: Georgina Stergiotis at 647-729-0445 or georgina.stergiotis@cltoronto.ca

Upcoming Etobicoke/York Events

Etobicoke/York Region Council Meeting

Tuesday November 14, 2017

6:30 pm – 8:30 pm

4895 Dundas Street West (Creative Village Studio)

All are welcome!

RSVP: Georgina Stergiotis

at 647-729-0445 or

georgina.stergiotis@cltoronto.ca

Friendship Club

Last Wednesday of the Month

4:00 pm – 6:00 pm

295 The West Mall, Suite 204

Registration: LauraLee Edmiston

at 647-729-0440 or

ledmiston@cltoronto.ca

Parent Share Etobicoke/York Region

Thursday November 16, 2017

10:00 am – 12:00 pm

Community Junction Presentation

295 The West Mall, Suite 204

For information contact: Sarah Winter

at 647-729-1633 or

swinter@cltoronto.ca

or Bonnie Heath at 416-645-6000 ext. 1311

bheath@woodgreen.org

Note: Friendship Club and Parent Share park in the underground on **P2**

communities through OCASI, Cultural Link, and the United Way provided the framework for the association to partner in the development of a community hub. Bob's vision was to make services and supports more accessible to families new to Canada. He also wanted the association to have more of a presence within the city through participation in community hubs. Bob's vision and work lead to Community Living Toronto being an anchor agency at the Victoria Park Hub, which opened in 2010.

Bob co-chaired the Bridging Diversity committee for the association. His leadership on this initiative positioned the association to build a culture of diversity, equity, and inclusion. Through the Bridging Diversity work, the association has developed policies that reflect respect for all people's rights.

For the last two years, Bob has been a project manager with Developmental Services Toronto (DSTO). The DSTO is a group of over 30 Toronto agencies funded by the Ministry of Community and Social Services that work collaboratively to deliver services and supports to people with intellectual disabilities and their families.

Throughout Bob's career, he maintained a connection to Shadow Lake. He created an alumnus for camp staff and has kept in close contact with many staff that worked at the camp with him during the early 1980's. Bob has organized many staff reunions and has gotten his family involved with the camp on a number of different levels. When Bob is at the camp he is more than willing to provide guests with a tour of the property and regale them with his knowledge of the history of Shadow Lake and how Community Living Toronto came to own the property.

Bob was instrumental in providing some of the historical pictures that you will find on the camp website. In fact, Bob has a vast collection of pictures and video of staff and events from his 37 years of service. His first project in retirement is to save this collection for the association's archives. It was Bob's wish to hold his retirement celebration at Shadow Lake and it was a very fitting setting. By the peaceful lake, Bob expressed his thanks to his many colleagues and promised to keep in touch.

Congratulations Bob!



Bob with his classic grin poses while cutting his cake

Upcoming North York Events

North York Region Council Meeting

Monday November 13, 2017
1:00 pm – 3:00 pm
North York Office Boardroom
1122 Finch Avenue West, Unit 18
All are welcome!

Pizza/Bingo

Wednesday November 15, 2017
6:00 pm to 8:00 pm
Victoria Park Hub
1527 Victoria Park Avenue

Sibshop

Saturday November 18, 2017
10:30 am – 2:30 pm
Victoria Park Hub
1527 Victoria Park Avenue

For More Information and to register
Contact: Wendy Dyke
at 647-729-3627 or
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:

Karla Galvez- Del Rio

at 647-729-1162 or

kgalvez@cltoronto.ca

Parent Share North York Region

Thursday November 2, 2017

10:00 am – 12:00 pm

1122 Finch Avenue West

For information contact: Sarah Winter

at 647-729-1633 or

swinter@cltoronto.ca

or Bonnie Heath at 416-645-6000 ext. 1311

bheath@woodgreen.org

SCARBOROUGH REGION

Rainbow's Pride in Scarborough



Rainbow's Pride In Scarborough in the community!

By: Rainbow Coco Channel

My name is Rainbow and I'm a transgender woman with an intellectual and learning disability. I was born and raised in Scarborough and am the project manager and co-founder of Rainbow's Pride in Scarborough.

Rainbow's Pride in Scarborough (RPIS) is an event put together by a grassroots community collective and has been held annually for the past 6 years. The event was created when I recognized the need for positive spaces that celebrate the diversity of LGBTQ+ people in Scarborough.

This year's Rainbow's Pride in Scarborough event was on Saturday, September 2nd from 10:00 am to 3:30 pm at Access Alliance Multicultural Health and Community Services. It was an amazing day, with a drum and smudge and land acknowledgement, ten youth performers with lived experience, prizes, lots of yummy food from Spice It Up Caribbean catering, art, and two beautiful rainbow cakes. We also hosted a resource fair that included Community Living Toronto, Toby's Place, and The Griffin Center, among other agencies.

The event is loads of fun and grows every year. There is opportunity for people to connect with each other, have a meal together, express themselves artistically, and access community resources from different organizations.

We provide a space for people to celebrate who they are and feel like they are a part of a community. RPIS has reached many youth and adults with intellectual disabilities from diverse communities across Scarborough. Newcomer and refugee youth spoke to their recent experiences in Toronto and gratitude for events like RPIS.

The community benefits from Rainbow's Pride in Scarborough because LGBTQ+ youth are often isolated due to lack of resources and social supports in Scarborough. Most of the resources they need are downtown, and many youth struggle to get there due to distance and transportation costs. A lot of youth with disabilities who access services face discrimination within the larger LGBTQ+ community because of their disability. This event serves as a platform for these youth to not only gain resources, but create spaces of celebration.

Thank you from the bottom of my heart to everyone who supporting and contributed to another successful Rainbow's Pride in Scarborough!

If you would like to contact me, you can email me at: rainbowcocochannel27@outlook.com

Happy Holidays for All

By: Shelly Greenberg

The Scarborough Community Support Team is once again organizing a Holiday program for the 2017 holiday season. In the past we have collected donations of food and other non-perishable items, which were greatly appreciated.

Our team contacted the families we support and the majority would prefer gift cards instead of food donations. This would allow them to purchase specific items for their family. Gift cards can be from: grocery stores, movie theatres, Walmart, or any other stores. Receipts can be arranged.

In the past, your support has helped many families. Your contributions this year will continue to help families have a happy holiday season. Donations can be left at the Scarborough Regional Office or any of our Scarborough locations up until December 8, 2017.

For more information, please contact Shelly Greenberg at 647-729-1627 or sgreenberg@cltoronto.ca

On behalf of the Community Support Team and the donation recipients, thank you for your generosity!



Hands presenting a wrapped gift in holiday paper.

Renew Your Membership

cltoronto.ca/membership/

Upcoming Scarborough Events

Council Meeting

Monday November 6, 2017; 6:15pm
1712 Ellesmere Road
All are welcome!

For more information on all of these events and to register contact Felicity Zanatta at 647-729-1635 or fzanatta@cltoronto.ca

Council Holiday Wine and Cheese

Monday December 4, 2017; 6:30pm
1712 Ellesmere Road
All Members welcome!
RSVP to Felicity



You could win this Godiva set!

Tuesday Morning Drop in

10am-12pm
\$4 each week
1712 Ellesmere Rd
RSVP to Sarah at 647-729-1633 or swinter@cltoronto.ca

Connections Dance

Friday November 24, 2017; 7:30-9:30pm
1712 Ellesmere Rd.
\$8 admission
Call Lester at 416-566-7252

Bingo at Lawson

Friday November 17, 2017; 7pm-8:30pm
1712 Ellesmere Road
\$5 for a snack and prizes

Parent Share

9:30-11:30am
November 9, 23, 2017
Cedarbrook
Community Centre
91 Eastpark Blvd.
Contact Sarah Winter 647-729-1633
swinter@cltoronto.ca

Winter Literacy

Saturday mornings
9am-12pm
1710 Ellesmere Road
\$25 registration and \$5 each week, eligibility determined by interview

ODSP Information

Session with Ron Malis

Tuesday November 28, 2017; 7-8pm
1712 Ellesmere Road

VOLUNTEER VOICE

Volunteering with Best Buddies



Best Buddies Halloween Meet and Greet Group!

By: Megan Steciv

Best Buddies Canada UTSG is a non-profit organization dedicated to building friendships between students and those in the community with intellectual disabilities. Our events promote acceptance and inclusion of those with intellectual disabilities. The peer buddies and buddies have the opportunity to engage in a variety of social activities, from watching a movie to crafting to carving a pumpkin together.

Best Buddies is all about strengthening the bonds of friendship! These events provide the buddies with the opportunity to engage in new social interactions with a diverse group of people. Many students, or peer buddies, come from various cities across Canada and countries across the world. We have had peer buddies from Egypt, China, and Japan!

We also organize events within the city of Toronto. We have previously gone as a group to see the movie *Home Alone* and have also gone bowling. We went on a special trip last year to the Ontario Science Centre. The buddies always express their enthusiasm and enjoyment at the events, which provide the opportunity to be active participants in their community. Inclusiveness, acceptance, and engagement are the goals of all our events and fundraisers!

This year at our Halloween Meet and Greet, we designed several new activities, including a candy scavenger hunt and pumpkin carving. The buddies enjoyed pizza and their own roasted pumpkin seeds.

Many buddies demonstrated their excellent pumpkin carving skills and monster mash moves during the 'spooktacular' freeze dance!

We are always striving to build a larger and stronger chapter so that we can provide to those with intellectual disabilities the opportunity to experience a variety of friendships. Our chapter currently consists of almost seventy persons as we continue to move onward and upward. Best Buddies is an extremely rewarding experience for both buddies and peer buddies. We are a dynamic community of committed members, many of whom have been with Best Buddies for over three years. We even have members who have been involved for ten or more years! Best Buddies is more than a club or a chapter, it is a caring community of dedicated members who share similar interests and goals.

NEWS

Volunteer Opportunities

Friendship Group Volunteer

Are you free on Wednesday evenings and looking to do something fun and different!? Community Living Toronto runs a Friendship Group for individuals with an intellectual disability, who meet once a month.

This group is facilitated by Community Living Toronto Staff. Each month, the get together has a different theme, ie. Halloween, Movie Night, Wii Night, Holiday Party!

It's an fabulous opportunity for friends to come together to share food, fun and friendship!

We are looking for dedicated and committed volunteers to help out with running the group, set up and clean up and just some good friends for the individuals to get to know!

Minimum hours per week: 2; flexible

Location: 295 The West Mall, Suite 204

If you are interested in volunteering as a Friendship Group Volunteer, please visit our website at www.cltoronto.ca to learn more about Community Living Toronto, as well as submit your resume to Karla Galvez-Del Rio at karla.galvezdelrio@cltoronto.ca with the subject "Friendship Group Volunteer"

Jumpstart Literacy Volunteer

Jumpstart Literacy is a great annual literacy program offered for adults with an intellectual disability who are interested in building their literacy skills. This program focuses on English literacy and selected sessions are devoted to building mathematics literacy skills as well.

We are currently looking for volunteers to join our team! If you are patient, helpful, enjoy sharing your knowledge and are eager to give back to the community, this is an amazing opportunity for you!

Experience working with people with an intellectual disability is desirable, but not necessary. This opportunity is ideal for future educators or Resource Teachers who can get some hands on experience in planning special education curriculum, materials, visual aid, etc.

This program runs every Saturday
Starting September 9, 2017 - June 23, 2018
From 9:30 AM - 11:30 AM
North York Regional Office located at
1122 Finch Avenue West, Unit 16

If you are interested in volunteering as a Jumpstart Literacy Volunteer, please visit our website at www.cltoronto.ca to learn more about Community Living Toronto, as well as submit your resume to Karla Galvez-Del Rio at karla.galvezdelrio@cltoronto.ca with the subject "Jumpstart Literacy Volunteer"

Life Skills Volunteer

Are you free on Tuesday evenings and looking to do something fun and different!? Community Living Toronto runs a Life Skills Program for individuals with an intellectual disability, who meet weekly from 4:00 PM - 7:30 PM. This group is facilitated by Community Living Toronto Staff. Every week the participants break into three groups, cooking, crafts and literacy sheets and there is always a theme: Thanksgiving, Christmas, Earth day, Football night, etc. The meal, crafts and work sheets are based on that particular theme.

Minimum hours per week: 3.5 hours

Location: 102 Advance Rd. at Adult Developmental Program in Etobicoke Region

If you are interested in volunteering, please visit our website at www.cltoronto.ca to learn more about Community Living Toronto, as well as submit your resume to

Karla Galvez-Del Rio at karla.galvezdelrio@cltoronto.ca



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