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Inspirant des possibilités

Just Walk Beside Me and Be My Friend

P

2009 Fall Newsletter

2009/2010 Board of Directors

Johanne Rondeau, Executive Director is pleased to announce the Board of Directors for the year 2009/2010.

Board President: Robert Tremblay, Vice President: Thérèse Bergeron-Hopson, Treasurer: Veronica Farrell, Secretary: Odile Robichaud, General Directors are: Robert Narbonne, Paul Dambremont, Guy Lamarche, Dave Covey, and Shawn Donovan. New Directors this year are: Andrew Finnerty, Denise Plante-Dupuis and Adam Wessman.

The management and staff of Community Living Timmins wish to thank the Board of Directors in advance for their hard work and dedication to the vision and mission of this association.

Johanne Rondeau Executive Director



From left to right are:

Andrew Finnerty, Guy Lamarche, Thérèse Bergeron-Hopson (Vice President), Denise Plante-Dupuis, Odile Robichaud (Secretary), Adam Wessman, Dave Covey, Veronica Farrell (Treasurer), Robert Tremblay (President).

CLTIC Standing Committees of the Board

- Management-Finance Committee
 - Public Education Committee
 - Support Services Committee
 - Nominations Committee
- Health and Safety Committee
- Parent's Advisory Committee
- **AD-HOC Committees of the Board:**

Housing Committee

inside this issue:	
Graye Power!	2
Update from Birch Home	4
Children's Services Highlights	5
Vic Mahoney Centre—Our Focus on Community	8
A Tremendous Show of Generosity	10
Community Living Enjoys Camp Munro	11
Membership Drive	12

Special points of interest:

- PSA Launch
- 2010 Membership Drive begins
- Welcome new Board
 Members
- Joan Caron Camp Munro
- Parent's Advisory Committee
- Success Stories



This month's edition features the people who live at Graye Crescent Group Home as seen through the eyes of Brenda Beaudoin, Supervisor.

An Animal Love Story

Anna loves carrots....and hay.

No, this isn't a story about diet and fiber, it's the story about a lady and a horse (and other various creatures.)



Lise, A Graye Crescent lady is retired and pursues her interests. Her fish are a source of constant pride and curiosity. Lise cares for them as a daily part of her life, one she delights in.

For the past 2 years, Lise has been taking riding lessons at a local stable – first on a horse named Lady and now on Anna, a gentle mare whom Lise has come to love.

Riding brings joy and smiles – and lots of them! It also means conversations about horses that goes on all year.



Lise brushes Anna's mane, pets her head while Anna glories in the attention. As stated earlier, being fed carrots and hay don't hurt either!

Other farm animals also benefit from Lise's love. The cats, dogs and other horses drop by for some petting whenever Lise is around.

The Power of Lise is teaching us that we're never too old to overcome our fears to find out who we really can be.

The Power of Anna is love....gentle, soft...warm.

"The Power of Lise is teaching us that we're never too old to overcome our fears to find out who we really can be"





Inspiring Possibilities!

Gisèle, Ma Belle

I first met Gisèle 30 years ago when she moved to Toke Street. She was a gorgeous young woman (me, too) with jet black hair and a winning smile. Gisèle was a gentle soul, quiet and engaging, a joy to be with.



We lost touch! My loss!

When Gisèle came back into my life 30 years later, I considered it a blessing. Who would not want to support a lady with such grace, her hair framing soulful eyes.

That hair is grey now, in keeping with our Graye Power.

At Graye Crescent, Gisèle enjoys helping with laundry, housework and dishes. She also loves Elvis Presley , a man for all ages and will sing to old standards. Gisèle attends the Vic Mahoney Center, where she has developed a close relationship with Sheila, her worker of choice. Gisele assists Sheila in preparations for class, with chores and anything else going on.

The Power of Gisèle is in developing relationships that matter and transcend the decades.

The Power of Sheila is in her caring, resourceful personality.



Where did you go to, Mylene, my love— To a corner of your mind? Where daffodils grow And bees galore Are something you can find?

Where did you go to, Mylene, my love— To a place, we know not where Where daisies smile And fairies prance A place WE do not dare

Where did you go to, Mylene, my love— To a corner of your mind? Where angels watch And touch our hearts And teach us to be kind



Brenda Beaudoin

MICHEL, The Lego King

Continued from "GRAYE POWER" page 3

Michel has been associated with Community Living Timmins for over 30 years.

He's managed to maintain his boyish charm (not to mention his figure) as well as his mischievous smile.

If you want to know what is going on in the newspaper, Michel's the man to ask. If you have a joke to tell, Michel's the man to appreciate it. But Michel's real talent lies in his Lego creations.

A daily pursuit, Michel has constructed architectural giants in his day. We're just starting to capture them on film for posterity. As a future goal, we're looking into Lego Competitions around North America. It'll be a chance for Michel to travel to unknown places, to share his talent with likeminded people and to receive some recognition for his monumental talent.

Michel's Power is in his ability to create works of art through Lego.



Update for Birch Home's Summer 2009

The people supported at Birch Home have enjoyed numerous outings and activities this summer such as picnics in the park, outings to the mall, movies and received numerous visits from their friends who live at Ross street home, Sunday brunches at one of their favorite restaurants and have attended birthday parties.

They had a great time at the downtown heritage festival where they enjoyed watching a lobster eating contest, singing along with the karaoke competition and eating at the various food vendors.

Another first for the people we support at Birch was the RCMP musical ride and were treated to the best seats in the house. A discussion between staff and individuals resulted in them choosing which one of two out of town outings each would like to attend.

Two individuals attended the Kapuskasing lumberjack festival and were treated to a sightseeing tour of the festival and the town itself. They also enjoyed supper at a critically acclaimed restaurant, and were entertained by legendary Canadian band Blue Rodeo and various local bands. The individuals danced and sang with "Another first was the RCMP musical ride where we were treated to the best seats in the house"



fellow concert goers and had a great time.

Three individuals enjoyed a trip to Science North in Sudbury where they were amazed with 3D IMAX and a bush plane simulator as well as many other exhibits. They were also happy to do some shopping at Sudbury Center Mall.

The participating staff members made Camp Monroe camp week yet again a great experience this year. The staff at Birch continue to be committed in supporting the people who live there in maintaining full and active lives that make sense.

Dave Landers and Susan Gillison

Ray's Ride

Freedom comes in many forms. For Ray, it's a CCM 10 speed blue bicycle.

New this year, Ray uses the bike for fun and freedom, exercise and fitness.

An added bonus - biking reduces stress and can burn 500 calories in a half an hour.

This summer, Ray has ridden his bike around the block and to the Vic Mahoney Centre where he attends 5 days a week. Next year, Ray plans to expand his adventures around our fine City of Timmins. Go Ray Go!



Ray's Signal System



Stop

Right

Ray's Tips

1. Always wear a properly fitted helmet.

2. Obey the rules of the road.

3. Stay off the sidewalk

4. Ride in the same direction as the traffic

5. Buy wheel reflectors, bell and headlight, reflective vest if you ride at night.

Use proper hand signals to indicate when you are stopping or turning.

Just a Little Blurb from the Fay Residence

Birthdays are always a celebration, and families enjoy our open-door policy. Having the people who love us in our lives is very important. Especially when they give us our favorite birthday presents.





Staff assist me with bike repairs so I can do the things I like to do, safely.



Hanging out with my roommates doing typical chores around the house.



We had fun visiting the Polar Bear exhibit in Cochrane.



Children's Services Highlights



Learn More 🔌

This year, Children's Services provided a placement for a first year Early Childhood Education Student from Northern College. Nicole Lillicrap was successful in completing her placement with us in May 2009. Nicole is pictured here front row centre with our Children's Services team which consists of Kathy Farrell, Cathy Courville,

Rachèle Pelletier, Claudine Gagnon, Lisa Lamarche and Michelle McGrath.

We received donation dollars from a variety of service clubs which allowed us opportunities to take the children we support into the community for an activity they may not have opportunity to experience. This year we were able to go to Cochrane and visit the Polar Bear Habitat. The children were able to view the polar bears feeding and enjoyed their tour of the





Heritage Village.

The children were also able to attend two sessions of therapeutic riding at Rainbow Stables. Therapeutic Riding is always a favourite with the

children. The riding sessions allow the child to get to know their horse, through brushing, riding, walking the horse and of course giving a treat to their horse after their ride.

In June 2009, we celebrated the end of another year servicing children. This year, we had nine gradu-

ates. We will be busy transitioning them in the fall to various schools. Our end of year party was filled with delights for everyone. Gifts were given to the children and special mementos were given to the graduates leaving us.



Summer Respite Program



Every summer, we are given respite dollars from the Ministry of Community and Social Services to provide respite to children who are currently being serviced by our

Children's Services Program. This summer seven children were able to benefit from the respite program. Some of the activities the children experienced were travelling to a berry farm to pick strawberries, enjoying activities at our local parks, travelling to Moonbeam to the water park and a

fishing experience. Even though the weather was not always in our favour, the respite program managed to carry out all the summer activities planned.



In Our Memories of a Dear Friend and Teacher:



Mr. Jacques Bedard passed away at home on April 24, 2009 after a long battle with cancer. He was supported throughout his illness by his family and friends.

Jacques had been a long term resident of Timmins and was well known in our Community. His work meant the world to him and from the time he was a little boy had a businessman's perspective and sold the Daily Press. His latest employment was at Tim Horton's coffee shop by J&B Cycle and Marine where he had developed many friendships.

Jacques was an avid fan of gardening. On June 14, 2009, which would have been Jacques' 79th birthday we planted a maple tree in his back yard on Ross and held a barbecue in his honor. Family and friends were in attendance to celebrate his life and share memories.

Jacques was a great teacher and friend to many! He has and will continue to leave a lasting impression on all the lives he touched. He continues to be sadly missed!

Johanne Rondeau



"On June 14, 2009, which would have been Jacques' 79th birthday we planted a maple tree in his back yard"

Special Announcements in Children's Services

Children's Services wishes to congratulate Natalie Legault on the arrival of her first child Allie in August 2009.

Congratulations goes to our staff: Kathy Farrell, 30 years of service, Michelle McGrath, 5 years of service and Cathy Courville, 10 years of service.

The Vic Mahoney Centre–Our Focus on Community

Participants and Staffing

- The number of associates has increased. We now provide services and supports to 38 people.
- 8 people have been activated from the wait list within the last 10 months.
- We have 4 full time staff, 2 volunteers and 1 supervisor along with many call in casuals for backfill when needed.

Person Directed Plans with Transitional Support focusing on Independence

- 8 individuals arrive and leave at the VMC by City bus, walking or biking.
- 12 people take the bus to Midtown Bowl
- 3 people swim every Wednesday independently
- 2 individuals volunteer at Salvation Army independently
- Mall Walkers working towards taking the bus independently every Wednesday morning to meet the rest of the group at the Timmins Square
- 1 person attends Tai Chi independently.

Community Participation Activities have Increased with Transitional Support

- Timmins Library interest is rising and people are requesting more independence at the library.
- A 2nd day for the weekly Mall Walk has been added in partnership with Handi Trans to allow people in wheelchairs the opportunity to participate.
- Swim Program is in high demand. Including Aqua Fit, Aqua Therapy and Family Swim.
- Rehab Plus Walking Club has also increase in the number of participants

Out of Town Trips throughout this year included

- Sudbury: Science North, Imax Theatre, Big Nickel Mine, Shopping Centre & restaurants.
- Cochrane: Polar Bear Habitat & restaurant.
- Kirkland Lake: Hockey Heritage North, Miners Memorial, Kirkland Lake Museum & restaurant.

New VMC Person Directed Plans

- All staff, Terrie-Lee, Sheila, Pam, Julie, are working very diligently on individual plans that focuses on individual goals to be achieved while attending the VMC.
- We've received great feedback from family & care givers. Plans are updated on a regular basi and are designed to be working plans to ensure the successes of the people supported.







The Vic Mahoney Centre–Our Focus on Community

Local Partnerships

- YMCA Thursday afternoons
- Foundations Project joins VMC for special lunches and movie days. It's a chance for people of all ages to mingle & get to know each other.
- We now have 16 participants going to Mid Town Bowling every Tuesday afternoon.
- Northern College we are expecting a DSW student to begin this Fall
- Katimavik Program we will have 3 volunteers, each doing a full time 3 month placement at the VMC beginning October 2009
- Ecole Secondaire Thériault A grade 12 student successfully completed a 17 week placement at the VMC ending in June 2009
- March of Dimes—We currently have one person completing a work placement here at the VMC with continued success.

New Special Activities Include

- "Pamper me Please" full treatment of nail polish application, hand & arm massages and make-up application to those who request this.
- Foot Care provided by Magical Energy (new company) every 6 weeks (Foot soak, foot rub, nail clipping, nail filing, at a low cost of \$20.00)
- Participation in Class has increased. Thursday is spelling, math and life skills and Friday is "First Job Survival Skills"
- Thinking "Green" has increase We not only recycle cardboard but also recycle: plastic, cans/tin, shredded paper, pop cans, newspaper, etc...
- Shredding paper has become popular 3 individuals get paid for the shredding they do on Mondays, Tuesdays, Fridays.
- We have 18 people who joined Jamboree this year and plan to make a Christmas Concert to remember.
- Dance Routine Some love to dance and sing and they plan to perform at the Christmas Social.

Community Activities Included

- Porcupine Gold Corp Mines Tour
- Shania Twain Centre
- Cinema 6
- Cedar Meadows Sleigh Ride
- Lunches at local restaurants
- Summer "Invite a Friend" BBQ's
- Joan Caron Camp Munroe

More updates to follow in our VMC "Look back at 2009" Newsletter coming out in January 2010















Inspiring Possibilities!

A Tremendous Show of Generosity

If you know Robert, he's a very social guy who's always on the go. He gets around town via city bus or when the weather cooperates, he bikes.

Last week while Robert was up town he forgot to lock up his bike when he left it outside while going in to say hi to some friends.

Unfortunately, Robert's bike was not there when he returned. Of course Robert was deeply troubled, as he had saved up a lot of money to purchase his own bike.

Robert elicited the help of many people to help look for his stolen property and even filled out a police report.

Unfortunately his bike has yet to be found. Now, as the saying goes, 'every dark cloud

has a silver lining', on Sunday Robert went to visit friends at the ONR bus station, where they presented him with a brand new bike complete with lock. Imagine Robert's surprise. He was thrilled.

So in the picture is Robert and Isabelle Sirois-Kingsbury (ONR employee) who was instrumental in striking up a fund for the purchase of Robert's new bike.



Along with Isabelle, we would like to send our extreme appreciation to the following ONR employees for their generosity: Pamela Proeller, Amy Pawson, Casey Hearns, Marcel Boulliane, Ron Poulin and Dawn Dupuis and to the following caring members of the community: Milo Paradis, Linda Horton, Mary Laneville and Janice Racicot. (I hope we didn't forget anyone.) Sometimes it takes something distressing for people to have the opportunity to show their gifts and acts of kindness. Timmins shows its heart of gold once again!

Jodi Maenck Residential Supervisor Community Living Timmins

Raising Awareness of Breast Cancer



The Fay group home joins the community and Porcupine Health Unit in raising awareness of the prevalence of breast cancer.

Claude Belair, Fay employee, installs a pink light bulb into the outdoor light fixture where it will remain for the month of October; which is breast cancer awareness month.

CLTIC acknowledges that both men and women are at risk of contacting this disease.



Supporting People

Supporting Choices

INTÉGRATION

MUNAUTAIRE

Welcome to Timmins Night 2009

Community Living Timmins Intégration Communautaire participated in the 2009 annual Welcome to Timmins Event. Our new display brought much interest to our booth.

Please note that our new banners portray real people we support in our community. Andrew Finnerty, a longstanding volunteer and board member with our agency dedicated his time to work at the booth.

Andrew did an excellent job sharing information and creating awareness about our association.

Thanks Andrew!

Many people stopped by to ask questions, pick up information and to view our power points.

Community Living Enjoys Camp!

Once again our agency went camping this summer at the Joan Caron Camp located on Monroe Lake. Fun was had by all. While at camp, although the weather wasn't always on their side, they participated in a scavenger hunt, blueberry picking, crafts, water sports and celebrated a birthday.

A huge thank you goes out to the wonderful staff who made this year a success once again. Couldn't have happened without their dedication and hard work. Our staff go above and beyond the call of duty to help the people they provide services to, have a life that makes sense to them.

Way to go!!

Joan Caron Camp Munro Inc.

Joan Caron, a mother with a developmentally challenged child saw a need for integrated recreation and shared her vision with Lions'.

Countless volunteer hours by area Lions', other interested supporters along with generous donations of land, equipment and building supplies has resulted in the beautiful facility that we see today. Contact us today for more information Tel: 705-232-6932 Email: info@campmunro.org Website: campmunro.org









2010 MEMBERSHIP DRIVE

The Community Living Timmins Intégration Communautaire annual membership drive for the year 2010 is underway and we need YOU! Funds that we raise through our membership campaign help to change the lives of individuals with developmental disabilities living in our community.

In the coming year we will continue our work to ensure that people receiving our services are provided with quality supports to assist them in getting what they want out of life.

You can read about what we are doing in our newsletter or on our website, www.communitylivingtimmins.com where you will also find the benefits of membership.

Please continue to share the goal:

"That all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively".

We can be contacted at (705) 268-8811 to purchase your \$10.00 membership card.

Thanks again for helping to make this a successful membership fundraising campaign.

Robert Tremblay, CLTIC President, and the entire CLTIC Board

Community Living Timmins Partners with Northern College

Community Living Timmins Intégration Communautaire participated in the Human Services Placement Fair at Northern College on October 2, 2009.

CLTIC values education and currently has an excellent partnership with Northern College. It is imperative that we continue to offer placements to students and hire their graduates.

We recognize that there are many benefits in having skilled and qualified employees, and are looking forward to providing opportunities where the students can enhance and share their skills with us.





Pictured above is Jodi Maenck (Residential Supervisor with CLTIC) who is reviewing the agency's profile with Diane Lauzon (CLTIC employee).

Partnership With The Timmins Good Food Box

Community Living Timmins has entered a new partnership with The Timmins Good Food Box program.

The Timmins Good Food Box is an initiative through the Anti-Hunger Coalition Timmins supported by the United Way. It is all about eating healthy at a lower cost! The Good Food Box program can be accessed by anyone in Timmins. It is a great way for you and your family to purchase quality, fresh fruits and vegetables.

This initiative is new to Timmins since June of this year. By becoming a partner we have become the third location for this program. We are now the order and pick up location for the Melrose area. To date the other locations are the Timmins Native Friendship Centre (268-6262) and the MacIntyre Arena (360-2621). Each site receives a small box in gratitude which we will be raffling off each month to all persons served under CLTIC.

The Timmins Good Food Box offers boxes, small and large, at a cost of \$12 for the small and \$20 for the large. Orders are taken by the respective sites then in conjunction with a local grocery store items are ordered and packaged, by committee members/volunteers. This results in a savings of \$5-7/small box and \$8-10/large box to you the buyer. Boxes vary each month with a variety of fruits and vegetables as choices will vary with the season in order for you to get your box at a lower price than you would normally pay.

You can purchase yours by making your order with cash payment by the first Thursday of each month at whichever location suits you best. You will then pick up your order on the third Thursday of the month. Orders may be pre-ordered & prepaid or even ordered for someone other than yourself who you might think would benefit from receiving a box.

Try it and see if you like it. You may find it convenient and fun at the same time. If you would like further information or if you think you may be interested in giving some of your time towards this great initiative, or maybe you're in a position to become another site, you can contact the Timmins Native Friendship Centre or us at Community Living Timmins 268-8811 (Tammie Molenaar @ x225, Lise Labonte @ x260 or Lisa Boullard @ x229)



"The Good Food Box program can be accessed by anyone in Timmins"

Thank you to everyone who has taken part in this partnership thus far.

PARENT'S ADVISORY COMMITTEE Small Steps Lead to Giant Paths

What makes a difference for people with disabilities? Come and join the Parents Advisory Committee. PAC is comprised of parents and family members who have children and/or siblings with a developmental disability. Our mandate is to advocate for those who cannot speak for themselves in order to obtain the services that they require.

Our meetings are held:

Where: Vic Mahoney Centre (166 Brousseau Ave. Timmins, ON)

When: Third Tuesday of every month

Time: 7:00pm

For more information, please contact Community Living Timmins Intégration Communautaire at 268-8811.

Together We Can Make a Difference!!!

Small Steps Lead to Giant Paths

Volume 1, Issue 3

Public Service Announcement Launch

Timmins, Ontario Today, Community Living Timmins Intégration Communautaire, a non profit agency officially launched three Public Service Announcements (PSA's) that will draw attention to the work and the many people whom it supports through their initiatives.

According to Guy Lamarche, Chair of the Public Education Committee of Community Living Timmins Intégration Communautaire, "the production of these PSA's was long overdue. The public launch of the locally produced video streams will serve to educate the public on the many challenges that people with disabilities face daily. More importantly, the awareness campaign which will hit the airwaves shortly will re-enforce the agency's vision of inspiring possibilities for individuals that it supports. It will also accentuate the many options that are available to assist individuals integrate fully in our society."

Mr. Hugh Taylor, a talented local video producer, donated his time and energy towards the project. According to Mr. Taylor, he was happy to provide his services pro bono given the important role agencies such as Community Living play in today's society. The production and story lines were inspired by two young boys close to Mr. Taylor who suffer from "fragile X", which falls in the autism spectrum. "Despite the many challenges the boys endure every day, they have taught me so much about myself, about life, and about living life to the fullest. I was inspired by their will to live productive lives and by their sheer determination to succeed. Without these two young role models, I could not have immersed myself in the project" added Mr. Taylor.

The PSA's were filmed locally and the first one was written by Laureen Kuhl, a talented local director. Mr. Taylor and his wife Colleen wrote the other two "contemplating the kind of world that all children want, and deserve to live in."

The PSA's will be available for viewing on the association's web site at www.communitylivingtimmins.com and will soon air on East Link Channel 3 news. Print and mp3 formats will be available soon and it is hoped that other local media will see the benefits of supporting the awareness campaign."

Our mission is "that all people live in a state of dignity, share in all the elements of living in the community and have the opportunity to participate effectively. This is really what the PSA's will speak to," concluded Robert Tremblay, President, and Community Living Timmins Board of Directors.

Media Contact:

Johanne Rondeau

Executive Director, Community Living Timmins Intégration Communautaire 268-8811

"Mr. Hugh Taylor, a talented local video producer, donated his time and energy towards the project"



Mr. Hugh Taylor (centre) and Johanne Rondeau , Executive Director (left)



Mr. Robert Tremblay (Board President)

Posters From Our 2009 "I CAN!" Awareness Campaign



DEDICATION

Patrick Philippe has been employed with National Car Rental for the past seven years. He is punctual, dependable and enthusiastic about his work. He enjoys meeting new people and experiencing new challenges. Patrick has developed long standing friendships throughout these years at National and continues attending many social functions. Patrick takes pride in all he accomplishes.



Chandra, Brenda and Richard all make a difference in OUF community. They use their skills to support others while gaining new friendships and enjoying a rewarding experience.





Perseverance

Timmins City Bingo Hall has employed Darcy Travis for the past 6 years. He takes great pride in providing excellent customer service while working the canteen. He has developed many close friendships with his co-workers. Darcy is reliable, passionate and dedicated about his job. 166-A Brousseau Ave. Timmins, ON P4N 5Y4 Your Address Line 4

Phone: 705-268-8811 Fax: 705-267-2011 E-mail: cltic@ntl.sympatico.ca Website: CommunityLivingTimmmins.com

Purchase Your Membership Today!





CLTIC envisions a society where everyone belongs, has equality, respect, acceptance, and full citizenship.

The uniqueness and natural value of every person is celebrated, supported, and acknowledged as essential to the completeness of our whole community.

CLTIC helps build a network of supports that include family, friends, and community resources to help individuals meet their needs, dreams, and aspirations as they navigate through life.

For more information, to volunteer, or to become a member, contact us today!

Community Living Timmins Intégration Communautaire (CLTIC)

Board Members President: Robert Tremblay Vice-President: Thérèse Bergeron-Hopson **Treasurer:** Veronica Farrell Secretary: Odile Robichaud **Directors**: Dave Covey Paul Dambremont Shawn Donovan Andrew Finnerty **Guy Lamarche Robert Narbonne Denise Plante-Dupuis** Adam Wessman **Executive Director:** Johanne Rondeau (ex-officio)

We are a Porcupine United Way Member Agency



Porcupine United Way 's Mission is to improve lives and build community by engaging individuals and mobilizing collective action.

Community Living Timmins Intégration Communautaire is pleased to be a member organization of the United Way.

Each year the United Way helps us to achieve our goals by providing us with financial support, opportunities for skill building and community connecting.

Community Living Ontario

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