

extend a family

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Registered Charity
11890-4846-RR0001

Winter 2009
Meaningful Day

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Jocelyne Tranquilla
Blair Wilson

**Safe and Secure Futures
Network Coordinators**
Sharon Power
Anne Murray



A Meaningful Day at Dufferin Grove Park

This past summer Harley and Teresa decided to make a trip to Dufferin Grove Park. Harley came armed with a recipe for stew and a desire to learn how to make fire in a safe and fun way. Harley and Teresa had a busy day together: making the fire, assisting the staff and participants, preparing the stew; and after waiting two hours for the stew to cook, they devoured their labor of love! When asked what the most meaningful part of the day was, Harley quickly answered: "Friendship, of course."



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Call for Submissions

If you would like to submit an article to upcoming Extend-A-Family newsletters, please send it to your coordinator or the office, specifying that it is for the newsletter. All submission to the newsletter must have a signed release form. If you would like to submit a photograph, you can send it to the same person; please recognize that we must have signed release forms from all people appearing in the photograph. All submissions will be subject to editing at the discretion of the Newsletter Committee. Additionally we cannot guarantee that your contribution will be used. Given all of that... We would love to hear from you!

FROM OUR EXECUTIVE DIRECTOR:

Happy New Year!

Greetings, I hope everyone had a happy and healthy holiday season. It is at this time, that we are reminded to celebrate those we hold dear in our lives and to reflect on our true values and beliefs.

At Extend-A-Family, we are fully invested in building strong communities where everyone is welcome and valued as full citizens. One of the fundamental rights as a citizen is the power and control to make important decisions concerning our lives. To choose where we live, work, learn, play and with whom we spend our time. Being able to contribute to friends, family and the larger community gives us a sense of belonging that adds richness and quality to our lives. Choosing to participate in meaningful activities based on interests, gifts and talents also provides opportunities to develop new relationships and friendships. For individuals living with a disability to be genuinely embraced into community life, they need to be seen as belonging in the community rather than belonging in a “service system.” By holding true to our values and working in partnership we can make a difference.

“We must be the change we wish to see” Ghandi .

Anne Marie Cole

FROM THE BOARD OF DIRECTORS

I have given a lot of thought to what makes a meaningful day. For me, it is a day that I feel I have done something useful and connected to others in my life. A meaningful day is being mindful of the relationships that I have that are important and sustaining to me. I asked my husband, Ian, what a meaningful day looks like for him and he said coaching the Don Mills Diamonds hockey team and encouraging players to push to new levels. My daughter’s response was hearing a lecture at school that resonated with her. My son’s response consisted of working hard at school and going to his co-op work placement in our community. In these extremely busy times, it is hard to find the time to think about what is meaningful and strive to find time to do these things. Thanks to the staff and board at Extend-A-Family who remind us of what is meaningful in our lives.

Susan Walker-Kennedy

WHAT MAKES YOUR LIFE MEANINGFUL?

The theme of this newsletter is Meaningful Day. Perhaps you have heard people talk about doing “meaningful activities” and leading “meaningful lives.” But what is it that makes one’s life meaningful? And how can we work on giving meaning to our lives and helping others recognize the meaning in their own? With these questions in mind I asked three hundred people the following question: using a word or a sentence, what do you think makes your life meaningful? What surprised me was how happy & willing people were to answer the question. It would seem that everybody in the human family wants their life to be meaningful & wants others to

view them as being such. From the answers that I received, here are some common themes about what makes a life meaningful:

- to love & be loved*
- to give & to receive*
- to create & to learn*
- to cherish & to be valued*
- to make a difference & to participate*
- to dream & to have choice*
- to believe & to be believed in*

When it comes down to it, what gives people meaning in their lives is **relationships**. This includes our relationships with friends, family

and within our communities; our relationship with nature and a Higher Power; and our relationship with ourselves (which is very important and which is strongly influenced by the quantity and quality of our other relationships). Relationships matter. So, what is a Meaningful Day? A meaningful day is one where relationships are present. Let us celebrate what makes our own lives meaningful and work together to support relationship building within our communities and within our world.

Jocelyne Tranquilla (Coordinator)

CARL'S PASSION



Carl’s passion is anything concerned with Metro Police Services. Since his high school co-op placement he has been hooked! He looks forward to going on his assigned day to volunteer at Division 54.

Here is what his staff sergeant has to say about Carl and his contributions to their division.

“Carl has been attending 54 Division on a regular basis for about two years. He displays conscientiousness and diligence in performing various tasks for us at the Community Response Office at 54 Division. Without Carl volunteering his time some of these tasks would cause us to take a uniformed officer out of their community neighbourhoods, where they are most needed. Carl

performs a variety of jobs for us: data input, filing, and sorting neighbourhood pamphlets for our Auxiliary Police Officers.

Carl has also been a teacher. He has taught us so much. He has assisted the members of 54 Division Community Response Unit in learning and understanding people who have diverse learning styles. He displays a genuine interest in the Toronto Police Service and has an intense desire to work full time with us.

Carl takes pride in his work and always displays a pleasant and cheerful disposition while at 54 Division. We certainly appreciate all his efforts in helping to make his community a better and safer place to live and work.

We sincerely thank Carl for all his hard work.”

Staff Sergeant George Mullin

MY WEEK AT SCIENCE CENTER CAMP

I went to Science Center camp in July of last year. I watched Roving Mars in the IMAX Theatre. I like the Rovers, Spirit and Opportunity; they were trying to find signs of water on Mars. Spirit found rocks made out of lava, while Opportunity found rocks that looked like blueberries. These rocks were hematite, which could not be formed without water. Christine and I made a model rover. We called it Courage. Our group displayed our prototype to the scientists and visitors. I have lots of fun at the Science Centre. Lian P.





WHAT IS A FRIENDSHIP CIRCLE?



A Friendship Circle offers an invitation to young people to cultivate a circle of friends. This small group typically gathers in a school setting over the lunch hour. The group meets every other week with the support of an Extend-A-Family coordinator who facilitates the session. Each friendship circle is unique and based on the collective gifts and interests of the membership. However, the core beliefs at the centre of a friendship circle focus on: building a rapport, belonging, acceptance, sharing, and of course having fun. In this way, it is hoped that the Friendship Circle will help nurture the meaningful participation of a student with a disability with their peers within the school community and encourage the opportunity to extend this participation outside of school. For further information contact your coordinator.

FRIENDSHIP CIRCLE AT LILLIAN PUBLIC SCHOOL

A friendship circle was born out of a group of children that came together during grade 2. This group has grown and changed over the years. The children meet twice each month to share, play and learn from each other. The group has become a presence unto themselves as well as their classmates. They are learning that the message of friendship is a gift that is treasured by everyone. This is what one friendship circle member from the Grade 4 class had to say:

“Friendship circle is a lot of fun. We all learn to accept others and treat them nicely. My friends and I enjoy the heart lifting games we play, like “quiet ball”, “hullabaloo” and a lot of other things. Our friendship circle gives us the opportunity to express our personalities and to make new friends. We never make rivals in this club, only more and more friends. We plan talent shows and some activities outside of school. Friendship circle is exciting...and you never know what fun thing will happen next!”

Sophia S. - Lillian Public School

PLEASANT PUBLIC SCHOOL FRIENDSHIP CIRCLE

A friendship circle has come together once again at Pleasant P.S.! Children from the grade 4/5 class meet once every week. This is what the children said about their friendship circle.

- Jeremy – I’m looking forward to having fun*
- Rashmi – I have gotten to know more people*
- Keshav – I like playing the name game*
- Garold – I’m just having fun together*
- Spencer – I’m looking forward to swimming at the pool*
- Christopher – I’m looking forward to playing charades*
- Guy – I like the games we play; they’re fun.*
- Shahrbonu – I’m playing a lot of games*
- Emily – I feel excited about the circle of friends*
- Caitlin – I hope we will raise funds like last year*

The friendship circle is about making new friends, keeping the old, respecting each other, celebrating gifts and simply having fun. Pleasant Public School and Extend-A-Family have once again come together in a spirit of partnership and learning experience for us all!



Back left – right: Guy, Shahrbonu, Garold, Jeremy.
Sitting left – right: Spencer, Christopher, Emily

LIFE IN COMMUNITY

Hi my name is Julia I am a 24 year old woman living in Etobicoke. I would like to tell you about my work in community. I live near Cloverdale Mall and I was lucky to be hired by Winners. I really enjoy working there.

I also volunteer once a week for MP Mr. Michael Ignatieff in Etobicoke, Lakeshore area. When I come in to work on Thursday afternoon staff have already prepared my work for me in the office. I usually work in the conference room with other staff members. I do the filing and also prepare letters to be mailed out, stamp them and take them to the mailbox. I also work on the computer, cutting and pasting and sometimes I do data entry.

I like working at the office because the staff are friendly and I feel comfortable asking questions. The highlight of my work day is when Michael Ignatieff comes to the office and shakes my hand. My family and I went to last year's barbeque. Mr. Ignatieff impressed us so much with his warmth and his connection to his constituents.



Julia A.

EXCITING HAPPENINGS & UPDATES

MARK YOUR CALENDARS!

Extend-A-Family Winter Friendship Celebration

@ North Toronto Memorial Community Centre (Yonge/Eglinton)

An opportunity for families and friends to gather and spend time together.

February 22, 2009 1:00 PM - 4:30 PM.

See flyer for further information.

Education Workshop

Extend-A-Family will be hosting a three part Educational Workshop presented by Lindsay Moir.

Come and join us on January 22, January 29 and February 12 at St. Leonard's Church on Wanless Ave from 6:30 PM -9:00 PM

Topics include: General Advocacy, Meeting Management/advocacy, High School-programs & strategies.

For Further Information Contact: Kim Southern-Paulsen 416-757-2780 or ksp@extendfamily.ca

Sexuality Workshop

Extend-A-Family will be hosting a Sexuality Workshop entitled "Sexuality -a focus on healthy relationships." It will run in the spring of 2009 for five to six weeks.

Sexuality education is an important part of every person's educational experience.

The topics will primarily be on feelings, relationships and sexuality, with a focus on healthy relationships.

For Further Information Contact: Ruth Fernandes 416-493-0323 or rf@extendfamily.ca



MEMORIES OF 2008

Below are some photos of people that got together this year through Extend-A-Family's Summer Student Program and other times during the year.



Kenny, Chanequa and Ryan at the Scarborough Civic Centre



Justin with a display of his artwork along with Chanequa



Sarah and Kaye enjoying an afternoon at the park



Dan and Blair hanging out at the Harbour Front winter 08



Joshua O. "Lets Change It" with St. Louis C.S.

A SUMMER FULL OF SURPRISES

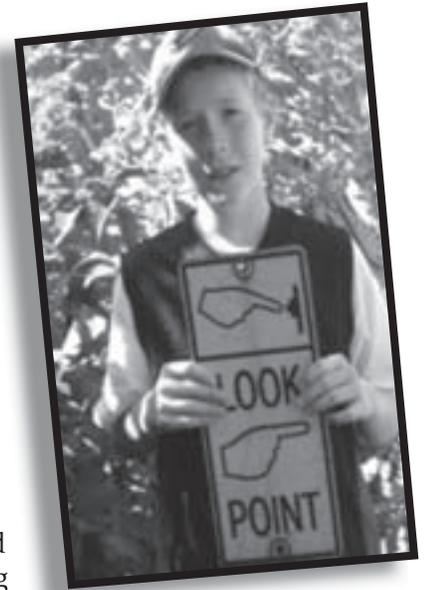


This was a great summer; a time of relaxation, fun and filled with opportunities. David's summer was full of excitement. David loves cars, vehicles, pretty much anything with wheels. We discovered he is quite the photographer! Especially if it involves cars, trucks, trains, bikes; windshield wipers and hub caps, which are his all time favourites. He has a photo collection of a thousand plus pictures which began in July this summer. He and LiAnn would frequent local used car lots and snap pictures of used cars, taxis, buses and emergency vehicles which they saw en route.

A summer project emerged; a local contracting company was working at our street corner regularly through the summer installing traffic lights by our local school. David would skateboard over to watch intently and take pictures of their progress. Did I mention he is a

button pusher as well? Traffic light buttons are among his favourites. He regularly checked on the traffic light project; as the workmen installed the traffic lights; he recorded their progress, a connection emerged. It became apparent David befriended one of the workmen. David would often engage the workman in conversation while David zipped around on his bike or skateboard taking pictures. At the end of the project this very kind workman gave David a "Look point" signs as a keepsake of the work which he recorded all summer.

Anytime the men return to adjust the timing on the lights or other maintenance related work, David will race over to say hi and check out the action. He went over one morning before school to see what was happening. The common thread of his interests provided a powerful means of connecting and expanding his world.



Kim Southern-Paulsen

SUMMER STUDENT PROGRAM 2008



Extend-A-Family hired 11 Students this past summer, to support children or youth in camps or in community. We were fortunate to have drawn

wonderful university aged youth into this program! These students were open in their approach to learning. They worked towards understanding the value of inclusion, and being compassionate in their support towards people. Individuals and families who were supported in the summer student program found the journey to be meaningful and rewarding.

Here are some comments:

From Students:

"I hope to continue to follow the message E-A-F represents of inclusion, and use it in my day-to-day activities."

"Working for Extend-A-Family has been one of the greatest experiences in my life."

"E-A-F Staff were knowledgeable and insightful in their support."

From individuals:

"I felt safe and comfortable with the student." "I enjoyed our week together."

"She spoke to me respectfully; like I was a person."

"The student is a good person, caring

and sensitive. He helped me with my favourite computer games."

From Parents:

"They're sure to have a great time.... my daughter always does when she's with the student; she's very trust worthy, so I have no worries at all!"

"My boys had a feeling of excitement each morning when they got to spend the day with the summer students." "This student was creative when plans needed to be changed. She has her heart in this work." "The student set a comfortable pace so my son relaxed and had a good time."

"The student ensured that my daughter was involved in and contributed to all aspects of the camp."

Best wishes to our Students of 2008!



EDUCATION CORNER

School Meeting Tips!

When headed out to any school meeting it is always good to try to take another person along with you. There is often so much information being shared and discussed it is hard to keep up. Your support person could take notes for you so you will have a written account of the meeting after the fact. It makes it easier to know your next steps or the areas needing further clarification, so you will be able to make an informed decision. It is advisable to wait before signing any consent presented to you at school until you have a full understanding of your options and the reasoning for the consent. If you feel uncomfortable refusing to sign “on the spot,” just explain you want to talk it over with your family first. You may want to ask if they have any supporting documentation for you to read to assist you with your decision.

Identification Placement Review Committee (IPRC)

Most of our families need to attend an IPRC through their child’s school years. During an IPRC, a decision upon classroom placement is made. These definitions of placement are taken straight from the Ministry of Education. This and more information can be found in the Ministry document “Special Education; A Guide for Educators.” This is also available online at www.edu.gov.on.ca/eng/general/elemsec/speced/guide.

IPRC Placement Options:

- Regular Class with Indirect Support: the student spends 100% of their day in a Regular Class. Support is provided to the teacher.
- Regular Class with Resource Assistance: the student spends 100% of their day in a Regular Class. Support is provided within the class for the student for part or all of the day.
- Regular Class with Withdrawal: the student spends the majority of their day in a Regular Class, but is scheduled to go elsewhere (i.e. Special Education Class or Resource Room) for intensive support up to 50% of the day.

- Special Class with Partial Integration: the student spends the majority of their day in a Special Education Class, but is integrated into a Regular Class on a scheduled basis up to 50% of their day.
- Special Education Class: the student spends 100% of their time in a Special Education Class.

IPRC Decision:

Did you know?

- You have 30 days to sign the IPRC, which will indicate you agree with the decision?
- If you do not sign the IPRC within 30 days, the Board will implement the decision without your signature and if you have not indicated you will appeal the decision.
- If you do not agree with the decision, you may request (in writing) an additional meeting within 15 days of the IPRC.
- If you still do not agree, you may appeal the decision in writing within 30 days from the IPRC.
- IPRC reviews are offered once a year. If you are satisfied with the current placement, you are given the option of waiving the IPRC for that given year.

IEP Individual Education Plans

The IEP is to be finished by the 30th school day of each new school year. Expect to receive an invitation to contribute to your child’s IEP.

As parents it is very important to focus on your child’s strengths and needs. You may want to share with the school successful strategies used at home or in the community. You should also share what your goals are for your child so the school may incorporate this into the IEP.

An IEP is a living document, which means it should be evaluated regularly through the school year and adjusted as needed.

Students who are 14 years of age should begin a transition plan to plan for their transition from high school. It is up to the parent to initiate this with the school in writing.

Tip!

When meeting with your child’s teachers or consultants, make sure the focus is on your child not their diagnosis. A strategy to bring the focus on your child is to write the vision you, your family and your child hold for your child’s future. This will help the teachers understand the path you are choosing and the doors (options) you would like to keep open. Don’t be afraid to dream big!

Education for All

Remember the document Education for All, grades kindergarten to grade six? This research based document aimed to provide a framework to support a teacher’s efforts while improving the quality of instruction for all of their students from kindergarten to grade six. Due to the positive reception of this document and an acknowledged need for a similar document for grades 7 to 12, expect to see a new version of Education for All for grades 7 to 12 soon.

www.edu.gov.on.ca/eng/document/reports/speced/panel/index.html

Advocacy

Have a question about education? Visit Lindsay Moir’s column “Ask Lindsay”

www.oacrs.com . You will find a variety of scenarios to learn from as Lindsay fields questions from parents across Ontario. His columns are archived as well. It makes for an educational read.

Education resources

www.oacrs.com

<http://www.edu.gov.on.ca/eng/>

Inclusive education resources:

www.inclusiveeducation.ca

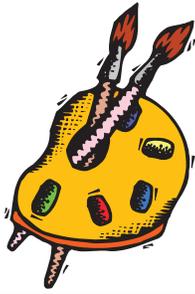
http://www.uni.edu/coe/inclusion/strategies/types_adaptation.html

<http://www.projectparticipate.org/handoutsforms.asp>

http://www.ascd.org/Publications/Lexicon_of_Learning.aspx

This online dictionary, A Lexicon of Learning, provides clear definitions of educational terms in everyday language.

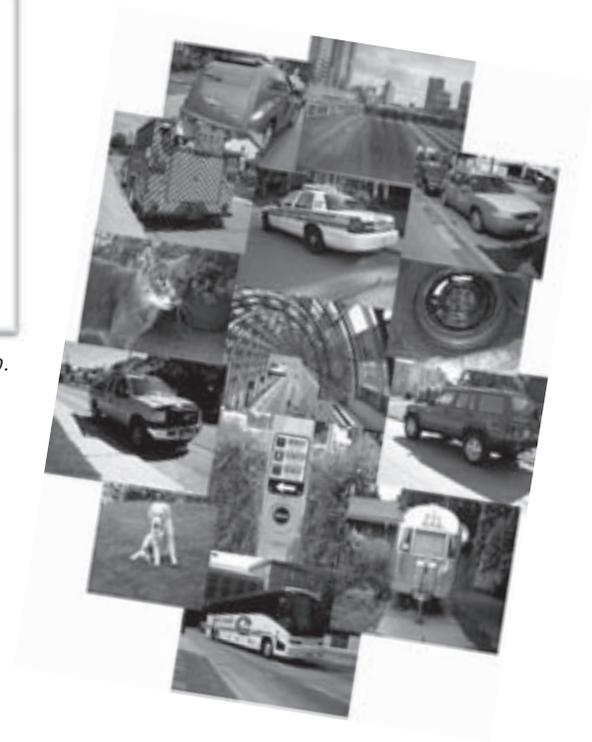
ART CORNER



"Robot in the Corner" by Anthony M.



Art Work Lara W. Harbour Front Camp.



Photography by David P.

BOOK REVIEW



No Pity: people with disabilities forging a new civil rights movement by Joseph P. Shapiro, ©1994, printed by Three Rivers Press, New York, New York.

As the purchaser of the majority of the Extend-A-Family library, I have read many books and usually, they are authored by people who have a disability or by a member of their family.

Mr. Shapiro's link with people with disabilities is a professional one, entering by a request in 1988 that he, as a journalist, write an article about a man being honoured by the

National Multiple Sclerosis Society. Mr. Shapiro soon discovered that the honouree had difficulty getting to the event, even though it was located across the road from the hotel he was staying in. There weren't any curbs and taxis and public transit were inaccessible to his battery-powered wheel chair.

The introduction angered me and a fellow reader because, in another situation, Mr. Shapiro witnessed a taxi driver rudely refusing to serve the next in line, a man who happened to be in a wheel chair. Then, Mr. Shapiro, noting the man had accepted this with grace, said nothing and got into another taxi.

Despite this inaction, this was a well rounded book about the history of

people with disabilities fighting for, and sometimes succeeding in their quest to become valued citizens in their community. Mr Shapiro documents specific struggles, requests and demands for inclusion and equality beginning with California in the 60s. It did leave me wondering about Canadian history.

My issues with these books are, good as they are and respectful as they may be, the readers of these books tend to be people that already live the life of inclusiveness and equality for all. If only there was a way for people who do not share our way of life to read them...

Cate Houghton

WELCOME

New Board Members:

A warm welcome to *Jeff Short* (Board Member). Jeff is the son of retired coordinator Liz Short, who worked for Extend-A-Family for many years. Extend-A-Family truly appreciates the contributions you are making to our organisation. Thank You!

New Staff Members:

Hello my name is *Tamara Bailey* I am a proud parent of a three year old boy. I am a graduate of Ryerson University where I took social work with a minor in psychology. I have a vast range of work experience: daycare, group homes and shelters. A meaningful day to me is knowing that my life journeys through school, work and everyday living. This has have given me the tools to understand and appreciate the gifted and strong individuals I have come to know. I am honoured to be a new staff member for Extend-A-Family.

My name is *Jocelyne Tranquilla* and I am very happy to be a coordinator with the Extend-A-Family team since April, 2008. I have been living in this fine city for a year and a half now and I love exploring the wonderful community opportunities that it provides (even if I miss New Brunswick from time to time). I am passionate about diversity & I enjoy dancing, reading, cooking & yoga.

Hello. My name is *Anne Murray* and no I don't sing! I joined Extend-A-Family in March 2008, and I have greatly appreciated all its values especially

developing meaningful relationships with inclusive communities. My professional background has been working in Public Health Nursing in the area of Parent and Child Health. I have been inspired by the individuals and families I have met through Extend-A-Family with the optimism they share as they make significant choices in managing their lives and that of their loved ones. The wisdom, compassion and perseverance of my co-workers and individuals/families that I have had the joy to walk with these few months, has brought comfort to this new beginning. Thank you!

Greetings everyone, my name is *Blair Wilson* and I am a new coordinator for Extend-A-Family. I am quite excited to be a part of an organization that is committed to the acknowledgement and celebration of one's humanness regardless of their label by promoting inclusion. Inclusion is integral to social change and justice. I have committed myself to a journey toward inclusion. I do not profess to be inclusive all the time nor do I understand the depth of inclusion and what that looks like. I believe that if we individually and collectively look beyond labels such as disabled, gay, people of color and see that common humanity we all possess, the world can change. I look forward to journeying with Extend-A-Family.

GOOD LUCK TO THE FOLLOWING STAFF MEMBERS

In February, 2008 we said goodbye to Sharon Anderson as she set out to pursue a new career. Sharon had worked as a coordinator with Extend-A-Family for 11 years. Her calm and thoughtful approach and her deep listening skills enhanced the lives of the families she assisted and her colleagues alike. We miss Sharon dearly and wish her all the best in her life and her career.

Good Luck to Tracy Stober who has worked with Extend-A-Family both as a summer student and a coordinator for the past three years. Tracy we will miss you and wish you success in both your studies and career.

A fond farewell to Janice Mathews. Janice worked for Extend-A-Family for six years. Janice's knowledge, insight and contributions to staff, families and community are dearly missed. We wish you well in your new home and in life.

Best of luck to Jennifer Lementi. Jennifer has decided to pursue a career in real estate. We wish you well in your future endeavours.

DID YOU KNOW.....?



Did you know the week of February 15-21, 2009 is "National Inclusive Education Week"? Visit www.inclusiveeducation.ca to learn more. See their Inclusive Education Resource Kit which has activities for schools, businesses and associations.

Developmental Services Toronto website provides a rich assortment of information on services for adult individuals with developmental disabilities and their families.

<http://www.dsto.ca/index.html>

respireservices.com consists of agencies funded by the Ministry of Community and Social Services and the Ministry of Children and Youth Services. We are collaborating to develop a more dynamic respite network for both children and adults in Toronto.

http://www.respireservices.com/Toronto/index_e.aspx



JOKES

What kind of dance do you do on a trampoline?
Hip Hop.

What type of animal needs oil?

A mouse because it squeaks.

Why do chickens sit on their eggs?

Because they don't have chairs.

Why did the elephant wear red shoes?

Because the white ones were dirty.

What do you call a sleeping dinosaur?

A dino snore.

FRIENDSHIP

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.

R K B X I N C L U D E D
 Y Q F O N D N E S S E A
 L D T R E A S U R E F C
 Q O D B T R U S T Q A C
 N Q R U E Y L L I S S E
 G S E E B T R D F G B P
 N E T I M P O R T A N T
 O C H D N E I R F H W E
 L U G B E Y O J Z U U D
 E R U V U C O N F I D E
 B E A C R A I F U N N Y
 N L L X T F O R E V E R

ACCEPTED SAFE
 BELONG SECURE
 BUDDY SILLY
 CONFIDE TREASURE
 FONDNESS TRUE
 FOREVER TRUST
 FRIEND
 FUNNY
 IMPORTANT
 INCLUDED
 JOY
 LAUGHTER

SUDOKU 4 KIDS

Fill in the blank squares so that each row, each column and each 2-by-2 block contain all of the digits 1 thru 4.

1	2		3
3		2	1
	3	1	
2	1		4

GETTING INVOLVED WITH EXTEND-A-FAMILY



Host Connection

The core work of Extend-A-Family is about relationship. Our relationships keep us safe and bring meaning and a sense of belonging into our lives. Extend-A-Family coordinators step in to introduce people to each other who might not otherwise meet. They base their introduction on shared interests

and common goals. They understand and believe deeply that each person will benefit from the relationship. To find out more about this unique opportunity contact the main office and a coordinator will come out to meet you.

For further information: Contact Cate Houghton (Office Administrator) 416-484-1317 or ch@extendafamily.ca

“A Message from an Extend-A-Family Host”

April 12, 2008

We have been part of Extend-A-Family for a number of years now and have had wonderful play dates with our

family friend from Extend-A-Family.

With life being so busy and hectic at times, it's at least nice to feel that we could call each other up and spend stress free time together, watching our children play.

I hope many more families benefit from this program in building relationships within our Toronto community. After all, we are all neighbours.

Jasmine Do (Host Family)

EXTEND-A-FAMILY & COMMUNITY SUPPORT GROUPS

For support group start dates for 2009 check with the designated coordinator.

“West Parents Support Group” @ Member’s Home
Day: Once a month usually Wednesday morning
Time: 9:30 – 11:30
Contact: Sharon Power
Phone: 416-354-2521
Email sp@extendafamily.ca

“Mom’s Morning Out” East Support Group @ Cedarbrook Community Centre
Day: Every other Thursday
Time: 9.30 -11.30
Contact: Tamara Bailey
Phone: 416-286-7338
Email: tb@extendafamily.ca

“Safe & Secure Futures Network” (Central & East Region) @ St. Simon the Apostle Anglican Church
Day: Monday Evenings
Time: 7: 00 – 9:00
For further information and to register contact: Anne Murray
Phone: 416-930-2080
Email abm@extendafamily.ca

Adult Sibling Support Group @ Extend-A-Family Office
Day: January 20, 2009
Time: 7.00 – 9.00
Contact: Cate Houghton
Phone: 416-484-1317
Email: ch@extendafamily.ca

“Safe & Secure Futures Network” (West Region) @ Royal York Road United Church
Day: Tuesday Evenings Once a Month
Time: 7:00 – 9:00
For further information and to register contact: Sharon Power
Phone: 416-354-2521
Email sp@extendafamily.ca

“Dads’ Group” @ Extend-A-Family Office
Day: Evenings Dates to be announced
Time: 7:00 – 9:00
For further information and to register contact Sam Rocchese
Phone: 416-530-0272
Email: sr@extendafamily.ca

“The impersonal hand of government can never replace the helping hand of a neighbour.” Hubert Humphrey

ACKNOWLEDGMENT & APPRECIATION

Congratulations to several Toronto schools that were recognized with the Extend-A-Family’s Award of Inclusion for outstanding work in the area of inclusion, friendship building and partnership:

Thank you to the following individuals: Jasmine Do, Monica Ambelez, Asad Said and Jasmi Shah for their time and contribution to Extend-A-Family’s Board of Directors.

We’d like to acknowledge Angela Tocci from St. Anthony Catholic School for her continuous support, help and care in keeping the friendship circle alive for 2 years.

The Board Members of Extend-A-Family are a dedicated and committed to ensuring Extend-A-Family meets its legal obligations and focuses on the mission. They deserve thanks for their service.

Congratulations to Extend-A-Family coordinator Selena Blake on her marriage to Michael Fascione.

A BIG THANK YOU for the wonderful articles and art contributions received from Extend-A-Family members. Your contributions to the newsletter are greatly appreciated.

Thank you for your contributions!

Charitable Registration Number 11890-4846-RR0001

Please make cheques payable to **Extend-A-Family** & mail to:



For receipt purposes we require the following information:

Name _____ Tel: _____

Address _____