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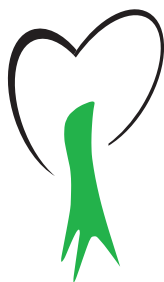
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winter 2008

extend a family

Community Connections

“A community is democratic only when the humblest and weakest person can enjoy the highest civil, economic, and social rights that the biggest and most powerful possess.”

A. Philip Randolph



“Let us love winter, for it is the spring of genius.”
Pietro Aretino

Art Work by Dimitri Karailias Age 15

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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. 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!

When the newsletter committee informed me that "Community Connections" was the theme for this edition, I decided it would be timely to share a story about my father.

My father reluctantly moved into our neighbourhood shortly after my mother passed away 16 years ago. My family and I introduced him to several neighbours and took him to local restaurants and stores in an effort to make him feel more comfortable in his new community. About three months later, we were shopping at the local supermarket and I heard someone saying "Dad, it's great to see you, how's your cold?" Imagine my surprise when I realized that they were speaking to my father. I soon became aware that all the local merchants, from the barber to the florist knew him and greeted him as "Dad".

My father can be seen sitting at his front window every morning at 8 a.m. doing his beloved crossword puzzle. One morning last year, I received calls from two neighbours, a visit from our post person and another from a lady walking her dog – all concerned that it was almost nine o'clock and "Dad" wasn't at the window and the blinds were still down (it turned out that he had gone back to bed because the newspaper was late). The point is that people noticed his absence because he is part of a community. They knew his routine and cared enough to check that he was safe.

Every week when we go shopping and for lunch, I witness my 84 year old father, with his failing eyesight, poor hearing and thick Scottish accent carrying on wonderful conversations with people who simply know him as "Dad". It is a constant reminder of the how important it is for all of us to be supported to develop and nurture connections in the community. It is in our community, whether it be school, work or neighbourhood that we find a sense of belonging and acceptance.

Anne Marie Cole

Best Wishes for 2008 from the Chairperson of E-A-F Board of Directors:

As the Board Chair of Extend-A-Family, I would like to extend on behalf of the Board our best wishes for 2008. We must sadly say goodbye to long time board member Sue Petko and acknowledge her long term commitment to the board of Extend-A-Family. Unfortunately, we also had to say goodbye in September to our Treasurer Bob Slessor who has moved. We wish him all the best in his retirement. We are lucky to have a new board member Monica Ambelez as the new Treasurer as well as remaining board members of Michelle Schmidt, Christine LeClair, Kendra Clarke, Jasmi Shah, and Jasmine Do Haile.

Susan Walker Kennedy

A Recipe for The Stop's Community – Joshna Maharaj and Rhonda Teitel-Payne, The Stop Community Food Centre

When Nancy Barber's mom asked us if we wanted to contribute to the upcoming "community" issue, we brainstormed some of the ways that Nancy contributed to the sense of community at The Stop and how she advanced our thinking on what it meant. Nancy has filled many roles at The Stop, from doing hands-on work in our community kitchens and gardens to acting as a fundraiser and ambassador for our work. She has "broken ground" in creating space for people to volunteer with us in different capacities and laid a path for others to follow. We are now a little closer to creating our ideal vision of an inclusive and diverse community. As a food organization, we couldn't contribute anything more fitting than a "recipe"



The Stop Café Soup

Serves: The more the merrier!

Ingredients:

- Some enthusiastic volunteers
- A few vegetables grown in our own garden
- A generous cupful of hard work
- A squirt of leadership
- A dash of inspiration
- Lots of love

Method

1. Combine vegetables in a large soup pot. Using volunteers, add hard

work and simmer gently to bring out the best out of each flavour.

2. Add a squirt of leadership, a dash of inspiration and lots of love to season.

3. Be sure to bring others into the kitchen to share their ingredients and learn how to cook the recipe.

4. Enjoy with old friends and new!

For further information on The Stop check out their website at: <http://www.thestop.org> or phone: 416) 652-7867



Nancy & Devi Celebrating at The Stop's Volunteer Recognition Event at The Flamingo

"The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life." Jane Addams



A Summer at Sobeys

This past summer two brothers, Kenny and Ryan, had the opportunity to volunteer at a Sobeys grocery store in Scarborough. Sobeys was very welcoming and supportive of the two young men during their time at the store.

Kenny and Ryan travelled the bus route together to their job, and then got right into their role of volunteering. Kevin, a youth who lives in the area, was a great support to Kenny and Ryan.

Some of the roles they were involved with were stocking items on shelves in the store, organizing shopping carts in the parking area, meeting people and learning how to be responsible workers. Their big surprise was the size of the freezers in a grocery store.

They are looking forward to securing a working opportunity and would make excellent employees. Congratulations Kenny and Ryan!

Thank you Pastor Joel, Sobeys and Kevin for making this happen for two wonderful young men..



From left to right – Kevin, Kenny, and Ryan

Scott Spence & Tracy Stober on Summer Student Support

For the past two summers, Scott and I have been matched through Extend-A-Family's summer student program. During the summer Scott and I did quite a few things together. The things he enjoyed the most was going to the library, relaxing in the park, or going to the movies. Scott is a very active guy so any chance we had we tried to do some form of physical activity whether it was playing tennis, playing Frisbee or going for a nice swim at the pool. Over the last few years, I have seen Scott mature into an incredible young man. Because Scott seemed to enjoy his summer so much, we asked him to tell us about his experience. This is what he said:



What is your favourite thing about the Extend-A-Family student program?

Going out with the people that work with me.

What was different from last year at EAF and this year?

I found there was a positive change from both years.

Would you continue with the EAF summer student program next year?

Yes I would like to, especially if it's one on one support.

Scott summed up his summer student experience with these few words:

If I were to tell people about the E-A-F summer student program, I would tell them it was a good experience, and in the process you are able to meet some cool people.

Thank you Scott and Tracy for sharing your summer student experience.

What Is Spinclusion All About?

Spinclusion is an interactive game which promotes cooperative team work in problem solving. It was developed by Frances MacNeil and Mia McGowan of Community Living Toronto. The purpose of this game is to give youth (ages 6 and up) an opportunity to problem solve and empathize with individuals who are being excluded or bullied due to a variety of reasons. The game is designed to look at one another by considering each person's positive attributes, their talents, their feelings and to challenge youth to see differences as being an asset.

We have had the opportunity to facilitate this game on a number of occasions for youth of all ages with positive results. It is very empowering to give youth an opportunity to solve some of today's problems in the classroom, on the playground and in the community by brainstorming ways to welcome every one and not exclude anyone on the premise that they look, act or think differently.

If you are interested in learning more about Spinclusion, please speak to your coordinator.

Spinclusion at Pleasant Public School

The year began with a Spinclusion session held in the Grade 6 class at Pleasant Public School. The game invited and challenged the students to think about inclusion and friendship in a fun and creative way. A Friendship Club was born out of the experience. Former friends, some of whom have been

together since grade 2, along with new ones are slowly shaping the way for a year of fun and memories as this will be the group's last year together in Pleasant PS.

The School's Principal, Linda Merling-Brown, has been a warm and welcoming presence to the Friendship Club!



Grade Six Class @ Pleasant Public School

How to Build Community

Turn off your TV - Leave your house
 Know your neighbours
 Look up when you are walking
 Greet people - Sit on your stoop
 Plant flowers
 Use your library - Play together
 Buy from local merchants
 Share what you have
 Help a lost dog
 Take children to the park
 Garden together
 Support neighbourhood schools
 Fix it even if you didn't break it
 Have pot lucks - Honour elders
 Pick up litter - Read stories aloud
 Dance in the street
 Talk to the mail carrier
 Listen to the birds - Put up a swing
 Help carry something heavy
 Barter for your goods
 Start a tradition - Ask a question
 Hire young people for odd jobs
 Organize a block party
 Bake extra and share
 Ask for help when you need it
 Open your shades - Sing together
 Share your skills
 Take back the night
 Turn up the music
 Turn down the music
 Listen before you react to anger
 Mediate a conflict
 Seek to understand
 Learn from new and uncomfortable angles
 Know that no one is silent though many are not heard
 Work to change this

Syracuse Cultural Workers,
 Peace and Justice Publisher
 since 1982

Grade 3 Friendship Circle At Pleasant Public School



The students in the grade 3 class at Pleasant PS have come together for a third year to celebrate their friendship. There are some new faces and some familiar ones; some hearts of excitement and some of curiosity about the circle.

The Staff at Pleasant School and the families of these children together have truly made for lasting friendships over the years. It does take a village...





The 2006-2007 Prince of Peace Media Club

Selena Blake came to my school and talked to us about a Friendship Circle for the 2006-2007 school year. I proposed the idea of media, and Selena accepted it. So Selena handed out permission forms and a couple of weeks later, quite a few students replied and said they would attend! Selena divided the replied students into 2 groups, each finishing up with a different production. One was a talk show and the other was a game show.

One Wednesday, Selena came to the first group and played a few opening games, then proposed a talk show entitled "The Terrence and Roci Show". From that day, the group got together to work a bit on the show, and in the middle of the second term, the show was presented to my class, and boy, how well they enjoyed it!

I then proposed a topic for the new media group (that's what I call it) regarding the popular MMORPG RuneScape. But since TCDSB computers blocked the RuneScape website by Websense, the new group

proposed a game show known as "Are You Smarter Than Anjoca's? (an acronym of the group member's names)". So again, bi-weekly, a bit of the project was done at each meeting and on the day of presentation, the group invited my other classmates to take a role of the game contestants, and oh dear, I could not describe it all in here!



There was a special aspect of the group: it was the first to be all connected to media! There was a second

aspect related to the Web: it was the first to have a web site! A company called Blogger hosted a website for each of the two media groups, but they have been deleted.

Overall, the 2006-2007 group was a big success. Now the 2007-2008 group is about to begin, but this time its theme is music! The introduction to the group will be, sometime in a future newsletter. Just wait and see!

Friendship Circle at Lillian Public School

The students of the grade 3 class at Lillian Public School had this to say about their Friendship Circle.

Jeahun – I enjoy playing quiet ball

Niyoosha – I have found new friends and learned new games like Memory

Janice – I like the sharing and playing games

Selena – I like the games we play and making new friends

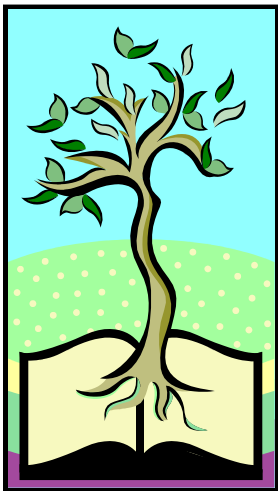
Georgia – I like playing with everyone in the circle

Susie – I like spending time with my friends

The Principal, Ms. Audrey Winsor, has been a wonderful support and encouragement to the friendship circle. The group continues to grow both in number and in their respect for each other. Fun and excitement are the popular ingredients of this circle.



COMPASSION IN ACTION



Extend-A-Family hosted a "Compassion in Action" eight part parent workshop series in East Toronto this fall. The facilitator/presenter was Felicia Jervis, B.Ed., M.S.W., and R.S.W.

The workshop is an introduction to peaceful, compassionate and joyful practices towards sharing with vulnerable individuals. The focus is on empowering the individuals in our lives who are vulnerable as well as the caregivers and companions who surround them.

Through presentations, inspirational readings and informal discussions the participants explore the meaning of challenging behaviours, and the importance of compassionate and genuine empathy and the overwhelming impact on the individual.

This workshop has generated very positive response from the participants.

Here are a few remarks from the participants:

"Felicia is a very good at facilitating the group. She welcomes discussion and challenges to some of the methodologies. Good examples of everyday life."

"I would recommend this workshop to other parents. It has been very useful. I am changing as a person and have used the approaches in dealing with others."

"This workshop has helped me feel a whole new level of compassion for my children. It has helped me see how a compassionate method of parenting would not only enrich my children's life but my own as well."

"I have learned tremendously from this workshop thus far."

"I look at my children differently and feel I understand what they are trying to communicate to me through their actions; in turn I am attempting to adopt this new way of thinking and responding. The results have been astounding!"

REFLECTIONS ON THE WORKSHOP WITH DAVID PITONYAK

Last spring Extend-A-Family invited David Pitonyak to speak on Positive Approaches to Supporting People Exhibiting Difficult Behaviours. David states “the largest part of my work involves meeting individuals who are said to exhibit “difficult behaviors.” Most of these individuals exhibit difficult behaviors because they are misunderstood and/or because they are living lives that don’t make sense. Often they are lonely, or powerless, or without joy. Often they are devalued by others, or they lack the kinds of educational experiences that most of us take for granted. Too often their troubling behaviors are the result of an illness, or even a delayed response to traumatic events. You might say their behaviors are “messages” which can tell us important things about their lives. Learning to listen (see Herb Lovett) to an individual’s difficult behaviors is the first step in helping the individual to find a new (and healthier) story. I also believe, to paraphrase Jean Clark, that a “person’s needs are best met by people whose needs are met.” Supporting a person with difficult behaviors also involves an honest assessment of and attention to the needs of a person’s supporters.”

Many of Extend-A-Family’s members and supporters attended the presentation this is what they had to say:

“When I heard EAF was bringing David Pitonyak to Toronto this past March, I was very excited. My first introduction to David Pitonyak was his web site www.dimagine.com. It was 2006 and my son had just turned 20. We were searching for day programs and trying to learn more about support networks. I had been given many web sites to check out and his site immediately caught my eye. His approach to difficult behaviours seemed to make sense to me and we had recently been concerned that our son’s behaviours would become an obstacle for him being integrated into the community.”

“David Pitonyak really impressed upon me the need for the absolute inclusion of children with disabilities within our educational system and society. Every time our children are excluded he was able to teach the negative results and how our children are affected. (e.g.) loss of friendships and relationships, loss of self-esteem, loss of self confidence and emotional disorders, etc.) just to name a few.

“In April 2006 I had the good fortune to be asked by EAF if I wanted to attend the workshop “Positive Approaches in Supporting People with Difficult Behaviours.” I didn’t know I would get to listen to the person who had the web site “dimagine”! I thoroughly enjoyed that workshop. This past March I once again got to hear him speak. His stories are often about his personal and professional life working with people with special needs. These stories are always told with humour and lots of heart. I hope someday to hear him speak again. I think EAF should try to get him back every year!”

“Time to time, I think about what Mr. Pitonyak said. His talk was so funny and yet very very very kind toward people like our children. He reminded me of Robin Williams in some movies, like Patch Adams. His view was very kind and very encouraging. He made me realize the view I usually could not have, as parent. I want to thank him. I am very glad I went to there and listen to him. Thank you very much for having invited me to his presentation.”

To find out more about David Pitonyak check his website out at: <http://www.dimagine.com>

DID YOU KNOW?



Respite Cluster

The agency, respiteservices.com, has requested that all families who are interested in respite register with them. This request will assist respiteservices.com understand the needs of family members, assist families with respite planning and receive feedback from families on behalf of all respite programs being offered. If families require assistance to do this, please either speak to your Extend-A-Family coordinator or contact respiteservices.com, Administrative Coordinator Kristen Tanner at 416-322-6317 ext 1 or via email at info@respiteservices.com. Please note that the new funding for children with autism includes a directive from MCYS Ministry of Children and Youth Services that families can choose which respite options best suit their needs, including family directed plans.

Developmental Services Toronto

If you haven’t seen it already, you might want to have a look at the website for Developmental Services Toronto <http://www.dsto.com/index.html>. This website provides a host of information on organisations and agencies that provide services and supports to adults with a development disability and their families.

Extend-A-Family’s Resource Library

Extend-A-Family has a small but rich resource library of reading materials and media. If you are interested in borrowing from the library, please speak to your coordinator. Similarly, if you would like to recommend a resource for the library, please inform your coordinator.

ART CORNER



"Panda Having a Picnic" by Tom



Michael DeMarco



Michael DeMarco



Dimitri Karailias



Dimitri Karailias

Hey Kids – Listen Up!

If you'd like to contribute a short story, artwork, poem, jokes, games or book reviews etc., to the newsletter then we'd love to have them. Be sure to let your coordinator know!



Education Corner

"Inclusion has been described as extending beyond bringing the 'outsiders' in, or notions of the periphery versus the centre. It is about closing physical, social and economic distances separating people, rather than primarily about eliminating boundaries or barriers between us and them." Community Builders, New South Wales, Australia

Are your kids in school?

Chances are you often hear about every little thing your child has done wrong in the day, despite the fact your child's school is trying to solve the constant dilemma of how to manage certain situations.

Are you tired of no news is good news? Try this.

Most children have an agenda purchased at the beginning of the school year. Use this to log the great things your child is doing at school. Ask your child's teacher or educational assistant to record one or two things that went well through the day in his agenda. It will give you something positive to focus a conversation on later in the day and help lift your spirits as well. This could be used as a teaching strategy that is added to the Individualized Education Plan (IEP) as well. Keep your glass half full, it will make your day easier.

Parenting a child with exceptionality is hard work especially when it comes to school matters. Stay informed, stay connected and become an important member of your child's educational team.

These are some attributes of effective parents regarding their children's educational needs.

- They maintain a positive and persistent involvement
- They know what they want
- They can justify why they want it
- They have a vision and are very enthusiastic about it
- They know their children's strengths, abilities and potential and remain focused and positive towards their children's future
- They know what they are entitled to
- They find allies among parents, teachers, community members and collaborate with them
- They win or attempt to win allies at the school level; one person at a time
- The younger your children are when you start the better but it is never too late
- They stay informed on new or proposed developments

- They refuse to settle for less
- They will play the diplomat and adopt a win-win attitude
- They maintain a sense of humour and do not place blame



Educational resources:

www.edu.gov.on.ca

www.oacrs.com the "Ask Lindsay" column

Special Education Guide for Educators, 2001 (Ministry of Education, download from www.edu.gov.on.ca)

Special Education Transformation (Ministry of Education)

Education for All (Ministry of Education)

Effective Educational Practices for Students with Autism Spectrum Disorders (Ministry of Education)

Ontario Ministry of Education - Policy / Program Memorandum No.140 (PPM 140)

If you have a child with autism spectrum disorder (ASD), you should be familiar with PPM 140. This provides a framework and direction for School Boards to support the use of Applied Behavioural Analysis (ABA) as a teaching strategy. PPM 140 does not support IBI in the classroom nor is it associated with the provincial IBI program. Intensive Behavioural Intervention (IBI), a therapy commonly used to teach children with ASD.

PPM140 is a Ministry directive to school boards and Principals to ensure that ABA principles are implemented for students with ASD where appropriate. The Principal must ensure a transition plan is in place for these students for daily transitions in class as well as for the long term transitions such as

grade to grade or elementary school to secondary. ABA principles should be used to support the transition plan, when appropriate. Both of these requirements are to be included on the Individualized Education Plan (IEP). In both circumstances relevant school professionals, community professionals such as behavioural therapists or their representatives and the parents should be consulted and involved in the development of the IEP.

It is worth noting that substantial funds have been given to school boards to use for the purpose of professional development relating to the use of ABA in the classroom for Principals, teachers and educational assistants.

Examples of the use of ABA would be positive reinforcement when attempting new or familiar tasks such as praise, reward e.g. use the computer or have a break after completion of the task. It also refers to breaking the task into small chunks for manageable teaching and learning.

Speak with your child's teacher regarding use of ABA in this manner and ensure it has been added as a teaching strategy in their IEP.

For more information visit the Ministry website www.edu.gov.on.ca

Or visit www.autismontario.ca



Amendment of the Safe Schools Act

April 13, 2007 the Ontario Human Rights Commission and the Ministry of Education came to an agreement regarding zero tolerance in our schools. There was evidence that students with disabilities were being suspended at a disproportionately higher rate compared to other groups of students.

The amendment to the Safe Schools Act is very important to families with children with disabilities. It directs Principals in Ontario schools to first consider mitigating circumstances prior to suspension of a student with a disability and to include the following in any decisions

- The pupil does not have control of

his/her behaviour

- The student's behaviour was directly caused by a disability;
- The pupil does not have the ability to understand the consequences of their behaviours
- Consultation with parents around the management of behaviour arising from a disability
- The application of progressive discipline.

Only in the most extreme circumstances could a student with a disability be suspended. It has been advised to investigate further if a suspension

were to occur.

Please visit the following links for more information.

- <http://www.ohrc.on.ca/en/resources/news/backgroundedsettlement>
- www.ohrc.on.ca/en/resources/news/edsettlementen
- http://ogov.newswire.ca/ontario/GPOE/2007/04/17/c6001.html?lmatch=&lang=_e.html

Games Page

Sudoku

Did you know that this modern puzzle was invented in 1979 and became popular in Japan in 1986? Did you know that Sudoku means "single number" in Japanese? (Source: wikipedia.org)

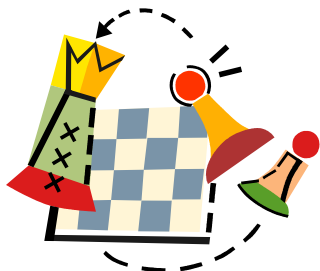
Rules of Sudoku:

A number (as below) must be placed in each cell of the grid. Be careful - every row, every column and every square must have each number only once!

Easiest: Numbers 1 to 4

Easy: Numbers 1 to 6

Hardest: Numbers 1 to 9



		3	
	4		
		1	
	2		

2	1			4	3
		6	2		
		3	4		
3	4			5	6

	7			6			2	
		3	2	9	7	5		
		6	5		4	3		
	6	8				7	1	
1		7				9		5
	9	5				2	8	
		4	8		2	1		
		1	3	5	6	4		
	5			1			3	

For more puzzle fun see www.ActivityVillage.co.uk/www.Sudokuforkids.com

Welcome New Staff & Board Members!

We're so glad you're part of our team Kim Southern-Paulsen!

My name is Kim Southern-Paulsen I have spent the last ten years discovering and sharpening my skills as a parent. I have two wonderful children who inspire and amaze me daily. I have previously volunteered as a speaker for the Autism group, Autism awareness campaigns and as a facilitator for a parent group at a Scarborough family agency. I feel very privileged to be working in the company of such insightful and compassionate colleagues and with inspiring and resourceful families. I look forward to working with and learning from all of you in my role as coordinator. Thank you for this opportunity.

Welcome Tracy Stober – we're lucky to have you!

Hi, my name is Tracy Stober and I'm a recent graduate from Wilfrid Laurier University where I obtained my honors BA with a double degree in Psychology and Sociology. I am really excited to be part of the Extend-A-Family team and taking on position of coordinator. I've been a summer student with

Extend-A-family for two years, so taking on this role gives me a lot more responsibilities and opportunities that I am really excited about. My plans include attending graduate school to obtain a graduate degree in Psychology. Afterwards I'm looking at working in the field of psychology. I'm really excited about working at Extend-A-family this year to explore lots of possibilities for the people that we help and our program

Great to have you on Board –

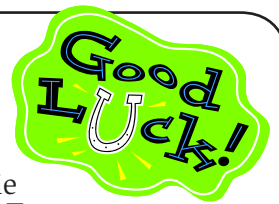
Monica Ambelez!

Hi! My name is Monica Ambelez and at this year's annual general meeting in June, I volunteered to be a Board member with Extend-A-Family. Even though I've only been in this role for a few months I have been a part of EAF for over 15 years. I have been on both the giving and receiving end of Extend-A-Family's support and it is really great to be able to contribute to an organization that has made such a difference in my life. I look forward to future opportunities and successes with EAF.

Good Luck to the following Staff Members

Sadly for us, but exciting for Kathie Brooks, Kathie and her family have moved to a new home outside of Toronto. Thank you for all your contributions to Extend-A-Family Kathie, and we wish you and your family well in your new community!

A fond farewell to Rebecca Lovering-Spencer who has decided to leave Extend-A-Family to spend more time with her beautiful two young sons. Rebecca has been with Extend-A-Family for 9 years and we thank you for all your work with families and staff. Our good wishes to you and family!



Exciting Happenings & Updates!

Mark Your Calendars!

Extend-A-Family's Winter Friendship Celebration

When is it?

Sunday, February 10, 2008

Where is it?

North Toronto Community Centre (Yonge/Eglinton)

What time is it?

1:00 – 4:00

There will be crafts, games, yummy food, ice skating, swimming and entertainment...top that off with great company and you've got a fun filled afternoon. Watch for the flyer in the mail!



Laughter!



Jokes from Friendship Circle @ Lambton Kingsway JMS.

What belongs to you but your friends use it more than you? Your name!

A set of twins were born on the same day, same month, and same year. Today one is 20 and the other one is 22. How is that possible?

Today one is 20 and the other is 20 too!

What time did the lion eat the prime minister? Eight P.M.!

How do you talk to a fish? Drop it a line!



Acknowledgment & Appreciation

A big thank you to Maryvale Jr. YMCA for their genuine support in providing Felicia the opportunity to volunteer at the Child Care Centre. The Director, Jodi and the Staff at Maryvale have been welcoming, respectful and encouraging of Felicia's presence at the daycare. This in turn has given Felicia the opportunity to do well in what she enjoys doing - caring and providing support to children.

Extend-A-Family would like to acknowledge Human Resources and Skills Development Canada - Canada Summer Jobs 2007 for providing the continued funding for our Summer Student Program.

Our thanks to Lynn Himmelmann for leading us in a laughter yoga session after the Annual General Meeting. If you would like to learn more about laughter yoga, please check the website www.laughteryoga.org or check Lynn's website at <http://www.lynn.sites.toronto.com>

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.

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

- Blessed Margherita Catholic School • Lillian Public School
- Scarborough Christian School • Regent Heights Jr. Public School

Extend-A-Family Annual Meeting and Summer Gathering June 10, 2007

The Extend-A-Family Annual General Meeting and Summer Gathering was held on Sunday, June 10, 2007. Thank you to all who attended. We hope to see you next year on June 8th at the 2008 Annual General Meeting. Invitations will be sent out in advance verifying day and time.

"The impersonal hand of government can never replace the helping hand of a neighbour." Hubert Humpthrey

Extend-A-Family & Community Support Groups

"West Parents Support Group" @ Longbranch Baptist Church

Day: Every Other Thursday
Time: 9:30 - 11:30
Contact: Sharon Power
Phone: 416-354-2521
Email sp@extendafamily.ca

"Mom's Morning Out" East Support Group @ Cliffcrest United Church

Day: Every other Thursday
Time: 9:30 - 11:30
Contact: Janice Mathews
Phone: 905-509-8494
Email: jm@extendafamily.ca

"Safe & Secure Futures Network" (Central & East Region) @ St. Simon the Apostle Anglican Church

Day: Tuesday Evenings Once a Month
Time: 7:00 - 9:00
For further information and to register contact: Sharon Anderson
Phone: 416-423-4092
Email sa@extendafamily.ca

"Central Parents Support Group" @ Courtyard Co-op

Day: Every Other Thursday
Time: 9:30 - 11:30
Contact: Kim Southern-Paulsen
Phone: 416-757-2780
Email: ksp@extendafamily.ca

"Safe & Secure Futures Network" (West Region) @ Royal York Road United Church

Day: Monday 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 Main Office

Day: Evenings Dates TBD
Time: 7:00 - 9:00
For further information and to register contact Sam Rocchese
Phone: 416-530-0272
Email: sr@extendafamily.ca

Thank you for your contributions!

Charitable Registration Number 11890-4846-RR0001

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



Extend-A-Family
200-3300 Yonge Street
Toronto ON M4N 2L6

For receipt purposes we require the following information:

Name _____ Tel: _____

Address _____