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# Imagine!

## Bee A Composter

One hot, sunny August afternoon, the Goodlad Community Garden growers got together to offer members and neighbours of all ages and abilities a unique learning experience. The "Bee A Composter" event was designed to increase gardening skills and knowledge. Set amongst a backdrop of eye-popping greens, mountain views, live music and child-friendly activities like rock painting - delicious treats were consumed as the learning unfolded over three hours.

Participants had the opportunity to dig deeper into the topic of urban bee keeping (apiculture) and

effective composting with local experts. This free public event was made possible by the generous support of the Vancouver Foundation's Small Neighbourhood Grants program and donations from Shopper's Drug Mart.

As guests connected with each other and our workshop leaders, all kinds of conversations sprouted up! Jo at [Roots Shoot Design](#), is a soil regeneration specialist. She asked guests to pour water over 'home made' and commercially sold soil to simulate rain. This simple exercise showcased how different soils can be. The commercial product didn't absorb water nearly as well, and "run off" was evident within a few seconds. Jo consults on the topic of building soil food webs, which are the key to healthy plants and higher yields. If nutrient cycling, disease suppression, building soil structure, flora and fauna or eliminating harmful fertilizers are of interest to you, contact Jo!

We also had a chance to discover how honey is made and rules that the City of Burnaby has in place to manage apiculture in urban settings. Janice Bobic is a trained Bee Keeper, who in 2015 founded the Burnaby Beekeepers Association. One

**Continued on Page 2**



**Do you have a story for our quarterly newsletter or website?**

Written and Edited by Justine Chubb and Monique Nelson, Community Engagement

Email: [communications@posAbilities.ca](mailto:communications@posAbilities.ca) or call (604) 299-4001 ext. 235.





## Bee A Composter

Continued from Page 1

of their goals is to educate the public about the important role that bees play in pollination and fertilization of fruit, production of honey and other natural products. Her company "My Father's Garden," creates and sells locally made honey and other preserves at farmers markets.

Wandering around the garden, we met up with Michelle, who gardens at Goodlad. She offered to teach guests how to water a garden plot and showed off the two huge squash plants that were ready to be harvested! There are 13 plots at the Goodlad Hub which was created by *Can You Dig It (CYDI)*, an initiative that supports growing food and cultivating relationships. These plots are maintained by residents, neighbours and members of the Edmonds People in Community (EPIC) group. Gardens in the CYDI network donate a portion of their yield to enhance food security. To learn more and to connect with an existing community garden, visit [www.cydi.ca](http://www.cydi.ca)

# abOUT

## What's it all abOUT?

Contributed by Colin Darge and Francis Heng, abOUT

**abOUT** is a community collaboration group started by queers for LGBTQIA2S folks labelled with intellectual disabilities. The group is about connecting, supporting and empowering folks to hold space for each other and with each other, to love and be loved.

**abOUT** believes that queer folks labelled with disabilities deserve to have beautiful and colourful lives. We commit to creating, holding, protecting and expanding the spaces that queer folks labelled with disabilities often do not have access to.

**abOUT** is for community building, knowledge and skill sharing, disability justice and advocacy, peer learning and support, and resource sharing.

**abOUT** is gender-inclusive and affirming, sex-positive, body-positive, and ability-positive.

**abOUT** hopes to reach out to all queer folks labelled with disabilities to join the group as collaborators, journey witnesses, knowledge holders and sharers, community leaders, researchers, friends, lovers, partners, and any way folks want to show up.

**abOUT** is a learning group. We honour everyone's knowledge and lived experiences. No one person is better than the other because we recognize that we are all better together.

**abOUT** is held in living in the unceded ancestral territories of the Musqueam/ *xʷməθkʷəy̓əm*, Squamish/*Skwxwú7mesh*, and Tsleil-Waututh/*Selilwitulh*. Recognizing and acknowledging that we are on these lands are important to us. We support efforts to further Indigenous solidarity and especially the well-being of two-spirited folks.

### Curious to learn more?

Join abOUT's Facebook group here:

<https://www.facebook.com/groups/aboutvancouver/>

Contact Francis:

[Francis@buildingcaringcommunities.ca](mailto:Francis@buildingcaringcommunities.ca)



# SHARING OUR STORIES

## posAbilities Annual Picnic Goes Carnival Style

Over 400 members of the *posAbilities* family gathered in Burnaby's Central Park to celebrate summer "carnival style," with friends from near and far. We enjoyed face painting, balloon art, volleyball, dancing, eating BBQ hams/hots and great home made salads. We mixed and mingled and had a blast at our first ever watermelon eating contest for kids of all ages!

We owe a great big thank you to the many volunteers who donated their time to cook, serve food, set-up, clean-up and who entertained our guests.

***Look for more photos on our Facebook page –posAbilitiesCA***



# INCLUSION Art Show Returns for its 13<sup>th</sup> Year

Art. It is both subjective and communal, soothing and invigorating. It evokes a range of different emotions. It is, of course, the focus of our annual INCLUSION Art Show & Sale.

For the past 12 years, artists with diverse abilities have gathered to showcase their work and take part in one of the most engaging art shows in Vancouver. This year, **posAbilities' 13<sup>th</sup> Annual INCLUSION Art Show & Sale** takes place on **October 3<sup>rd</sup> from 5:00-8:00pm and October 4<sup>th</sup> from 11:00am-6:00pm at Heritage Hall in Vancouver (3102 Main Street)**. October is Community Inclusion month in British Columbia and we welcome you to join us for a celebration of disability arts and culture.

This year's show will feature the work of over 150 artists who work independently or in studios supported by Community Living organizations across Metro Vancouver.

*"INCLUSION creates exciting opportunities for hundreds of artists and several studios like our own Alternative Creations, which is blossoming in East Vancouver. It's all about the illuminating conversations and novel connections that happen here, which can create the conditions for meaningful engagement and belonging. Connecting through art is a powerful way for our organization to fulfill its mission."*  
Fernando Coelho, CEO of posAbilities.

Guests will once again be treated to a variety of items for sale including: paintings, collages, illustrations, photography, pottery, art cards, jewelry, glassware, and textiles. There's sure to be something for everyone. And back by popular demand, live art demonstrations! Artists will be painting, making jewelry and pottery live on site – have a look into their creative process.

Artist, Justin Albay, is excited for his demonstration on opening night. Justin designs handmade chainmail jewelry in the form of earrings, bracelets and necklaces. He shares, *"I've been a part of the Art Show for five years and this will be my sixth. My favourite thing about the show is showing people my work, sharing how I make it and what they're made out of."* Stop by Justin's table on opening night to see him in action.



We would like to thank the British Columbia Government Employees Union (BCGEU) for their continuous support and involvement as our Gold Sponsor again this year. We're also excited to be partnering again with Project EveryBODY, led by Open Door Group. Be sure to stop by their table

at our show to learn about what they do and for a chance to participate in a live community weaving project!

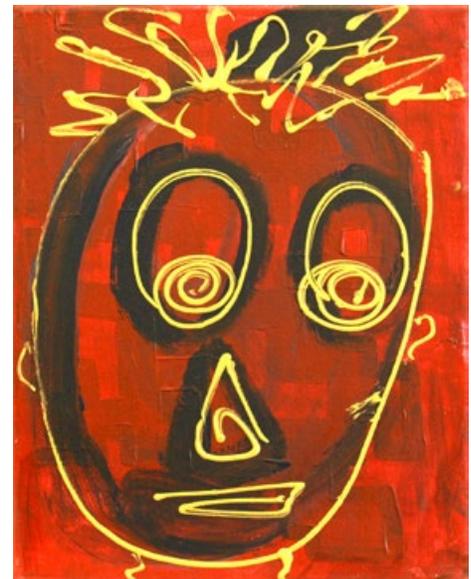
The INCLUSION Art Show & Sale is one you won't want to miss. This event is open to the public and entry is by donation, so grab a friend and join your community in celebrating diversity through one of the most expressive forms of communication – art!

[For more information, please visit:

[www.inclusionartshow.com](http://www.inclusionartshow.com).



**Decay - Sheri Seitz, PotteryWorks**



**Broken Arrow - Marty Wong, Alternative Creations Studio**

## INCLUSION | ART SHOW & SALE

### We need volunteers!

We need help in a variety of areas from greeting guests at the door to preparing and serving food. Rally your kids, partners, friends, co-workers, and family members to come out and support this fantastic event. Contact Tianna Wattum at [twattum@posabilities.ca](mailto:twattum@posabilities.ca) if you're interested in volunteering.



## Art Outside of Ourselves

Contributed by *Alternative Creations Studio*

**Alternative Creations Studio** in East Vancouver, together with artist Cheryl Fortier, created a project in 2015 called "Art Outside of Ourselves," which consisted of a year-long workshop series of making and exchanging art cards. During these events, Alternatives' artists and artists from "A Deux Mains" studio in Auvillar, France invited their local community to create art with them in their respective studios. In the spring of 2017, Cheryl Fortier invited Alternatives' artists to create body portraiture for a group exhibition at La Chapelle, in Auvillar, France. Alternatives created three large scale portraits that offer a unique take on representations of being.



The three part process started with watercolour markings on the base layer, silhouettes on the second and bold primary colours on the third. Alternatives is very proud to present the exhibit that opened in June 2017. The studio has had such an incredible time collaborating on this project and is thrilled to further this creative conversation in the future.



## California Kickballers

Contributed by *Peter Greenwood, Can-Do*

On a dusty baseball diamond a rag-tag group of California Kickballers gather. Greetings and jokes are exchanged before MVP Dale leads the group in a series

of stretches. Once everyone's limbs are loosened, the teams are organized and team names are determined. This week it's... Team Pickles vs. Team Hot Dog in a battle for *posAbilities* kickball supremacy!

Team Pickles is first up to bat and Team Hotdog, with some staff assistance, is positioned in the outfield. The first kicker punts the ball far into the outfield and rounds the bases quickly, homerun everyone cheers! The next kicker didn't fare as well, out at first was the call. After Team Pickles finishes kicking they are up 4-0, but here comes Team Hotdog.

Team Hotdog ties it up after the first inning with a few mad dashes around the bases, before Team Pickles takes the lead once again. Back and forth the battle rages with Team Hotdog eking out an 11-10 win. The two teams form lines, exchange high-fives and "good games" with satisfied smiles on their faces. Another rendition of California Kickball is complete, and Team Hotdog is this week's champion!

California Kickball has been running all summer and we welcome you to join us every Monday from 12-1pm at the baseball diamond next to Trout Lake Community Centre in Vancouver. We range in numbers from 10-20 individuals and are always looking for more players. We play kickball and have fun, that's what it's all about! For more information, please contact: [candoss@posabilities.ca](mailto:candoss@posabilities.ca)

## COMMUNITY HAPPENINGS



*Jason is having a blast hanging with the wrestlers at TacoFest, 2017 where we also hosted an info booth.*



*Krista, Hemant, Monica and Lesley promoting Clothes Drop and Don't Sweat It at Commercial Drive Car Free Day.*

## Celebrate Community Inclusion Month in BC!



### PEBemployment – Employment Forum and Hiring Fair for Persons with Disabilities

**When:** September 27, 1-6pm

**Where:** Vancouver Community College, downtown Vancouver campus

**Details:** [www.projecteverybody.ca/events/pebe/](http://www.projecteverybody.ca/events/pebe/)



### Culture Days – Collective Painting with Alternative Creations Studio

**When:** September 29, 1-6:30pm

**Where:** Alternative Creations Studio, 1659 Venables Street, Vancouver

**Details:** [www.bit.ly/2vwR8u0](http://www.bit.ly/2vwR8u0)



### Alternative Creations Studio Open House

**When:** September 29, 1-6:30pm

**Where:** Alternative Creations Studio, 1659 Venables Street, Vancouver

**Details:** [alternatives@posabilities.ca](mailto:alternatives@posabilities.ca)



### Opening Weekend at the VIFF: Dina, Sponsored by posAbilities, BACI and Kinsight

**When:** September 30, 8:30pm\* additional daytime screenings too.

**Where:** Vancity Theatre, Vancouver

**Details:** [www.viff.org](http://www.viff.org)



### 13th Annual INCLUSION Art Show & Sale

**When:** October 3, 5-8pm and October 4, 11am-6pm

**Where:** Heritage Hall, 3102 Main Street, Vancouver

**Details:** [www.inclusionartshow.com](http://www.inclusionartshow.com)



### PEBLive – Film and Performing Arts Festival

**When:** October 5, 5:30-8:30pm

**Where:** Roundhouse Community Arts and Recreation Centre, Vancouver

**Details:** [www.projecteverybody.ca/pebart/](http://www.projecteverybody.ca/pebart/)

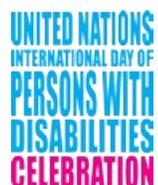


### Eastside Culture Crawl

**When:** November 16-19, various times

**Where:** Commercial Drive and area, see map

**Details:** [www.culturecrawl.ca/](http://www.culturecrawl.ca/)



### PEBcelebrates – UN International Day of Persons with Disabilities Celebration

**When:** December 1, 11am to 6pm

**Where:** Roundhouse Community Arts and Recreation Centre, Vancouver

**Details:** [www.projecteverybody.ca/events/pebc/](http://www.projecteverybody.ca/events/pebc/)

## Workshops/Training Events



### Triple P® Stepping Stones

**When:** October 11 to December 6

**Where:** Sessions in Surrey and Burnaby

**Details:** [www.laurelbc.ca](http://www.laurelbc.ca)



### Connect with PEERS® Social Skills Camp

**When:** October 12 to December 7

**Where:** posAbilities – #240 - 4664 Lougheed Highway, Burnaby

**Details:** [www.laurelbc.ca](http://www.laurelbc.ca)



### Looking Forward: Ideas on how to transition support when parents 'retire' from advocacy, caregiving.

**When:** Saturday, October 14, 2017

**Where:** BACI, 2702 Norland Avenue, Burnaby

**Details:** [www.posAbilities.ca](http://www.posAbilities.ca)



### ACCESS Registered Disability Savings (RDSP) Program

**When:** Saturday, November 4, 2017

**Where:** BACI, 2702 Norland Avenue, Burnaby

**Details:** [www.posAbilities.ca](http://www.posAbilities.ca)

*Editor's Note: Special event information may change over time. Please confirm details as each event draws closer.*

For more information, click on the links below, visit our online calendar at [www.posAbilities.ca/events](http://www.posAbilities.ca/events) or check out our social media channels. Let us know if you have any barriers to participating, such as needing ASL interpretation, youth care, or the cost of program fees, and we'll do our best to assist. You can reach the Community Engagement team at (604) 299-4001 or email [info@posAbilities.ca](mailto:info@posAbilities.ca) with your questions or suggestions.



## Are you curious about friending, flirting or dating?

We are too! Building Caring Communities hosts monthly events about how to find friends or date – either in person, or online. We'll talk about ways to communicate and how to set boundaries. Our hope is that people who join us will learn what they need to know to feel safe meeting new people and setting boundaries they are comfortable with.

We also host flirting sessions, which are a little different. We will focus on what flirting is and when it is appropriate to use it.

**For more information, please contact Christine, Community Connector with the Building Caring Communities Team at 604-862-5421 or visit [buildingcaringcommunities.ca](http://buildingcaringcommunities.ca)**



## A Disney Dream Come True

*Contributed by Virginia, Shared Living Provider*

Four years ago, Aaron made an exciting goal to watch the live show, High School Musical, at Disney World in Orlando, Florida. With minimal allowance from his monthly funds, we thought his dream wouldn't come true, but eventually it did with help from the Jo Dickey Foundation.

Ten years ago, Aaron became a big fan of the High School Musical movies. He enjoyed the dancing, the singing and the fun the students had in the movie series.

Five years ago, I started asking around trying to find out which organization or foundation would be willing to help Aaron out on a trip I had in mind. With Shared Living Coordinator Melanie's help, I was given a name, **Jo Dickey Foundation**, and I immediately contacted them to see if they could help. At that time I was informed that they didn't have funding for such requests and can only fund for individuals with severe cases. Then two years ago I wrote again to see if there had been some changes with the funding. I was so ecstatic to find out they were able to help fund a trip to Disney World! Upon hearing the news, no amount of money could buy such a joyful smile from Aaron. He was so excited, he started telling everyone about his pending getaway.

We went on January 19, 2017. The parks were all magical to Aaron, he danced with Woody and visited almost every Disney park and theme. Unfortunately, the High School Musical live show had been discontinued but it truly was a dream come true for Aaron to visit Disney World. The smiles, laughter, fun, dancing, parades and sightseeing - it's something that money can't buy and for Aaron it will be a memory that lasts a lifetime.

And so from Aaron and myself, we would like to extend our sincerest THANK YOU to Jo Dickey Foundation for a once in a lifetime experience.

## Alternatives Goes Down the Rabbit Hole

*Contributed by Alternative Creations Studio*

It was a not your ordinary day in Grandview Park on July 28th. The wonderland of the "Mad Hatter Tea Party" was in full swing. It was a three hour fantastical evening of laughter, imagination and community connection. People of all ages were drawn by the colour and fantasy of the elaborate tea party setting. Visitors became more and more curious to join in on the fun and by 5 o'clock, the flow of people was nonstop! It was amazing to see so many kids and families enjoying themselves. The Park Rangers who provided security during the event, mentioned that "they could hear people talking about it all along Commercial Drive!" They called their own families to join the party!

Alternative's artists and team were in full costume, encouraging all participants to help themselves to the costume trunk tidbits provided on site - creating a visual whirlwind of colour. Participants enjoyed snacks and beverages, then painted their dishware. They contributed their creative piece to the communal sculpture called the "Topsy Turvy Tower". Once leaving the table, our party goers moved through the Rose Garden and the Little House for photos to mark the memory of their day at "The Mad Hatter Tea Party".

We would like to thank the Vancouver Foundation's Small Neighbourhood Grants program (Darlene Brookes), Britannia Centre and Superstore for their contribution to this great success, as well as the endless energy of the volunteers involved!

If you would like to see more photos from the event check out their Facebook page : <https://www.facebook.com/AlternativeCreationsStudio/>

neighbourhood  
small grants

Britannia  
COMMUNITY SERVICES CENTRE

REAL CANADIAN  
Superstore<sup>+</sup>  
big on fresh, low on price.





## Come one, come all! *Contributed by Aegis West*

The **Canada 150 Carnival** hosted by **Aegis West** back on July 7th was an event to see!!

Fun carnival games, cool crafts, face painting, photo booths, live music and super-yummy food were all to be had on this beautiful, sunny day. This event, funded by Vancouver Foundation's Canada 150 Grants, and assisted with generous donations from local businesses and lots of dedicated work from *posAbilities* employees, was a great way to celebrate Canada's 150th birthday!!

Held at New Westminister's popular Sapperton Park, we had over 200 guests. Lots of children and caregivers happened to be at the park that day, while other guests hailed from the greater community or heard about the fun event from *posAbilities*. The team had a fantastic experience putting this event together and really enjoyed seeing everyone happy and having a good time. We hope to do it again someday and to see you all there!



vancouver  
foundation

## Welcome to Sing & Sign

*Contributed by Aegis West*

Drop in and connect with people while singing, socializing, and having a wonderful time learning American Sign Language (ASL). This initiative had much to do with the lead facilitator, Karen Cusmano. A few years back, Karen began the Sing and Sign program at Alternatives when she was a regular employee with *posAbilities*. Since she retired in early 2016, Karen has continued to develop Sing and Sign programs, with a group hosted at East 38th in Vancouver, and another at Aegis West in New Westminister.

Karen arrives at Sign and Sign rehearsals with a positive and energetic approach - ready with her stacks of CDs, sheet music, portable CD player and her smile. She selects songs that inspire everyone to learn ASL and sing along. Persons served, team and community members all report that this program is a joyful and effective way to learn some ASL. The East 38th chapter brings together people across the Caramel Pod, providing an opportunity to showcase their singing and ASL abilities at their own events (i.e. Open House, Christmas parties).

Along with coming to East 38th and Aegis West sites, Karen has assisted in building a community connection with a local elementary school in New Westminister. Two student classes were



involved with the Aegis West Sing and Sign program from October 2016 to June 2017 – and the students and teachers want to continue into the next school year! Together, the Aegis West group and the students have performed for school concerts; as well as at the 2017 Volunteer Festival at the Royal City Mall and at the Neighbourhood Small Grants Closing Ceremony. Aegis West hosts free community drop-ins too!

Karen has played an integral role in the Sing and Sign's continued success. We welcome anyone to come meet Karen, join in on the fun, and make some new connections. For more information on the Aegis New West Sing & Sign, please phone 604-522-5524; or for the East 38th Vancouver based meet up, call 604-322-9110.

# SHARING OUR STORIES

## Meet a Buddy, Bring a Buddy, Be a Buddy

Contributed by Connor Desharnais, Special Projects Worker

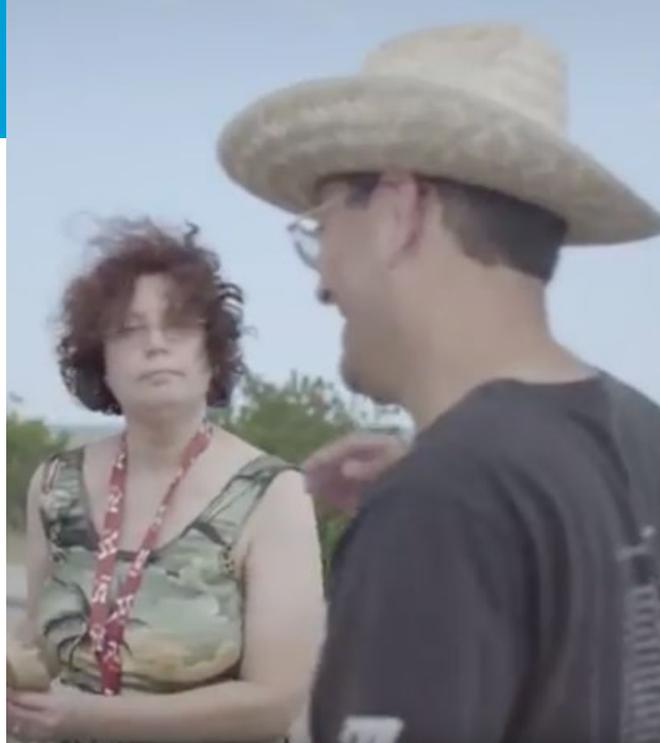


What does it mean to be a buddy? The **Buddy Club**, through *posAbilities' Supported Living Network*, is a way for people with diverse abilities to get out and do fun activities, while at the same time meet new people and make friends. Getting the Buddy Club to where it is today was quite the lengthy process. At the beginning it took months to spread the word and increase awareness about the Club, and it was nearly a year before there were any regular attendees. It may have been a slow start at the gate, but all that patience paid off in the end. The Buddy Club now has a lot of interest. Right now some of the most popular activities are going to eat at the Old Spaghetti Factory, taking a trip up to Grouse Mountain, or going out for a game of bowling.

I had the pleasure of joining the Buddy Club on their most recent excursion: the Surrey Fusion Festival. The delicious aromas of the various ethnic foods could be smelled before we even reached the gate. As we entered the festival, we soon encountered "Snack Time Sumo Wrestling". Naturally, we had to take part in wrestling as giant food. Soon after that, everyone started to disperse and explore the festival. There were dozens of tents selling food, clothing, knick knacks, and some were giving out free stuff! A couple of us even got free turban wraps! There were also live performances featuring music and dances from various cultural backgrounds and a mini carnival complete with rides.

As I was walking around and taking pictures of the Buddy Club, it quickly became obvious to me that it didn't really matter what everyone was doing, but rather that they were doing it together as friends. Even if it was simply walking around and taking in all the sights and smells, everyone was having fun because they were in good company. That's really what the Buddy Club is all about, and it can be summed up perfectly with its tagline: "Meet a Buddy, Bring a Buddy, Be a Buddy". The main reason why their activities are so much fun is because everyone is sharing their experiences with the people they care about and enjoy being around. The great thing about the Buddy Club is that, while the staff organize and plan for the various activities, the "buddies" who come to the events are the real ones in charge; they're the ones who decide what to do. Many even end up meeting outside of the club to do their own fun activities together.

**The Buddy Club's next adventure will be bowling at Rev's in Burnaby on September 27. If you're interested in tagging along, give them a call 778-945-1430 ext. 333.**



## Sponsors of Dina, VIFF 2017

*posAbilities*, BACI and Kinsight are pleased to once again be sponsoring a film featuring artists with diverse abilities in the annual Vancouver International Film Festival. Winner of the Grand Jury Prize at the 2017 Sundance Film Festival, *Dina* is an unconventional love story about an eccentric woman who has overcome tragedy and found true love. *Dina* is unstoppable, a force of nature, and as the star of her own life story, she's a movie protagonist the likes of which hasn't been seen before. The VIFF runs September 28-October 13. We will have some free tickets for the evening screening on Saturday, September the 30th at 8:30pm. More details will follow soon about the daytime screening options. Stay tuned!

## PEBlive

ANNUAL VANCOUVER  
INTERNATIONAL  
DISABILITY FILM  
& PERFORMANCE  
ART FESTIVAL

ROUNDHOUSE  
COMMUNITY ARTS &  
RECREATION CENTRE

OCTOBER 5 2017 5:00PM TO 8:00PM

FREE ADMISSION | ACCESSIBILITY SERVICES | WHEELCHAIR ACCESSIBLE  
LEARN MORE & RSVP AT [PROJECTEVERYBODY.CA](http://PROJECTEVERYBODY.CA)

[f projecteverybody](https://www.facebook.com/projecteverybody) [@PRJEveryBody](https://twitter.com/PRJEveryBody) [ig prjeverybody](https://www.instagram.com/prjeverybody)





## Summing up our Summer Camps

Contributed by **Monica Alves**,  
Special Projects Worker

The first session of *posAbilities*' Summer Camps went out with a bang! These camps were chock-full of learning and fun, and wouldn't have been so successful without the hard work of the youth, the camp counselors, and everyone in between.

## Head Start Employment Camp

*posAbilities* Employment Services' **Head Start** camp kicked off each morning to teach kids from ages 14 to 18 all about employment and how to prepare for opportunities after high school. Meet Taylor Hamilton (left) and Kelly Berge (right) – the energetic duo who run Head Start.

This was Vocational Counselor, Taylor's first time co-running the camp. The most rewarding part of this experience for her was seeing the variety of skills the campers had and watching their strengths flourish.

Kelly is also a Vocational Counselor at PES who strongly believes this camp is not only "geared toward giving them a head start to employment, but is also about having fun."

Every morning, the campers would learn important skills crucial to securing and maintaining jobs in their futures. Through various fun and interactive task completion exercises, the kids learned skills such as...

**Working together:** through activities like the *Teamwork and Be Friendly* exercise, in which campers grouped up to draw and design a house, learning how to designate duties and collaborate with each other.

**Following directions:** through activities like the *Make Your Own Towel Animal* exercise, in which campers learned the importance of actively listening and not being afraid to ask questions for clarification.

## Connect with PEERS® Social Skills Camp

Next up was our **Connect with PEERS®** social skills camp put on by **Laurel Behaviour Support Services**. This social skills camp is specifically designed to focus on friendship building, as well as teaching important social behaviour that will enhance workplace readiness. Behaviour Consultant, Louise Utting, ran the camp and shares what she enjoyed most: *"The role plays. I liked seeing them practice their skills and watch them develop, and I think they're fun."* Role playing allowed the campers to put the skills Louise taught them to the test, and apply them to real life scenarios, like using proper social skills when making a phone call and how to be a good sport when playing games with others.

Everything that was facilitated in these camps can be applied to everyday life, and campers are encouraged to use their newly gained skills in school and at home. The goal after completion of these camps is for the kids to leave with the knowledge and confidence they need to face challenges in their futures. Camper Zach, age 18, who attended both Head Start and Connect with PEERS® said his favourite part was *"getting to meet new friends and people with the same interests."* Like many others, Zach and his fellow camp buddy exchanged phone numbers to hang out together after. This was a small moment that illustrates a bigger picture – these camps facilitate friendships.

We also spoke with Lily, mom to recent camp graduate, Mark, who began struggling socially in his grade 11 year of high school. *"He suffered mood issues as he did not have the social skills necessary to try to talk to kids he didn't know. He ended up withdrawing and isolating himself from his peers. Throughout his life, whenever Mark needed to learn something, we were able to break it down into steps for him to follow to achieve the skill he wanted. This was the first time we really couldn't break things down for him to follow. That caused great frustration."*

Lily further shares, *"This camp did what we couldn't, which was breaking each daily curriculum item down into easy to follow steps. The role plays each session also gave the kids a bit of practice even though it was scripted most of the time. We now have something to work on that is tangible and teachable."*

\* Names changed for confidentiality

We'll be offering these camps again in Spring 2018. Sign up for our newsletter TODAY for all the latest updates [here](#) or visit [www.pesworks.ca](http://www.pesworks.ca) for more info.

# CONGRATULATING OUR TEAM MEMBERS

Thank you for your dedication to *posAbilities*. We appreciate the contributions that you make to the lives of the individuals we support, their families and your peers. We celebrate alongside you as you achieve these service milestones.

**10 years**  
Roseline Idemudia  
Tianna Wattum  
Bouwe Wierdsma

**20 years**  
Shirley Otto



*Tianna Wattum*



## Grounded Space: Where Missions Are Possible

**Contributed by**  
**Fernando Coelho, CEO**

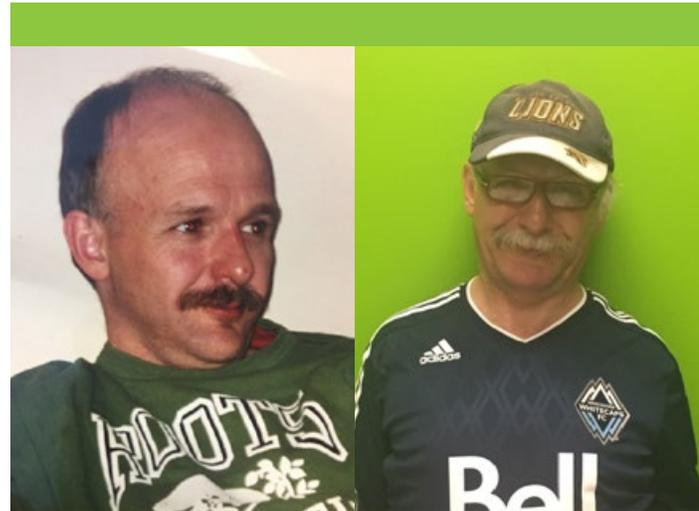
In With Forward (IWF) has another exciting initiative on the go – the development of Canada’s first Research and Development collective

for social services, called Grounded Space. This group of social scientists was instrumental in designing and delivering Kudoz, the online learning exchange for adults with cognitive disabilities that is now in its third year. The primary goal of Grounded Space is to build up individual and organizational capacity for social reform, which we believe will lead to better lives for the folks we support. As the IWF team likes to say – it’s about shifting systems “from safety nets to trampolines,” and designing alternative services from the ground on up, based on the interests and needs of the end user, our persons served.

*posAbilities* is one of the four founding member organizations, as such, there are two ways that you can get involved. I invite you to explore the learning catalogue that Grounded Space has developed and to take some workshops over the course of the next few months. If you choose to subscribe as an individual member, you will gain access to learning experiences, case studies, and media content. I am confident that you will begin thinking differently about your work, and will discover new ways to apply innovative practices in your role.

If you’d like to dive in more deeply, consider putting your name forward to become one of our Embedded Researchers. A team of Embedded Researchers will be participating in “Missions,” that is working together on specific projects to address particular pain points or challenges within our Association. Organizational teams can tap into the data, talent and connections required to shift stuck social outcomes. Embedded research project work will become part of your regularly scheduled duties for the duration of the Mission.

Curious to learn more? Visit <https://inwithforward.com/our-offer/> and download the brochure. Please contact your Supervisor or Team Leader to express your interest in joining Team *posAbilities*, or if you would like to add any workshops from the learning catalogue to your professional development plan. We look forward to learning together through Grounded Space.



## Celebrating 20 Years of Service

For team members working at *posAbilities*’ Head Office, the morning wouldn’t be complete without a ‘good morning’ from Graeme and a personal, heartfelt message. Graeme is our longest standing mail courier and is proud to be celebrating his 20<sup>th</sup> year with us. Every morning, Graeme arrives at the office to pick up the mail before delivering it to our various programs. He always pays a trip to the kitchen to fill up his coffee mug for his route, and you’ll often find him walking down the halls to say hello to the “early birds” who are in. There is always a smile and a joke to share with the members of his *posAbilities* family. What you may not know, is that Graeme has an amazing gift of date recall. In fact, some of us rely on him for reminders about upcoming special occasions like our mothers’ birthdays or our wedding anniversaries! Graeme certainly has made his mark here and enjoys the people he works with. When we asked him – what does he love the most about his work? He says with a laugh, “Getting paid!” Congratulations Graeme on your 20 years. We appreciate your dedication and the contribution you make to *posAbilities*.