

#### SERVICES • SUPPORT • LEADERSHIP

Au service des personnes ayant une déficience intellectuelle ou l'autisme Serving people with intellectual handicaps or autism

The Informer

VOLUNTEERING

WARMS
YOUR
HEART
AND
FEEDS
YOUR
SOUL:
3 VOLUNTEERS
GIVE YOU THE SCOOP!







- Williams

INSIDE THIS ISSUE:

TAX TIPS BOOK REVIEW: APPS FOR AUTISM UPCOMING EVENTS SUMMER RECREATION

#### VOLUME 25 ISSUE 1 FEBRUARY 2012



#### **WIAIH's Office Hours**

Regular Hours are: (Monday to Friday) 8:30 a.m. —12:00 noon 1:00 p.m. — 4:30 p.m.

TELEPHONE: (514) 694-7090 FACSIMILIE: (514) 694-5839 E-MAIL:info@wiaih.qc.ca An answering service is available during

the lunch hour. We will promptly respond to your message upon our return. 111 Donegani, Pointe Claire, QC. H9R 2W3

#### Contributors

Guy Bourassa Natalie Chapman Lyne Charlebois Manon Gervais Bob Green Mike Grey Maureen Hunt Diane Longlade Cherry Marshal Natalie Miyake Alison Rollins Tracy Wrench

#### The Informer team

Cherry Marshall,
Coordinator of Community and
Volunteer Relations
Manon Hope-Dubois,
Administration
Mariano D'Antonio,
Data entry
Liam Chapman,
Graphic design
Suzanne Kearns, Translato
Pierre Bourgeois, Translato
Annemarie Cornez, Translato
Louise St-Jean, Translato
Myriam Rety, Translato

#### **Layout and Printing**

Friends of WIAH

Deadline for submissions to the next edition of *The Informer*: April 12, 2012

#### STATEMENT OF DISCLAIMER

WIAIH's main goal is to improve the quality of life of children and adults with intellectual handicaps or autism— as well as their families. In keeping with WIAIH's goal, The Informer feels morally obligated to share information brought to our attention which may be of benefit or of interest to our members. However, WIAIH does not necessarily endorse all the articles presented.

Work for a cause, not for applause Live life to express, not to impress Don't strive to make your presence known, but to make your absence felt

#### The Gift that really GIVES

WIAIH is now a part of the *CanadaHelps* network so making a donation is easier than ever. The link http://goo.gl/NPya2 will take you to the user-friendly website. You can make a donation immediately or even buy WIAIH donation gift cards to give to friends and family.



West Island Community Shares
Compassion for your Community

#### AN INTELLECTUAL HANDICAP

is a permanent condition that affects, in varying degrees, one's ability to think, learn or reason.

#### **WORD FROM THE PRESIDENT**

#### **MANON GERVAIS**



On behalf of the Board of Directors, I would like to wish you all the best for 2012! First, a very healthy one and then, peace, love and happiness will follow.

Winter, winter. I hope you are taking the time to appreciate it and making the best of it. Remember, spring break is right around the corner; we also have to think about planning the summer vacation and activities for our loved ones for that period. On that subject, the process for hiring the most extraordinary animators, shadows and volunteers has already started. As usual, we will be ready and have the best people for our participants.

The Board of Directors is currently working on its annual objectives, reviewing its strategic mission and a few other items that keep us busy and this is always in the best interest of our participants, families and caregivers.

#### **MEET GUY BOURASSA: WIAIH BOARD MEMBER**

I am the father of two children, one of whom is a charming young lady with autism, now almost 17. I have only been on the WIAIH Board for two years, but it seems that I have used their services forever...or at least since the birth of my daughter. In fact, ever since Catherine was diagnosed, WIAIH has been available to support us and help us to find the resources necessary for her development. No need to say that this is greatly appreciated especially since Cathou is diabetic and has epilepsy.



Now that I am directly involved I am even more impressed and pleased by the incredible number of activities and services WIAIH offers to people on the West Island with an intellectual handicap or autism.

I have always been in banking and worked for 15 years at the Royal Bank before trying my luck as a businessman. I am now back at the National Bank in Pointe-Claire as director of commercial banking. Being a sun worshipper, my favourite activities are cycling, kayaking and golf, but my family always comes first!

2

#### WIAIH TIPS AND TOPICS

For more information on the following notices, call Cherry at 514-694-7090, extension 214 or email assistance@wiaih.qc.ca.



## **Would You Like to Receive The Informer Electronically?**

If so, please send us an email to let us know at assistance@wiaih.qc.ca and we will put you on the list to receive the e-Informer. If you prefer to receive the Informer by regular mail, there is a \$5.00 cost per year to help defray postage/printing costs. Help WIAIH save money and trees and be eco-friendly!

#### **WIAIH Needs Your Email**

Please send us your email address so that we can easily inform you of all of WIAIH's upcoming events. Please send your email with your full name to info@wiaih.gc.ca.

## Refer a professional

We are often asked for the names of professionals who are willing and capable of working with people who have special needs. Do you have a fantastic dentist or speech therapist that you can refer? Send us their names and we will put them on our list for parents on the look-out for great people! assistance@wiaih.qc.ca



#### **Facebook**

Looking for another way to connect with the WIAIH community and to keep up to date on issues of interest to special families? Like

WIAIH on Facebook! Our bilingual page features the latest news about WIAIH events, articles and new items of interest to our membership, and the websites and videos that inspire us.

## Real Life Heroes: Why do they volunteer?

An organization like WIAIH is built on the work of incredible people - our heroes. The Board and staff at WIAIH are constantly amazed by the strength and dedication of our members and volunteers. In this edition of *The Informer*, we are highlighting three of the many fantastic people who support WIAIH and work tirelessly to improve the lives of people with intellectual disabilities or autism, and their families.



## MAUREEN HUNT (WIAIH Board member)

I have been involved with WIAIH for over 25 years, initially a parent of a child with special needs, desperately looking for services for my son, Joe. I became involved as a member of several of WIAIH's working committees for many years. For many years, I was also a regular volunteer at the WIAIH Art Show. I became reacquainted with the internal workings of WIAIH early in 2000 and worked with members on various projects: evaluation of preschool services; as a member of the WIAIH Board; and as a member of the WIAIH support team for the *Parents, It Starts with You* program. My son Joe (now 31 years) and I co-developed a workshop to sensitize people to what it means to live with the challenge of autism spectrum disorders.

Volunteering that is the most meaningful to me is providing support/guidance/HOPE for parents of newly diagnosed children. It's a tough path they are embarking upon; not a horrible path — just a different one. Within this Association there are many aspects and areas that require the service/talents/strengths of many people. There is a good sense of community within this organization. New ideas are welcomed.

I have been employed by the Lester B. Pearson School Board for over 20 years and work as a consultant with the Department of Student Services. My interests lie in encouraging adults parenting and/or working with children to see the benefits/ strengths of their charges to encourage continual growth and acceptance. I am also interested in working with organizations to clearly define their purpose through exercises in developing their vision and mission statements, using a process consultation approach.



BOB GREEN (WIAIH Board member)

Robert (Bob) Green has been involved as a volunteer at WIAIH since 1992 when he took a one-year contract as WIAIH Integration Coordinator. Being a Scout leader was the perfect fit as Bob would bring his troop along to volunteer at WIAIH gigs such as the Art Show, Holiday Brunch and March Social. Scout uniforms became a regular sight at these events and that is thanks to Bob Green. Four years ago, Bob accepted to join the WIAIH Board and now he is Vice-President. We are all grateful for his calm and practical presence as well as for his availability to help whenever needed.

Bob says he appreciates volunteering with a team of people who really care about what they are doing and who they are doing it for. Asked what he would say to convince someone to volunteer at WIAIH, Bob replied: "True, there are many worthy causes needing help, but give this one a try. Start small if necessary, and get to know the people — staff, volunteers and participants. Once you've seen how much good can be done with even just a small contribution, how appreciative everyone is, and how much more could be done if resources permitted, it's hard to turn your back."

For the last 17 years Bob has been self-employed as a trainer in pre-ambulance life support (CPR, defibrillation, first-aid, etc.). Bob trains WIAIH staff each year and we can certainly vouch for his professionalism and patience! A West Island resident since 1976, Bob has been involved in Scouting for 30 years and enjoys golfing, dancing and walking his rather large dog!



#### **NATALIE MIYAKE**

My history and experience with WIAIH has come full circle over the years. When I was 12, I volunteered through my school and worked with a young girl with autism. Later in my college years, I did a project on WIAIH and presented it to my peers. Years later, my own child was born and later diagnosed with autism. WIAIH was there with open arms and well equipped to answer questions, provide support and help guide me through this unknown territory. Through the Pat Roberts Developmental Centre, parent support groups and information sessions, I became more informed and confident about where this journey was taking us.

Once I became more seasoned in this autism journey, I began volunteering. It was my very small way to say thank you for all that WIAIH has done for us. I currently volunteer as a facilitator in the It Starts With You program and the monthly support group for parents. I remember being on the "other side" looking at parents who looked calm and had a positive outlook. The best advice I ever received was from other parents because they have walked the walk and they have been where you are, be it the darkest places or the brightest moments. Now it's nice to be someone who can help inform and support others who are just beginning the journey as there is hope and there are much brighter days ahead.

I am nurse by profession and hold true the notion that a strong community will help maintain a strong family who will raise strong and healthy individuals. The community in the realm of special needs/autism can seem small but when we work together, we really can achieve amazing feats. I have one nine year old with autism and two teenage step kids and probably the most amazing partner in life. We work as a team and support each other throughout the good, the bad and the ugly. Even when life can become daunting or frustrating, there is always a silver lining, you just need to know where to look (often right under your nose).

Volunteering will warm your heart, enrich your life and feed your soul with some serious good grub. Truly, it will shape you and touch you in a manner you never anticipated. You will keep coming back for more. It becomes an extended family. Volunteer work never seems like work at all!

6

7

#### **HO HO HO: PAT ROBERTS DEVELOPMENTAL CENTRE**



After a busy Fall at the Pat Roberts Developmental Centre, it was time to celebrate as we welcomed the Holiday season. Although the children and families at the Centre are of various origins and faiths, all gathered together on December 21st and



22<sup>nd</sup> and enjoyed Santa's visit, good food and each other's company.

Children played, anticipating Santa's arrival, adults chatted and sang, and all got a chance to view a slide show of their children in action throughout the Fall. We shared the many dishes that everyone brought for lunch in a very festive way, around our child-sized kitchen table.

Thanks to WIAIH Board member Pierre Fregeau and Nicolas Dupuis, for being such good Santas.





#### KIWANIS CONTRIBUTES TO THE FUN AT PAT ROBERTS CHRISTMAS PARTY



Thank you to the Lakeshore Kiwanis for again providing gifts for each child at the two parties held before the holidays. Santa and the gang were happy to welcome Kiwanis members George Frenette, Jacques and Marilyn Dubuc. We received this note from Jacques:

"I trust that you enjoyed a well deserved holiday and celebrations with family and friends. Marilyn and I thoroughly enjoyed our first visit to the Pat Roberts

Centre. What a warm and homey atmosphere which obviously reflects on the children's comportment and progress. You are fortunate to have such a great team working with you who are fully devoted and passionate about working with the children. On behalf of all our members, we are happy to support your rewarding program and look forward to a long association with you and WIAIH. "









**AMUSE-ACTION** is a service that provides afternoon care for people over 12 who have an intellectual handicap or autism. Amuse-Action is available Monday to Friday from 2pm to 6pm and opens on Wednesday at noon for an additional fee. We are located in a wheelchair-accessible gym space and activities include games, arts and crafts, puzzles and homework support. Participants are encouraged to bring a snack.

Registration is required. The service costs \$270 per month for five days per week, October 2011 to June 2012. It is possible to attend part time. Contact Tracy 514 694-6531 ext 218 or amuse-action@wiaih.qc.ca for more information about the program.

Amuse-Action is prepared to open on school ped days, but we need to have enough participants. If you are interested, please contact Tracy. It is challenging as schools all have different PED days but if six participants register we will open!

We are very grateful for the financial support received the Minister of Families, Seniors and the Status of Women and would like to thank Valois United Church where we rent the space for the program.

9



#### **WIAIH Holiday Brunch**

It was a cloudy day outside and the winds of winter were beginning to blow, but inside a warm and festive atmosphere prevailed. From the visit of Santa Claus to the raffle and holiday music, to the delicious food, it was a wonderful afternoon. It was a pleasure for all. Thanks to everyone for their wonderful efforts!

MICHAEL GRAY WIAIH BOARD MEMBER



Congratulations to **Bertrand Hébert and family** for winning the hand-made guilt drawn at the WIAIH Holiday Brunch on November 27th. Thank you to all who participated! The raffle raised over \$800 for our Occupational Therapy project at the Pat Roberts Development Centre.

# Already thinking of Christmas 2012... Thank you for supporting our 2011 campaign: it raised approximately \$15,000 to

support WIAIH's important services for families.

We are already thinking about 2012 and are looking for two colourful paintings or photographs of a holiday image done by a person with a disability. The perfect image would represent the festive season for our 2012 card campaign. If you think yours would make a great holiday card, send it to us by March 1, 2012. Santa's helpers will be starting early to choose a winner whose image will be featured in our 2012 selection of holiday greeting cards. All submissions will be posted on the WIAIH website and on our Facebook page. (facebook.com/wiaih)

10



#### **AFTERNOON TEA AND FASHION!**

On Dec. 5, WIAIH presented its first benefit afternoon tea/fashion show at the very elegant Stewart Hall in Pointe-Claire. The fashions were presented by **Cynthia Padan** and the **Cartise boutique** in Kirkland. Six beautiful volunteer models couldn't help but shine showing off the latest creations. Our very talented **Lisa Walsh** entertained the 55 ladies present with her lovely Christmas songs that put everyone in the holiday mood.

Thanks to the ladies from Pat Roberts Developmental Center for their home-baked goodies for our sweet table and to the multi-talented WIAIH staff who worked diligently in the kitchen and kept the tea flowing all afternoon!

For a first try at this, the organizing committee — Cynthia Courey, Diane Longlade and Christine Zarzour — are very happy with the success of this event.

DIANE LONGLADE (WIAIH BOARD MEMBER)

#### **CALLING ALL ASPIRING MODELS!**

The 4th annual WIC/WIAIH Fashion Show will be held on May 5th, 2012 and we are looking for models and volunteers!

The Fashion Show is a highly anticipated event which benefits WIAIH, sensitizes the community, and showcases fashion and incredible talent. The Fashion Show pairs students from West Island College with WIAIH members to create truly memorable routines.

If you are interested in volunteering or would like to recommend someone as a model, please contact Cherry at 514-694-7090, ext. 214 or assistance@wiaih.gc.ca.

New Resources



#### THE EVERYDAY DOG PROGRAM

Since 2008, the **Pacck Foundation** (**Positive Assistance and Companion Canines for Kids**) has been training service dogs to work with children with autism. The benefits have been well documented, but for many families, the \$20 000 cost of a trained dog is prohibitive.

The Pacck Foundation has just started another program, The Everyday Dog Program, which is a canine assisted therapy program designed to provide families with tools and activities to get the most out of their everyday interaction with their family dog in order to provide a therapeutic benefit for their child with a developmental disability. An instructor works with your family dog, any size or breed (provided it has some obedience training) to help your child with autism. Costs are reasonable, between \$150 and \$300, depending on whether you choose individual or group training.

For more information, or to book lessons, call 514-876-8888 or email info@pacck.org.

#### **ACTION MAIN-D'OEUVRE**

Action main-d'œuvre is a non-profit community organization financed chiefly by Emploi-Québec. Our mission is to assist people with an intellectual handicap and/ or autism spectrum disorder to access employment opportunities.

The services offered are evaluation, guidance, assistance with job search and interviews, on the job training and follow-up.

We are not a placement agency and require that our clients participate in the job search process to the extent their ability allows. Clients must be at least 16 years of age, able to travel independently and communicate in either official language.

For more information please contact our office at 514-721-4941 ext. 116.

#### **iBelong**

L'Arche Canada has created a fantastic website on friendship for young adults with an intellectual disability. The new website uses plain language, videos, stories and "listen" buttons to share information on making and maintaining relationships. It covers the basics of making and communicating with friends, planning activities, and addresses dating and sexuality. The site is available in English and French. We have heard very positive feedback about iBelong from a WIAIH family with teens. Check it out at www.ibelong.ca!



## **Legal Information**

## QUEBEC HUMAN RIGHTS TRIBUNAL RULES THAT MUNICIPALITIES MUST INTEGRATE CHILDREN WITH SPECIAL NEEDS

La Commission des droits de la personne et des droits de la jeunesse ruled recently that the municipality of Stoneham must stop excluding children with special needs from their regular day camps. A judge decided that integrating a child with special needs does not represent undue hardship for the municipality. The case was brought forward by a family whose daughter was denied integration into the summer camp. The judge decided that the actions of the municipality constituted discrimination according to the Quebec Charter of Human Rights and Freedoms and awarded the family \$16 000.

The child has previously been integrated into a camp, but in 2005, the municipality decided that children with special needs would no longer be integrated, but would be sent to a specialized camp. In this particular case, the mother did not want her daughter to attend that camp because her daughter had had difficulty at the camp in the past and it was not the right environment for her. After several attempts at integration without a companion, the municipality decided that integration has not been a success and that for the girl to return to camp, the mother must provide proof from an expert that the girl did not have special needs.

This decision by the Commission represents the first ruling of its kind, and sets a precedent that municipal camps must integrate children. It also shows the power that parents can have when they fight for the rights of their children!

13

#### **LEGAL CLINICS**

#### **PIERRE FREGEAU**

Many thanks to WIAIH Board member and attorney, Pierre Fregeau, for carrying out three information sessions on legal issues of importance to families. We are thinking about repeating the sessions in the spring, so that more members can benefit from his expertise.

Pierre explained the difference between curatorship, tutorship and advisership (Answer: the different level of support each provides), the difference between a succession, a will and a trust (Answer: depends what your needs are) and how divorce can impact the family who has a child with an intellectual disability. (Main point: battling over details only benefits the attorneys!).



# APPS TO AUTISM Apps for language, defaulted Social Security Served and Security Sec

#### New in the Resource Centre

APPS FOR AUTISM: Lois Jean Brady, M.A., CCC-SLP
Published 2011 and now in the WIAIH Resource Centre
Everyone's talking about "apps" these days and nowhere
with more enthusiasm than in the disability and autism
world. This manual, written by a Speech Language
Pathologist, explores over 200 apps that can be used by
people with communication, mobility, cognitive or sensory
issues. Called iTherapy, the use of iPhones or iPads as
assistive devices is here to stay.

In 12 easy-to-read, colour-coded parts, 32 chapters describe apps for every need: occupational therapy, activities of daily living, creativity, academic subjects like spelling and math, bilateral coordination, behaviour, speech, sign-language, etc. Special sections deal with other communication disorders such as aphasia, apraxia and dysphagia and stuttering. Beginning each part, a "success story" tells of how one person used an app and the difference it made.

With over 200 apps described in this book, there is a world of easy, accessible technology for every need. At a time when there is an app for everything, this book will lead readers through the maze so that the technology can be used by those who really need it.

## CUTS TO SCHOOL DAYS; LOBBYING EFFORT BY THE QUEBEC ASSOCIATION FOR SOCIAL INTEGRATION

Many parents have reported that school boards do not seem to give the same importance to the school calendar of students with special needs as they do for the others. Many reasons are used to justify canceling days here and there when it is really these students who most need all the school hours to which they are entitled.

Under the law, the school must provide students with 180 school days plus 20 pedagogical days where the students do not attend school. The reductions we are talking about come in the 180 days of required educational services.

AQIS has written to the Minister of Education to ask them to look into the practice of cutting school days for students with special needs. (This letter is available at WIAIH) If your school board has cut days for your child (ie. during exam period, at the start of the school year or for other reasons), AQIS would like to know (514-725-7245, #30). Parents need to be vigilant so as not to lose acquired rights.

14



# Tax Credits for Caregivers and Respite Services Tax season is fast approaching! If you are a primary or respite caregiver for a person

Tax season is fast approaching! If you are a primary or respite caregiver for a person with a disability, talk to your accountant to make sure that you are taking advantage of the tax credits available to you. Here are three tax credits that may be of interest to WIAIH families:

#### **TAX CREDIT FOR CAREGIVERS**

As a caregiver, you may also claim a refundable tax credit of up to \$1,062 for each eligible relative who lived with you during the tax year. In order to be eligible for this tax credit, the person you cared for must be a relative and you must have lived with them in a dwelling that either you or they own.

To claim this tax credit, you must complete a **Schedule H** with your Ouébec tax return.



## TAX CREDIT FOR RESPITE OF CAREGIVERS

Caregivers may claim a refundable tax credit for expenses incurred to obtain specialized respite services. In order to be eligible, you must be a resident of Quebec on December 31<sup>st</sup> and have paid expenses to obtain specialized respite services for the care and supervision of a person with a significant disability.

This tax credit specifies that person must live with you and be related to you (there is a list of relationships that qualify). The maximum tax credit is \$1,560, equal to 30% of the total expenses you paid in the year. Note that the person who provided respite services must be trained. Consult the list to ensure that the hired respite provider meets the educational requirements.

To claim this tax credit, you must file a **Schedule 0** with your federal income tax return.

#### **RECOGNITION OF VOLUNTEER RESPITE SERVICES**

If you have someone who provides volunteer respite services, Revenue Québec allows you to issue RL-23 slips for the volunteers who provide respite services to you. You have up to \$1000 per year to allocate. The volunteer who receives the slip can only be a relative and not a parent or sibling living at the same house. A maximum of \$500 can be allocated to each volunteer.

The volunteer who receives the slip must declare the amount indicated on **Line 462** of the Québec tax return.

If any of these situations apply to you, speak to the person who prepares your taxes or go to Revenue Québec's website for more information: http://www.revenuquebec.ca/fr/default.aspx

·



## WIAIH RECREATION SUMMER 2012 REGISTRATION

Programs include overnight and day camps for adults and day camps for teens with an intellectual disability or autism.

Registration is by mail ONLY and is open between February 13 and 22. If you prefer to register in person, YOU MUST CALL for an appointment: 514-694-6531 ext. 218. Appointments are available only after February 20. Your registration confirmation/receipt will be mailed by March 9.

Non-West Island residents can register by mail starting Monday February 27, if space allows.

IMPORTANT: If you have not received a registration package including the summer brochure or would like more information please contact the Recreation Department at 514-694-6531 or loisirs\_rec@wiaih.qc.ca .

The new brochure is available for download online at this web address: http://db.tt/SlrdHQxb

## VOLUNTEERING IN THE RECREATION DEPARTMENT

A big THANK YOU to all of the dedicated individuals who have volunteered or who currently volunteer in WIAIH's recreation department.

We are very fortunate to have so many volunteers to support WIAIH in our recreation programs and we always need more people to contribute their time. This past year, 112 volunteers helped in our recreation department and we hope for even more in 2012!

For further information about this rewarding volunteer experience, please contact Alison at 514-694-6531 ext.221 or integration@wiaih.qc.ca.



#### **RECREATION INTEGRATION**

Recreation Integration is a service that provides support to West Island residents of all ages who have a disability and wish to participate in community activities such as day camp. The summer is rapidly approaching! If you would like any information about this service or if you or someone you know may be interested in being a day camp companion this summer please contact Alison at 514-694-6531 ext. 221 or integration@wiaih.qc.ca.

### Save the Date



#### **EVENING SUPPORT GROUP**

Did you know that in addition to Coffee Break, WIAIH also offers an evening parent support group? This group is for parents of children with a developmental delay or disorder, diagnosed or not. Everyone is welcome to come, share, and learn with other families. The group is facilitated by a parent and takes place on the 2<sup>nd</sup> Tuesday of every month at 7pm. The group is held at WIAIH. For more information, call (514) 694-7090.



#### **ANNUAL FAMILY SOCIAL!**

WIAIH's annual family social will take place on Saturday, March 10<sup>th</sup>! The family social is a fun-filled evening with dancing, laughter and delicious food. This is a wonderful event for the whole family; all ages are welcome!

If you are interested in helping to prepare the event or would like to volunteer at the event, please contact Cherry at (514) 694-7090, ext. 214.



#### HIT THE LINKS FOR WIAIH

WIAIH's 19th Annual Golf Tournament will be held on Monday, May 28th, 2012 at Atlantide Golf Course in Notre-Dame-de-lîle-Perrot.

If you are interested in participating in the event or are able to provide a door prize or auction item, please contact WIAIH at (514) 694-7090.

## WHEN FRIENDS DIVORCE: WHAT CAN YOU DO TO HELP?

- Don't criticize the "ex". If you didn't like him or her, keep it to yourself. As time passes, the couple may become friendly again and you may have to eat your words.
- 2. Don't take sides. Even if this is what they want to hear, you may do more harm than good with your comments. Be aware that keeping in contact with the "ex" may be hurtful to the other partner if he or she is your friend.
- 3. Be a listener, not an adviser. Just being there is helpful and conflicting information can be very confusing at a stressful time. Helping find professionals in the field might be a useful way to support your friend.
- 4. Spend time and provide support. Just being there is comforting and your friend will know that you care. Getting out for a coffee or a movie, taking the kids or making a meal will show your empathy. True friends stand out at a time like this when people



#### A HUGE THANK YOU TO KELLY'S PUB

WIAIH is very lucky to be supported by local business and groups. In 2011, WIAIH once again received the proceeds from Kelly's Pub's annual volleyball tournament. The annual event is a fantastic day of friendly competition and is an important fundraiser for WIAIH.

In combination with Kelly's Pub's patron's day, the event raised over \$11,000 for WIAIH. Thank you to Kelly's and we look forward to the 2012 tournament!



#### **NEW EXTENSION NUMBERS AT WIAIH!**

WIAIH has updated our phone system and our extension numbers have changed. In order to call an extension directly, you will need to add a 2 in front of the old extension numbers.

Reception	210
Natalie Chapman	211
Cherry Marshall	214
Recreation Animators	215
Diane Marcotte	216
Josée Marcotte	217
Tracy Wrench	218
Irena Baird	220
Alison Rollins	221
Liam Chapman	226

## SERVICES • SUPPORT • LEADERSHIP



depuis 1958

une déficience intellectuelle ou l'autisme

Serving people with intellectual handicaps or autism