

# Access

## WINTER EDITION 2024

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### COMMUNITY SUPPORT

সম্প্রদায়

சமூக ஆதரவு

hỗ trợ cộng đồng comunitario de  
comunitario di sosteg n

W 社區支援



We're Social,  
Let's Connect!



@clyorksouth

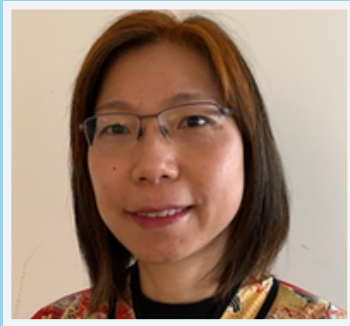
## Meet the Community Support Team



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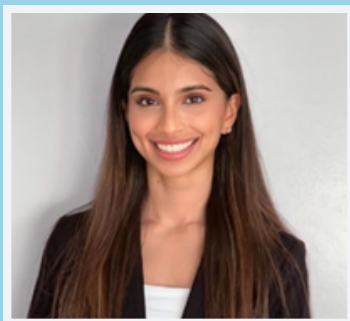
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Parents/Caregivers Workshops January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>NEW YEAR'S DAY</b>	2	3
6	7	8	9	10
13 <b>In-Person</b> YSSN Service Info Session (Cantonese)  12:30pm - 2:30pm  Location: NKS Banquet Hall  Guest speaker: Kathy Chang (YSSN Dual Diagnosis Case Manager) & Crystie Lau (YSSN Case Manager)  Register in advance for this meeting: <a href="http://bit.ly/3Dwq16y">http://bit.ly/3Dwq16y</a>  <i>Pre-registration is required</i>	14	15	16	17  Cognitive Behavioral Therapy Info Session (Mandarin)  7:30pm - 9:00pm  Speaker: Alan Yim, RSW  Join Zoom Meeting <a href="https://bit.ly/3BYGCzk">https://bit.ly/3BYGCzk</a> Meeting ID: 839 2418 6013  +16475580588  <i>Pre-registration is not required</i>
20	21	22	23  CLYS & CHATS: Caregiver Burnout and Support Services  6:00pm - 8:00pm  Speaker: Juanita Butler, CHATS  Join Zoom Meeting <a href="https://bit.ly/3PktgJX">https://bit.ly/3PktgJX</a> Meeting ID: 823 3629 9972 +16475580588  <i>Pre-registration is not required</i>	24 <b>In-Person</b> CLYS x YSFN: Caregivers Creative Workshop  10:30am - 12:30pm  Location: CLYS Richmond hill Office  Register in advance: <a href="https://bit.ly/408Makf">https://bit.ly/408Makf</a>  <i>Pre-registration is required</i>
27	28	29	30	31

## Parents/Caregivers Workshops December 2024

Workshop DescriptionsFarsi-Speaking Family Network Meeting

PRE-REGISTRATION REQUIRED

We are excited to welcome Kelly Casey, Developmental Services Consultant, to the Farsi Family Network. Kelly will be facilitating the upcoming session, where she will help guide discussions on identifying key focus areas and assist families in creating a sustainable action plan to support their ongoing needs and goals.

Caregivers Wellness Day (In-person)

PRE-REGISTRATION REQUIRED

Engage in a series of hands-on activities designed to promote mindfulness and well-being. Take a break, express yourself, and connect with others in a supportive and welcoming environment.

How can IBI/ABA strategies help your kids to improve academic performance? (Mandarin)

Come and join us to learn IBI/ABA strategies to help your kids improve academic performance

Disability Tax Credit (Cantonese)

Come and join us to learn disability tax credit and other tax credits.

CLYS Open House (In-Person)

PRE-REGISTRATION REQUIRED

Join us for an exciting Open House Night! Explore our vibrant community and discover all that we have to offer. This is a fantastic opportunity to meet our dedicated staff, connect with fellow families, and learn about our programs and activities



Person-Supported Workshops January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>NEW YEAR'S DAY</b>	2	3
6	7 <b>Karaoke (Marketplace)</b> 3:00pm – 4:00pm Pre-registration is required: <a href="https://bit.ly/4gRX3fJ">https://bit.ly/4gRX3fJ</a> Meeting ID: 871 5607 2200	8	9 <b>Thurs-YAY: Movie Day</b> 1:00pm - 2:45pm <b>Join Zoom Meeting</b> <a href="https://bit.ly/3Pg1Hse">https://bit.ly/3Pg1Hse</a> Meeting ID: 861 2630 2310 +14388097799 <i>Pre-registration is not required</i>	10 <b>Virtual Games (Marketplace)</b> 1:00pm – 2:00pm Pre-registration is required: <a href="https://bit.ly/41X0n5f">https://bit.ly/41X0n5f</a> Meeting ID: 817 5380 0216 <hr/> <b>Health and Fitness (Marketplace)</b> 2:00pm – 3:00pm Pre-registration is required: <a href="https://bit.ly/3PerEs1">https://bit.ly/3PerEs1</a> Meeting ID: 830 0583 4835
13 <b>In-Person Friendship Bracelet Making</b> 2:00pm – 3:00pm Location: CLYS Markham Office <b>Register in advance:</b> <a href="https://bit.ly/3VXUqkC">https://bit.ly/3VXUqkC</a> <i>Pre-registration is required</i>	14 <b>In-Person Indigenous Rainstick Making &amp; Story Time</b> 1:00pm – 2:30pm Location: CLYS Markham Office <b>Register in advance:</b> <a href="https://bit.ly/4iRC7Ya">https://bit.ly/4iRC7Ya</a> <i>Pre-registration is required</i> <hr/> <b>Karaoke (Marketplace)</b> 3:00pm – 4:00pm Pre-registration is required: <a href="https://bit.ly/4gRX3fJ">https://bit.ly/4gRX3fJ</a> Meeting ID: 871 5607 2200	15	16	17 <b>Virtual Games (Marketplace)</b> 1:00pm – 2:00pm Pre-registration is required: <a href="https://bit.ly/41X0n5f">https://bit.ly/41X0n5f</a> Meeting ID: 817 5380 0216 <hr/> <b>Health and Fitness (Marketplace)</b> 2:00pm – 3:00pm Pre-registration is required: <a href="https://bit.ly/3PerEs1">https://bit.ly/3PerEs1</a> Meeting ID: 830 0583 4835
20	21 <b>In-Person Doll House Making Part 1</b> 1:00pm – 2:30pm Location: CLYS Markham Office <b>Register in advance:</b> <a href="https://bit.ly/3VYjtUx">https://bit.ly/3VYjtUx</a> <i>Pre-registration is required</i> <hr/> <b>Karaoke (Marketplace)</b> 3:00pm – 4:00pm Pre-registration is required: <a href="https://bit.ly/4gRX3fJ">https://bit.ly/4gRX3fJ</a> Meeting ID: 871 5607 2200	22	23	24 <b>Virtual Games (Marketplace)</b> 1:00pm – 2:00pm Pre-registration is required: <a href="https://bit.ly/41X0n5f">https://bit.ly/41X0n5f</a> Meeting ID: 817 5380 0216 <hr/> <b>Health and Fitness (Marketplace)</b> 2:00pm – 3:00pm Pre-registration is required: <a href="https://bit.ly/3PerEs1">https://bit.ly/3PerEs1</a> Meeting ID: 830 0583 4835
27	28 <b>In-Person Doll House Making Part 2</b> 1:00pm – 2:30pm Location: CLYS Markham Office <b>Register in advance:</b> <a href="https://bit.ly/49WOkqz">https://bit.ly/49WOkqz</a> <i>Pre-registration is required</i> <hr/> <b>Karaoke (Marketplace)</b> 3:00pm – 4:00pm Pre-registration is required: <a href="https://bit.ly/4gRX3fJ">https://bit.ly/4gRX3fJ</a> Meeting ID: 871 5607 2200	29	30	31 <b>Virtual Games (Marketplace)</b> 1:00pm – 2:00pm Pre-registration is required: <a href="https://bit.ly/41X0n5f">https://bit.ly/41X0n5f</a> Meeting ID: 817 5380 0216 <hr/> <b>Health and Fitness (Marketplace)</b> 2:00pm – 3:00pm Pre-registration is required: <a href="https://bit.ly/3PerEs1">https://bit.ly/3PerEs1</a> Meeting ID: 830 0583 4835

## Person-Supported Workshops December 2024

### Workshop Descriptions

#### International Disability Celebration Day (In-person)

PRE-REGISTRATION REQUIRED

Join us for an inspiring and engaging International Disability Celebration Day Workshop to celebrate the achievements, talents, and contributions of people with disabilities.

#### Fun Friday: Movie Day

Bring your snacks and get comfortable at home as we watch one of the classics.

#### Christmas Village Workshop Series (In-Person)

PRE-REGISTRATION REQUIRED

Celebrate the holiday season with our festive two-part Christmas Village Workshop Series designed for individuals with intellectual disabilities.

#### CLYS Open House (In-Person)

PRE-REGISTRATION REQUIRED

Join us for an exciting Open House Night in Stouffville and Vaughan! Explore our vibrant community and discover all that we have to offer. This is a fantastic opportunity to meet our dedicated staff, connect with fellow families, and learn about our programs and activities.

#### Employment Program for People with Intellectual Disabilities Info Session

Are you or someone you know living with an intellectual disability and looking for meaningful work opportunities? The info session will introduce you to resources and support in this journey.

#### Letter & Lines Workshop: Holiday Edition (In-Person)

PRE-REGISTRATION REQUIRED

Join us for a hands-on session to enhance your handwriting and drawing skills, focusing on letters, lines, and shapes.

#### Holiday Decoration (In-Person)

PRE-REGISTRATION REQUIRED

Together, you'll create beautiful, handcrafted decorations with your peers and families to brighten up your home for the season.

#### Holiday Gift-Making (In-Person)

PRE-REGISTRATION REQUIRED

This fun and interactive workshop lets you craft unique, handmade gifts to share with loved ones.

# COMMUNITY LIVING YORK SOUTH OPEN HOUSE!



WE WERE THRILLED TO HOST OUR OPEN HOUSE EVENT ACROSS 4 LOCATIONS! IT WAS A FANTASTIC OPPORTUNITY TO CONNECT WITH OUR COMMUNITY, SHOWCASE WHAT WE'VE BEEN WORKING ON, AND OFFER A CLOSER LOOK AT OUR SERVICES. THE EVENT FEATURED FAMILY NETWORKS, PARENT OPERATED PROGRAMS, MARKETPLACE & LEARNING ACADEMY, COMMUNITY SUPPORT PROGRAM AND MORE! WE'D LIKE TO THANK EVERYONE WHO JOINED US FOR MAKING IT SUCH A SUCCESS. FOR THOSE WHO COULDN'T ATTEND, WE LOOK FORWARD TO WELCOMING YOU TO OUR FUTURE EVENTS!



THANK YOU TO OUR  
**DONORS**

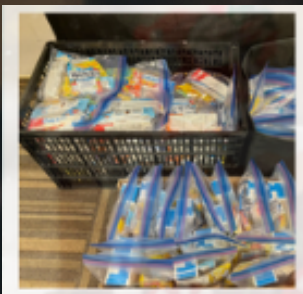




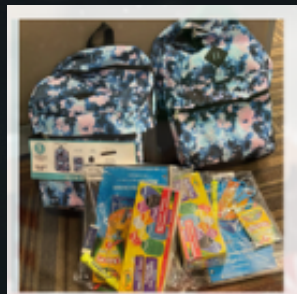
# HOLIDAY DRIVE 2024

We would like to express a heartfelt THANK YOU to our donors! CLYS received school supplies, snack kits, craft kits, and gift cards. Over 200 people we support and their families received a holiday package this year!

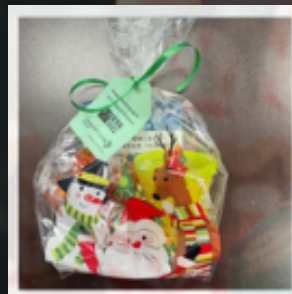
A special thank you to BMO, Canso Investments, Caribou, Staples, and ESS support services, for their generous donations this holiday season!



Donated by: BMO



Donated by: Casino investments, Caribou, and Staples



Donated by: ESS Support Services



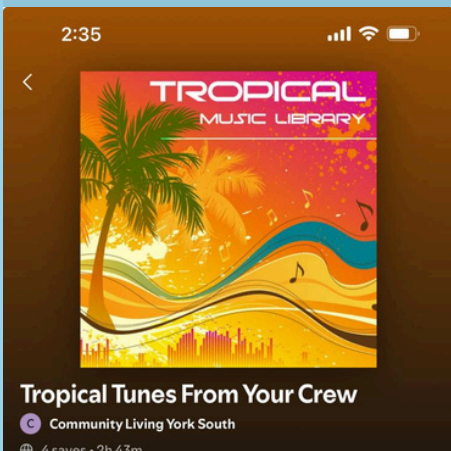




# C.A.R.E CREW AND AGING IN PLACE INITIATIVES

## ONLINE INFO SESSION

An info session that explored practical strategies to incorporate movement into the workday, set realistic fitness goals, and create a healthier work-life balance. There were actionable tips provided to help employees and volunteers stay active and energized. The goal was for employees and volunteers to take charge of their health today for a more focused, productive tomorrow!



## TROPICAL TUNES PLAYLIST

The “Tropical Tunes From Your Crew” playlist was created and shared. This playlist was for employees and volunteers of Community Living York South to use at backyard BBQs, summer events, and much more! All employees and volunteers who submitted a video of them listening to the playlist had a chance to win a prize!

## DAY OF WELLNESS

A day of wellness was hosted for Employees and volunteers. All participants had an opportunity to unwind and recharge with a relaxing day of free massages, and refreshments, and received some helpful self-care tips.





## 2025 IN-PERSON INCOME TAX FILING CLINIC

**Community Living York South and ME & Lau Family Foundation are proud to once again host a Personal Income Tax Filing Clinic for people with developmental disabilities and their parents.**

***DETAILS COMING SOON!***

***Look out for details on the CLYS website at***

***www.communitylivingyorksouth.ca or follow CLYS on social media!***

**Spaces are limited!**

**To show your interest in this initiative,  
Contact : Stina Li 905-294-4971 Ext. 267  
sli@communitylivingyorksouth.ca**





2024 UNITED WAY COMMITTEE PRESENTS  
**COZY UP TO GIVING**  
 IN PERSON WRAP UP EVENT



On December 12th, the United Way Employee Campaign Committee teamed up with the C.A.R.E Crew Committee for a fun-filled in-person wrap-up event at the Richmond Hill Office.

The day kicked off with an inspiring speech from Carrie at UWGT, followed by an empowering talk from guest speaker Heather from CHATs.

From there, more fun took over! Snacks, games, and a screening of Home Alone! At the end of the event, we held our Early Bird and Grand Prize Draws! The employees won some amazing prizes, including but not limited to a 50" TV, fit bits, air fryers, gift cards, a day off with pay and so much more!

A heartfelt thank you to each employee who generously donated to this year's campaign. Your contributions make a difference! A special thank you to UWGT for your support and for joining us with an incredible guest speaker!

We look forward to next year's campaign and celebration!





# Couples RETREAT



Community Living York South (CLYS) was proud to partner with the Caregivers Network - SCSF and the York South Family Network to host the inspiring Mini Parent Caregiver Retreat on Sunday, September 29, 2024. This meaningful event brought together over 40 parents, caregivers, and their loved ones for a day focused on connection, relaxation, and self-care. The retreat featured insightful presentations by the Canadian Centre for Caregiver Excellence and the Ontario Caregiver Organization, offering valuable resources and guidance. Participants engaged in creative art workshops, therapeutic head treatments, and rejuvenating yoga sessions, providing an opportunity to unwind and recharge. The beautiful art pieces created by the caregivers during the event will soon be showcased, highlighting the creativity and resilience of this amazing community. Stay tuned!





Meet the teams behind marketplace and the learning academy day programs



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## MARKETPLACE WINTER 2025

	Monday			Tuesday			Wednesday	
Program	<b>Making Cents</b> Making cents will focus on budgeting, purchasing decisions, and understanding the value of money. Participants will learn the basics about numbers, money, and making change.	<b>Flavor Fusion: Cooking in the Chefs Corner</b> Be prepared to grow your culinary skills while exploring creative recipes and cooking techniques.	<b>Learn to Play</b> Each week, participants will dive into the fundamentals of a new sport, ranging from basketball and soccer to tennis and volleyball. Participants will engage in friendly scrimmages at the end of each class to practice learning the rules of each sport.	<b>YMCA Fitness</b> Take the opportunity to explore a fitness facility with access to an indoor track, gym, and swimming pool. Use this time to incorporate physical activity into your schedule!	<b>Love of Literacy</b> Explore different outlets of literacy like poetry, short stories, and communication. Have enriching discussions about current events and play online games that build vocabulary.	<b>Rhythm &amp; Flow</b> From mastering the latest moves to developing your unique style, we provide basic training in both technique and creativity. Join our community and unlock your potential as a hip-hop dancer!	<b>Senior Social Club</b> Each week features themed recreational group activities in an informal setting. Activities include functional fitness, memory games, and art. This is a place to improve your social, mental, and emotional capabilities while working towards achieving personal goals.	<b>Flavor Fusion: Cooking in the Chefs Corner</b> Be prepared to grow your culinary skills while exploring creative recipes and cooking techniques.
Location	Unionville Train Station 7 Station Ln, Unionville, ON L3R 1R4	Armada Community Centre 2401 Denison St, Markham, ON L3S 1G3	Richvale Community Centre and Pool 160 Avenue Rd, Richmond Hill	YMCA 101 YMCA Blvd, Unionville, ON L6G 0A1	Richmond Hill Library 1 Atkinson St, Richmond Hill, ON L4C 0H5	Armada Community Centre 2401 Denison St, Markham, ON L3S 1G3	Stouffville Arena 1C2, 12483 Ninth Line, Whitchurch-Stouffville, ON	Elgin Barrow Arena 43 Church Street, Richmond Hill
Time	10:00am-12:00pm	2:00pm-4:00pm	4:00pm - 5:30pm	1:00pm-2:30pm	10:00am – 12:00am	2:00pm – 3:30 pm	1:00pm – 3:00pm	2:00pm – 4:00pm
Dates	Mondays from January 6 <sup>th</sup> – Monday, March 3 <sup>rd</sup>  Exclusion date: February 17 <sup>th</sup>	Mondays from January 6 <sup>th</sup> - Monday, March 3 <sup>rd</sup>  Exclusion date: February 17 <sup>th</sup>	Mondays from January 13 <sup>th</sup> – Monday, March 3 <sup>rd</sup>  Exclusion date: February 17 <sup>th</sup>	Tuesdays from January 7 <sup>th</sup> – March 11 <sup>th</sup>	Tuesdays from January 7 <sup>th</sup> – March 11 <sup>th</sup>	Tuesdays from January 7 <sup>th</sup> – February 25 <sup>th</sup>	Wednesdays from January 8 <sup>th</sup> – Wednesday, March 5 <sup>th</sup>	Wednesdays from January 15 <sup>th</sup> – Wednesday, March 5 <sup>th</sup>
Fee	\$140.00 +tax	\$140.00 +tax	\$108.16	\$80.00	\$120.00	\$140.00 +tax	\$170.00	\$123.60
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Register	<a href="https://bit.ly/4lyPeXk">https://bit.ly/4lyPeXk</a>	<a href="https://bit.ly/3OeKbUz">https://bit.ly/3OeKbUz</a>	<a href="https://www.activecommunities.com/toronto/activities/Search?115486">https://www.activecommunities.com/toronto/activities/Search?115486</a>	<a href="https://v2.mycommunityhub.ca/#/program-details/35106">https://v2.mycommunityhub.ca/#/program-details/35106</a>	<a href="https://v2.mycommunityhub.ca/#/program-details/35107">https://v2.mycommunityhub.ca/#/program-details/35107</a>	<a href="https://bit.ly/32eS5OW">https://bit.ly/32eS5OW</a>	<a href="https://anc.ca.gov/activecommunities.com/toronto/activities/Search/detail/3883?onlineSiteId=08&amp;from_original_cui=true">https://anc.ca.gov/activecommunities.com/toronto/activities/Search/detail/3883?onlineSiteId=08&amp;from_original_cui=true</a>	<a href="https://www.activecommunities.com/toronto/activities/Search?115487">https://www.activecommunities.com/toronto/activities/Search?115487</a>





	Thursday			Friday	
<b>Program</b>	<p><b>Senior Social Club</b></p> <p>Each week features themed recreational group activities in an informal setting. Activities include functional fitness, memory games, and art. This is a place to improve your social, mental, and emotional capabilities while working towards achieving personal goals.</p>	<p><b>Knit and Chat</b></p> <p>Come together through the calming art of knitting and the joy of socializing. Whether you're an experienced knitter or a complete beginner, this program provides a welcoming space to connect with others while working on your knitting projects. Participants can share tips, exchange.</p>	<p><b>Flavor Fusion: Cooking in the Chefs Corner</b></p> <p>Be prepared to grow your culinary skills while exploring creative recipes and cooking techniques.</p>	<p><b>Creative Corner</b></p> <p>From painting and crafting to coloring, knitting, drawing, and melting beads, participants will embark on a journey to unleash their creativity in a supportive and inspiring environment. Join us in this colourful space where imagination knows no bounds!</p>	<p><b>Drama</b></p> <p>Whether you're rehearsing scenes, improvising with friends, or preparing small group performances, there's always something fun and engaging to do. Learn new skills, make friends, and discover the magic of the stage in a supportive and fun environment.</p>
<b>Location</b>	Richvale Community Centre and Pool 160 Avenue Rd Richmond Hill	Welcome Center Immigrant Services 9325 Yonge St #31a, Richmond Hill, ON L4C 0A8	Ballantrae Community Centre 5592 Aurora Rd, Whitchurch-Stouffville, ON L4A 7X3	Markham Office 5694 Highway 7 East, Unit 13 Markham	The Hub 10415 Yonge St Richmond Hill, ON L4C 3C2
<b>Time</b>	1:00pm – 3:00pm	2:00pm – 4:00pm	5:00pm-7:00pm	10:00am – 12:00pm	6:00pm – 8:00pm
<b>Dates</b>	Thursdays from January 16 <sup>th</sup> – March 6 <sup>th</sup>	Thursdays from January 9 <sup>th</sup> – Thursday March 13 <sup>th</sup>	Thursdays from January 9 <sup>th</sup> – Thursday, March 6 <sup>th</sup>	Fridays from January 10 <sup>th</sup> – Friday, March 14 <sup>th</sup>	Fridays from January 10 <sup>th</sup> – Friday, March 14 <sup>th</sup>
<b>Fee</b>	\$123.60	\$80.00	\$170.00	\$80.00	\$150.00
<b>Need More info?</b>	Jan Adams <a href="mailto:jadams@communitylivingyorksouth.ca">jadams@communitylivingyorksouth.ca</a>	Noami Olokode <a href="mailto:nolokode@communitylivingyorksouth.ca">nolokode@communitylivingyorksouth.ca</a>	Sabrina Sousa <a href="mailto:ssousa@communitylivingyorksouth.ca">ssousa@communitylivingyorksouth.ca</a>	Sabrina Sousa <a href="mailto:ssousa@communitylivingyorksouth.ca">ssousa@communitylivingyorksouth.ca</a>	Gui Brun <a href="mailto:gbrun@communitylivingyorksouth.ca">gbrun@communitylivingyorksouth.ca</a>
<b>Register</b>	<a href="http://ca.apm.activecommunities.com/richmondhill/Activity_Search/h/115488">http://ca.apm.activecommunities.com/richmondhill/Activity_Search/h/115488</a>	<a href="https://v2.mycommunityhub.ca/#/program-details/35111">https://v2.mycommunityhub.ca/#/program-details/35111</a>	<a href="https://anc.ca.apm.activecommunities.com/townofws/activity/search/detail/33857?onlineSiteId=0&amp;from_original_cui=true">https://anc.ca.apm.activecommunities.com/townofws/activity/search/detail/33857?onlineSiteId=0&amp;from_original_cui=true</a>	<a href="https://v2.mycommunityhub.ca/#/program-details/35108">https://v2.mycommunityhub.ca/#/program-details/35108</a>	<a href="https://v2.mycommunityhub.ca/#/program-details/35119">https://v2.mycommunityhub.ca/#/program-details/35119</a>

VIRTUAL MARKETPLACE PROGRAMS			
Date	Tuesday	Friday	Friday
<b>Program</b>	<p><b>Karaoke</b></p> <p>Whether it is a solo or duet, sing your favourite songs with your friends on Karaoke night!</p>	<p><b>Virtual Games</b></p> <p>Come for a fun night of playing games, competition, and socializing with friends</p>	<p><b>Health and Fitness</b></p> <p>Join our fitness sessions to learn lessons about healthy eating, creating a balance life style, and a short workout to keep you active.</p>
<b>ZOOM</b>	<p>Use The link below to register!</p> <p><a href="https://us02web.zoom.us/j/87156072200">https://us02web.zoom.us/j/87156072200</a></p> <p>Meeting ID: 871 5607 2200</p>	<p>Use the link below to register!</p> <p><a href="https://us02web.zoom.us/j/81753800216">https://us02web.zoom.us/j/81753800216</a></p> <p>Meeting ID: 817 5380 0216</p>	<p>Use the link below to register!</p> <p><a href="https://us02web.zoom.us/j/83005834835">https://us02web.zoom.us/j/83005834835</a></p> <p>Meeting ID: 830 0583 4835</p>
<b>Time</b>	3:00pm – 4:00pm	1:00pm – 2:00pm	2:00pm – 3:00pm
<b>Dates</b>	Tuesdays from January 7th – Tuesday, March 11th	Fridays from January 10 <sup>th</sup> – Friday, March 14 <sup>th</sup>	Fridays from January 10 <sup>th</sup> – Friday, March 14 <sup>th</sup>
<b>Need More info?</b>	<a href="mailto:Nolokode@communitylivingyorksouth.ca">Nolokode@communitylivingyorksouth.ca</a>	<a href="mailto:Nolokode@communitylivingyorksouth.ca">Nolokode@communitylivingyorksouth.ca</a>	<a href="mailto:Nolokode@communitylivingyorksouth.ca">Nolokode@communitylivingyorksouth.ca</a>

# Family Support Networks

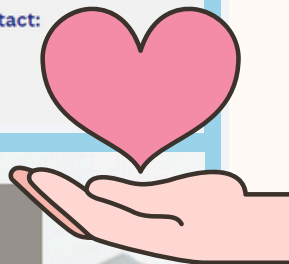


Join the Caregivers Network (SCSF)!

Our Network is a group of families who support individuals with intellectual disabilities. This group looks for ways to enhance respite opportunities, share information, and make connections.

For more information and to join contact:

Mark Wolanski  
wolanski.mark@gmail.com



**CARE CONNECT**

**家友站**



This group provides a platform for 55+ Cantonese-speaking caregivers to build networks and embrace aging.  
活動為 55歲以上家長/照顧者提供粵語平台，建立人際網絡及享受豐盛人生。

**LOCATION 地點:**

Virtual session  
on Zoom  
網上Zoom會議

**ACTIVITIES 活動:**

Information sharing,  
games, exercise and more!  
資訊分享，遊戲，運動等

For more information, please contact:

如有查詢，請聯繫：

**Doris Leung:**

416-302-7090 / todorisleung@yahoo.com

## CONNECTED FAMILIES - YORK SOUTH FSN

Connect, learn, network and take part in an important conversation about housing and other options for our loved ones with intellectual disabilities.

All are welcome!

For more information and to join contact:

Shamira Prabarakan  
sprabarakan@communitylivingyork south

Palak Bhatia  
pbhatia@communitylivingyorksouth.ca



## FARSI FAMILY NETWORK

گروه خانواده فارسی زبان  
جلسه دوم

ARE YOU A FARSI-SPEAKING FAMILY SUPPORTING A LOVED ONE WITH AN INTELLECTUAL DISABILITY AND LOOKING FOR AN OPPORTUNITY TO ACCESS A SUPPORTIVE COMMUNITY?

THIS NETWORK IS DESIGNED TO CONNECT AND SUPPORT FARSI-SPEAKING FAMILIES WHILE FOSTERING ADVOCACY

آیا شما یک خانواده فارسی زبان هستید که از عزیزان دارای معلولیت ذهنی حمایت می کنید و به دنبال فرصتی برای دسترسی به یک جامعه حمایتی هستید؟

این گروه برای ارتباط و حمایت از خانواده های فارسی زبان و در عین حال حمایت از حمایت طراحی شده است.

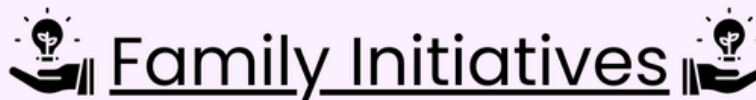
For more information and to join:

Contact: pbhatia@communitylivingyorksouth.ca  
437-439-8034



# Family Initiatives

*Parent Operated Programs*



Family initiatives are some of the strongest running groups, with parents/family members taking the initiative to facilitate and launch new programs with the guidance of the Community Support Coordinators. Below you will find a list of programs in each area:

<p><b>6:00-8:00 p.m</b> <b>Monday &amp; Wednesday</b></p> <p><b>Boy's Group (16+)</b> Build social skills of teenagers and young adults with intellectual disabilities to promote positive social relationships with their peers. <b>Location:</b> Markham &amp; Virtual <b>Contact:</b> Daniel Ching (416) 887-9744   danielching0@yahoo.ca</p>	<p><b>10:00-11:30 a.m</b> <b>Saturday</b></p> <p><b>Children's Program (Ages 5-10)</b> Focuses on building social skills through craft, games and physical activity. <b>Location:</b> Markham <b>Contact:</b> Kelly Chen 905-474-9500   info@solhc.ca</p>
<p><b>10:00-1:00 p.m.</b> <b>Sunday</b></p> <p><b>Adapted Skills Weekend Program</b> Tamil youth and young adults' program for socializing, yoga, and art camp. <b>Location:</b> Markham <b>Contact:</b> Sumathy Seran Email: sumathy554@gmail.com</p>	<p><b>2:30-5:30p.m</b> <b>Saturday</b></p> <p><b>Amazing Girls Group</b> For mature ladies to build friendships and independence and enhance social and life skills. <b>Location:</b> Richmond Hill <b>Contact:</b> Amy So Email: iamamyso@gmail.com</p>
<p><b>2:00-3:30p.m &amp; 3:45-5:15p.m</b> <b>Saturdays</b></p> <p><b>Children's Art Class</b> Practice and enhance fine motor skills, develop group skills, learn to express and regulate emotions <b>Location:</b> Markham <b>Contact:</b> Kelly Chen 905-474-9500   info@solhc.ca</p>	<p><b>10:00am - 11:30am</b> <b>Saturdays</b></p> <p><b>Baking Class (Ages 12 +)</b> Youths learn the life skills to bake and develop team work. <b>Location:</b> Richmond Hill <b>Contact:</b> Kelly Chen Tel : 905-474-9500 Email : info@solhc.ca</p>
<p><b>07:00-9:00p.m</b> <b>Thursday</b></p> <p><b>Thursday Night Entertainment Program (Ages 10+)</b> Currently running hybrid social activities every Thursday <b>Location:</b> Richmond Hill <b>Contact:</b> Jude Farjami 647-271-5487   j.farjami@gmail.com</p>	<p><b>05:30-8:00p.m</b> <b>Thursday</b></p> <p><b>Girls on the Go</b> Girls on the Go is a Parent Operated Program designed for teens and young adults (aged 16+) with special needs, to socialize, interact, and grow through engaging activities. <b>Location:</b> Markham <b>Contact:</b> Haziefa Husain   Email: haziefa26@yahoo.ca</p>

To view all family initiatives visit: <https://communitylivingyorksouth.ca/programs/familyInitiatives>

# Crème Brûlée Latte

Prep Time:  
15 mins

Total Time:  
15 Min

Yield:  
1 Cup

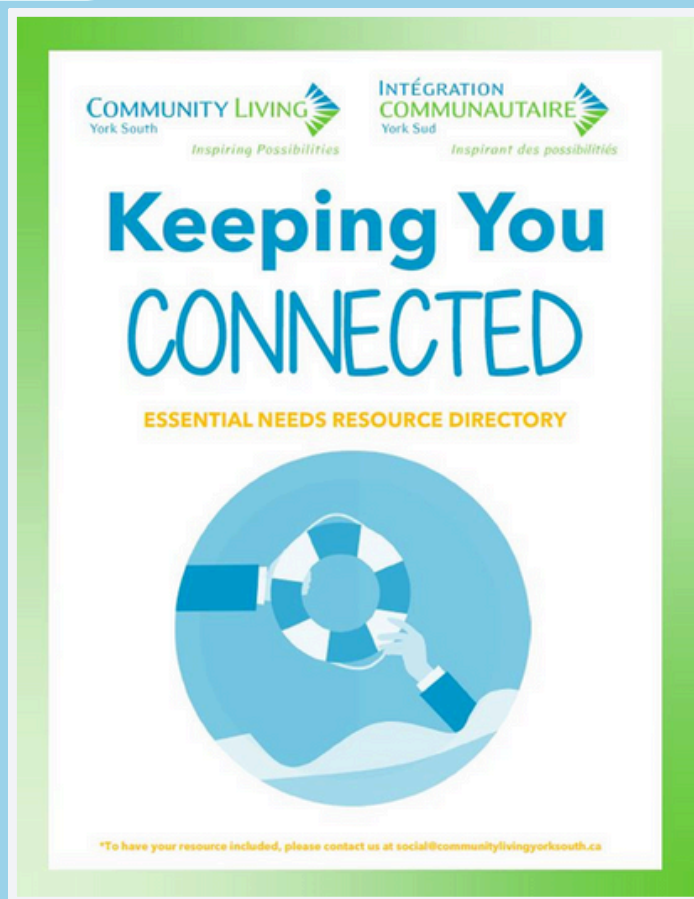
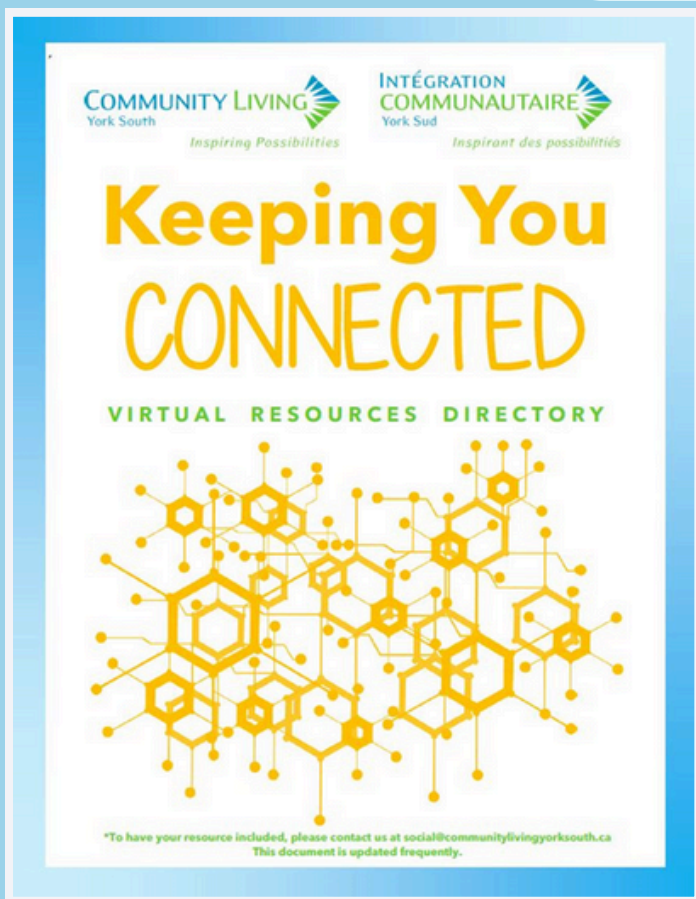
## Ingredients

7 oz brewed coffee  
1 tbsp brown sugar  
1/2 tsp vanilla extract  
2 tbsp milk or cream  
1/2 oz Torani Classic Caramel syrup  
Whipped cream  
1/2 tsp caramel sauce  
1 tsp Heath English Toffee Bits

## Directions

Pour freshly brewed hot coffee into your favorite mug. Add brown sugar, vanilla extract, Torani syrup, and milk or cream. Microwave for about 30 seconds. Stir until sugar has dissolved. Top with whipped cream, caramel sauce, and toffee bits.

# Resources



**Virtual Resource Directory:**  
Virtual and online workshops, mental health, virtual attractions, activities, social, and education resources.

**Essential Needs Resource Directory:**  
Urgent and basic needs. You will find links and information on food banks, prepared meal delivery services, crisis support, and financial information.

# Why become a CLYS member?

- Access to our member portal that provides extensive information and resources
- Discounts on Respite Services and Camps
- Invitations to complimentary workshops, information nights, and events
- Information on Opportunities available in your community
- Receipt of our quarterly Access Newsletter
- Voting rights at the Annual General Meeting
- A copy of our Annual Report.

**Join Today!**



COMMUNITY LIVING York South Inspiring Possibilities

INTÉGRATION COMMUNAUTAIRE York Sud

MEMBER REGISTRATION

HOME MEMBER REGISTRATION MEMBER INFO RESOURCES CREATIVE SOLUTIONS

### WHATS INSIDE?

- Resources broken down by age and category
- Access to workshops, creative solutions, member events and more

Member Portal

### GET SOCIAL WITH US

Stay up to date! Find us on social media!

f @ t in

@clyorksouth

Empowering people with intellectual disabilities to live, learn, work, and participate in their community.

Enter search string





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To subscribe: <https://bit.ly/EConnector>



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Matters.

*Give a little. Help a lot.*



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LIVING YORK SOUTH SCAN  
THE QR CODE WITH YOUR  
MOBILE PHONES CAMERA!**

# Health and Safety Updates



**Mask-Friendly Environment**

For more information on Community Living York South's Health and Safety Protocols, visit our website at [www.communitylivingyorksouth.ca](http://www.communitylivingyorksouth.ca)





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