

# CLT's Peer Links

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## **Seasonal Affective Disorder (SAD)**

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Weather often affects people's moods. Sunlight breaking through clouds can lift our spirits, while a dull, rainy day may make us feel a little gloomy. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life. Some people, however, are vulnerable to a type of depression that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of clinical depression that can last until spring. This condition is called "Seasonal Affective Disorder," or SAD. A mild form of SAD, often referred to as the "winter blues," causes discomfort, but is not incapacitating. However, the term "winter blues" can be misleading; some people have a rarer form of SAD which is summer depression. This condition usually begins in late spring or early summer.

Awareness of this mental condition has existed for more than 150 years, but it was only recognized as a disorder in the early 1980s. Many people with SAD may not be aware that it exists or that help is available.

SAD can be a debilitating condition, preventing sufferers from functioning normally. It may affect their personal and professional lives, and seriously limit their potential. It is important to learn about the symptoms, and to know that there is treatment to help people with SAD live a productive life year-round.

### **What Causes SAD?**

Research into the causes of SAD is ongoing. As yet, there is no confirmed cause. However, SAD is thought to be related to seasonal variations in light. A "biological internal clock" in the brain regulates our circadian daily rhythms. This biological clock responds to changes in season, partly because of the differences in the length of the day. For many thousands of years, the cycle of human life revolved around the daily cycle of light and dark. We were alert when the sun shone; we slept when our world was in darkness. The relatively recent introduction of electricity has relieved us of the need to be active mostly in the daylight hours. But our biological clocks may still be telling our bodies to sleep as the days shorten. This puts us out of step with our daily schedules, which no longer change according to the seasons. Other research shows that chemical

messengers in the brain that help regulate sleep, mood, and appetite, may be disturbed in SAD.

### **What are the Symptoms?**

SAD can be difficult to diagnose, since many of the symptoms are similar to those of other types of depression or bipolar disorder. Even physical conditions, such as thyroid problems, can look like depression. Generally, symptoms that recur for at least 2 consecutive winters, without any other explanation for the changes in mood and behaviour, indicate the presence of SAD. They may include:

- change in appetite, in particular a craving for sweet or starchy foods
- weight gain
- decreased energy
- fatigue
- tendency to oversleep
- difficulty concentrating
- irritability
- avoidance of social situations
- feelings of anxiety and despair

The symptoms of SAD generally disappear when spring arrives. For some people, this happens suddenly with a short time of heightened activity. For others, the effects of SAD gradually dissipate. Symptoms of summer depression may include poor appetite, weight loss and trouble sleeping.

### **Who is at Risk?**

Research in Ontario suggests that between two and three percent of the general population may have SAD. Another 15% have a less severe experience described as the "winter blues."

SAD may affect some children and teenagers, but it tends to begin in people over the age of 20. The risk of SAD decreases with age. The condition is more common in women than in men. Recent studies suggest that SAD is more common in northern countries, where the winter day is shorter. Deprivation from natural sources of light is also of particular concern for shift workers and urban dwellers who may experience reduced levels of exposure to daylight in their work environments. People with SAD find that spending time in a southerly location brings them relief from their symptoms.

### **How is SAD Treated?**

If you feel depressed for long periods during autumn and winter, if your sleep and appetite patterns change dramatically and you find yourself thinking about

suicide, you should seek professional help, for example, from your family doctor. There is effective treatment for SAD. Even people with severe symptoms can get rapid relief once they begin treatment.

People with mild symptoms can benefit from spending more time outdoors during the day and by arranging their environments so that they receive maximum sunlight. Trim tree branches that block light, for example, and keep curtains open during the day. Move furniture so that you sit near a window. Installing skylights and adding lamps can also help.

Exercise relieves stress, builds energy and increases your mental and physical well-being. Build physical activity into your lifestyle before SAD symptoms take hold. If you exercise indoors, position yourself near a window. Make a habit of taking a daily noon-hour walk. The activity and increased exposure to natural light can raise your spirits.

A winter vacation in a sunny destination can also temporarily relieve SAD symptoms, although symptoms usually recur after return home. At home, work at resisting the carbohydrate and sleep cravings that come with SAD.

Many people with SAD respond well to exposure to bright, artificial light. "Light therapy", involves sitting beside a special fluorescent light box for several minutes a day. A health care professional should be consulted before beginning light therapy.

For people who are more severely affected by SAD, antidepressant medications are safe and effective in relieving symptoms. Counseling and therapy, especially short-term treatments such as cognitive-behavioural therapy, may also be helpful for winter depression.

Increasing your exposure to light, monitoring your diet, sleep patterns and exercise levels are important first steps. For those who are severely affected, devising a treatment plan with a health care professional consisting of light therapy, medication and cognitive-behavioural therapy may also be needed.

### **Where To Go For More Information**

For further information about seasonal affective disorder, contact a community organization like the Canadian Mental Health Association to find out about support and resources in your community.

The Canadian Mental Health Association is a national voluntary association that exists to promote the mental health of all people. CMHA believes that everyone should have choices so that, when they need to, they can reach out to family, friends, formal services, self-help groups or community-based organizations.

**Canadian Mental Health Association**  
8 King Street East, Suite 810 Toronto ON M5C 1B5  
Tel./Tél.: (416) 484-7750  
Fax: (416) 484-4617  
Email: [info@cmha.ca](mailto:info@cmha.ca)

## Dealing With Pain

[http://www.aarp.org/health/staying\\_healthy/prevention/Articles/a2003-03-13-pain.html](http://www.aarp.org/health/staying_healthy/prevention/Articles/a2003-03-13-pain.html)

Nobody likes pain. Whether it's acute pain, like you get when you break your leg, or chronic pain, like you have with a lasting illness, we just want it to go away so we can get on with our lives. Being in pain can affect nearly every part of your life. As if the pain itself isn't bad enough, it also can cause sleep problems, problems working; tiredness; negative emotions such as loneliness, sadness, worry, anger and irritability; the inability to enjoy simple pleasures and the lack of involvement in activities you once enjoyed, including social and physical activities.

If you're in pain, it's important to talk to your doctor about how to control it. There are medications and other things that can help you feel better. Whatever the source, there's no reason why you shouldn't be able to get help controlling your pain.

### **Pain Medication**

Even though medicines are available to help all kinds of pain, some people are afraid to take them. Some of the mistaken ideas people have about pain management and medicines are that they'll become addicted. People, and even some doctors, worry that drugs used to treat pain are addictive. The truth is that your risk of getting addicted to these drugs is low when you take them properly and under a doctor's care.

Pain is part of life. Many times people resist telling the doctor about the pain because they feel it is just part of the illness that they must live with. This prevents many people from getting pain relief through proper pain management. That results in needless suffering.

### **Talking to Your Doctor**

Even though many studies have shown that most people resist talking to their doctors about pain, it's the most important step you can take to get relief. Tell your doctor:

- Where it hurts
- When the pain started
- What you have been doing to deal with the pain, such as taking aspirin or practicing relaxation techniques
- If the pain is constant or it comes and goes
- If anything makes the pain go away or makes it worse
- How the pain affects your daily life

Also be sure to ask your doctor these important questions about taking medication for your pain, so you'll know what to expect on a daily basis:

- What types of medication can I take for my pain?
- What are the side effects of each drug? How long will they last?
- How should I take this medication?
- How long should I take this medication?
- Could this medication interact with any other drugs (or vitamins or supplements) I'm taking?
- Are there things I should avoid eating, drinking, or doing while taking this medicine?
- What should I do if the pain gets worse? Should I call you?

### **Rating Your Level of Pain**

One good way to tell the doctor how much pain you are in is to rate the pain on a scale of zero (no pain) to 10 (worst pain). This system lets your doctor and you track pain to see which treatments work and which don't.

### **Other Pain Management Tools**

Besides medication, there are other things you can do to try to manage your pain. People in pain might find themselves battling not only pain, but fear, anxiety, and depression too. Anxiety and stress can lower your tolerance to pain. Activities such as getting regular physical activity, joining a support group, going for counseling or practicing relaxation techniques can help reduce your stress and pain levels.

### **Checklist: 11 Ways to Ensure Proper Pain Management**

1. **Don't wait until chronic pain is too severe to treat.** Pain is easier to prevent than treat. Begin to understand the kinds of medications that you might take if you begin to have pain.
2. **Talk with your physician about your concerns for good pain care.** Be assertive, and tell your doctor you will not tolerate under-treated pain.

3. **Demand comfort care in your advance directive.** Be clear and assertive.
4. **Ask a family member or friend to be your advocate** if you cannot speak for yourself. Keep this person informed of your pain.
5. **Maintain a pain record.** Note location, time of day, severity, and what relieved the pain. Share with your doctor or nurse.
6. If you're receiving hospice care, **identify your pain level for the nurse at each visit.**
7. **Understand your doctor's orders for your pain medication.** Make sure you understand the frequency, dose and type of medication. If you have questions, ask them.
8. **Insist that you have enough pain medication for weekends or holidays.**
9. **Get the names and phone numbers of any doctors covering for your physician.**
10. If you are hospitalized and your pain is not being treated, **ask to speak to the medical director or nursing supervisor.**
11. For end-of-life pain, **expect medication amounts to increase rapidly.**

*Source: Compassion in Dying Federation*

### **Connections 2005 Resource Fair for Persons with Disabilities**

Erinoak in partnership with Peel/Halton/Dufferin Coalition for Persons with Disabilities present:

**"Connections 2005: The 6th Annual Resource Fair for Persons with Disabilities."** Meet representatives from Peel and Halton service agencies:

- Supplies & Equipment
- Advocacy
- Education
- Employment
- Social & Recreation
- Housing

- Income Support
- Attendant Services

The resource fair takes place Saturday, May 7, 2005, from 10 AM - 3 PM at Saint Famille Secondary School, 1780 Meadowvale Blvd., Mississauga.

Attendant care and ASL interpreter will be available. For more information contact Jon Greenaway at (905) 491-4361 or log on at [www.erinoak.org/news/news.htm](http://www.erinoak.org/news/news.htm).

### **Toronto Region ODSP Action Coalition**

**Toronto Region ODSP Action Coalition** is open to all recipients, legal clinics, agencies, service providers, family and friends living and/or working in Toronto.

We advocate for improvements to the provincial Ontario Disability Support Programme.

We provide and offer education workshops about rights and responsibilities under the ODSP legislation.

We meet the last Friday of each month, between 1:30-3 pm, at 519 Church Street Community Centre, 2nd Floor.

**Next Meetings: Friday April 1, 2005**

**Friday April 29, 2005**

519 Church St. is located just north of Wellesley, on the east side of Church St. Close to Wellesley TTC station.

The Toronto Region ODSP Action Coalition sponsors the ODSP Recipient's Support Group, which meets every third Monday of every month from 1:15 - 3 PM at Queen West Community Health Centre, located at 168 Bathurst Street (Queen & Bathurst).

If you have any questions, email to [torontodisabilityaction@yahoo.ca](mailto:torontodisabilityaction@yahoo.ca) or contact Catherine Manson, Flemingdon Community Legal Services, at 416-441-1764 x31 or visit their website at [www.geocities.com/torontodisabilityaction/](http://www.geocities.com/torontodisabilityaction/).

Wheel-Trans user e-group, log on at <http://groups.yahoo.com/group/wheel-trans-users/>.

## **Driver Rehabilitation Services - New Location**

DriveAble has moved to the new location and is now co-located with Driver Rehabilitation Services. However the programs will continue to deliver their unique services.

Their new location is in the Allan Road and Sheppard Ave area near Yorkdale Shopping Centre. The facility is at ground level with plenty of wheelchair parking and an easy to use ramp right into the facility. It is located beside Kino Mobility - one of Canada's leading vehicle modifiers for people who drive with modified controls and require vehicle wheelchair access.

Driver Rehabilitation Service's new location and contact information is:

### **Driver Rehabilitation Services, Saint Elizabeth Health Care**

Suite 4 - 1140 Sheppard Ave West

Toronto, ON M3K 2A2

Phone: 416 398-1035 Fax: 416 398-3206

For the convenience of clients, Bloorview MacMillan's direct number for Driver Rehabilitation Services (416) 424-3898, the fax number (416) 425-0534 and main extension #3898 of Driver Rehabilitation Services will be automatically forwarded to the new phone number and fax number listed above. This will continue for the next 6 months.

At the new phone number, the telephone attendant communicates that Saint Elizabeth Health Care now includes Driver Rehabilitation Services formerly with Bloorview MacMillan and DriveAble.

To help answer any questions our clients may have here is some useful information:

### **Questions and Answers:**

#### **Why is Bloorview MacMillan letting go of such a successful program?**

Driver rehabilitation services continue to see an increase in the number of adults and seniors requiring driver rehabilitation following an injury or stroke. As a pediatric rehabilitation centre, Bloorview MacMillan was challenged to market its program to this population and underwent a search to identify potential partners with adult-focused services and expertise. The search was successful and they're delighted to have formed a partnership with Saint Elizabeth Health Care, a Canadian not-for-profit charitable organization with a century of experience in home and community care.

#### **Why did they select Saint Elizabeth Health Care?**

As a leading provider of home-based services, Saint Elizabeth Health Care is a natural fit for this program because most clients require pick-up at home and training within their own communities. Saint Elizabeth Health Care currently operates DriveABLE, a Ministry-approved, research-based driving assessment program for clients with cognitive impairments.

The new partnership will further enhance delivery of driver rehabilitation services and both organizations dedication to enabling people with disabilities to achieve driver independence.

### **Will Bloorview MacMillan continued to be involved with the program?**

The transfer to Saint Elizabeth Health Care includes the program's assets and its team of dedicated staff as well as all active clients. Bloorview MacMillan will play an important role in the referral process.

### **What are the benefits of this change?**

The agreement between SEHC and Bloorview MacMillan ensures that the driver rehabilitation program will continue to:

- Guarantee service for complex clients
- Guarantee services for young adult clients receiving treatment at Bloorview MacMillan - with the new driver program.

The next young driver training program is taking place at Bloorview MacMillan Children's Centre beginning March 5. Spaces still available!!! Contact Grace Cheng at 416 398-1035 for more information.

## **ICE (Independence Community and Empowerment) Canada 2005: "Living Well: Beyond Existing"**

*By: Tracy Shepherd, Thames Valley Children's Centre, London, Ontario*

### **What is it?**

ICE Canada is a conference inspired by the Pittsburgh Employment Conference held annually in the United States. The Inaugural ICE Canada conference occurred in April of 2002 at Geneva Park in Ontario and was an overwhelming success. This is a conference that is given by and for individuals who use Augmentative and Alternative Communication (AAC). The aim is to come together to learn information, share ideas and create new friendships, which was certainly the case during ICE 2002. One participant of ICE 2002 commented that the conference "seemed to be a good forum for people to air feelings, mix socially and enjoy themselves in a lovely and natural

setting that was easily accessible." Nora Rothschild the conference committee Chair described it as a magical and almost spiritual experience. Many participants described the weekend as a life changing experience. It left all who attended on a natural high!

### **Where and when is it?**

The Ontario Federation of Cerebral Palsy is sponsoring this event, which will be held this year in Toronto, Ontario at the Travelodge Hotel, Keele and 401, and will occur **April 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>, 2005**.

### **What happens there?**

A group of dedicated and hard working individuals compose the ICE conference committee with membership from Ontario March of Dimes, Speaking Differently, clinicians from AAC centres around Ontario and of course AAC users. The program committee is busily developing a list of speakers on the following topics:

- Recreation / Leisure / Travel
- Sexuality / Marriage / Dating / Relationships
- Aging with a Disability
- Spirituality / Death / Grieving
- Advocacy / Rights / Independence

Once the speakers are finalized you will find a complete listing on the ICE website [www.iceconference.ca](http://www.iceconference.ca).

The pinnacle of the conference will be the **Town Hall Meeting**. There will be a discussion chaired by an individual who uses AAC. During this meeting only individuals who use AAC are allowed to talk. Each consumer at the 2002 conference made at least one comment during that afternoon. Penny Kitchen, ICE 2002 participant from Halifax, Nova Scotia claimed that, "it was more about getting to know people and how each person was different in their own way."

In addition, the main social event will be the observational play **Broken Speech** performed by Speaking Differently, which is about how one tries to survive in a world that is primarily based the spoken word. Broken Speech is a vivid, hilarious and insightful commentary on how one person is able to regain his once lost voice.

The entire event will be amazing for all who are able to attend. For more information about ICE 2005 or to register please go to [www.iceconference.ca](http://www.iceconference.ca).

## Unlocking the Mystery: A Peer Connection

*by Nancy Barry and Kimberly McKennitt*

Have you ever wondered why you often see PDN and Prime Timers on the same flyer? Do you know why these two groups are regularly combined? Do you wonder what the relationship between these groups is, why there is one and what they have in common?

If you have asked yourself some or any of these questions or wondered what the deal was, well, we thought it was time to let you all know. Please read on:

Over the past couple of years, PDN and Prime Timers have hosted many events together. Some of you may remember that beautiful September day when we enjoyed yoga in the park and learned techniques for stress management. Many of you will definitely remember our Valentine's Day celebrations, Spring Pot Luck party or Mid-Winter Gatherings (this year's was a huge hit featuring live music by the dynamic duo, Melody Mist). And what about some of the educational workshops on topics, including Taking Care of Ourselves and How to Eat Right and Feel Better?

### **Does anything ring a bell yet?**

In case you've forgotten, or you just don't know, let us remind you who we are.

### **Who are the Prime Timers?**

The Prime Timers is a peer support group that was created out of an interest in the 35 and up age group. Members share similar passions, concerns and interests because of the fact that they are interacting with others in their age range.

### **What is the PDN and who are its members?**

The PDN (Parenting with a Disability Network) is a peer support and information-sharing network for parents and prospective parents with disabilities. Members share experiences, ideas, strategies and tips on parenting issues, etc.

### **What is the relationship between the PDN and Prime Timers?**

Many of the members of Prime Timers happen to be parents with a disability and conversely, many PDN members fall into the Prime Timer age bracket. That's one of the reasons why we put these two groups together. But it's not the only reason. In case you were wondering, you don't need to be a parent to participate in our events nor do you need to be over 35 to be a member of the PDN.

We design our events so that everyone can participate, and hopefully enjoy themselves. Basically, all you have to do is come out, mingle and have fun.

That's exactly what we see happening at our events; feedback from our members has been extremely positive. This success can be attributed to the continuity and familiarity that exists among members of both groups. It's something about this connection between these groups that enriches the experience of peer support for everyone involved.

Our ultimate goal and the reason why we host events together is so that peer support can occur 'spontaneously' - the best kind of peer support - and that members of both groups can get together, expand their networks and stay in-touch with others in the community.

We'd like to thank all of you who have come out and participated in our many events. It's because of you that we have realized our goal and we hope that this connection continues to be a valuable one for all our members.

Stay tuned for upcoming events, including, Creating a Will: A Workshop for People with Disabilities and their Families, an Emergency Preparedness Seminar, social events and more.

### **CILT in partnership with ARCH (A Legal Resource Centre for Persons with Disabilities) present a workshop on: Creating a Will**

#### ***A Workshop for Adults with Disabilities and their Families***

This workshop will focus on:

- Why is it so important for us to have a will?
- What is a "Power of Attorney" and how does it work?
- Choosing guardianship of our children
- How much does it cost to create a will?

Please welcome Lana Kruzner, a legal representative from ARCH, who will be talking about the importance of creating a will and who will provide us with answers to the questions listed above.

We invite you to come with your own questions as well.

Saturday, June 11, 2005  
1- 3:30 PM

Centre for Independent Living in Toronto  
205 Richmond Street West, Suite 605

To register for this event, please call (416) 599-2458, and ask to speak to Nancy or Kimberly or by TTY at (416) 599-5077 by June 3, 2005.

CILT's programs are supported by a Toronto Community Service Grant, United Way of Greater Toronto and Human Services Canada.

## **Crime Prevention and People with Disabilities**

*Taken from CAILC website : [www.cailc.ca](http://www.cailc.ca)*

The Canadian Association of Independent Living Centres, (CAILC) in conjunction with Ottawa Police Services is pleased to announce the upcoming conference, **National Safety Symposium-Crime Prevention and Independent Living** to take place in Ottawa April 28-30 2005 at the Westin Hotel.

This Symposium will initiate an inclusive dialogue on crime prevention and persons with disabilities, first time responders, government representatives, and community agencies with the purpose of sharing strategies, initiatives and developing recommendations to keep the momentum going.

There will be speakers from the disability community and experts from crime prevention programs. We will highlight existing community crime prevention initiatives from the disability community and also community initiatives produced by local police services and first responder communities across Canada.

There will be a sharing of ideas and expertise between persons with disabilities, Independent Living Resource Centres, police associations, justice professionals, community organizations and consumers. We will foster partnerships in the community to achieve an inclusive and safe community. We will develop recommendations to make our communities safer for all persons and IL consumers.

### **Who would be interested in this Symposium?**

Are you a person with a disability, a consumer of an Independent Living Centre, or do you work for an organization supporting persons with disabilities? Perhaps you are a police officer, ambulance attendant, fire response team member, 911 operators or work at a crisis centre in your community? Are you a policy maker or government representatives? All of these groups and associations related to these professionals would want to attend this Symposium.

Our list of invited speakers includes The Honourable Anne McLellan, Minister of Public Safety and Emergency Preparedness, Michael Kendrick, PhD, an international consultation who focuses on issues regarding people with

disabilities and safety and Sandra Carpenter, Program Manager, Toronto Centre for Independent Living, consumer expert on personal care abuses.

### Upcoming WDAAG Event

The Women with Disabilities and their Allies Group (WDAAG) presents "Iron-Jawed Angels" Movie and Munchie Night, on **April 22 from 6-9 PM**, at **the Anne Johnston Health Station, 2398 Yonge Street** (at Montgomery).

RSVP by April 18 to Lucy at **416-486-8666 x226**.

Attendant services provided.

### Helping My Child Who Lives With a Disability, Gain Independence

The *Ontario Federation for Cerebral Palsy* presents an information sharing workshop for parents with children of all ages: "Helping My Child who Lives with a Disability, Gain Independence"

Taking place on Saturday, April 23, 2005 at 1630 Lawrence Avenue West (Lawrence & Black Creek) in the Community Room.

The workshop will cover:

- The Meaning of Independence
- The Benefits to my Child Becoming Independent
- How Can Parents help their Child Become Independent

Guest speakers include a parent who has a child with a disability and a person living with a disability, who will each share their success stories. Lunch will be provided. Attendant services will be provided until 4:30 PM. There will be movies playing in another room for children who are accompanying parents.

If you are interested in attending this workshop, please contact Rena at the Ontario Federation for Cerebral Palsy at (416) 244-9686 x245 by April 18, 2005. Rena can also be reached by email at [rena@ofcp.on.ca](mailto:rena@ofcp.on.ca).

### Personal Growth & Well Being

Bellwoods Centres for Independent Living Inc. present a workshop for adults with physical disabilities on *Personal Growth and Well Being*.

The workshop is divided into three sessions:

**Session 1:** define self esteem, determine your desired area of personal growth

**Session 2:** participate with guest speakers to address techniques to strengthen confidence, self-respect and success

**Session 3:** practice self-acceptance and expand your social being

**When:** Wednesdays April 20, 27, and May 4, 2005; 2-4 PM

**Where:** Bellwoods Park House Lounge, 300 Shaw Street (Dundas & Ossington)

Refreshments will be provided. Attendant services provided upon request.

### **Tobias House Attendant Services Training**

Are you a woman living with a disability? Did you know that abused women living with disabilities face many barriers in accessing services? Are you interested in helping women with disabilities gain greater access to community services?

Here's how you can help.

Tobias House Attendant Services is interested in training you as an Agency Auditor with this project. You will receive instruction on how to conduct an agency accessibility audit and gain a broader understanding of abuse and disability and the ways in which women can get help. You are required to:

- Give a commitment of **up to 60 hours** between April and September 2005
- Travel and work in a team
- Work flexible hours, some work may be done during the day and early evenings
- Have some knowledge on violence against women with disabilities
- Have experience in working in the area of advocacy.

You will receive a small honorarium for your work on this project. If you are interested, please contact Fran Odette at (416) 978-3422 x30 or [fodette@womanabuseprevention.com](mailto:fodette@womanabuseprevention.com) by **Friday April 1, 2005**.

Tobias House Attendant Services is working in partnership with Anne Johnston Health Station and Education Wife Assault.

**This program is supported through National Crime Prevention Strategy.**

### **Youth Drop-In "Spring Fling"**

The next Youth Drop-in has been scheduled for **Saturday April 22, 2005** from 7:00 to 10:00 p.m. at Earl Bales Community Centre - 4169 Bathurst Street (Bathurst and Sheppard).

The Youth Drop-in is for youth with disabilities ages 16 to 29 years. The cost to attend the drop-in is \$3 per person.

#### **Highlights include:**

- A professional D.J.
- Raffles for a variety of gift certificates
- Karaoke sign-up segment

Snacks will be provided and attendant services will be available. If you wish to attend RSVP to Julie Osbelt at (416) 425-6220 x3298.

The Youth Drop-in is supported by:

- Bloorview MacMillan Children's Centre
- The Anne Johnston Health Station
- Spina Bifida & Hydrocephalus Association of Ontario
- City of Toronto Parks and Recreation, North District
- The Gage Transition to Independent Living

The Youth Advisory Council at Bloorview MacMillan Children's Centre will be holding a raffle for a variety of gift certificates. The money raised will go towards the purchase of a piece of equipment for the new Centre.

Raffle tickets will be \$0.50 each or 3 for \$1.

Peer Links is also available on audiotape.

Articles on products, agencies or services are for information only and are not meant as endorsements.

The opinions expressed in this newsletter are those of the contributors and may not reflect the views of CILT.

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