

Access

SPRING EDITION 2024

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Community Sup-

सम्प्रदाय मर्थन சமூக ஆதரவு
hỗ trợ cộng đồng comunitario de apoyo
comunitario di sostegno حمایت جامعه
کمیونٹی کی مدد کے 社區支援



We're Social,
Let's Connect!



@clyorksouth

Meet the Community Support Team



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Director of Community Development
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Stina Li
Community Support Coordinator
(English, Cantonese, Mandarin)
905-294-4971 ext. 267
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Puja Jit
Community Support Coordinator
(English, Hindi, Punjabi, Urdu)
905-294-4971 ext. 640
pjit@communitylivingyorksouth.ca



Winny Ho
Community Support Coordinator
(English, Cantonese, Mandarin)
905-294-4971 ext. 382
who@communitylivingyorksouth.ca



To book your in-person meeting,
please contact your Community Support Coordinator





community

A big, strong circle
of helping hands.
There when you need
to be heard, accepted,
and loved.

Youth Online Workshops				March 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	
26	27	28 Financial Wellness Series: Introduction 2:00pm - 3:00pm Join Zoom Meeting https://bit.ly/429EoWK Meeting ID: 834 1108 3247 +17789072071 CSC: Theebhiga Student: Vanessa and Said	29	1	
4	5	6	7	8 Fun Friday: Movie Day 1:00pm - 2:45pm Join Zoom Meeting https://bit.ly/3SR4pWB Meeting ID: 863 7194 1106 +16475580588 CSC: Winny	
11	12 In-Person: Bowling 1:00pm - 3:00pm COST: \$10.00/person Register in advance for this meeting: https://bit.ly/42Tha7E <i>Limited spots only for people supported; Pre-registration required</i> CSC: Puja and Stina Student: Said	13	14 Financial Wellness Series: Buying and Spending 2:00pm - 3:00pm Join Zoom Meeting https://bit.ly/49TCi09 Meeting ID: 859 5820 7818 +12042727920 CSC : Winny Student : Said	15	
18	19 Self-Love Series: Professional Development Skills 1:30pm - 2:30pm Join Zoom Meeting https://bit.ly/4bVQ5VA Meeting ID: 848 4370 6321 +16475580588 CSC: Puja Student: Fatima	20	21 York Regional Police Workshop Series: Fraud 3:30pm - 4:30pm Join Zoom Meeting https://bit.ly/3tFGqko Meeting ID: 856 9261 2808 +15873281099 CSC: Winny Student: Alisa	22	
25	26 In-Person: Easter Fun 2:00pm - 3:30pm Location: TBA Register in advance for this meeting: https://bit.ly/3OY6y1B <i>Pre-registration required</i> CSC: Stina Student: Fatima	27	28	29 Good Friday	

To Access Full March Calendar Visit: <https://bit.ly/3IBNR5W>

Youth Online Workshops				March 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	
26	27	28 Financial Wellness Series: Introduction 2:00pm - 3:00pm Join Zoom Meeting https://bit.ly/429EoWK Meeting ID: 834 1108 3247 +17789072071 CSC: Theebhiga Student: Vanessa and Said	29	1	
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To Access Full March Calendar Visit: <https://bit.ly/3IBNR5W>



COMMUNITY LIVING YORK SOUTH'S

2024 SUMMER CAMP

(CHILDREN AGED 8-15 OR YOUTH/ADULTS AGED 16+)
JULY 2ND 2024 TO AUGUST 23RD 2024



For more information contact:

Markham Camp

Winnie Ho
905-294-4971 ext. 382
who@communitylivingyorksouth.ca

Richmond Hill Camp

Puja Jit
905-294-4971 ext. 640
pjit@communitylivingyorksouth.ca

Vaughan Camp

Stina Li
905-294-4971 ext. 267
sli@communitylivingyorksouth.ca

Virtual Camp

Stina Li
905-294-4971 ext. 267
sli@communitylivingyorksouth.ca

IN PERSON
9:30AM-3:30PM

VIRTUAL
10:30AM-2:30PM

Early Bird (deadline: May 10, 2024):

Members: \$300/week | **Non-Members:** \$330/week

Early Bird (deadline: May 10, 2024):

Members: \$30/week | **Non-Members:** \$33/week

After Early Bird:

Members: \$330/week | **Non-Members:** \$363/week

After Early Bird:

Members: \$33/week | **Non-Members:** \$36.30/week

**ADDITIONAL CHARGES MAY APPLY*

Please submit your interest through the link below and a Community Support Coordinator will follow-up closer to camp dates.

Connect with a CSC if 1:1 support is required

To show your interest go to: <https://bit.ly/2024CLYSSummerCamp>



THE 2023 UNITED WAY COMMITTEE

TASTE OF CLYS

DIFFERENT TASTES OF WELLNESS

TRADITIONAL DISH COMPETITION

For Community Living York South’s United Way Campaign Event, we kicked off with the **Traditional Dish Competition!**

Congratulations to the winners of the competition, who won \$150 for their team:

- First Place: The Hub/Fanshawe
- Second Place: Markham Office
- Third Place: Vision Quest

A special thank you to our judges:

Sara Mioldin *from United Way Greater Toronto*

Gajen Paramalingham *Self Advocate*

Gui Brun *from CLYS*

Linda Fiumarella *from CLYS*

Yvonne Phung *from CLYS*

Anika Als *from CLYS*

Aleks Locke *from CLYS*

Melissa Abbey *from CLYS*

OPEN MIC AND PRIZE DRAW

In addition to the Traditional Dish Competition, CLYS also hosted a virtual event to celebrate the employee donation campaign, that included an open mic, Early Bird and Grand Prize Draws. The employees won some amazing prizes, including but not limited to a 58" TV, beats headphones, air fryers, gift cards, South Burger meals for a year, day off with pay and so much more!

Thank you to all the employees who donated to the United Way Employee Campaign this year. We look forward to next year's campaign and celebration!

Meet the Marketplace and Learning Academy



Jennifer Palermo
Program Manager
Marketplace

jpalamo@communitylivingyorksouth.ca



Gui Brun
Program Instructor
Marketplace

gbrun@communitylivingyorksouth.ca



Sabrina Sousa
Community Options Coordinator
Marketplace

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Riley Richmond
Recreation Therapist/Lead instructor at VLA
r-richmond@communitylivingyorksouth.ca



Kathleen Pacheco
Community Support Worker/Lead instructor at RHLA

kpacheco@communitylivingyorksouth.ca



Daniel Davies
Community Support Coordinator
Marketplace/Community Options

MARKETPLACE SPRING 2024

	Monday		Tuesday		Wednesday	
Program	<p>Thrive</p> <p>A program focusing on building healthy relationships, problem-solving, and money management through hands-on activities. This spring, the Thrive program will take some lessons outside and practice their learning in the surrounding community.</p>	<p>Flavor Fusion</p> <p>Be prepared to grow your culinary skills while exploring creative recipes and cooking techniques. Recipes will be a mix of meals and desserts!</p>	<p>Creative Corner</p> <p>From painting and crafting to colouring, knitting, drawing and melty beads, participants will embark on a journey of unleashing their creativity in a supportive and inspiring environment. Join us in this colorful space where imagination knows no bounds!</p>	<p>YMCA Fitness</p> <p>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!</p>	<p>Love of Literacy</p> <p>Explore different outlets of literacy like poetry, short stories, and communication. Have enriching discussions about current events and play online games that build vocabulary.</p>	<p>Social Club (Older Adults)</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>
Location	Unionville Train Station (right next to Stiver Mill) Unionville, Ontario, L3R 1R5	Armada Community Centre 2401 Denison St, Markham, ON L3S 1G3	CLYS Markham office 5694 Hwy 7 Unit 113 Markham, ON L3P1B4	YMCA 101 YMCA Blvd, Unionville, ON L6G 0A1	Richmond Hill Library 1 Atkinson St, Richmond Hill, ON L4C 0H5	Stouffville Arena 1C2, 12483 Ninth Line, Whitchurch-Stouffville, ON
Time	10:00am-12:00pm	2:00pm-4:00pm	10:00am – 12:00pm	1:00pm-2:30pm	10:00am-12:00pm	12:00pm – 2:00pm
Dates	April 8 th , 15 th , 22 nd , 29 th May 6 th , 13 th , 20 th , 27 th	April 8 th , 15 th , 22 nd , 29 th May 6 th , 13 th , 20 th , 27 th	April 9 th , 16 th , 23 rd , 30 th , May 7 th , 14 th , 21 st , 28 th , June 4 th	April 9 th , 16 th , 23 rd , 30 th , May 7 th , 14 th , 21 st , 28 th , June 4 th	April 10 th , 17 th , 24 th May 1 st , 8 th , 15 th , 22 nd , 29 th June 5 th	April 3 rd , 10 th , 17 th , 24 th May 1 st , 8 th , 15 th , 22 nd , 29 th June 5 th
Fee	\$150.00	150.00	\$80.00	\$80.00	\$120.00	\$150.00
Need More info?	jpalamo@communitylivingyorksouth.ca	jpalamo@communitylivingyorksouth.ca	jpalamo@communitylivingyorksouth.ca	jpalamo@communitylivingyorksouth.ca	jpalamo@communitylivingyorksouth.ca	jpalamo@communitylivingyorksouth.ca
Register	https://bit.ly/3UTF3tx Code: 00056064	https://bit.ly/3UTF3tx Code: 00056063	https://v2.mycommunityhub.ca/#/program-details/28795	https://v2.mycommunityhub.ca/#/program-details/28796	https://v2.mycommunityhub.ca/#/program-details/28798	https://bit.ly/3uGmLBq



To Access the Full Marketplace Calendar go to: <https://bit.ly/MarketplacePrograms>

MARKETPLACE SPRING 2024

	Thursday			Friday
Program	<p>YMCA Fitness</p> <p>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!</p>	<p>Flavor Fusion: Cooking in the Chefs Corner</p> <p>Be prepared to grow your culinary skills while exploring creative recipes and cooking techniques. Recipes will be a mix of meals and desserts!</p>	<p>Connect and Explore</p> <p>Join our social program for fun game nights, community outings, and lasting connections! From board games to video games, bowling to movie nights, there's something for everyone. Come join the fun and explore our vibrant community.</p>	<p>Drama</p> <p>Whether you're rehearsing scenes, improvising with friends, or preparing small group performances, there's always something fun and engaging to do. Come learn new skills, make friends, and discover the magic of the stage in a supportive and fun environment.</p>
Location	<p>YMCA 101 YMCA Blvd, Unionville, ON L6G 0A1</p>	<p>Ballantrae Community Centre 5592 Aurora Rd, Whitchurch-Stouffville, ON L4A 7X3</p>	<p>Welcome Center Immigrant Services 9325 Yonge St #31a, Richmond Hill, ON L4C 0A8</p>	<p>The Hub 10415 Yonge St Richmond Hill, ON L4C 3C2</p>
Time	1:00pm-2:30pm	5:00pm-7:00pm	6:00pm-8:00pm	6:00pm-8:00pm
Dates	<p>April 11th 18th 25th May 2nd 9th 16th 23rd 30th June 6th</p>	<p>April 4th, 11th 18th 25th May 2nd 9th 16th 23rd 30th June 6th</p>	<p>April 11th 18th 25th May 2nd 9th 16th 23rd 30th June 6th</p>	<p>April 12th 19th 26th May 3rd 10th 17th 24th 31st June 7th</p>
Fee	\$80.00	\$150.00	\$120.00	\$150.00
Need More info?	jpalermo@communitylivingyorksouth.ca	jpalermo@communitylivingyorksouth.ca	jpalermo@communitylivingyorksouth.ca	jpalermo@communitylivingyorksouth.ca
Register	https://v2.mycommunityhub.ca/#/program-details/28797	https://bit.ly/3T7RFFE	https://v2.mycommunityhub.ca/#/program-details/28799	https://v2.mycommunityhub.ca/#/program-details/28800

VIRTUAL MARKETPLACE PROGRAMS			
Date	Monday	Tuesday	Wednesday
Program	<p>Game Night (Drop In)</p> <p>Come for a fun night of games whenever you like, with our drop-in game program.</p>	<p>Karaoke (Drop-In)</p> <p>Whether it is a solo or duet, sing your favorite songs with your friends in our drop-in karaoke program.</p>	<p>Health and Fitness (Drop-In)</p> <p>Join our fitness sessions anytime – drop in for yoga and workouts whenever you feel like it!</p>
ZOOM	<p>Join Zoom Meeting https://us02web.zoom.us/j/89739934549 Meeting ID: 897 3993 4549</p>	<p>Join Zoom Meeting https://us02web.zoom.us/j/85195205524 Meeting ID: 851 9520 5524</p>	<p>Join Zoom Meeting https://us02web.zoom.us/j/89664079024 Meeting ID: 896 6407 9024</p>
Time	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	3:30 pm – 4:30 pm
Dates	<p>April 8th, 15th, 22nd, 29th May 6th 13th 20th 27th June 3rd, June 10th</p>	<p>April 9th, 16th, 23rd, 30th, May 7th 14th 21st, 28th June 4th June 11th</p>	<p>April 10th, 17th, 24th May 1st, 8th, 15th, 22nd, 29th June 5th</p>
Need More info?	jpalermo@communitylivingyorksouth.ca	jpalermo@communitylivingyorksouth.ca	jpalermo@communitylivingyorksouth.ca

To Access the Full Marketplace Calendar go to: <https://bit.ly/MarketplacePrograms>

Protecting yourself and others

Community Living York South's team is excited to return to in person support of Market Place courses. All participants will be instructed to adhere the requirements set out in this documentation to ensure the health and safety for all staff and participants. In collaboration with our community partners Community Living York South will take these necessary steps and measure to assist in the prevention of COVID-19.

Face Covering

Staff are required to wear a medical mask until CLYS mask mandate is removed.. All facilitators will have a box of masks available in case participants would like one. Mask should be replaced if damp/ soiled

Cleaning and Sanitizing

All surfaces that are touched and used by participants and staff will be cleaned and disinfected a minimum twice per course (before and after) each course with Cavi Wipes.

Hand Hygiene

All locations that have marketplace courses will have hand sanitizer available to use.

To register for the marketplace programs please visit [MyCommunityHub.ca](https://www.mycommunityhub.ca)

MyCommunityHub is an online registration space for activities, classes, programs, workshops, respite and camps offered across Ontario.

MyCommunityHub.ca

Visit www.mycommunityhub.ca today and create your profile now!

Family Initiatives

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:

<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">6:00–8:00 p.m. Monday & Wednesday</p> </div> <p>Boy’s Group (16+) Build social skills of teenagers and young adults with intellectual disabilities to promote positive social relationships with their peers. Location: Markham & Virtual Contact: Daniel Ching (416) 887-9744 danielching0@yahoo.ca</p>	<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">10:00–11:30 a.m. Saturday</p> </div> <p>Children’s Program (Ages 5–10) Focuses on building social skills through craft, games and physical activity. Location: Markham Contact: Kelly Chen 905-474-9500 info@solhc.ca</p>
<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">4:30–5:30 p.m. Wednesday & Saturday</p> </div> <p>Adapted Skills Weekend Program Tamil youth and young adults’ program for socializing, yoga, and art camp. Location: Scarborough & Markham Contact: Sumathy Seran Email: sumathy554@gmail.com</p>	<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">2:30–5:30p.m. Saturday</p> </div> <p>Amazing Girls Group For mature ladies to build friendships and independence and enhance social and life skills. Location: Virtual Contact: Amy So Email: iamamyso@gmail.com</p>
<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">Sign up to join meetings</p> </div> <p>Inclusive Education Program Parent Session A group for parents to discuss and learn about inclusive education and various resources Contact: Mika Chow Email: mjchow@sympatico.ca</p>	<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">Sign up to join monthly meeting</p> </div> <p>Special Dad’s Group A social group for dad’s with diverse activities and discussions. Location: Virtual Contact: Go to specialdads.org to register</p>
<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">07:00–9:00p.m. Thursday</p> </div> <p>Thursday Night Entertainment Program (Ages 10+) Currently running virtual social activities every Thursday Location: Virtual Contact: Jude Farjami 647-271-5487. j.farjami@gmail.com</p>	<div style="background-color: #4a4a6a; color: white; padding: 5px; border-radius: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">06:30–7:30p.m. Thursday</p> </div> <p>Pink Ladies Young girls to work on self-esteem, encourage experiential learning, learning new life skills, creating friendships, community outings and so much more. Contact: Kelly Wony kelly417@live.hk</p>

2024 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.

Saturday April 13, 2024 | 9:00am - 5:00pm (Appointment Only)
Community Living York South Markham Office
(5694 Hwy 7 East, Unit 13, Markham, ON L3P 1B4)

Eligibility Criteria:

- Modest income and simple tax situation
- **Eligible source of income:** employment, pension, benefits (e.g. disability insurance, social assistance), RRSP, scholarships, bursaries or grants, interest (must be under \$1000)

Unfortunately we cannot prepare tax return for individuals with:

- Self-employment income or employment expenses (total income under \$1,000 on T4A Box 048 is ok)
- Business income and expenses
- Rental income and expenses
- Capital gains or losses
- Bankruptcy in the tax year
- Deceased person
- Foreign property or income

Cost: No charge for those who meet the Eligibility Criteria

Spaces are limited. Please book your appointment by contacting:

Winnie Ho 905-294-4971 Ext. 382

who@communitylivingyorksouth.ca



FAMILY NETWORKS

Housing Connects

The Housing Connects Family Network is comprised of family members/caregivers who are interested in exploring options and creative options for their loved ones regarding housing. Families in this network are able to come together to learn more about and share resources available, connect with others on a similar journey, and create a supportive environment to begin the conversation about housing.

Couples Network

Couples Network is a group of families who support individuals with intellectual disabilities. The group looks for ways to enhance respite opportunities, sharing resources and advocacy. It also provides a social space for members to reconnect with couples who share similar stories and navigate through the different pathways available.

A special thank you to the Ontario Caregiver Organization for providing these networks with funding that has enabled them to establish focus areas and actions, receive and share valuable information and expand their networks.

Care Connect

Care Connect is a Cantonese speaking group comprised of caregivers and parents over the age of 55 that support individuals with intellectual disabilities. This family network provides a platform for caregivers to build networks and embrace aging.

A special thank you to Community Living Ontario for providing this network with funding that has enabled them to establish focus areas and actions, receive and share valuable information, set up a communication platform and expand their network.



JOIN OUR MEMBERSHIP



Why become a Community Living York South 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



E-CONNECTOR



Stay Connected and Join our Weekly E-News

“E-Connector” To subscribe:

<https://bit.ly/3v3a0Ow>

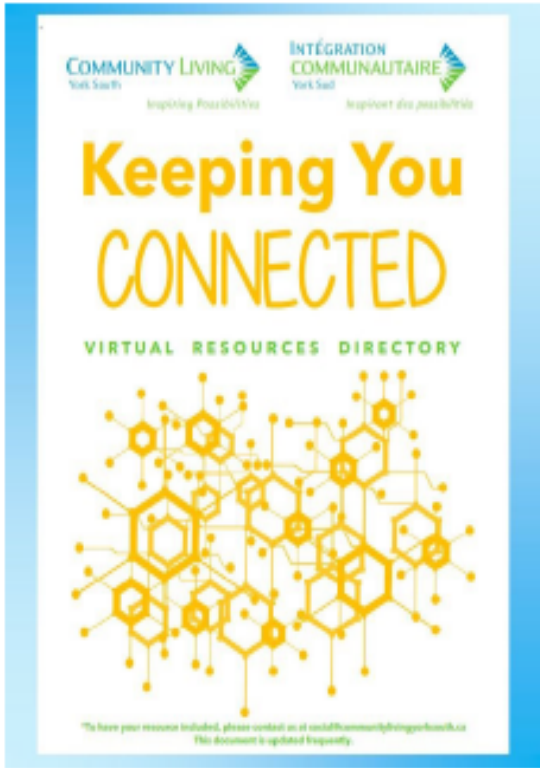
Your Donation Matters.

Give a little. Help a lot.

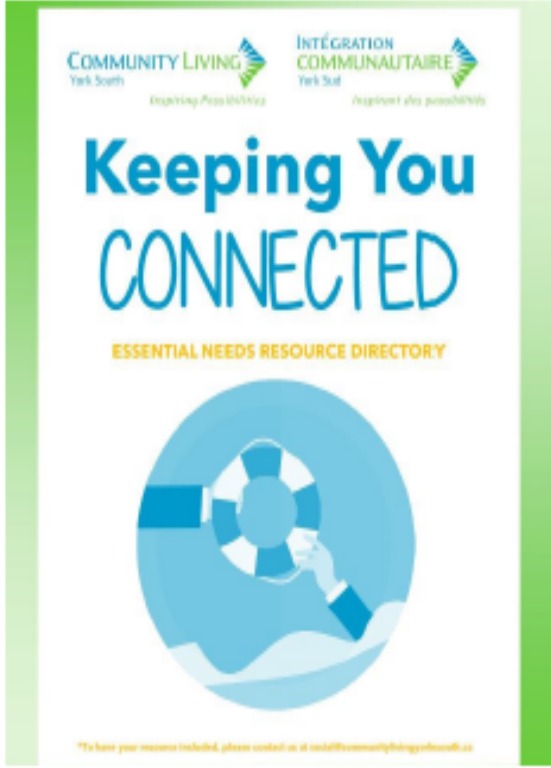


To Donate to Community Living York South scan the QR code with your mobile phones camera!

RESOURCES



To access the Virtual Resources Directory visit: <https://bit.ly/3EwMFaC>



To access the Essential Needs Resource Directory visit: <https://bit.ly/31A4wim>

COMMUNITY LIVING

York South



Inspiring Possibilities

INTÉGRATION
COMMUNAUTAIRE

York Sud



Inspirant des possibilités



Go Social,
Let's Connect!



@alyoksburn



OUR FUNDERS



Ontario



**United Way
Greater Toronto**