

# CILT's Peer Links

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## **Feeling Angry and Knowing How to Control It**

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All of us feel angry, at least occasionally. Most of the time when we get angry, we get over it quickly because, somehow, we resolve the situation and our feelings of anger pass. Anger becomes a problem, however, if we "bottle it up" or if we "blow up". Both of these extremes cause problems for the angry people and for those around them.

### **When should you do something about anger?**

Feelings of anger are a normal reaction to some situations beyond your control. They can also indicate that you are simply under too much stress, and it can be hard to know if you should just let your anger pass or work at getting rid of it. It is time to admit that anger is a problem and to look for ways of dealing with it if your anger is:

- constantly on your mind for several weeks and is beginning to
- seriously harm your enjoyment of life,
- caused by something that happened a long time ago,
- causing you to do vengeful things,
- making you act violently to others or to yourself,
- interfering with your ability to do your job, or is
- hurting your relationships with your family and friends.

### **Dealing with your anger**

It is important to deal with your anger before it causes you discomfort or pain. Studies have shown that anger can cause serious health problems such as ulcers and heart disease. It can also make you behave in ways that could cause you to lose your job or friends, or result in the break-up of your marriage. There are some things you can do to deal with your anger as it happens. Other things you can do involve changing your way of approaching life by learning new attitudes and taking a number of practical actions.

## **Short-term solutions**

- Admit that you are angry. If you bottle up your angry feelings, they will not go away, and they will keep coming out over and over again, painfully.
- Try not to over-react. Step back from the situation that is making you angry and ask yourself, "What would I think of someone else if I saw him/her getting angry in this situation?" or "Is this situation really as bad as I am making it out to be?"
- Try to make yourself think about something else. Turn your attention to some pleasant memory rather than the line-up, traffic jam or whatever is irritating you.
- Identify the source of your anger. If the actions or words of another person are hurting you, try to deal with him/her directly in a peaceful and productive way.
- Listen carefully to what others are saying to you, and let them finish without interruption. Very often, you will not understand the real message if you "jump in" after a few words. Give people a chance to explain themselves.

## **Long-term solutions**

- If your anger is caused by something beyond your control, such as a job lay-off, find out how others have dealt with the problem successfully, and try to follow their lead.
- Avoid blaming yourself, even if you are angry because of misfortune caused by your own mistake. It is best to try to learn from your experiences and avoid making the same mistakes again.
- Reduce tension by finding time for some physical activity. Go for a brisk walk, play a hard game of tennis with a friend, work in the garden, or clean the house.
- Reduce your stress level. Learn some stress management methods, such as relaxation and deep-breathing exercises. Try to find ways of doing more of the things you enjoy.
- Learn to meditate. When you are alone, practice withdrawing your thoughts from your day-to-day concerns. This may make you more able to do the same when you find your self getting angry.
- Learn to laugh at yourself. If you can learn to see the silly side of things, you can laugh instead of lashing out.

- Learn to trust the abilities of others. Some of your anger may be coming from a lack of faith in the capabilities of other people.
- Look for professional help. If your problems are serious, you may need the help of a mental health professional, such as a psychiatrist, psychologist or social worker. Your family doctor can help you find these professional people.
- Talk to someone you trust (a family member, a close friend or a member of the clergy for your religion) who may be able to see things more clearly than you do.

### **Do you need more information?**

If you or someone you know needs help in dealing with angry feelings, check your local bookstore and library for books on the subject. You can also contact a local community organization, such as the Canadian Mental Health Association, to find out about counselling services and other resources available in your community.

### **How Owning a Dog or Cat Can Reduce Stress**

*by Elizabeth Scott, "Stress Management"; March 11, 2006.*

#### **The Health Benefits of Pet Ownership**

When thinking of ways to reduce stress in life, usually techniques like meditation, yoga and journaling come to mind. These are great techniques, to be sure. But getting a new best friend can also have many stress relieving and health benefits. While human friends provide great social support and come with some fabulous benefits, this article focuses on the benefits of furry friends: cats and dogs! Research shows that, unless you're someone who really dislikes animals or is absolutely too busy to care for one properly, pets can provide excellent social support, stress relief and other health benefits—perhaps more than people! Here are more health benefits of pets:

- **Pets Can Improve Your Mood:** For those who love animals, it's virtually impossible to stay in a bad mood when a pair of loving puppy eyes meets yours, or when a super-soft cat rubs up against your hand. Research supports the mood-enhancing benefits of pets. A recent study found that men with AIDS were less likely to suffer from depression if they owned a pet. (According to a press release, men with AIDS who did not own a pet were about three times more likely to report symptoms of depression than men who did not have AIDS. But men with AIDS who had pets were only about 50 percent more likely to report symptoms of depression, as compared to men in the study who did not have AIDS.) own a pet were about three times more likely to report symptoms of depression than men who did not have AIDS. But men with AIDS who had pets were only about

50 percent more likely to report symptoms of depression, as compared to men in the study who did not have AIDS.)

- **Pets Control Blood Pressure Better Than Drugs:** Yes, it's true. While ACE inhibiting drugs can generally reduce blood pressure, they aren't as effective on controlling spikes in blood pressure due to stress and tension. However, in a , groups of hypertensive New York stockbrokers who got dogs or cats were found to have lower blood pressure and heart rates than those who didn't get pets. When they heard of the results, most of those in the non-pet group went out and got pets!
- **Pets Encourage You To Get Out And Exercise:** Whether we walk our dogs because they need it, or are more likely to enjoy a walk when we have companionship, dog owners do than non-pet owners, at least if we live in an urban setting. Because exercise is good for stress management and overall health, owning a dog can be credited with increasing these benefits.
- **Pets Can Help With Social Support:** When we're out walking, having a dog with us can make us more approachable and give people a reason to stop and talk, thereby increasing the number of people we meet, giving us an opportunity to increase our network of friends and acquaintances, which also has great stress management benefits.
- **Pets Stave Off Loneliness and Provide Unconditional Love:** Pets can be there for you in ways that people can't. They can offer love and companionship, and can also enjoy comfortable silences, keep secrets and are excellent snugglers. And they could be the best antidote to loneliness. In fact, research shows that nursing home residents reported less loneliness when visited by dogs than when they spent time with other people! All these benefits can reduce the amount of stress people experience in response to feelings of social isolation and lack of social support from people.
- **Pets Can Reduce Stress—Sometimes More Than People:** While we all know the power of talking about your problems with a good friend who's also a good listener, recent research shows that spending time with a pet may be even better! Recent research shows that, when conducting a task that's stressful, people actually experienced less stress when their pets were with them than when a supportive friend or even their spouse was present! (This may be partially due to the fact that pets don't judge us; they just love us.)

It's important to realize that owning a pet isn't for everyone. Pets do come with additional work and responsibility, which can bring its own stress. However, for most people, the benefits of having a pet outweigh the drawbacks. Having a furry

best friend can reduce stress in your life and bring you support when times get tough.

## **Toronto Business Development Centre Offers BIZ FUTURES**

### *Self-Employment Program for People with Disabilities*

With Funding Provided by ODSP Employment Supports, Toronto Business Development Centre offers BIZ FUTURES – a Self-Employment Program for People with Disabilities.

**BIZ FUTURES** is a skills development and business support program designed specifically for adults with disabilities who wish to start and manage their own small business. Candidates eligible for consideration should meet the following criteria:

- eighteen years of age or older
- eligible for ODSP Employment Supports
- can articulate a business concept or idea
- have sufficient skills and experience which allows them to deliver the goods and services they hope to offer ( e.g. a person wanting to be self-employed as a ‘virtual assistant’ should be familiar with and able to use most current popular computer business applications or, a person desiring to operate a craft sales business has developed proficiency in the production of the crafts they intend to sell.)
- are prepared to commit to full attendance and participation in program activities.

The program has four main phases:

### **Phase 1 – Program Recruitment/Orientation**

Eligible individuals interested exploring self-employment as an employment/career strategy are invited to register to attend Program Orientation sessions. During the session, participants will:

- be introduced to self-employment as an employment option
- learn about the BIZ FUTURES Program curriculum, schedule, features and benefits
- learn about obligations and expectations for participation in the Program
- be invited to submit a written, oral or interpreter/intervener assisted application for participation in the Program.

Individuals submitting an application will be invited to participate in an interview to further discuss the program and their business idea. Individuals who continue to be interested in exploring self-employment will be invited to participate in Phase II of the program.

## **Phase II – Exploring Self-Employment – Entrepreneurial Self-Assessment and Business Feasibility Research**

In Phase II of the program, participants will attend three workshops each of which is five hours long over a two week period. During this phase of the program, participants will:

- assess the appropriateness and their personal readiness for self-employment as an employment/career option;
- ‘test’ the market and earning potential of their business idea through self-directed, supported research;
- explore how their disability may impact the operation of their business activities and consider strategies for business accommodations;
- further focus their business vision or, develop an alternate life/work vision should they determine that self-employment is not suitable for them at this time; and
- identify ‘next steps’ including referral contacts, additional resources to move toward an alternate career strategy should they determine by mutual agreement with program advisors that self-employment is not suitable for them at this time.

## **Phase III**

Candidates selected for Phase III of the program participate in 16 weeks of group learning, individual one-on-one instruction, coaching and mentoring activities in which they:

- acquire critical concepts, knowledge and skills to plan and manage a small business
- create a detailed business plan which will act as a guide in conducting the first critical year of business
- understand the value and role of the internet as a marketing, promotional and sales tool for their business
- with the assistance of an IT professional, learn the basics of website design and maintenance and establish a web presence for their own business
- network with each other and in the wider Toronto business community to establish business relationships and profile

- work one-on-one with a business advisor and work/life coach to set goals, develop action plans and address relevant issues in the development and start-up of their business.

#### **Phase IV- Business Start-up and Support**

Once participants complete Phase III, they will enter Phase IV which consists of 20 weeks of support and activities designed to provide advice, guidance, mentorship and accountability in the critical start-up phase of their business. During Phase IV, the new entrepreneurs will participate in:

- guided, self-directed marketing 'kick start' program designed to accelerate revenue generation
- regular one-on-one business advisory and work/life coaching activities
- meetings with a volunteer business mentor
- monthly group peer support and networking meetings featuring additional learning opportunities and guest speakers
- assistance for those interested in applying for government and community loan programs a curriculum designed to maximize success in the first critical year of business.

#### **Additional features of the BIZ FUTURES Program include:**

- fully accessible training venue with lunchroom facilities
- participant-centered program scheduling and support services
- individualized planning and coordination of training and self-employment related special needs accommodations
- transportation and special needs accommodations allowances
- individual funding for website registration and hosting for one year
- access and assistance for eligible candidates wishing to apply to government and community loan programs.

For more information or to refer a candidate for participation call Maureen Kelly, Program Coordinator, Toronto Business Development Centre, Tel: 416-345-9437; Fax: 416-345-9044 or email: [mkelly@tbdc.com](mailto:mkelly@tbdc.com)

## **Human Rights Commission Settles Claim Re: The Exhibition of Closed Captioned Movies**

© Media Release; July 24, 2007.

### **Toronto, Ontario -**

The Ontario Human Rights Commission today announced a settlement in the complaints between Nancy Barker, Gary Malkowski and Scott Simser, and movie exhibitors Alliance Atlantis Cinemas partnership, AMC Entertainment International Inc., Cineplex Entertainment LP and Rainbow Centre Cinemas Inc.

The settlement includes the installation of new closed captioning systems in multiple Ontario theatres. These installations will occur on a phased-in basis following a comprehensive selection and testing period of new commercially available closed captioning systems by the exhibitors. Most of the exhibitors have also agreed to add a closed captioning system to all new theatres opened in the province of Ontario. The agreement also includes the appointment of a monitor to oversee settlement obligations.

“We are pleased to have reached an agreement that increases the number of theatres with closed captioning systems so that more members of the deaf, deafened and profoundly hard of hearing communities can experience movies,” said Mr. Simser, an Ottawa lawyer, Mr. Malkowski, a former Member of Provincial Parliament and Ms. Barker, a Masters student.

“This is a win-win settlement for all,” said Allison Taylor, speaking on behalf of the exhibitors. “Assuming the technological developments continue as we predict they will, the deaf, deafened and hard of hearing communities will be getting a new closed captioning system that will offer a better movie going experience.”

“Under the Ontario Human Rights Code, everyone has the right to equal treatment with regard to services. I am pleased that this settlement will enable the deaf, deafened and profoundly hard of hearing communities to fully enjoy theatre-going experiences in the same way as everyone else,” said Chief Commissioner Barbara Hall.

For more information, please refer to Backgrounder on the Commission’s Web site at [www.ohrc.on.ca](http://www.ohrc.on.ca)

### **Want to be a Mentor?**

Are you interested in mentoring a youth between 16 to 20 years of age who is exploring the world of work?

The Leader in Training Program at Bloorview Kids Rehab is looking for Mentors with disabilities in the workforce.

**Purpose:** To support and encourage the participants in the Leader In Training Program. You will be sharing your experiences about the world of work.

**When:** Share your lunch with a Mentee in July on Thursdays: July 5th, July 12th and July 19th for one hour.

For more information please contact:

Danielle Svec or Tara Gersonde  
Youth Facilitators for Leader in Training Program  
Bloorview Kids Rehab  
Tel: (416) 425-6220 ext. 3204  
Email: [dsvec@bloorview.ca](mailto:dsvec@bloorview.ca)

### Looking for Stories from YOUTH

D.O.O.R. to Adulthood, (Disability Ontario Online Resource) D2A, is an online Resource website for youth in Ontario who are transiting to adulthood.

D2A is looking for Youth who would like to share their knowledge and expertise about transitioning to adulthood. Your experiences can be shared through stories, poems, drawings, etc. There is also the option of telling your story and having someone write it out. We are looking for stories from people who are ages 16 to 29. We are looking for articles that are **Fun and Useful** and that have information which others can use or relate to.

Check out the D2A website at [www.door2adulthood.com](http://www.door2adulthood.com) to see what others have had to say on topics like Moving out, Services at University, Transportation and much more. If you are interested in sharing your knowledge and expertise with others, contact Rena at [nikou@dimes.on.ca](mailto:nikou@dimes.on.ca). Once the stories are reviewed and approved to be added to D2A, you will receive an honorarium.

### PEEL REGIONAL PROGRAMS

#### Circle of Healing

Circle of Healing is a mindful based, therapeutic group for women survivors of childhood abuse and trauma. Learn how to:

- Become nonjudgmental and compassionate toward yourself;
- Reduce trauma related symptoms;

- Shift the experience of overwhelming thoughts, feelings and body sensations;
- Increase your ability to relax and experience greater peace; and
- Improve self awareness and self acceptance.

Weekly group meetings take place on Mondays in Mississauga beginning September 24th to December 10th, 2007 from 6:00 p.m. to 8:30 p.m.

This group is being presented by Peel-Dufferin Catholic Family Services. To find out more information, please call their intake line at (905) 450-1608, extension 112.

### **Becoming Visible**

**Becoming Visible** is a group for women who are coping with current or past abuse in relationships. This group will help women to:

- Support one another in sharing their stories about the effects of abuse;
- Build supportive networks; and
- Learn about healthy relationships.

Weekly group meetings will occur in Mississauga on Thursday evenings, beginning September 20th through to December 13th, 2007 from 6:00 p.m. to 8:30 p.m.

For location and to set up a pre-group meeting call Peel-Dufferin Catholic Family Services at (905) 897-1644, extension 109.

### **Women Supporting Women**

Catholic Family Services Peel-Dufferin and Interim Place Transitional and Housing Support Program are pleased to offer a 'Fall 2007 Workshop Series' : Women Supporting Women for women 18 years of age and older who have experienced or are currently experiencing some form of abuse (emotional, financial, physical, sexual or spiritual abuse) in an intimate relationship.

Workshops run Wednesday evenings in Brampton from 6:30 p.m. to 8:30 p.m. You can attend all or just some of the workshops that interest you. All workshops are FREE and no registration is required.

September 26, 2007 6:30-8:30pm	<b>Defining Abuse and Safety Planning</b>
October 3, 2007 6:30-8:30 pm	<b>Coping with the Affects of Abuse and Balancing Your Energy Presentation</b> — <i>Guest speaker from Trillium Health Centre Sexual Assault Care &amp; Counselling</i>
October 10, 2007 6:30-8:30 pm	<b>How Abuse Affects You and Your Children</b> — <i>Guest Speaker from the HEAL Network</i>
October 17, 2007 6:30-8:30 pm	<b>Ways of Taking Care of Yourself</b>
October 24, 2007 6:30-8:30 pm	<b>Basics of Family Court</b> — <i>Guest Speaker from Salvation Army/Family Life Resource Centre</i>
October 31, 2007 6:30-8:30 pm	<b>Warning Signs of Abusive Patterns</b>
November 7, 2007 6:30-8:30 pm	<b>Basics of Criminal Court Process</b>
November 14, 2007 6:30-8:30 pm	<b>Transitional Support Program Presentation</b> — <i>Practical information, support and resources</i>
November 21, 2007 6:30-8:30 pm	<b>Strengthening Your Support Network</b> — <i>Presentation from the Sistering Program</i>

### **ERDCO Summer BBQ & Fun Day**

**E**thno-Racial People with Disabilities Coalition of Ontario Invites you to their Summer BBQ & Fun Day.

Date: Saturday August 25, 2007

Time: 12:00 noon to 4:00pm

Where: Japanese Canadian Cultural Centre, 6 Garamond Court (near Intersection of Don Mills & Eglinton)

Come and enjoy games, door prizes and a 50/50 draw, music by Vision Connections, and a Visiting Guest Speaker. Attendant care and ASL interpreters

will be provided. Halal and vegetarian meals provided.

This year ERDCO is asking persons to contribute/pay what they can to support ERDCO. Please reserve a place for you and your family at the BBQ by email to [erdco\\_ca@yahoo.ca](mailto:erdco_ca@yahoo.ca) or call ERDCO at 416-657-2211.

## Active & Able Programs at Birchmount Bluffs Neighbourhood Centre

Birchmount Bluffs has a great line up for their Fall session of their Active and Able Programs:

- **Youth Programs:** youth enjoy integrated and specialized youth program activities at their new accessible Youth Centre. Monday to Friday, Free.
- **Chair Tai Chi Class:** practice gentle movements that improve flexibility, energy. Mondays September 10th to December 3rd, 11:45am -12:45pm (\$11 for 11 weeks)
- **Staff Assisted Hot Tub and Pool Program:** enjoy staff-supported access to the hot tub and pool for adults seeking warm water aquatics. Fridays, September 14th to November 30th, 12 noon to 3pm. (Free with \$5 membership).
- **Gentle Fitness:** get fit while practising low impact movements in a fun, seated class, set to music. Wednesdays September 12th to November 28th, 1:30 to 2:30pm (12 weeks)
- **Gentle Motions:** Water Movements: enjoy gentle yoga-styled exercise class in accessible hot tub. Thursdays, September 13th to November 29th, 10:00 to 11:00am. (12 wks, \$20)
- **Women's Issue Workshops:** check out monthly workshops on women's issues at BBNC through partnership with Scarborough Women's Centre.
- **Men's Group:** check out this new group for men with disabilities that will meet once monthly. Wednesdays, September 26th, October 24th, November 28th. 6:30 to 8:30pm.

### Other services provided by Birchmount Bluffs include:

Peer Support Programs  
Free Workshops

Advocacy  
Information & Referral

The Fall session starts the week of September 10th and runs for 12 weeks. Registration starts September 5th. Participation also available in many mainstream programs. Program

subsidies may be provided. To make inquiries, please contact 416 396-7606 or [david@bbnc.ca](mailto:david@bbnc.ca) or [Judith@bbnc.ca](mailto:Judith@bbnc.ca)

Birchmount Bluff's Neighbourhood Centre is located at 93 Birchmount Road, Scarborough, Ontario (at Kingston Road).

## **CILT NEWS**

### **CILT's 2007 AGM**

CILT's Annual General Meeting has been scheduled for Thursday September 20, 2007 5:00 to 8:00 p.m. at 39 Parliament Street (Front & Parliament) on the 11th floor. Notices will be posted in the lobby to show people where to go. Volunteers are welcome and encouraged to attend. The AGM is a good opportunity to meet the Board of Directors and members of CILT, and to learn more about what CILT has accomplished over the past year.

### **Discount Travel**

*By Kimberly McKennitt, PDN Coordinator*

If you have any travel plans in the near future, take advantage of two new discount services for people with disabilities living in Canada. First, Easter Seals Canada offers The Disability Travel Card, a program that allows free travel for an attendant traveling with a person with a disability on Via Rail or Greyhound buses. You'll need to complete an application form and have someone verify your need for an attendant in order to qualify. For more information call 416-932-8382 or visit [www.easterseals.ca](http://www.easterseals.ca) to download the application.

Also, Choice Hotels and The Canadian Association of Independent Living Centres (CAILC) have entered into a partnership to bring you accommodation savings of 15-20% at over 270 hotels across Canada (including Comfort Inn, Comfort Suites, Quality, Sleep Inn, Clarion, Econo Lodge and Rodeway Inn) and over 5300 hotels worldwide. For more information visit CAILC's website at [www.cailc.ca/article/choice-hotels-travel-benefit-285.asp](http://www.cailc.ca/article/choice-hotels-travel-benefit-285.asp) and Choice Hotels Canada at [www.choicehotels.ca/cailc](http://www.choicehotels.ca/cailc).

## **Accessible Trails**

*By Andrea Murray, Inquiries Generalist*

Algonquin Provincial Park has a 1.5 km trail called Spruce Bog Trail that is wheelchair accessible. For more information, visit <http://www.algonquinpark.on.ca/> or call 705-633-5572.

Point Pelee National Park has a 3 km long boardwalk, as well as an all terrain wheelchair that can be borrowed. For more information, visit [www.pc.gc.ca/pn-np/on/pelee/index\\_E.asp](http://www.pc.gc.ca/pn-np/on/pelee/index_E.asp) or call 519-322-2365.

## **PEER SUPPORT PROGRAM NEWS**

### **Coffee Club Update**

The Coffee Club seems to be going well. There will be no meeting in August, but the club will resume its regular meetings in September. Please check your mail for upcoming flyers.

There seems to be some confusion regarding where to meet. The group always meets in the Dufferin Mall Food Court, across from Pizza Pizza. If you get lost, remember to look for wheelchairs, scooters, walkers, etc. That's always a good clue! Sharon Robertson is usually the attendant, and she's very good at keeping an eye open for people.

### **Diner's Club Update**

The Diner's Club has been a long-standing popular group for CILT which has been running for approximately 15 years, and has been one of our most successful peer support activities. Over the past three years, we have introduced the idea of members volunteering to host events, rather than having the restaurants being chosen for them. It allows for greater choice and flexibility on your part. And, it also promotes independent living—the very heart of CILT's philosophy.

On behalf of CILT, I would like to extend a very big thank you to Dawn Luke, who has hosted more than her share of events. But there are many more members out there who enjoy the Diner's Club on a regular basis, but have never hosted an event. It is time for members to take more initiative in planning Diner's Club events. We would love to hear your ideas on future Diner's Club outings. If you are nervous about hosting an event, you always have the support of the Peer Support Coordinator who can walk you through the process. Hosts are now needed from

October 2007 and on.

### **Toonie Movie Nights**

**B**eginning this Fall, CILT's Peer Support Program is introducing **Toonie Movie Nights**. For just a toonie, you will get to see a current movie flick, popcorn and a drink. It's a great way to get out of the house and meet new people, and enjoy a movie for just \$2.00. Movie nights will take place at CILT - 205 Richmond Street West (Duncan & Richmond), Suite #605. Stay tuned for details about when this exciting new activity will take place.

### **Gateways to Cancer Screening: A Participatory Needs Assessment of Women with Mobility Disabilities - Project Update**

**T**he **Gateways to Cancer Screening Project** has been on hold for the past few months because we were awaiting approval from the Research Ethics Board at the University of Toronto (one of the project partners) before we were able to go ahead and begin the focus groups. After great anticipation, we have received approval and it's on with the show.

Our first focus group is being held next week, and we are very excited about it. As a reminder, the following is a brief summary of what the project is about:

Cancer takes the lives of more people in Canada than strokes, respiratory disease, pneumonia, diabetes, liver disease and HIV/AIDS combined. Prevention and early detection and screening with high rates of participation can detect cancer at the earliest possible time. This offers women more treatment options and often better outcomes.

Women with disabilities have the same biological risks as other women for developing cancer, yet these women are routinely underscreened. The current research indicates that barriers to effective screening for women with disabilities include lack of knowledge among these women of the need for preventive screening, neglect on the part of healthcare providers, and physical access barriers (Nosek, Young and Rintala, 1995; Welner, 1998)

The prior research, while providing convincing testimonials as to the experiences of women with disabilities, has failed to capture the diversity that exists in Toronto nor reflect the experiences of women with disabilities from diverse backgrounds.

The goal of this project is to determine the cancer screening needs of women with mobility disabilities and determine the gaps and barriers associated with accessing these services. This will be situated within a metropolitan Toronto context and strive to reflect its demographic and experiential diversity.

We will be conducting focus groups with women who have mobility disabilities, including ethno-racial women, lesbian and bisexual women, aboriginal women as well as women living on fixed incomes. We will be holding the focus groups beginning in the Summer of 2007.

We invite your participation in this exciting project. If you would like to be a focus group participant, or would like more information on the project, please feel free to call Julie Devaney, Community Outreach and Research Coordinator for the project at (416) 440-3330 ext. 241. or by e-mail at [JDevaney@ontario.cancer.ca](mailto:JDevaney@ontario.cancer.ca). There will be three more focus groups over the next month, and there is still room for more participants.

This project is being funded by the Canadian Cancer Society, and is being run in partnership by the following agencies: The Canadian Cancer Society, Ontario Division, the Centre for Independent Living in Toronto, Mount Sinai Hospital, St. Michael's Hospital, Springtide Resources, the Anne Johnston Health Station and the Ismaili Cancer Support Group.