

CILT's Peer Links

Volume 10, Issue 2
Winter 2009

Toonie Movie Night

On Tuesday March 3, 2009 there was a Toonie Movie Night scheduled to be held at CILT's new location. Seventeen people called to say that they would be attending. In total, 2 people actually showed up.

A lot of work, preparation and expense goes into planning peer support activities; for example, booking attendants, having sufficient amounts of food, etc. When people RSVP, we depend on that number when we order food, supplies and support for that event. If, for whatever reason, you are unable to attend an event that you have RSVP'd for, then out of consideration for staff and for your peers, we expect that you would at least call to let us know that you will be unable to attend. Because of this, there will no longer be any more Toonie Movie Nights until further notice. A very large part of the Independent Living model is about taking responsibility for your actions and respecting your peers. We are hoping that in the future, people will take their actions more seriously and realize how those actions affect your peers.

Unfortunately, a similar situation occurred with the Coffee Club. Thus, we no longer have the Coffee Club. People tell us that they want these events, and then when we have them, there is a lack of participation from members. We cannot continue to pay for events that only bring out 2 to 3 people. It is simply not cost effective for CILT.

Event RSVPs

As most of you are familiar with and understand the significance of RSVPing for an event, we appreciate that you do take the time to call and let us know that you will be attending a specific event. However, it has recently come to our attention that when many people call to RSVP for an event and get voicemail instead of a live person, they would like us to return their call to let them know that we indeed received their RSVP.

Over the past five years, the Peer Support Program at CILT has almost tripled in size. As a result, we receive anywhere from 50 to 75 calls per week. As such, it is virtually impossible for us to return RSVP calls. If we did that, we would have

absolutely no time to tend to other parts of our job, such as facilitating workshops, planning events and publishing newsletters.

Please be assured that we do get all of your messages, and as soon as you call to RSVP for an event, your name gets recorded onto that event list. Should an event be cancelled or modified in any way, we will notify you as soon as possible.

Thank you, in advance, for your cooperation and understanding.

Retailers are Beginning to Design Web sites for Disabled Consumers © *Internet Retailer, January 20, 2009*

Retailers including Canadian Tire Corp. and Home Hardware Stores Ltd. are making their e-commerce sites more accessible with innovative technology that provides web page navigation without a conventional keyboard or computer mouse.

Canadian Tire and Home Hardware Stores have deployed technology from Essential Accessibility that gives people without full motor skills the ability to navigate web pages without regular use of a mouse or keyboard. The software comes in a variety of applications, providing handicapped computer users multiple ways to control web pages.

"At Home Hardware, we recognize the importance of accessibility in all dimensions of the customer experience," says CEO Paul Straus. "It's more than just the right thing to do. It's good business practice."

A disabled shopper, after arranging to download or receive a CD of free software from the retailer, simply needs to be able to exert pressure on an electronic device, such as with a fingertip press by someone who can't move his hand side to side, or, for a paralyzed quadriplegic, with a head movement.

In one "radar mouse" application, for example, a red line that extends from the center to the outer edge of a web page slowly circles the page like a second hand on a watch. Once the shopper sees that the line is approaching a particular section of a web page—a shirt for sale, for instance—she engages the finger-or head-activated device to stop the moving line; a second press of the device will send an icon up the line toward the shirt; when the icon lands on the desired point of the page, such as the Buy button for the shirt, the shopper activates a third press of the device to make a purchase.

The same application works with an on-screen keyboard that enables the disabled shopper to enter information such as billing and shipping information. Essential Accessibility charges retailers a flat monthly fee per web site, depending on traffic volume and page views or other site activity, says Simon

Dermer, managing director. Other applications support better deployments of technology designed to make sites more usable by blind people.

SSB Bart Group, for example, provides a web-based accessibility management platform, which shows whether a web site supports the deployment of assistive technologies like screen readers that turn images into audio files for blind people.

Screen readers include JAWS for Windows by Freedom Scientific Inc., Window-Eyes from GW Micro Inc., BrowseAloud by Texthelp Systems Ltd., and Easy Web Browsing from IBM Corp. Microsoft Corp.'s Vista operating system comes with the built-in Narrator screen reader as well as other tools including a text magnifier and an on-screen keyboard.

For more information, visit

<http://www.internetretailer.com/dailyNews.asp?id=29121>.

Doc Hotline May be the Right Medicine

TORSTAR NEWS SERVICE; January 26, 2009

Health Help is on the way for 500,000 Ontario residents without a family physician, who have generally been forced to go to walk-in clinics or emergency rooms when they need medical attention. Starting next month, a new hotline will help match people with a doctor in their area willing to take on new patients, the Toronto Star has learned.

The government will institute a special 1-800 number, where a Telehealth Ontario staffer will take down a health history and pass it on to a nurse who will help find a family doctor.

“This is a made-in-Ontario solution,” Health Minister David Caplan told the Star of the program to be launched in February. “We will be the first jurisdiction, I am aware of, that is doing this.” Still, critics point out the program, called Health Care Connect, will not deal with the core problem: A shortage of doctors. Dr. Douglas Mark, who practices in Scarborough, also wants to know where the doctors will come from to care for 500,000 people.

Development of the Employment Accessibility Standard: Where We Are Now

On February 18, 2009, the Ontario government released the proposed employment accessibility standard for a public review period. A standards development committee, composed of representatives from the disability and business communities, developed the proposed standard.

The goal of the proposed standard is to help employers create equal employment opportunities for people with disabilities. The proposed standard sets out specific requirements for the recruitment, retention and accommodation of people with disabilities, and applies to all organizations in Ontario with at least one employee. Everyone in Ontario can review the proposed standard and submit comments.

The committee will use the feedback received during the review period to shape the final proposed standard before submitting it to the government for consideration as law.

How to submit your comments:

If you are interested in commenting on the proposed standard, please do so by May 22, 2009. We will also be conducting public consultation sessions across the province. If you are interested in attending, please contact Hope Fridal at 1-888-482-4317, or by email to public.review@oliverwyman.com.

Ontario is the first jurisdiction in Canada to develop province-wide, enforceable accessibility standards. The proposed employment accessibility standard is the fourth standard to be released for public review. The Accessibility Standards for Customer Service, Ontario Regulation 429/07 is the first standard to become law. It came into force on January 1, 2008.

To view the Employment Accessibility Standard, visit <http://www.mcass.gov.on.ca/mcass/english/pillars/accessibilityOntario/accesson/business/employment/>.

Ontario Government's 'Poverty Reduction Strategy'

The Ontario Government's Poverty Reduction Strategy was announced at 1 pm on Dec. 4th. The ODSP Action Coalition's Steering Committee and Media and Lobbying Committee met to discuss our initial response. We would like to encourage members to approach media in their communities to comment on the government's announcement. Please feel free to use our key messages below in any interviews you do.

ODSP Action Coalition's Response

Key Messages:

1. The Poverty Reduction Strategy that was announced today is a foundation that we can all build on to reduce poverty.
2. As more details become available and the strategy is rolled out, we'll be looking for how much it will help people with disabilities. The strategy mentions a number of initiatives that the government has introduced in the last few years but their section on people with disabilities offers nothing in terms of new commitments.
3. People with disabilities experience higher rates of poverty than the general population. We understand that the initial focus of this strategy will be on families and children. However, if the government is going to be successful in reducing poverty, the strategy will need to reduce poverty for everyone, including people with disabilities.
4. We have been working for years to get improvements to the Ontario Disability Support Program (ODSP), which many people with disabilities struggle to live on. So we are pleased to see that a review of social assistance will be part of the strategy. We would like to see the review focus not only on supporting people to move from OW or ODSP into the workforce but also how to make the program easier to access and more responsive to the individual needs of people with disabilities. It's crucial that people with disabilities find work that pays well enough to live on and fits their skills and abilities. It's also crucial that people with disabilities who are not in the workforce aren't left out of the strategy.
5. We want to be actively involved in the review and bring a lot of experience to the table. Many of our members are on ODSP and have lived experiences of the many barriers in the current system. Our coalition has also done a lot of work in developing recommendations for how to

restructure social assistance so that people with disabilities can live with respect and dignity.

6. The current disability program has many punitive and counter-productive rules that hinder rather than help people. The government announced changes to three rules today. We hope that these small steps will lead to more significant reforms that will help people with disabilities escape poverty. From this strategy, we want to see social assistance transformed so that the focus is on reducing poverty and supporting people, whether they are working or not.
7. ODSP rates are not adequate to meet people's needs, let alone accommodate the additional costs of their disability. We are pleased that the government has indicated that it will be improving people's incomes as part of the strategy. We would like to see that happen early on. The increases need to be significant and extend not only to families and children, but also singles and couples.
8. The coalition will be looking for a significant financial commitment in the upcoming provincial budget to back-up the commitments made in this strategy to reduce poverty. Not only will it help people who are struggling in poverty, but it will also pump much needed money into the local economy.

Call to Action: Make poverty reduction the priority in Ontario budget

The next provincial budget is expected on March 26, and it could not come at a more critical time. A budget that resolves to stave off the worst of a recession while protecting the most vulnerable will make an immediate difference in the lives of all Ontarians – and will safe-guard the health of the province's economy for years to come. Now is the time to tell our elected representatives at Queen's Park that poverty reduction must be a priority for Ontario's upcoming budget. The 25 in 5 Network has identified five immediate spending priorities – along with a series of other initiatives, outlined in the 25 in 5 Blueprint:

- A \$100 monthly Healthy Food Supplement to help all adults on social assistance access healthier food;
- An increase to the Ontario Child Benefit to \$92 a month in 2009 budget and \$125 a month in 2010 budget to protect Ontarians during the economic downturn;
- Building 7,500 new affordable child care spaces, crucial to supporting parents who need to work and retrain for the demands of a changing

economy;

- Leveraging federal infrastructure dollars to build more affordable housing;
- A Housing Benefit to help low-income renters meet the rising cost of housing.

By making these investments in the upcoming budget, the province can stimulate the economy while making significant progress on the government's promise to reduce child poverty by 25% in the next 5 years.

Send a message to Finance Minister Dwight Duncan and Premier McGuinty. Tell them that making good on the province's commitment to invest in poverty reduction is key to addressing the economic challenges facing Ontario today. Let your voice be heard.

Email the Finance Minister at dduncan.mpp.co@liberal.ola.org and the Premier at dmcguinty.mpp.co@liberal.ola.org. For more information, log on at www.25in5.ca/.

ODSP ACTION COALITION: Tips for Meeting With MPPs

To find out your electoral district and the name of the Minister of Provincial Parliament (MPP) in your riding, call Elections Ontario toll-free: 1-800-677-8683.

You can also find this information online. Go to: <http://www.elections.on.ca> and click 'Find Your Electoral District' on the right side of the page near the top.

Arranging and preparing the meeting:

- Call the MPPs office to arrange an appointment to meet.
- Sometimes several follow-up phone calls are necessary to get a meeting date. Don't be shy about being persistent!
- Once the meeting is set, let their office know who will be attending the meeting.

Who should attend the meeting:

- It is a good idea to bring other people along, although it's best not to invite more than two or three people.
- As many people as possible attending the meeting should be from the MPP's riding.

- Include at least one person directly affected by the issues you will be addressing and make sure they are given time to speak in the meeting.

Preparing for the meeting:

- Find out how long you will have with the MPP. 15-30 minutes is standard.
- Make sure you learn as much about the topic as possible. You should know more about the topic than the MPP with whom you are meeting.
- Send the MPP some written information about the issues you will be discussing, so they can prepare for your meeting as well. This material should ideally not be longer than a page or two, and focus on key points.
- Decide beforehand who will say what, and how long each person will talk. Also, if possible, it is useful to link what you are going to say to an interest of the MPP, or something occurring in their riding.
- Because of time restraints, it is best to stick to just one or two issues.
- Specific facts and statistics are useful to have.
- Try to anticipate difficult questions the MPP may ask, and be prepared to respond to these.

During the meeting:

- Be assertive rather than aggressive. An assertive stance will win you more respect. Try not to get into arguments.
- Focus on possible solutions, not just complaints. Try to determine areas of agreement.
- Make sure you give the MPP time to ask questions. Don't assume that the MPP already knows much about the issues you will be discussing.
- Make sure you are very specific about what you are asking the MPP to do.
- At the end of the meeting, try to get a commitment from the MPP to do something specific to support your demands.
- You may wish to leave written information with the MPP (for eg. statistics, studies) in addition to any information you have already sent them.
- Offer to stay in touch to keep them informed of the coalition's work

What to ask the MPP to do specifically (if they are sympathetic to your demands):

- Ask your MPP to organize a public consultation on poverty reduction and invite members of the government's Cabinet Committee on Poverty Reduction to attend.
- If they are a government minister, ask them to bring up your issues/demands in Cabinet meetings.
- If they are on the Liberal Government's Cabinet Committee on Poverty Reduction, ask them to raise your concerns in discussions about what should be included in a plan to reduce poverty. A list of MPPs who are on the committee is available at:
<http://www.premier.gov.on.ca/team/committee.asp?Team=15>.
- If they are a liberal MPP, ask them to bring up the issues/demands you have raised at one of their caucus meetings.
- If they are a member of an opposition party, ask them to bring up the issues/demands you have raised during Question Period in the legislature.
- Ask your MPP to write a letter to the Minister of Community and Social Services, saying that they support the demands you have raised, and asking her to respond. Ask them to cc the letter to members of the Cabinet Committee on Poverty Reduction.

Follow-up to your meeting:

- Follow up with a letter to the MPP thanking them for meeting with you, summarizing the content of the meeting, and reiterating any agreed-upon next steps.
- At a later date, call their office to see if the MPP followed through on any promises they made.
- Please complete the 'report back' form on the meeting, and mail or fax it to the ODSP Action Coalition. The form and information on where to send it is part of the ODSP Action Coalition's lobby kit.

Questions and Answers on 'Put Food in the Budget' Campaign

Q. Is it realistic to expect the government to act in the upcoming budget?

A. The budget will be presented on March 26th. There is lots of time for the Premier and the Finance Minister to get the message that now is precisely the time to make a down payment on reducing poverty. The Premier has made a promise to reduce poverty – the 2009 budget is the first real test of whether he intends to keep this promise.

Q. Why now? Isn't this a bad time to spend more on social assistance?

A. It is long past the time to address the poverty experienced by people who live on social assistance. Benefit rates are worth 60% what they were 15 years ago. As more people lose their jobs, the costs of poverty will become greater. Investing in a healthy food supplement will be paid back to the provincial treasury as spending in local economies is stimulated across Ontario.

Q. How did you choose the amount of \$100 for the Healthy Food Supplement?

A. This amount is a down payment toward establishing adequate income supports that are based on the real cost of living and that enable people to purchase healthy food. \$100 represents a round number to help focus attention on the issue and express the need in real terms.

Q. How do you guarantee the money will be spent on food?

A. You trust people to know their own needs and to take care of themselves as best they can in difficult circumstances. People in all income levels make poor choices when it comes to healthy eating. The cost of eating fresh fruit and vegetables makes it a luxury for people on social assistance. They should be entitled to the dignity of a healthy diet.

Q. Will there be public support for this initiative?

A. Canadians believe in a just society where human rights are respected and everyone has equitable access to opportunity. In Ontario, the Premier aspires to a society where "everyone is at their best." The public will support a government that keeps its promises and delivers on fairness and justice.

Q. Why are Medical Officers of Health advocating on this?

A. The government requires all public health units to collect annual information on the cost of nutritious food in their local areas. The gap between what it costs to eat a healthy diet and the income received by people who live on social assistance is unacceptably wide and is getting wider. Medical Officers of Health are providing advice to the government on closing the gap on health inequalities.

Q. What are some of the health impacts?

A. People who experience chronic food insecurity and a lack of access to a healthy diet suffer from numerous negative effects on their health, including higher risk of chronic illness, depression, heart disease, diabetes, and high blood pressure. Fighting poverty is the best medicine money can buy.

MEDIA RELEASE

Need for Affordable Housing Continues in Toronto

New Province-wide Housing Report Highlights Housing Needs, March 2, 2009

(Toronto) As Ontario continues its slide into one of the deepest recessions in 50 years, access to affordable and safe housing continues to be a problem for many households in Toronto. Tight rentals markets and long waiting lists for social housing highlight the need for increased investment in affordable housing to protect families and create jobs, according to a report released today.

The eighth annual edition of *Where's Home? A Picture of Housing Needs in Ontario (2008)* authored by the Ontario Non-Profit Housing Association (ONPHA) and the Co-operative Housing Federation of Canada (CHF Canada) Ontario Region, analyzes 22 separate housing markets across Ontario.

“Almost 23% of Toronto tenants are spending more than half of their income on housing,” said ONPHA Executive Director, Sharad Kerur. “The average minimum wage household in Toronto can’t afford the rent on a basic bachelor apartment. I am really worried that as the economy moves deeper into recession, more and more households will be forced to choose between paying the rent and other necessities.”

“We need to fix the housing we have and build more co-operative and non-profit housing,” commented Harvey Cooper, Manager of Government Relations at CHF Canada Ontario Region. “Affordable housing is a natural firewall against poverty – we need more of it.”

Where's Home? 2008 shows that vacancy rates in major urban areas, such as Toronto and Peel, remained tight in 2008. Toronto's vacancy rate decreased substantially in 2008, falling to 2%. As of December 2008, the provincial vacancy rate had continued to decline, falling from 3.3% in 2007 to 2.7% in response to increasing house prices in a number of markets and growing uncertainty about the economy.

The report shows that in the City of Toronto, rents outpaced inflation by 30%. This was a period of relative economic growth, so the current projections of a lengthy recession with significant job losses and wage deflation are of great

concern.

Rental housing completions have increased modestly in Toronto since 2002, but the report found that overall, there are almost 550 fewer rental units in Toronto in 2007 than there were in 1997. This net loss is largely a result of demolitions and conversion of rental units to condominiums. Across the province, there has been a net loss of more than 8,500 rental units since 1997.

Census data shows that increases in the average income of homeowners steadily outpaced increases to tenant incomes in Toronto. Homeowner incomes increased by 48% between 1995 and 2005, compared to an average increase of 25% among Toronto's tenant households. Even during periods of stable economic growth, Toronto's tenant households have been left behind.

The report argues that a larger inventory of permanently affordable non-profit and cooperative housing would offer low-income households a measure of stability as the economy worsens. Furthermore, the report argues that building new affordable housing can act as an effective stimulus strategy, benefiting Ontario's low-income households and creating jobs in sectors like construction.

"Housing affordability problems are getting worse and Ontario's low and moderate-income households are losing ground," said Harvey Cooper. "While municipalities like Toronto are trying to tackle the problem, they can't do it alone. Senior governments have to do their part."

"The time is now. The public wants economic stimulus, energy conservation and poverty reduction. Good housing policies can achieve all three," said Sharad Kerur.

ONPHA and CHF Canada Ontario Region want to see senior governments take a balanced approach to the creation of more affordable housing, combining permanently affordable non-profit and co-op housing, private sector rental, renovation of existing social housing, as well as rent supplements to fill vacant units.

"Where's Home?" can be found on www.onpha.on.ca or www.chfc.ca. For more information, contact:

ONPHA's David Peters at (416) 948-3260 (Cell) or (416) 927-9144
CHF Canada Ontario Region's Harvey Cooper at (416) 809-5048 (Cell) or (416) 366-1711 extension 237.

Special Request from a Community Legal Worker at ARCH

February 6, 2009

Dear Colleague,

My name is Jenny Clement and I am the Community Legal Worker at ARCH Disability Law Centre. I am doing a needs assessment for ARCH that will help them to understand the legal issues facing people with disabilities in Ontario. The project will also provide information on how to make the legal system more accessible. The needs assessment will be used by ARCH Board of Directors and staff to set the priorities and goals of ARCH and help ARCH learn about the different organizations for people with disabilities across Ontario.

I hope to get the opinions and experiences of many people with disabilities in Ontario. I will be holding focus groups, surveys and interviews to get this information. Individuals can participate in the study if they have a disability and they live in Ontario. Surveys can be done over the telephone, in person, electronically or by regular mail. Upon request, useful public legal education seminars can also be given to participants on issues that are important to them.

The goal of this project is to hear from people with disabilities and we need your help to find interested people. You can contact me by telephone at (416) 482-8255 ext. 223 or by email at clementj@lao.on.ca if you are able to help. Along with this letter is a flyer that can be posted in a common area. It has information about the needs assessment and will help to create public interest.

Sincerely,

Jenny Clement
Community Legal Worker
ARCH Disability Law Centre

COMMUNITY EVENTS

Active and Able Programs at Birchmount Bluffs Neighbourhood Centre

Check out the Spring session of Birchmount Bluff's Active and Able Programs designed for persons with disAbilities and/or health barriers:

- DiverseABILITY Fair 2009: Link up with 30 community resources at this resource event promoting accessibility and inclusion. Exhibitor tables, presentations, consultation session. Tues. April 28. 11:30am-3pm (Free)
- Mindful Movement: Practise gentle, healing movements that strengthen the Body/Mind connection. Thur. April 9-June 25. 11am-Noon (\$30 for 12 weeks)
- Barrier Free Access to Swimming: enjoy attendant-supported leisure swimming. Tues March 24-May 19. Noon-3pm. Free. Info: call 416 690-8804.
- Chair Tai Chi: Enjoy practising these holistic exercises that improve flexibility, movement and energy. Thur. April 9-June 25. 11am-Noon (\$12 for 12 weeks)
- Gentle Motions 2-Water Movements: practise low-impact exercises in accessible Hot Tub. Lift chair or stair access. Thurs. Sept 11-Nov. 27. 10:45-11:25am. (\$20, 12 wks)
- Youth Programs: youth enjoy inclusive activities at our accessible Youth Centre. Includes pre-employment services, Peer Support Art Group, social events, workshops/skills training. Some attendant services provided. Free.
- Bluffers Peer Support Group: Adults share ideas and peer support in this self-directed club. Activities include workshops, discussions and outings. Every other Friday: 2-4pm. Free.

Spring session starts week of April 6 and runs for 12 weeks. Program subsidies are available to persons with financial barriers. Annual Membership: \$5. Attendant services provided for some programs. For information, please contact David Meyers at 416 396-7606 or at david@bbnc.ca Location: Birchmount Bluff's Neighbourhood Centre, 93 Birchmount Rd. Scarborough (at Kingston Rd).

DiverseABILITY Fair 2009 at Birchmount Bluffs Neighbourhood Centre

Birchmount Bluffs Neighbourhood Centre and community partners invite you to connect with valuable resources and community members at our 6th annual resource fair.

25 Exhibiting Resources

Employment Services, ODSP, OW and CPP Services, Supportive Housing
Anti-Poverty Coalitions, Inclusive Recreation Services, Seniors Services
Accessible Youth Services, Health Care Services, Holistic Therapists Advocacy
Resources, Developmental Services, Life skills Resources

Panel Discussion
Community Consultation Session
Awards of Achievement
Refreshments

Tuesday April 28, 2009 11:30am - 3pm
Birchmount Community Centre
93 Birchmount Road (at Kingston Road)
Free admission

Attendant services will be provided

To RSVP and make inquiries, contact 416 396-7606 or david@bbnc.ca

**“Planning and Networking Workshop” in Association With Connections
Resource Fair for Persons With Disabilities**

Thursday May 7, 2009
Planning & Networking Workshop
6:00pm to 7:30pm

Resource Fair
10:00am—7:00pm

Living Arts Centre
Meeting Room West
4141 Living Arts Drive, Mississauga

This workshop is for families and youth who have a Developmental Disability
and/or Physical Disability and/or an Autism Spectrum Disorder

TOPICS INCLUDE:

Planning your future
Sharing success in the community
Transitional planning
Community Options
Plus visit the Resource Fair to learn about the Passport Initiative,

Education, Leisure, Housing, ODSP, Community Living & Respite Services.

FREE TO ATTEND WORKSHOP AND FAIR.

Please RSVP for workshop to (905) 799-7700
Freedom Tour & Candlelight Remembrance

Celebrating Community Living and the CLOSURE of INSTITUTIONS

Join us on March 31, 2009 for a Screening of The Freedom Tour

6:30pm Film Screening
Ryerson University, George Vari Engineering Building
245 Church Street (corner of Church & Gould)
Room ENG 103

8:45pm Candlelight Remembrance
Front Lawn of the Ontario Legislature (Queen's Park)

RSVP anna@communitylivingontario.ca
416-447-4348, x221

Halton Accessibility Showcase 2009

A Resource Fair Featuring Programs & Services for People of all ages with Disabilities and/or Special Needs

Thursday April 23, 2009
2:00pm to 7:00pm
Halton Regional Auditorium
1151 Bronte Road, Oakville

Directions: Exit Queen Elizabeth Way (QEW) at Bronte Road (Regional Road 25), Oakville. Go north on Bronte Road. Halton Regional Building is about one block north. Entrance on north side. Ample free parking.

Free Admission open to Children, Students, Parents,
Seniors and Members of the Community are welcome!

Providing Information on the following:

Advocacy	Planning for your child's future
Assistance Programs	I want a job! What options are available in my community?
Counseling Services	Where do I find recreation programs?
Employment Services	Living options: Supportive/Independent?
Education	How do I access services and supports?
Recreational Programs	
Seniors' Services	

ASL interpreter will be available. Drop in anytime.
For more information, please contact Janet Barton at (905) 337-0612.

In partnership with:

Community Living Burlington, Community Living Oakville, Community Living
North
Halton, ERINOAK, Halton Catholic District School Board, Halton District School
Board,
Halton Support Services, and Halton Police Services

TransHelp's Hours of Service are Extending

Effective January 1, 2009, TransHelp hours of operation are extended to 6:00 a.m. to 1:00 a.m., seven days a week.

Monday – Friday 6:00 a.m. to 1:00 a.m.

Saturday 6:00 a.m. to 1:00 a.m.

Sundays/Holidays 6:00 a.m. to 1:00 a.m.

Saturday/Sunday/Holiday service and trips that cannot be accommodated by buses during regular service hours are provided by the following taxi companies:

For trips originating in Brampton: Bram City 905-455-7777

For trips originating in Mississauga: Blue and White 905-274-4444

If in doubt, call Bram City in Brampton or Blue and White in Mississauga.

For more information contact a Customer Service Representative at 905-791-1015. Cell Phone Users: If you are away from home and your ride is late, you can make a free call to TransHelp on your cell phone: Rogers or AT&T Customers: Dial *THLP (*8457); Bell Customers: Dial #THLP (#8457).

Centre for Independent Living in Toronto presents

A 4-Part Workshop Series for Women with Disabilities

PART I: Self Esteem

PART II: How To Be More Assertive in our Relationships

PART III: Learning the Signs:

Healthy versus Unhealthy Relationships

PART IV: Coping With Stress in our Relationships

All Workshops will be held at:
Centre for Independent Living in Toronto
365 Bloor Street East, Suite 902
(Bloor & Sherbourne)

Thursdays from 1:00 pm to 4:00 pm on:

Thursday April 2, 2009
Thursday April 9, 2009
Thursday April 23, 2009
Thursday April 30, 2009

Register Early, Space is Limited. To register, contact 416-599-2458 Nancy (x227). Refreshments and Attendant Services will be provided. Other accommodations may be provided upon request.

Peer Links is a quarterly publication of the Peer Support Program.

To become a member of the Peer Support Program, or to receive Peer Links on a regular basis, please contact Nancy at:

Centre for Independent Living in Toronto (CILT) Inc.
365 Bloor Street East, Suite 902
Toronto, Ontario M4W 3L4

Tel: (416) 599-2458, extension 227

Fax: (416) 599-3555

TTY: (416) 599-5077

Email: peervolunteer@cilt.ca

Website: www.cilt.ca

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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