



Fun in the Sun, Support and Respite

Blaze camp program served 41 awesome kids! Session highlights included camp friends, soccer games, water days, freezies, art, our resident rabbit "Bugs Bunny" and flock of laying hens, djembe drumming under our new shelter, our own fresh produce mini-market, pony rides and introductions to far-out creatures like hedgehogs and prairie dogs! Enrolment and our waiting list indicate an expanding need for care and structured support over the summer months for children and youth in North Durham. We enjoyed getting to know several new families and are thankful for the opportunity to have grown our relationships with many who have accessed the support services of Precious Minds for years!

It's a very special aspect of our journey to celebrate kids who started at Precious Minds as young children and who now participate in our youth camp exploring 'Leadership' modules. The success of Blaze had much to do with the tremendous commitment of our compassionate volunteers and student staff team – Jen Obie, Miriam Punnoose, Ashley Tiller, Krista Steinhart, Cameron Wilson and Jared Wilson.

In the fall, we invite you to visit our website to view the Blaze Camp 2010 snapshots.

Supporters:

Baagwating Community Association
2010 "Live it Out" Youth mentoring initiative



Fall 2010 Support Programs Children & Youth

Break Away–Fall (8 - Saturday Afternoon)

Oct. 16 thru Dec. 4 from 1:30 pm to 4:30 p.m.

Location: Precious Minds Resource & Learning Centre

*Cost: \$25 per afternoon or \$160 per session

A Saturday afternoon initiative for kids and youth with developmental disabilities. Break Away is a creatively structured and theme-based program that emphasizes FUN for kids & youth. It includes elements of social skill building, fitness, art, music, healthy eating and play, while providing caregivers and families with a regular window in the week to 'fill up' and break away...

*Generously sponsored by United Way of Ajax/
Pickering/Uxbridge & Unity for Autism*

Teens Advance (8 - Saturday gatherings)

Oct. 16 thru Dec. 4 from 1:30 pm – 4:30 p.m.

Location: Precious Minds Resource & Learning Centre and various off-site venues.

*Cost: \$25/gathering or \$160 per session

Entering our third season, this social support opportunity for teens (Asperger's, high-functioning autism, learning disabilities) is designed to be FUN, interactive

and effective in helping teens transition to young adulthood. Program goals remain oriented to promoting independence, exercise and healthy eating, good hygiene, current styles, exploring aspects of leadership, volunteerism, honing interests and strengths with a view to contributing positively in life at home, school and in the community.

Generously sponsored by Township of Scugog & United Way of Ajax/Pickering/Uxbridge

Fitness Zone – Swim (8 - Thursday After School Sessions)

Oct. 7 thru Nov. 25 from 3:00 – 4:30 p.m.

Location: UxPool, Parkside Drive, Uxbridge

Cost: \$160

With a focus on water safety, level-appropriate instruction and lots of fun in the mix, these sessions are a proven life skill/social building opportunity for kids and youth with various disabilities. Participants are partnered with qualified high school peers with swimming experience. Classes led by Beth McClelland, Red Cross Instructor; affiliate of Holland Bloorview Kids Rehabilitation Centre.

To register for any of these programs, please contact:

Sandy Ianuzzo, Family Support – Child & Youth Programming Coordinator

Tel. (905) 982-0882, ext. 1

Financial Support

Another practical way that Precious Minds provides support to families is through financial assistance. We recognize that the costs attached to therapies, respite services, specialized programming and assistive devices (to name a few) are heavy additional responsibilities to shoulder. We invite your enquiries and are positioned to help and answer your questions related to other potential funding sources.

For further information, please contact Pat Kerry at admin.preciousminds.com or call 905-982-0882

Parent Share

Thursday mornings from 9:30am –11:00am

Parent Share is a time for parents and professionals to share successes, access valuable information and problem-solve with each other while enjoying refreshments. Complimentary childcare is available. Please email Jan at: jgrisdale@preciousminds.com if you are bringing children.

Upcoming discussions:

Thursday, September 16, 2010

Nutrition Matters

**Location: Precious Minds Resource & Learning Centre,
21980 Highway 12, Sunderland**

Nicole Scott from Passion for Nutrition will provide a video and interactive presentation on the importance of making wise choices in our children's eating. Nicole will be joined by Lisa Cooper of Cooper Farms, known for its community supported agriculture (CSA) weekly produce basket program. Cooper's CSA Farm & Maze (recipients of the Young Ontario Farmers award) is a market garden, family-owned farm that has supplied produce for our leadership campers to sell every second Wednesday of camp at Precious Minds. **Please note that this will be a full morning running through until 11:30 am.**

Thursday, October 21, 2010

Individual Education Plans (IEPs)

**Location: Precious Minds Resource & Learning Centre,
21980 Highway 12, Sunderland**

Representatives from both the Public and Catholic School Boards will share information on IEPs that will help you work with your school to get the best for your child. You won't want to miss this morning of practical help. Bring your child's IEP with you as a reference for this discussion.

Thursday, November 18, 2010

Parents Share from Workshops on Anxiety & Transition to Adulthood

**Location: St. Paul's Anglican Church
59 Toronto Street South, Uxbridge**

Two of our parents will share the information they have learned from two workshops that they have attended. Topics included: *Health Professionals on Anxiety* by Dr. Antony and *Developmental Issues for Teens*, with the focus on transition to adulthood.

Thursday, December 16, 2010

A Time for Connecting and Gift Making

**Location: Precious Minds Resource & Learning Centre,
21980 Highway 12, Sunderland**

A relaxing time making 'cookie jar' gifts while visiting with other parents of children with special needs. There will be a choice of type of cookie and a fee for each jar made. These will make great gifts for teachers, EAs and workers. RSVP to Jan Grisdale at: jgrisdale@preciousminds.com before December 9, 2010

Precious Minds Family Support Workers will be in attendance at evening parent events in September at both Thorah Public School and Beaverton Public School. If you live in these areas we invite you to stop by and find out about services and programs provide Precious Minds to families in north Durham.

Workshop

Wed. Oct. 27, 2010

Time: 7:00 p.m.

**Tax Credits for the Disabled, their Families & Caregivers
Location: Precious Minds Resource & Learning Centre**

This workshop is for all families to learn more about the disability tax credit, medical expenses and other possible deductions. This free workshop is facilitated by David Muir of Disability Dreams Group (<http://www.disabilitydreams.ca>). The mandate of Disability Dreams Group is to promote tax awareness and assist people with disabilities and their families /caregivers, establish tax savings. In some cases they have helped families receive tax refunds and reductions for up to 10 years retroactively. Children, under 19, with disabilities, can also qualify for Disability Tax Credits and the tax benefits can be transferred to a parent (or a caregiver who is a family member) who pays taxes. The person with the disability does not have to live with you to claim these deductions. This workshop is free but you must RSVP before Oct.20, 2010 to Jan at: jgrisdale@preciousminds.com



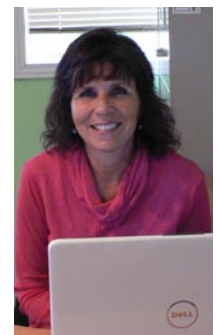
*The 2010
Christmas Home Tour
is scheduled to be held on
Saturday, November 13, 2010*

Mark your Calendar!
**Tickets will be available at various locations
in Uxbridge, Port Perry and at Precious Minds**

Board & Staff Update

Executive Director

The Precious Minds Board of Directors is pleased to introduce **Karen Shepherd** in the Executive Director role. With a leadership and business background, strong relational style, and experience as parent of a daughter with additional needs, Karen brings compassion, understanding and expertise to this position. A resident of Durham Region for the past 18 years, Karen currently resides in Brooklin and is a wonderful addition to the Precious Minds team.



Marketing & Communications

With the desire for broadened connections and impact throughout the community, Precious Minds has hired **Charlotte Truter** in the role of Marketing & Communications. With enthusiasm and dedication, Charlotte has quickly become familiarized with the organization, applied her professional skills to enhance the work of Precious Minds, and settled in as a valuable member of the team.

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