



# Precious Minds



**Bringing CARE, SUPPORT & HOPE to individuals with developmental disabilities and their families since 1999**

Spring 2023 NEWSLETTER

As we wrap up the winter session, we have lots to be thankful for at Precious Minds! The introduction of the third day to Skills for Life programming has been a great success. A big thank you to Scout Hall for welcoming the group each Monday. With the warmer weather coming, the participants and staff team are looking forward to getting outside more and exploring Port Perry! The Jeremiah F. Coughlan Foundation made a generous donation to the Skills for Life, Adult Day Program, this funding will help us grow and sustain the program over the next 10 years!

A big thank you to our staff team, volunteers and community partners (Uxbridge Baptist Church, Parish Lanes, Cannington Baptist Church and Scout Hall), winter programming was a great success! Check out page 2 of this newsletter for what programs we are offering this spring starting the week of March 20! A reminder there is no programming the week of March 13 - March Break! We hope everyone enjoys a restful and relaxing break!

## 2023 Summer Camp

This summer we are excited to celebrate 20 years of bringing a meaningful and memorable summer camp experience to North Durham! Our camp schedule can be found on our website, registration is open and planning is well underway. We are grateful for the generosity of The Alva Foundation, this year participants will enjoy camp t-shirts, weekly pizza parties, swimming, bowling, special guests and memorable field trips! Register soon as spots are filling up quickly!

### Employment and Volunteer Opportunities Available!

We are accepting applications for our 2023 Summer Camp Team! We are hiring 10 enthusiastic, energetic camp counsellor to help us create an amazing and fun camp experience for our participants!

Looking to volunteer? We are looking for volunteers to help out at programming or assist with the planning and coordination of our upcoming fundraising events!

To learn more about either of these opportunities please visit: [www.preciousminds.com/joinourteam](http://www.preciousminds.com/joinourteam) or email Chas at [charding@preciousminds.com](mailto:charding@preciousminds.com).

### Save the Dates!

**March 21** - World Down Syndrome Day, Rock Your Socks!

**April 2** - World Autism Awareness Day, 2023 Theme 'Colour'

**April 15** - McDonald's Bottle Drive in support of Big Brothers, Big Sisters North Durham, Jennifer Ashleigh Children's Charity and Precious Minds! 10:00am-2:00pm

**May 10** - McHappy Day in support of Big Brothers, Big Sisters North Durham, Jennifer Ashleigh Children's Charity and Precious Minds!

To volunteer at the Bottle Drive or McHappy Day, email Chas at [charding@preciousminds.com](mailto:charding@preciousminds.com).



### Precious Minds Annual Golf Tournament

Wednesday, September 27th

Wyndance Golf Club, Uxbridge ON

Information regarding Sponsorship Opportunities and Golfer Registration Coming Soon!

### Thank you to the following Grantors for their Support!

The Alva Foundation - Summer Camp

Hydro One, Energizing Life Community Fund - Skills for Life

The Jeremiah F. Coughlan Foundation - Skills for Life

United Way - Durham Region - All Programs



## DONATE TODAY!

Become a Monthly Donor, Make a One-Time Donation  
[www.preciousminds.com/donate](http://www.preciousminds.com/donate)



PLEASE DONATE NOW

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### 2023 Spring Programs

Check out our spring program offerings! For more details visit the Precious Minds website at [www.preciousminds.com](http://www.preciousminds.com)

**Program Coordinator, Elizabeth Runnalls ([erunnalls@preciousminds.com](mailto:erunnalls@preciousminds.com))**

#### **Super Strikers Bowling - Parish Lanes at UxBowl (69 Brock St W 2nd Floor, Uxbridge, ON)**

Goal: A Tuesday evening gathering to encourage social connection, community and physical activity.  
Dates/Time: March 21-June 13 from 7:00pm to 8:15pm  
Cost: \$152.75 (13 weeks)

#### **LEGO™ Friendship - Cannington Baptist Church (60 Cameron St. W, Cannington, ON)**

Goal: Participants gather weekly to build LEGO™ models, friendships and learn team strategies.  
Dates/Time: Wednesday May 3, 10, 17, 24 from 5:00pm to 6:15pm  
Cost: \$50.00 (4 weeks)

#### **Fitness Zone Swim - UxPool (1 Parkside Dr, Uxbridge, ON)**

Goal: A weekly program designed to support basic water safety and regular exercise.  
Dates/Time: Sunday April 16, 23, 30, May 7, 14, 28 1:55pm-2:45pm or 2:55pm-3:45pm  
Cost: \$75.00 (6 weeks)

#### **Saturday Breakaway**

Goal: Individualized programming and levels of support (often 1:1), while providing caregivers with a break.  
Dates: March 25-Uxbridge Baptist Church, April 22-Cannington Baptist Church, May 27-Uxbridge Baptist Church  
Times: 9:00am-3:00pm  
Cost: \$60/session

#### **Hygge Adventures**

Hygge origin: danish meaning the warm feeling you get while enjoying the company of great friends and all that life has to offer.  
Goal: Monthly adventures that provide opportunities for community engagement and social connection.  
Activities: Toronto Zoo, Themed Parties, Movies, Restaurants, Outdoor Adventures.  
Cost: Depends on the activity  
The details/registration for our monthly Hygge Adventures will be provided at the beginning of each month.

**Program Coordinator, Rachel Geddes ([rgeddes@preciousminds.com](mailto:rgeddes@preciousminds.com))**

#### **Skills for Life - Adult Day Program**

Goal: To provide meaningful, creative and fun daytime opportunities for our adult participants.  
Monday: March 20-June 19, Scout Hall, Port Perry - \$720, No program April 10 or May 22 stat holidays  
Tuesday: March 21-June 20, Uxbridge Baptist Church - \$840  
Thursday: March 22-June 22, Uxbridge Baptist Church - \$840  
Time: 9:00am-3:00pm (6 hours)

#### **Weekly Zoom Cafe Hosted by Emma Runnalls & Tristyn Dellandrea ([charding@preciousminds.com](mailto:charding@preciousminds.com))**

Goal: To create an opportunity for members to connect virtually, play games and discuss various topics!  
Date/Time: Wednesday (March 22 - June 14) from 11:00am-12:00pm  
Cost: Free, Zoom link sent out Wednesday morning

*We ask that families continue to self monitor for cold/flu like symptoms and not attend programming if you are feeling unwell. Thank you for keeping our Precious Minds community safe and healthy. At this time masks are not mandatory, please let a team member know if you would like your loved one to wear a mask during programming.*



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**New to Precious Minds?** Please contact Precious Minds at 905.982.0882 to determine which programs are the right fit for your family member and begin the intake process.

**How to Register for a Program** We require a specific number of participants in order to run each of our programs. Please email the program coordinator to register for a program. Once it is determined that the program will run you will receive email confirmation from the program coordinator and an invoice from Precious Minds.

**Please wait to receive an invoice before paying for a program.**

To learn more about Precious Minds and the programs and services we offer, visit: [www.preciousminds.com](http://www.preciousminds.com), or call 905.982.0882.