



COMMUNITY LIVING
BRITISH COLUMBIA

CELEBRATE DIVERSE ABILITIES

Stories from around British Columbia



Making their voices heard

Pages 8 & 9

Members of the Self Advocate Leadership Network (SALN) and their supporters have worked together to ensure the experiences of people with diverse abilities have been at the forefront of decision making during the COVID-19 pandemic.

MESSAGE FROM

Ross Chilton, CLBC CEO

Finding strength in helping others

Welcome to the Summer 2020 Edition of Celebrate Diverse ABILITIES magazine. As I mark my first year in the role of CEO, the world looks a lot different than it did when I joined CLBC last summer. It has been a challenging time as British Columbians and people all around the world have been coping with the global COVID-19 pandemic. Yet, in the face of these challenges, we have seen so many creative and inspiring examples of people finding ways to connect and stay positive, even while we have had to stay apart. The CLBC Editorial Board wanted to share some of these examples by making the theme for this edition "Stories of Hope and Connection."

From radio shows and podcasts to participating in community treasure hunts to mapping emergency resources, I have been impressed by the many ways people have come together to support and encourage each other. In the words of Sherwin Strong, Community Mapper and Self Advocate Liaison whose story you can find on page 15, "we all have skills and abilities that we can contribute even during times of confusion and despair. Being part of this work kept me from feeling lost

and helped restore the internal drive of doing what I love: helping others."

The stories in this edition show the positive impact we can all have on each other and our communities, even when facing fear and uncertainty. I hope you enjoy reading them as much as I have.

CLBC has also been working to help connect people with important information and support. Over the past months, along with partners in government, we've hosted a number of well-attended teleconferences for individuals and families as well as service providers to answer questions and address concerns. New pages on our website have been updated regularly with key information and resources as we navigate this pandemic. We've also published a new weekly Update for Individuals and Families.

You can read more about this work in the News section on pages 4 and 5. There, you can learn about CLBC's new Vice President of Regional Operations and a newly created director position to lead the Indigenous CLBC team. You'll also find information about this year's Widening Our World (WOW) Awards program which is collecting nominations to recognize the courage, leadership and creativity on display during COVID-19.

Thank you again for reading this edition. I hope that it provides some joy and inspiration as we work through these challenging times together.

Sincerely,

Ross Chilton
CEO, Community Living BC



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MESSAGE FROM The Editorial Board

Editorial Board Members at their last in-person meeting before the start of the COVID-19 pandemic:

left to right: Amber Rainshadow and Glimmer (Victoria), Carrie Derickson (Richmond), Bryce Schaufelberger (Mission), Vanessa Mendoza (Vancouver), Erin Murphy (Vernon), Jessica Humphrey (CLBC Self Advocate Advisor), Katie Moore (Vernon), Sam Milton (Gitsegukla) and Lee Kissinger (Victoria).

A special thanks to Editorial Board members and CLBC staff who provided writing and technical support to the authors in this edition.

Coming together, even while apart

Welcome to the Summer 2020 Edition of Celebrate Diverse ABILITIES magazine.

We are the CLBC Editorial Board made up of self advocate and community living leaders from across the province. Our role is to work with CLBC to improve communication with the people they serve and to find ways to share the stories and contributions of people with diverse abilities in B.C. Working together on this magazine has been one way to let CLBC and the broader community know what we think is important.

The theme for this edition is "Stories of Hope and Connection." We have collected stories from around the province about the different ways people and communities have come together to support and encourage one another during the very unknown and sometimes scary times of the COVID-19 pandemic.

For us on the Editorial Board, hope and connection has kept us strong and focused on the positive. This time encourages us to know and believe in ourselves and our communities that we can change and work together in uncertain times. We recognize and want to say thank you

for the innovation and support from service providers, our communities and our neighbourhoods. We also want to recognize and stand by other movements like Black Lives Matter. This pandemic and all the challenges over the past several months show us that we want to learn, reflect and do better. We hope you enjoy reading these stories that capture the leadership, resilience and creativity of the community living and self advocacy movements during COVID-19.

If you would like to share your own story of hope and connection, visit www.selfadvocatenet.com and click on the "Submit your story idea" button.

We would like to thank all the members of the self advocacy community and others with diverse abilities who contributed their stories to our magazine.

We look forward to your feedback and suggestions for the next edition of Celebrate Diverse ABILITIES.

Sincerely,

The CLBC Editorial Board

Resources for staying informed and safe

During the COVID-19 pandemic, finding answers to questions and getting up-to-date information is very important for the individuals and families CLBC serves and for service providers.

To help keep people informed and updated, CLBC has developed a number of resources, including:

- A regular Update for Individuals and Families sent by email
- Teleconference calls (including audio recordings and plain language summaries)

- A plain language resource page, including links to videos with information in sign language
- A Support and Connection toolkit that is updated frequently with new resources and activities (and can be found on the plain language resource page)
- Information pages on Emergency Funding

You can access all of these resources by clicking the links in the red banner at the top of the CLBC website.



CLBC News

Recognizing those who keep us connected

Every year, the CLBC Widening Our World (WOW) Awards celebrate British Columbians who are making their communities more inclusive.

This year, the awards will honour the courageous people who are helping others stay connected and included during the COVID-19 pandemic.

People are using many innovative ways to stay in touch, to create friendships and a sense of belonging. We want to hear the stories about how people have showed courage, leadership and creativity to keep individuals connected during COVID-19.

Whether it is an employer, teacher, support worker, community member, self advocate, or anyone else who is making sure people stay connected while staying safe, we want you to tell us about it!



Nominations for the 2020 WOW Awards are open until August 31 at 5:00 p.m. Full details, including the nomination form, can be found at:

www.communitylivingbc.ca/WOW

Winners will be chosen in September by the selection committee. In October, during Community Inclusion Month, CLBC will announce winners on our website, in our newsletters and on social media.

John Stinson joins CLBC as Vice President, Regional Operations

CLBC welcomed John Stinson to the role of Vice President, Regional Operations on June 15, 2020. John was previously the Assistant Deputy Minister for Disabilities, Inclusion and Accessibility Division of Alberta Community and Social Services.

“It is a thrill to introduce John as the newest member of our Executive team,” said CLBC CEO Ross Chilton. “He comes to us from the Alberta government where he has been a collaborative, consensus-building leader in disability services as well as other sectors. We will benefit greatly from his leadership experience and personal commitment to our work.”

“I’m humbled and honoured to have the opportunity to work with an organization that walks its talk by engaging

British Columbians who are living with developmental and intellectual disabilities and their families in program and service planning,” says John. “I look forward to doing my part to support and strengthen this approach and will do my best to live up to CLBC’s standard of excellence.”



John replaces retiring Vice President Lynn Davies, who has served in this role since 2015, and prior to that in the roles of Director and Manager since CLBC’s formation in 2005. Lynn will remain with CLBC as an advisor until the end of September 2020 to support the transition and CLBC’s ongoing COVID-19 response and recovery efforts.

New director to help CLBC improve Indigenous services

As part of CLBC’s commitment to improving services to Indigenous communities throughout the province, a new director position has been created to lead the Indigenous Community Living BC team. The new director will hire two additional Indigenous Practice Advisors to join current advisor Norah Drake in this important work.

This responds to recommendations made by CLBC’s Indigenous Advisory Committee and will build on the work of the Quality Assurance team and Indigenous Practice Advisor to support CLBC staff to improve the accessibility and quality of services. The new team will report to CLBC CEO Ross Chilton.

The creation of a strengthened Indigenous Community Living BC team will also support priorities established in the Re-Imagining Community Inclusion consultation process to strengthen services available to Indigenous

peoples and the government’s commitment to the United Nations Declaration on the Rights of Indigenous Peoples.

“The CLBC Board of Directors believes this work is important,” says Michael J. Prince, Board Chair. “We respect and honour the Indigenous peoples we serve and want CLBC to work in partnership to advance inclusion of Indigenous people with disabilities.”

The new director will create a team to help assess policies through an Indigenous lens, strengthen standards for culturally safe and competent service delivery and lead effective community engagement.

The hiring process for this role is currently in progress and CLBC will share any updates about the new director in the What’s New section of the website.

Vancouver Island

My name is Emily and I am a support worker with Nanaimo Supportive Lifestyles. I have worked with Kyla for about three years now and this is our story about staying connected throughout the physical distancing recommendations during COVID-19:

This story starts a long, long time ago, before Kyla and Emily even knew what COVID-19 was. Kyla and Emily have spent many years together and would preserve the memories of their adventures by making photo books. Kyla loves taking selfies and photos with friends, and these pictures tell the stories of their adventures. Kyla cherishes these books and reads them over and over and over again while she relives the good times.



On the same page

by Emily and Kyla

During COVID-19, Kyla and Emily spent some time apart to help do their part to keep everyone safe. Kyla started to miss Emily and was getting tired of spending so much time at home. One day, Kyla opened up her front door and there was a package sitting there with her name on it. She opened it up and inside she found a brand-new photo book. Sneaky Emily had made a photo book without Kyla's help.

"How sneaky! I was truly surprised. How did Emily get the package in there so sneakily? How?!" thought Kyla. She opened up the book and read it over and over again. Kyla was so excited to see pictures of the adventures she'd had with Emily as well as her dog Charlie who has been joining in ever since he was a puppy.

Kyla was so happy and in the very back of the book she found a good reminder that there will be plenty more adventures to come.



Storybooks have been a way for Kyla (right) and Emily (left) to stay connected, to cherish memories of their experiences together and to look forward to the future.

Finding a sense of community

by Myles Kneisz

Hi, my name is Myles. I want to say thank you to my service provider Integra for putting on the Amazing Race during this COVID-19 pandemic.

The Amazing Race was a 100-item scavenger hunt that had each Integra supported home create teams to find different things all over town and then submit photos of what was found in exchange for points.



From Integra's Duncan homes to the ones in Victoria, the race was a fun and inclusive way to bring back a sense of community in these tough, separating times. It was cool to have so many different homes working towards the same goal. It made it feel like we were doing it together.

At the start of the race I got to make a sign to represent our house "Cow T." I was really proud of that. If teams included their house sign in their photos it doubled the points for that photo.

Some of my favourite photos from the race were of the pretty ocean view near Maple Bay, the wonderful wind chimes and the awesome motorcycles. The Amazing Race took a lot of creativity and enthusiasm. Some of the items were hard to find but I think everyone who participated had a blast searching.

These times may be tough, but just hang on and we will get through this together. Keep each other busy and keep washing your hands so none of us get the virus. Thank you again Integra for the Amazing Race. I can't wait for the next one!

Kindness rocks!

Diana Simmons from Victoria, B.C. has stayed connected during COVID-19 by painting rocks for family and friends:

"I started collecting rocks from Cordova Bay Beach. I worked on painting the rocks. Then I put my first coloured rock under the mail box, down at the bottom of the hill. The next rock I painted and gave it to a friend for her front door-step. I'm still continuing painting stones for my friends and my family."

Diana's "kindness rocks" helped inspire Integra Support Services' virtual programming initiative asking people to go outside for a walk and look for a rock big enough to paint on. Then, paint the rock with kind words or pictures and after it dries, go lay it somewhere outside like near a sidewalk, at the park, or by a tree. Integra is collecting pictures of people's kindness rocks to create a "Solid as a Rock" collage. The initiative is a way to cultivate connections within communities and lift others up through simple acts of kindness. Rock on!



Making their voices heard

When the COVID-19 pandemic hit in March, the recently-formed B.C. Self Advocate Leadership Network (SALN) knew they had to act fast to make sure the voices and experiences of people with diverse abilities were loud and clear and in the forefront of decision making. They knew this wasn't a time for token representation, but rather an opportunity to demonstrate their leadership and essential role in the community living and disability sector in this province.

SALN was formed in the Spring of 2019 and is made up of key self advocacy groups including BC People First, Self Advocates of Semiahmoo and the Mission and Abbotsford Self Advocacy Groups. Over the last few months the group has met virtually twice a week to support one another, stay on top of daily news and updates and figure out ways to support others across B.C.



Self Advocate Leadership Network
British Columbia



SALN members and supporters got together to learn and share experiences at an in-person meeting before the COVID-19 pandemic.
Back row (left to right): Jillian Glennie (supporter), Bryce Schaufelberger, Michael McLellan, Alexander Magnussen, Manjeet Ghangass and Charmly Smith (supporter).
Middle row (left to right): Kara Anderson, David Sherritt, Lorie Sherritt, Michaela Robinson and Jo-Anne Gauthier.
Front row (left to right): Arlene Schouten and Nolda Ware (supporters).
Not pictured from cover photo: Jessica Humphrey, Roxci Bevis and Julia Kim (supporters).

Together with their supporters and allies, SALN has created eight news sheets with comments, questions and stories to demonstrate the lived experience of people with diverse abilities during this time. These went directly to government and decision makers and have played an important role in ensuring people's safety, rights and dignity.

In addition, the group has worked together to ensure access to plain language information by creating a website dedicated to tools and resources about how to stay healthy, safe and connected during COVID-19. They have produced a video series focusing on topics like "How are you coping?" and "How are you independent?" along with podcasts that share personal stories and advice to others who may be struggling with isolation.

SALN members represent the self advocate voice on the Reimagining Community Inclusion Advisory committee and played an integral role in updating the essential visitor policy in hospitals across the province.

Here is how being part of SALN has brought hope and connection for members of the self advocacy community:



"I like it when we work together as a team and the way we came together in this pandemic. SALN showed that we can stand up and have a voice and take action for ourselves and for others. We have made positive changes."

Krista Milne, SALN member



"It was important for us to talk openly about how people's lives were affected by COVID-19 and how they were coping. SALN was a place to talk about and share what the fears were and what strategies people were using to deal with their fears."

Michaela Robinson, SALN member



"It feels like self advocates finally have a provincial voice."

Michael McLellan, SALN member



"SALN is important because we come together to figure things out, like issues that matter to self advocates. We are not just all talk. We want to get things done - we act."

Jo-Anne Gauthier, SALN member



"A thing I feel is important about SALN is the way we are able to approach lawmakers to help change law and policies that affect self advocates and all people with disabilities."

David Sherritt, SALN member

Connect with the Self Advocacy Leadership Network:

Website -
www.salnbc.com

Facebook page -
facebook.com/SALNBC

Youtube channel -
[Search for "SALNBC"](#)

Richmond

For Deepi and her co-hosts of the All Access Pass show on CiTR radio, finding a way to produce the show remotely helped them stay connected, even while they miss being in the studio.



Tuning in to the things I love

by Deepi Leihl, Accessibility Collective Coordinator at CiTR

If you had asked me six months ago if I could have imagined us all under quarantine, I would have said, “No, impossible!” But it is possible.

Since March, I have been home for the majority of my time. I do not want coronavirus (or any virus, for that matter) as I have a weak immune system. I also do not want to pass it on to the people around me. For these reasons, and as suggested by health officials, I decided to stay safe and stay home.

My biggest challenge was what to do with all my time at home. For me, home is a relaxed place, but when you have to work to create radio content, it is difficult to get motivated. However, I did manage to produce an episode of the biweekly show called All Access Pass by using Zoom with my CiTR Accessibility Collective teammates. (CiTR is the University of British Columbia’s campus radio station). It was a great learning experience and it made me think that this is what accessibility is all about: finding ways to do what I love to do and trying to remove barriers.

I have also been listening to and participating in Inclusion BC’s #MentorAbility webinars, listening to a lot of music, cooking lunch, going for drives once a week, getting out for fresh air and baking. I love to make homemade goods and some of the things my support staff, my sister and I have made were: braided bread, Easter Bunny cake, high tea pastries and sandwiches. My sister and I used to go to afternoon tea at the Fairmont YVR and we were planning to go again but couldn’t due to the pandemic. So we had our own tea party on Victoria Day instead and it was so much fun!

I don’t know what the future will bring for us all, but I know that I am taking each day as it comes and making the most of it.

All Access Pass:

Listen to Deepi on CiTR’s biweekly show All Access Pass that covers equity, inclusion and accessibility for people with diverse abilities and features interviews, music, news, events and awesome dialogue. The show broadcasts every other Wednesdays at 3:00 p.m.

You can find more information about the show, and tune in live or listen to recordings of past episodes, by visiting www.citr.ca/radio/all-access-pass.

Walking it off

by Shannon Lebrun

This story is about how I turned the times of COVID-19 into a way of helping me have a healthier life.

Before the pandemic started, my life was about going to work, hanging out with friends, doing volunteer work and going for drives. But since COVID-19, I have not been able to work for almost three months now. I'm not able to do many of the things I used to.

I decided I could overcome this challenge by using this time as an opportunity to show myself I can take care of my health.

I have never really liked going for walks, but over the past several months I have not been able to get into the car and go out with my support worker like we normally do. So instead my support worker has been coming over to my place and we have been walking while being two meters apart. We started with a six kilometer walk and now I'm walking longer and up more hills.

"I want to stay healthy, so will keep using this time to help me reach my goals."

SHANNON LEBRUN

Abbotsford

I thought I would check my weight and I lost 12.2 pounds! I need to lose another eight pounds to reach my goal.

You might be asking, "What does the virus have to do with me becoming healthier?" Well, instead of being bored at home I've decided this time is going to help me lose those eight more pounds.

Yes, it sucks that we can't go into the stores or busses the same way, but we will get through this. Especially if you have a goal like me that you can work towards before the pandemic is over. I want to stay healthy, so will keep using this time to help me reach my goals.



Kootenays

Navigating challenging times together

The CLBC Kootenay Community Council is known for its strong focus and commitment to self advocacy leadership. This means listening to and learning from people with diverse abilities and honouring the self advocacy motto, “Nothing About Us Without Us.”

Usually, members meet by teleconference once a month to work on council goals. This includes hearing directly from those with lived experience receiving supports about what is working and what could be better. However, when the COVID-19 pandemic hit in March, the group quickly decided it was important to meet more often in order to support and hold space for each other during these scary and isolating times.

For the past number of months, the Kootenay Community Council has held bi-weekly meetings to make sure everyone has information and support to get through the crisis. The meeting agenda was adjusted to help address what each member needed to feel connected and encouraged with a focus on being grateful and thanking the people who have made a difference in their lives.

For some, like Council Chair Jimmie Onfrychuk, this meant acknowledging his support worker. For others, it meant sharing the creativity happening in their neighbourhoods.

“Some of us wrote letters,” explains council member Jonathan Righton, “to highlight our appreciation and gratitude for things our communities were doing, like the birthday trains in my town of Kimberley.”

For others it was just hearing members’ voices from across the region that brought comfort and relief. “Self advocate council members were the ones supporting us on these calls,” describes service provider Ana Yost from REALM in Cranbrook. “Hearing from self advocates around the region sharing and letting us know what they were feeling and that they were doing okay was a huge support for us.”

The Kootenay Community Council has gone back to monthly meetings throughout the summer but are able to come back together quickly in whatever way is needed during the unknown days ahead. “We have come to rely on our friends, neighbours and business partners way more than ever. It may look different in the future, but it is going to be awesome,” says council member and Executive Director of Cresteramics Donna McCready.

The next big work goal for the Kootenay Council is to find ways to provide caregivers with support and information that can help make their journey a bit easier. To learn more or get involved with the CLBC Kootenay Council, contact Lennan.Delaney@gov.bc.ca. You can also find information about all CLBC Community Councils on the CLBC website under the “Community Councils” tab at the top of the page.



Members of the Kootenay Community Council at an in-person meeting before the COVID-19 pandemic.

Left to right: Ana Yost, Jimmie Onfrychuk, Crystal Bermel, Keenan McLean, Susan Davis, Cory Waskul, Mike Waskul, Janice Reid, Lennan Delaney, Kelly Beagle and Jonathan Righton.

My experience with COVID-19

by Krystian Shaw

My name is Krystian and I am the owner and publisher of the Kamloops Self Advocate Newsletter. I want to share my story about having COVID-19 and what I am grateful for.

On March 24 I started to have symptoms of a bad sore throat and cough. At midnight on March 27 my mom checked on me and I had a fever of 102. She called an ambulance to bring me to the hospital. The paramedics arrived at our home all dressed up in masks and body suits. They put a mask on me and my mom. They didn't want my mom to come with me, but she insisted to help with my communication. Luckily, my mom was allowed in the ambulance if she wore gloves and a mask.

When we arrived at the hospital we had to wait in the ambulance until the doctor came out to get us. Then we were allowed to enter, but we had to go through a special door to a special place in the hospital. I remember my back was sore and my heart was beating very fast. The doctors decided I would be admitted to the hospital because my oxygen level was below normal.

I was upset because my mom couldn't stay with me and wasn't allowed to visit. 24 hours after I was admitted I started to feel better, but I couldn't go home because both my mom and I are immune compromised. I had to stay in the hospital for one week. The hardest part was that I couldn't see my mom. She had to stay quarantined at our home by herself.

I am grateful for Facetime. I Facetimed with my mom every day and that made me feel better. I am grateful to the nurses and doctors that looked after me. I felt safe in the hospital. They were all nice to me. I am grateful to the Kamloops Society for Community Inclusion.

Kamloops



Support from those close to him and medical staff helped Krystian stay positive through the experience of having COVID-19.

They supported my mom when I was in the hospital. They brought her food and supplies and took our garbage out. This helped so much.

I was still contagious when I got home. I had to stay in my room. I could come out to watch TV with my mom as long as we had masks on and sat two meters away from each other. My support worker dropped off things for me to do and helped us with our shopping. I want to say a very special thank you to Melody for being there for us.

The nurses called us everyday to see how we were doing and if we needed anything. It was hard, but everyone helped and supported us. I am grateful that my mom never tested positive for COVID-19. Everyone was so kind and looked after us so well.

Even when I was sick, I never missed a month of publishing my Kamloops Self Advocate newsletter. You can read the May edition of the newsletter at www.selfadvocatenet.com to find a story I wrote about how much the nurses looked after me in the hospital. And don't be afraid if you have to get a COVID-19 test. The best thing to do is just relax so it doesn't hurt.

MyCommunity BC

Putting emergency resources on the map

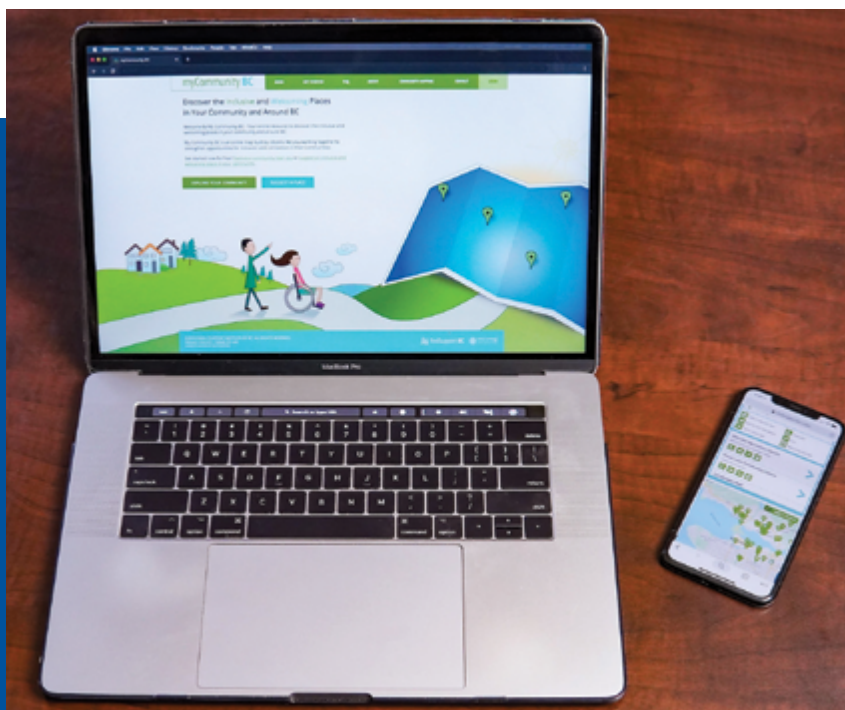
For many, the recent months have felt like endless days of social isolation and physical distancing. Yet even with all the challenges presented to us by COVID-19, these times have demonstrated an amazing sense of community connectedness and solidarity.

To celebrate and capture this community response, a team of CLBC Welcome Workshop Presenters and Family Support Institute staff and volunteers formed a remote mapping team and worked to map the places and spaces providing assistance and support to people during the pandemic.

You can find resources, like mental health supports and opportunities for virtual social connection, by visiting www.mycommunitybc.com.

Simply click on “Explore your community” then choose the “Emergency Community Response” category to see what has been mapped during COVID-19.

Community Mapper and Comox Valley Self Advocate Liaison Sherwin Strong describes how this experience provided him with hope and connection during these strange times.



myCommunity BC is a website that maps places and resources that are inclusive, value diversity and are welcoming of everyone. It is crowd-sourced by people like you working together to strengthen opportunities for inclusion and connection in their communities. The more people add to the map, the more there will be to explore. Visit www.mycommunitybc.com to explore the map, and you can hit the “Suggest a Place” button to make your own contribution.

“It has been surreal knowing the whole world probably never expected life to change in such a quick and dramatic fashion. For six weeks our mapping team worked together to research and share community resources and supports available during COVID-19.

We mapped businesses and organizations with the hope of reaching people like us who were learning how to navigate this new way of life. Being part of this team reassured me that I, like others, still have a vital role to play. One thing I’ve made sure to share with colleagues, family and friends is the acknowledgment that we all have skills and abilities that we can contribute even during times of confusion and despair. Being part of this work kept me from feeling lost and helped restore the internal drive of doing what I love: helping others.

I feel like COVID-19 has given us a chance as human beings to truly have a wholesome appreciation for our lives and others around us. And that whatever we thought was “normal” isn’t at all.

We have a chance to start a new normal and to shape the world we want to see, without limitations and with understanding, love and care. I know that for as long as this COVID-19 virus carries forward we will prevail and come out the other side better than we imagined possible.

Thank you to everyone this may reach. I want you to know that you mean a great deal. You matter and you are loved.”

“Being part of this team reassured me that I, like others, still have a vital role to play.”

SHERWIN STRONG



Singing his own tune



During his two-year term as a member of the CLBC Editorial Board, Sam Milton contributed his unique perspective to help create publications like this magazine, and to shape other communications.

The CLBC Editorial Board would like to recognize Sam Milton for his two years on the Board. We are grateful for the expertise Sam has contributed as an artist and musician and as an Indigenous young man from the northern B.C. community of Gitsegukla.

We asked Sam about his experience on the board and what has given him hope during this time. Here's what he had to say:

"Being on the board has been amazing. I met great people and built connections and relationships with people from around the province. It gives me hope to know that CLBC has these meetings to improve and make changes. I encourage people who have services with CLBC to take part and bring their experiences to the organization."

It's all about change. Especially during this time. It's about engaging and listening to our stories. It's about helping each other and being seen as someone who has an important job and important experience to share."

You can learn more about Sam and listen to his music at:

GeneralSparkzMusic.ca

To learn more about the CLBC Editorial Board, including opportunities to be involved, contact CLBC Self Advocate Advisor Jessica Humphrey at: Jessica.Humphrey@gov.bc.ca.

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