

November 19, 2014

To whom it concern,

Community Living York South is a not-for profit organization supporting people who have an intellectual disability. The mission statement of the organization is to empower people with an intellectual disability to live, learn, work and participate in their community. One of the programs at Community Living York South is the Community Support Program. This program provides a holistic service that strives to assist people in directing their own lives and helping families help themselves. The program offers education opportunities to families on various topics related to their son or daughters wellbeing. We invite various professionals and educators to come out to the meetings hosted for people supported and families.

We had the privilege to have Barbara Lebo present at our Family Network Meeting. She was able to engage the families in her workshop titled "I'm Ready to be Happier Now - One Mom's Journey with Autism". Barbara Lebo was very eager to share her journey and provided visuals to the families. Families in attendance reported to have gained new knowledge from her workshop. A number of families also expressed they would definitely attend a follow up workshop related to this topic. One parent in particular shared that she got "so much information, it was an excellent lecture. Barbara had given very interesting, very thoughtful enriching information for special needs parents".

These meetings and workshops not only provide families new knowledge on how they can support their son or daughter with a disability. It also gives them an opportunity to connect with other families and create a support circle for themselves. We were pleased to have Barbara Lebo present and share her journey with other families.

Best Regards,

Ritu Singarayer  
Supervisor, Community Support Program and Respite Services