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Embracing Diversity and Inclusivity: A Vibrant Talent Showcase at PEBCelebratesLive!

Originally published by: Open Door Group - <https://www.opendoorgroup.org/events-and-media/news/embracing-diversity-and-inclusivity-a-vibrant-talent-showcase-at-pebcelebrateslive>

The vibrant and captivating PEBCelebratesLive event, held at Vancouver's Roundhouse Community Arts and Recreation Centre, marked a celebration of talent and inclusivity. Led by Open Door Group in collaboration with posAbilities and other community partners, this annual festival honored the UN International Day of Persons with Disabilities, showcasing an array of remarkable performances and heartwarming stories that left a lasting impact.

Despite the heavy rain, the event on December 4th welcomed 379 enthusiastic attendees, both in-theater and online, creating a lively atmosphere filled with excitement and joy. The stage came alive with the captivating performances of 17 talented artists and performers from diverse backgrounds across the Lower Mainland, truly making it an unforgettable evening!

The event began with a profound territory acknowledgment by Elder Carleen Thomas, followed by insightful Opening Remarks from Monique Nelson, posAbilities' Director of Community Engagement.

The show kicked off with the enchanting melodies of the members: Cheri Maracle, Sherryl Sewepagaham & Kaitlyn Yott of M'Girl band, which delivered a proud and elegant performance with two traditional Hand-drum songs. Their graceful opening set the stage for an evening of rich cultural experiences.

A touching and inspiring moment unfolded during the screening of 'Minding My Own Business: Entrepreneurs with Down Syndrome,' presented by the Down Syndrome Resource Foundation. This powerful film showcased the resilience and determination of individuals like Andrew, Anu, and Zamaan, as they navigated the journey of establishing successful businesses despite the challenges they faced. Their stories conveyed a powerful message of perseverance and determination, inspiring everyone in attendance.

The Hip-hop Inclusive All Bodies dance performance was a celebration of the vibrant hip-hop culture, featuring diverse expressions

through urban street dance, performed by Kelly, together with Stew, Kevin, Shawn, Alyssa, Aris, and Bruce who co-choreographed the dance performance. The performance not only entertained but also fostered inclusivity and freedom of expression, leaving the audience exhilarated.

One of the highlights of the event was the screening of 'Chicken,' an award-winning short film directed by Lucy and Emma. This touching film delved into themes of family, love, and overcoming life's obstacles, offering a poignant and inspiring narrative. Aaron, the film's lead actor, shared heartwarming experiences about the making of the film, adding depth to the audience's appreciation of the story.

The electrifying rock music performance by Luc Picard, Dean Williams, and Andrew Macfarlane had the audience dancing and singing along. Their enthusiasm and dedication to music were evident, leaving an enduring impression on the evening. Their commitment to Rock4Autism promotes awareness about neurodiversity, uniting creative talents across diverse spectrums.

Comedian Ryan Lachance closed the show with his witty humor, filling the room with laughter and joy. Ryan's performance not only entertained but also left a sense of pride and unity among everyone present: "I felt proud performing and being a part of tonight's event. Everyone was inspiring, and I felt a sense of pride seeing everyone share their stories on stage."

One attendee, D.V.A (name changed), shared, "The show was an uplifting experience. This is my 4th time attending the show with my family. Witnessing talented artists overcome barriers to pursue their dreams is truly inspiring, hopeful, and motivated!"

This incredible evening was made possible by the dedication of volunteers, community partners, and sponsors. Their unwavering support played a pivotal role in making this celebration of diversity and inclusion a resounding success. Since its first start in 2014, Project EveryBODY - PEBCelebratesLive has been a platform for artists that are persons with disabilities to share their stories, challenging perceptions about abilities and disabilities.

Stay tuned for more upcoming events on [Project EveryBODY's website](https://www.opendoorgroup.org) or follow @opendoorgroup on social media. Join us as we continue our journey of celebrating diversity and inclusion!



Do you have a story for our quarterly newsletter or website?

Email: communications@posAbilities.ca or call 778-945-3344.



posAbilities.ca

A Day of Art, Inclusion, and Community: The INCLUSION Art Show 2023

The INCLUSION Art Show & Sale celebrated its 19th year, and what a celebration it was! The day kicked off with an exciting morning filled with art enthusiasts browsing and admiring the work of talented artists. The energy in the room was electric as pieces were being purchased left and right. This year, there were more artists in attendance than in previous years, making for an even more impressive showcase of creativity and diversity. With over 900 guests in attendance, and our highest sales to date, the event exceeded all expectations!

But the real highlight of the day was the series of art demos that took place in the afternoon. First up was Dana, a talented photographer, who shared her tips and tricks on how to take stunning photos. Dana's session was not only educational but also interactive, as she snapped pictures of fellow artists and attendees, capturing the beauty of the day.

Next up was Mollie, who gave an awe-inspiring demonstration of her drawing process. Drawing live in front of an audience is never easy, but Mollie made it look effortless and the audience was amazed by her skill and talent.

Then it was time for Jessica, who demonstrated her skill with acrylic paints. With a sketch of a beautiful parrot as her guide, she brought the image to life. And finally, there was Marc's live demonstration, which was nothing short of impressive as he expertly molded a stunning motorcycle from a shapeless lump of clay.

As evening approached, Monique Nelson from *posAbilities* and Nicole Allen from Open Door Group took to the stage to deliver some heartfelt speeches about the reason INCLUSION matters to them, our community and to society at large. They expressed their gratitude to the artists, and everyone who had come out to support the show.

Natasha, an artist with Aspire Richmond, was extremely proud to have her artwork selected and purchased as the winner of *posAbilities*' annual Holiday Art Card Design contest.

Then within what seemed like the blink of an eye, the event wrapped up just as it started. Friends and families coming out to support their loved ones, curious passers-by delighting in their discovery of our show, and laughter, joy, and a sense of inclusion and unity ringing through Heritage Hall. And, the sales kept going strong until the very last minute!

But the true heart of any event lies in the experiences of the guests. We were touched by the feedback from our attendees:

"Wonderful artwork! Love seeing all the wonderful artists, will be back next year again! Also, shout out to the band, servers and Heritage Hall!"

"Very impressed with the quality and imagination of the artwork. Show was very organized, easy to get through for me with a walker. Vendors very personable. I'll be back. Love my bracelet by Justin, a very unique piece!"

This incredible event wouldn't have been possible without the dedication and support of numerous individuals and organizations. We want to extend our heartfelt gratitude to everyone who made this event possible:

- Our talented artists: Your creativity and passion brought life to the show.
- Our enthusiastic guests: Your presence and support were the heart of the event.
- Our dedicated volunteers: Your hard work and commitment made everything run smoothly.
- The INCLUSION Art Show planning committee: Your tireless efforts and creativity were the backbone of the event.

We'd also like to express our deep appreciation to our sponsors:



A special thanks to our door prize, food and beverage donors: Dageraad Brewing (Burnaby), Stuart Carmichael, Everything Wine (North Vancouver), Juanita and Mathias Petersen, Richmond Food Bank, Starbucks and The Keg Steakhouse + Bar.





Spreading Kindness and Warmth in the Community

Contributed by Sofiya Lim, Communications Specialist

With winter season quickly approaching, the Selkirk Centre for Community Engagement has set out on a mission to bring warmth, comfort, and support to those in need. The community day program has launched a Warmth Drive initiative, aimed at collecting winter clothing items such as gloves, coats, socks, toques, and scarves. These much-needed essentials were gathered through the generosity of the community, as they rallied behind the Selkirk team's mission to make a difference in the lives of their neighbours.

The day program participants played a crucial role in the initiative, actively engaging with local businesses, distributing flyers, and sorting the collected clothing to ensure that each item found its way to those who needed it the most.

The donated items found a new home at the Salvation Army, strengthening their partnership with Selkirk. The center had previously worked closely with the Salvation Army, volunteering to deliver school lunches and serving hot meals.

Despite the economic challenges faced by many in the community, the Warmth Drive has proven to be a beacon of hope. This initiative has brought the community together to make a positive impact, demonstrating that even in difficult times, kindness and support can go a long way.



27th Annual Eastside Culture Crawl and the Rock 'n' Roll Art Show

Contributed by Alternative Creations Studio

Eastside Culture Crawl

This year's Eastside Culture Crawl featured an abundance of artists, studios and workshops from the Eastside Arts District. The visual arts, design and craft festival ran from November 16-19.

Alternative Creations Studio opened their doors once again selling unique gifts, original art and prints and serving up hot chocolate to keep guests warm. It was great having the opportunity to showcase the artist's work with members of the community. Some guests shared how happy they were that a place like this exists and how they wished there were more spaces like ours available.

Alternatives Creations Studio and Gallery

ROCK N ROLL ART SHOW

FIND UNIQUE ROCK THEMED GIFTS

Original Art
Prints
Cards
Pins



OPENING NIGHT:
Dec 15th 6pm-9pm

WEEKEND:
Dec 16th 11am-5pm
Dec 17th 11am-5pm

MONDAY- FRIDAY:
DEC 18TH-DEC 22ND
11am-3pm

Take another piece of my ART now, baby



1659 Venables St

@alternativecreationsstudio | alternativesart.ca

Rock 'n' Roll Art Show

Do you love rock 'n' roll? Do you have a tendency to stick another dime in the jukebox? If you answered yes to any of these questions, then you'll love the Rock 'n' Roll Art Show. Join us at Alternatives (1659 Venables Street, Vancouver) from December 15-22 for an extended mix of rock-inspired art work inspired by our artists' love of music. Tune in, turn on and drop by for a visit of rock icons from the 60's to today.

Believe, Engage and Inspire Awards

We recently held our Believe, Engage, and Inspire Awards ceremony to recognize and celebrate some amazing people who are connected to our organization, sector, and community.



Lubi Santos | Inspire Award

Lubi is inclusive with her person-centered thinking and is always available to help with all of the needs of her program as the Community Inclusion Coordinator (CIC) of Richmond Social Network (RSN). Lubi has amazing organizational skills and is able to create events with ease. She's developed deep connections within her community who have been generous with donations for the many events and parties we host, such as: volunteering at the Richmond Food Bank, hosting community events, drop-in art classes, seasonal dances, and many more! All of these events have been made special by Lubi's involvement in the planning. She is one of the best CIC's to have leading this team at RSN!



Kelly Ricardi | Engage Award

Kelly has recently supported an individual going through dialysis. He trained the hospital team on understanding autism and how to support someone. The training went so well that the head of UBC's Clinical asked Kelly to present at the Renal Dietician Conference. The presentation will focus on how medical professionals can better support individuals with autism.

Year after year, Kelly has volunteered his time at various events/fairs, Camp Sasamat and the Autism Walk. He is also actively exploring ways to support individuals through his passion of dance and hip hop through the Hip-Hop Inclusive All Bodies Dance.



Amy Chang | Certificate of Recognition

Amy inspires others by her commitment to *posAbilities* and to the persons served in our program. She has boundless energy, ensuring that the folks we support have all the opportunities and benefits they are entitled to. Amy is always approachable, friendly and supportive to help solve any challenges that may arise. She ensures that staff have the tools they need to deliver the best possible services.

A few examples of her dedication and commitment include:

organizing Camp Sasamat, an event that not only benefits our persons served but people from other agencies and the greater community; supporting persons served when in the hospital; advocating for persons served when facing challenges at home; and much more.

Amy is a tireless leader, an amazing advocate for staff and persons served, as well as having the most generous spirit.



Art Show Committee (Amy Glass, Justine Olah, Amanda Kim, Jodie Bergeron, Monique Nelson, Don House, Caroline Dagg, Angelica Escobar, Sofiya Lim, Kelly Williams & Dee Blackmore) | Believe Award

The INCLUSION Art Show & Sale is our highly anticipated annual exhibition that showcases the extraordinary talents of artists with diverse abilities, featuring original pieces in various mediums, including: painting, collage, illustration, photography, pottery, art cards, jewelry, glassware and textiles. This past show in October was our 19th annual celebration, bringing together 200 artists and attracting over 900 guests. The Art Show also pivoted during the COVID-19 pandemic to include an online exhibition/sale and we continue to host a hybrid show of in-person and online. This show provides a platform for artists to continue building valuable connections within their community, and instilling confidence and pride in themselves.

The Art Show Committee is responsible for all of the planning that goes into such a large event. Their tireless efforts and creativity are the backbone of the event. A special acknowledgement goes out to Amy Glass, Justine Olah, and Amanda Kim as all three have been instrumental in the planning for several years.

Thank You!



Thank You Lorie!

After 14 years of service, long-time *posAbilities* Board Director, Lorie Sherritt, is retiring. Lorie is a self-advocate for people with disabilities who dedicated her time to serving as a board member, as well as President of BC People First. In 2002, Lorie, BC People First and other disability rights advocates campaigned for the demolition of the Woodlands School Centre Block, one of the first institutions for people with disabilities in BC where many suffered abuse.

We would like to express our gratitude to Lorie for her hard work and dedication to our board. Her guidance, energy, and enthusiasm has been invaluable. We'll miss you!



Celebrating at the Barker's

Contributed by Amy Chang, Supported Living Network

For the past number of years, a North Vancouver couple has opened up their kitchen as a contribution to the cooking of the annual SLN North Shore Christmas party meal. Each year, the SLN folks and staff enjoy a traditional Christmas meal – with food made in the Barker's home.

You can usually spot a member of the Barker family at the INCLUSION Art Show & Sale, a Stage Door production, and with the school gardens where Aegis West volunteers each summer.

Many thanks to the Barker family for all of their community engagement with *posAbilities*!



Translink: Access Transit Programs

Contributed by Hannah Nolan, Social Media Lead

Taking public transit is not only an eco-friendly way to go about town, but a necessity for countless individuals within our communities. For those with disabilities, a solo transit route means more than getting from place to place; it promotes a sense of independence, freedom, and access to the broader world. Yet, some individuals struggle with the intricate logistics surrounding transit.

Recognizing this challenge, TransLink's Access Transit Program has forged partnerships with various community groups to introduce Travel Training. Travel Training offers large group workshops to teach the skills necessary for students to confidently travel alone. Within their training, students learn the basics of trip planning and how to take the bus and SkyTrain. Afterwards, teachers follow students on a practice route until they can ride unsupervised. Train the Trainer workshops are also available to staff and volunteers who support seniors or people with disabilities.

In addition, TransLink also offers various online tools to feel confident on your next route. Included in their Access Transit resources are mobility guide training videos, a 3-D virtual bus tour, and a concise access transit travel guide (provided in English, Chinese, and Punjabi). Training videos are available in English with American Sign Language (ASL), Described Video, Cantonese, French, Mandarin, and Punjabi. A link to these helpful resources can be found here: [Access Transit Program | TransLink](#)

The Travel Training team can be reached at 604-953-3636 to learn more or to request a workshop.

Time to start tapping those compass cards!

In Memoriam

Liliana Ines Orivolo

Liliana Orivolo passed away on October 15, 2023 after living at Columbia House for the last 13 years. Before living at Columbia, Liliana lived at Whistler House. Staff will remember Liliana's smile and air kisses and the joy she brought to everyone's lives. She formed special bonds and friendships with her amazing caregivers that became family, as well as her sweet caring roommates.

Liliana will be missed at Columbia House – she enriched the lives of those who were blessed and fortunate to know her.



Juliette Geddes

Feisty, strong-willed, and vivacious Juliette is no longer with us. We are sad to announce that former long-term employee, Juliette Geddes, passed away on Wednesday, November 1, 2023.

Juliette worked at Aegis, Raven and was a major part of Alternative Creations Studio for over ten years. She was loved and respected by her colleagues and the persons she supported over the years.

In the last year, while fighting the Big C, she still managed to tour the south of France, attend her 50th class reunion at St Joseph's and her first LA Clippers game in Portland.

Juliette was full of life and loved to laugh, dance and have fun. She showed class in every aspect of her life and will be greatly missed by all that were fortunate to know her. Donations in her name to the BC Cancer Foundation (Vancouver) are greatly appreciated.



Season's Greetings

The end of another year is once again fast approaching and it has been one filled with new beginnings. Adjusting to new ways of being together and doing things with one another in this post-pandemic world of ours has been a common theme throughout 2023.

As people began to feel more comfortable gathering in-person, we felt it was time to turn our attention to the future. *posAbilities* once again embarked on a fulsome strategic planning journey. Beginning in December of 2022 and throughout the first six months of 2023, we met and consulted with staff, persons served, families, community partners and our board. Our new Strategic and Operational Plan (2023-2028) was unveiled in the summer of 2023.

As many of you know, we set an ambitious overarching goal for ourselves in 2018 – Vision 2028, in which we aimed to identify, develop and nurture the conditions that would lead us to “Good and Full Lives for Everyone”. This inspirational goal continues to drive and inform our current strategic and operational plans. The Association reaffirms its commitment to transition to a future where resilient and inclusive communities work with *posAbilities* to care for each other.

It is your dedication as a team member that gives *posAbilities* a reputation as a provider of high-quality social care services, and I thank you all for your continued commitment and great work throughout the year. It is your work that makes the difference to the daily lives of the people we serve and the communities in which they live. Your positivity, expertise, creativity and initiative allow *posAbilities* to continually improve on how we meet the needs of our community. And, for that I am forever grateful.

Wishing you and your families joy, warm memories, good health and a new year filled with happiness and peace.

Sincerely,
Fernando Coelho, CEO



Spreading Holiday Cheer

A special shout-out goes to the A-team for preparing the holiday baskets that will be delivered to all 40+ of our programs!



Join the Buddy Club!

Contributed by Supported Living Network

Discover our inclusive social club – where adults find joy, camaraderie, and meaningful connections. Because life is better when shared with friends!

Our events are physically accessible and we travel by public transit to check out new places and activities across the lower mainland. We meet about once a month, usually in the evening.

Most events cost \$15 or less per person, covering admission and dinner/snack.

We welcome everyone, and host family friendly outings. Meet a buddy, bring a buddy, be a buddy.

Past Adventures

Activities like Bowling, Movie & Pub Nights
Events including Dances, Art Shows & Film Festivals
Visit favourite hang outs like the Old Spaghetti Factory,
Grouse Mountain & PNE/Playland!

Bring us your enthusiasm and ideas, and help shape your Buddy Club! Please let us know what your access needs are, and we will do our best to accommodate them. For more information, and to become a member, call David at 778-945-1430.

Our next meetup will be on Thursday, December 21st at 4pm to visit the Burnaby Village Museum. We'll meet at the main gate! RSVP to: 604-834-6061.

Advocates Continue to Press for Equitable Access to Quality Supports

*Contributed by Monique Nelson,
Director of Community Engagement*

In 2023, advocates continued to work tirelessly to advance the human rights and dignity of persons with disabilities of all ages, ethnicities, and creeds. For that, I am truly grateful. I would like to take a moment to recognize the meaningful contributions of the self-advocate community, family leaders, not-for-profit organizations, and member-driven associations like **Inclusion BC**, the **Federation of Community Social Services of BC**, the **BC Non-Profit Housing Association**, the **Family Support Institute of BC (FSI)** and **PLAN**.

Each of these organizations has played a vital role in centering the voices of the persons whom we serve in places of power - at all levels of government. We can also be proud of the sector's progress in working alongside first peoples and their organizations, and with intercultural community groups to create culturally safer and more appropriate supports.

One other issue that is top of mind, is access to affordable housing. **Community Living BC** and others in our sector are entering into partnership with housing providers, developers, funders, municipalities and others service organizations to become part of the solution. Together, we all aspire to create more homes, and to provide any supports that are needed to ensure that tenancies/home living arrangements are stable and successful for the long term. If you are interested in learning more about projects and options across BC, join a weekly Zoom conversation hosted by Ben Postmus. Register by email to diversefamilyroots@gmail.com

SHARE YOUR STORY, YOUR WAY

COMPLETE OUR COMMUNITY ENGAGEMENT SURVEY TODAY!



THE FAMILY VOICES PROJECT
HELPING SHAPE THE FUTURE OF CYSN SERVICES



CANADIAN INSTITUTE FOR INCLUSION AND CITIZENSHIP



FAMILY SUPPORT INSTITUTE OF BC
prioritizing opportunities, flourishing

Calls to Action

FSI's **Family Voices Project** is conducting meaningful engagement with the community to inform the work of the Ministry of Children and Family Development (MCFD). This project is part of a [larger effort](#) by the Province of British Columbia to redesign and improve services for children and youth with support needs (CYSN).

For this project, FSI will be focusing on four groups: **families of complex kids, transitioning youth, families of kids with dual diagnosis, and self-advocates**. FSI's engagement process aims to be culturally appropriate and mindful of the access needs of diverse groups. This research project is conducted in collaboration with the **UBC Canadian Institute for Inclusion and Citizenship (CIIC)**. For more information, visit: <https://familysupportbc.com/the-family-voices-project>

Another important contribution to the understanding of service needs, is contained in this report by the Representative for Children and Youth, called "[Still Left Out: Children and Youth with Disabilities in BC](#)."



Photo Credit: Banner photo, DisabilityWithoutPoverty.ca

Canada Disability Benefit (CDB)

Please [visit this webpage](#) to learn more about how you can get involved in shaping the benefit to meet your needs. You can also use social media to profile this issue as a key priority. Use the hashtag **#BudgetTheBenefit**

Why a National Caregiving Strategy?

Edited by Monique Nelson, with excerpts from: the Canadian Centre for Caregiving Excellence, and the Azrieli Foundation websites.

Did you know... **"If every caregiver in this country took a week off, Canadians would experience the collapse of our care systems before noon of the first day?"** This is a statistic that you may have heard from the Executive Director of the **Canadian Centre for Caregiving Excellence**, Liv Mendelsohn. It's in reference to the fact that caregivers deliver roughly three hours of care for every hour provided through our health-care, disability and social support systems. *This festive season, I invite you to check out their [website](#) to see what kind of support, training or advocacy they are undertaking that could be of interest to you and your loved ones.*

Canada is a nation of caregivers: a daughter helping her mother stay healthy and active in a long-term care home; a brother supporting his sibling with developmental disabilities; a young adult supporting a grandparent with dementia; a neighbour supporting a friend with chronic health issues. One in four Canadians is a caregiver – and for women, [it's one in two](#).

Canadian family caregivers work 5.7 billion hours per year supporting the people in their lives. This is equivalent to 3 million full-time care providers. This division of labour saves the country billions in health-care resources – [triple the national expenditures on home, community and long-term care](#). Yet, as our senior population grows from 6 to 9.5 million between 2014 and 2030, there will be 30 per cent fewer close family members available to care for them.

This my friends, is why we need a national caregiving strategy. To be effective, the strategy must include a broad and comprehensive set of policy responses that meet the needs of today and tomorrow. It would include things like a review of financial support (e.g., tax credits), the integration and coordination of services across sectors (e.g. community living and health), and fair, flexible conditions for employed caregivers and care providers. A national caregiving strategy is a good place to start. To learn more about this initiative, please [see the full article online here](#) and connect with the Centre for Caregiving Excellence.



Photo Credit: <https://canadiancaregiving.org>

EXPRESSIVE ARTS

FOR PARENTS

Give Yourself a Holiday Gift!

FREE for Parents & Caregivers

- Four, once per week sessions.
- Group size of up to 20 maximum.
- Session 1 begins in February, 2024.
- No artistic skills or materials needed.
- Explore under Greta's gentle guidance.
- Please let us know if you have access needs.
- Vancouver based, location to be confirmed.
- Will be accessible, and close to transit.



Greta Hedley,
Art Therapist

Reserve a spot through Monique

Email: mnelson@posAbilities.ca

Call: 778.945.3367



Buy Social! Your Gift Giving and Celebration Guide

This gift giving and celebration guide features quality items and services made and sold by entrepreneurs with diverse abilities, disability advocates and the organizations operating in the social care sector. Be sure to check out more featured items on our social media for our 12 Days of Christmas Gift Giving Guide! We wish you all a very happy holiday season.

Entertainment



Ben Simcoe Live!

Live comedy and impression performances throughout the Lower Mainland.

Website: www.BenSimcoe.ca

Email: bensimcoe@hotmail.com

Call: 604-746-8478



Experienced Hotel Pianist at your Service

Manuel has memorized 100s of songs, and his range includes Disney, pop, and classics. He also loves playing Richard Klayderman tunes.

Email: ManuelHiiPianist@gmail.com

Call: 778-320-7488 (Mary)

Holiday Cards



Assorted Cards (\$4/card or \$25 for a box of 10 cards)

Brought to you with love by the artists from Alternatives Gallery and Studio.

Website: www.alternativesart.ca

Instagram: [alternativecreationsstudio](https://www.instagram.com/alternativecreationsstudio)

Email: alternatives@posabilities.ca

Call: 604-322-0585

Treats and Snacks



The Granola Kid

Every crunch creates change! West Vancouver's Zamaan Jivraj or 'Granola Kid' uses the power of oats to achieve his dreams. Their granola is pure without additives and preservatives. Eat it as part of your breakfast meal or take along with you as a snack.

Website: www.thegranolakid.com



Ruff, Ruff Homemade Dog Biscuits

Johnson loves dogs! He enjoys taking them for walks and meeting new ones when dropping off his biscuits. He has a long-standing dog biscuit baking business.

Price: \$5/bag for 20 large, 40 medium or 60 small

Ingredients: Pumpkin, peanut butter, whole wheat flour and eggs

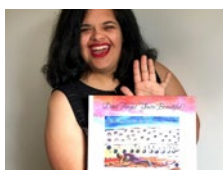
To Order: Call 778-865-9964

or Email karl.johnston@posabilities.ca

Free delivery within Burnaby and surrounding communities.

No preservatives, so please refrigerate or freeze!

Books



Don't Forget You're Beautiful by Roshni Kashyap

Coquitlam author Roshni Kashyap launches her book of poems, expressing her deepest feelings through poetry and art.

Website: www.amazon.ca/Forget-Youre-Beautiful-Roshni-Kashyab/dp/9382337393

Household Items



Simon's Soapbox

Simon's Soapbox is an artisanal soap company that is committed to making high quality bath and home products. Our mission is to demonstrate the value of people with and without developmental disabilities working together.

Website: www.SimonsSoapbox.com

Facebook: [@simonssoapbox](https://www.facebook.com/simonssoapbox)

Instagram: [@simons_soapbox](https://www.instagram.com/simons_soapbox)



Products by Sienna

My name is Sienna and I am 26 years old. I have always enjoyed being creative. I started painting when I was 3 years old and making them into art cards. Over the years, I became interested in making different items like foam art, stress balls, sewing, cooking, baking and much more!

Stress Balls by Sienna

Price: \$4 for one, or \$18 for five

Bibs with Dignity

Price: \$50

Cloth Napkins

Price: Package of two for \$19, package of four for \$36

To order, email: siennaturton@me.com or phone: 604-319-3783