



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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THE ABUSE PREVENTION COURSE BY MINA HANNA

On Fridays in April I went to the Abuse Prevention course with my peers. We took the 98 bus from Richmond Hill to Church St. and ate lunch with our ABLE Aurora peers. The course was in the Chapel across the parking lot from ABLE Aurora. We started at 1:00PM and finished at 3:00PM. Our teacher's name was Cathy. She taught us about saying no, getting help, keeping safe, and self-esteem. We learned about private places and things, like the washroom, our bedroom, emails, or our bags, and about public places like restaurants, the gym, stores, and the bus. We watched videos, listened quietly, and acted out stories to help us remember and to give us different ideas about how to handle ourselves. I learned a lot and enjoyed the Abuse Prevention course. It was a good course.



Nick, Devin, Elaine, Ryan & Doug reviewing their Abuse Prevention workbooks.

MY NEW JOB AT NOAH'S ARK DAYCARE BY THERESA CONRAD



Raven & Theresa Playing at the Day Care.

I have a new job at Noah's Ark Daycare on Mondays and Wednesdays from 9:45AM to 12:00PM. It is in the Coptic Church across the street from ABLE. I walk there on my own. My supervisor's name is Gina. At the daycare I work in the Toddler room, and the teacher is Miss Kayla. I help Miss Kayla get the kids ready to go outside with their coats and outside things, then I watch them while they play outside. I like when we go outside with the kids. When we come back inside, I help with lunch. I put the milk in cups, and put the food into bowls. I really like working at Noah's Ark.

TRANSIT TRAINING WITH MEREDITH BY RYAN M

I recently started taking the bus home after ABLE. At the beginning I would take the bus with my mom but lately I have started going with Meredith because she is comfortable taking buses alone and she knows the bus routes. After ABLE we head out together because we catch the same bus. Meredith gets off of the bus first and I stay on until my stop. Meredith always reminds me to call the ABLE cell and to check in with my mom. It feels good to be independent and to take the bus with a friend.



Ryan & Meredith heading to the bus together.

ART THERAPY CLASSES IN RICHMOND HILL BY ELAINE HURST

On Mondays we travel on the bus to ABLE Network Richmond Hill. We take the 98 bus to Nottingham. Art Therapy is from 1:30-2:30PM. I like art therapy class because I like to paint and I want to be an artist. Art Therapy makes me feel good inside my heart. My paintings are really good. I have been naming them. One is "Hocus Pocus House", one is "Valentine's Day" and one is "Friendship".

BY EVAN FAWNS

Art Therapy is all about my favourite kind of colours. I like being with all of my friends in Richmond Hill and seeing Lindsay & Kirstene. I also like to listen to our Art Therapist, Ana. I named my paintings "The Muppet Show", "My Family" and "Happy/Sad". After we painted, we also cut pictures out of magazines and glued them to the paintings. I put pictures of a lake, a cottage and a fireplace on mine. I have a great time there.

BY ADAM BROOKES

My favourite part of Art Therapy is the painting. I like the work that I have to do to make it look good. I like to paint slowly and do a good job. I named one of my paintings "My Girl". It was red, yellow, purple, orange and green.



The gang working on their projects.



Evan working on "Happy/Sad".

ABLE NETWORK RICHMOND HILL OPEN HOUSE

The ABLE Network Richmond Hill will be holding their first Open House on Wednesday, June 08, 2016 from 5:00PM-7:00PM. Please come and visit us at our newest location (11339 Yonge Street, Richmond Hill, 905-717-7164) and learn more about all of the wonderful things that are happening at ABLE.

CONGRATULATIONS TO THERESA & EVAN

Congratulations to Theresa and Evan for winning the character trait award for initiative. Theresa and Evan have both shown initiative at their respective home bases by helping with chores such as laundry, emptying the Clothes Closet donation bin and cleaning tasks as well as helping their co-workers at their work placements. Well done!

ON THE CALENDAR THIS MONTH

Character Trait of the Month: Courage

May 23: Victoria Day

Celebrating a birthday this month: Adam, Chris, Ryan, Karen, Devin, Theresa & AJ



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We're on the Web!
See us at: www.theablenetwork.ca