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Happy April Everyone!

As you all know George Jeffrey Children's Centre is currently closed to the public. You have now been at home for 3 weeks practicing physical distancing with your family.

This is a challenging time for all, and we wanted to let you know that George Jeffrey Children's Centre and the Adolescent Program has been thinking about all of our Youth Friends!

In recent years, the Adolescent Program used to do four newsletters a year to update you of information in the community and in the program. We thought it would be a perfect time to start these up to begin reaching out to my clients, families and caregivers.

GJCC is currently in the process of developing and implementing ways to remain connected with clients and families. To remain up-to-date check our website (www.georgejeffrey.com) and the Facebook page.

What can you do to stay safe and healthy?

Stay home with your family



Do not touch your eyes,
nose or mouth



Talk to family if you're feeling nervous
or scared



Wash your hands frequently



Use a tissue to cover any coughs or
cough into your elbow.



Video chat with friends and other
family members



Helpful Resources (click the links below):

- Coronavirus Story – ["My Coronavirus Story" by Easter Seals](#)
- What is the coronavirus all about? – ["Hello! I am a Virus" by Easter Seals](#)
- Handwashing – ["My Clean Hands" by Easter Seals](#)
- [Handwashing Visual Routine](#)
- [Thunder Bay District Health Unit](#)





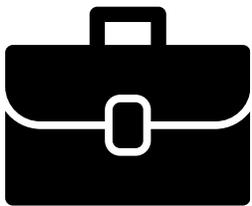
Transition to Adulthood Pathway

As many of you know in Fall 2019 the Adolescent program restructured the program with the addition of what is now called a 'Transition to Adulthood Pathway'. Adolescents are put on this pathway if they are 16 years old and older to allow them and their families access to Education Sessions that we are running every other month that provide information on community resources and planning for an adolescents' transition to Adulthood. Some of the Education Sessions are also open to adolescents who are younger than 16 if the service or topic would be beneficial. Families, caregivers and adolescents are informed of these presentations via mail.



March of Dimes

In February, March of Dimes presented at our first Education Session. They discussed the following:



March of Dimes offers the following programs: [\(click the links below\)](#)

1. [The Warehouse Project](#)
 - Provides daily social activities, Monday-Friday such as art, gardening, cooking, recreation, outings
 - For ages 19 years and older
 - Email: thewarehouse@marchofdimes.ca
 - Tel: 807-345-6596 ext. 130
2. [Employment Services](#)
 - Provides assistance with job attainment, learn work based skills, job coaching etc.
 - For ages 19+
 - Email: es@marchofdimes.ca
 - Tel: 807-345-6595
3. [Skills or Work - Youth Employment Program](#)
 - Provides youth skill building and education to assist with obtaining employment.
 - 16-week paid work placement
 - For ages 15-30 years of age
 - Tel: 807-345-6595



The Social Work team has also been thinking about you and your family during these times and put together the below information!

Ontario Disability Support Program

In the future the Adolescent Program hopes to host the Ontario Disability Support Program (ODSP) for an Education Session at the centre. However, in the meantime here is some information on frequently asked questions to continue to support family concerns related to adolescent's planning for the future.



What is ODSP?

It is a financial assistance program offering two types of support to individuals with a disability.

- (1) Income support each month to help with the costs of basic needs also including benefits such as drug coverage and vision care.
- (2) Employment support to help clients with disabilities find and keep a job.

Who is eligible?

To qualify you must be at least 18 years old, an Ontario resident, in financial need and meet the program's definitions of a person with a disability.

What falls under 'disability'?

- (1) You have a substantial mental or physical impairment that is continuous or recurrent and is expected to last one year or more.
- (2) Your impairment directly results in a substantial restriction in your ability to work, care for yourself, or take part in community life
- (3) The above has been verified by an approved health care professional

When should I apply?

You can begin the application no sooner than 6 months before your child's 18th birthday.

How do I apply?

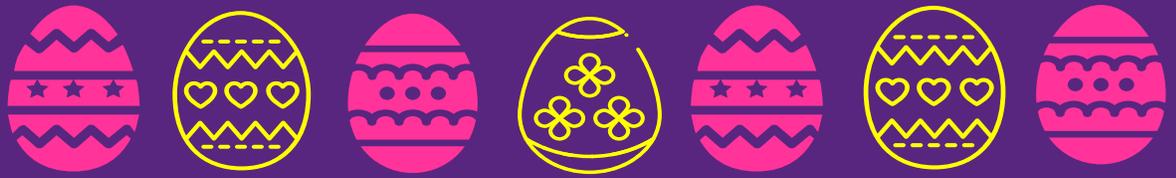
You can start the application process online, by phone or in-person. There are two parts to the application process: [1] Financial eligibility; [2] Determining if you meet the program's definition of 'disability'.

Once you have started the process, a caseworker will contact you within 5 days to schedule a meeting in person. You will be asked to bring specific documents to the meeting – a list of these documents can be found using the following link.

Who do I contact for more information?

<https://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/>

Ministry of Community and Social Services
435 James St. South, Suite 111, Thunder Bay, ON, P7E 6S7
Tel: 807-473-3130



Rec & Leisure!

Hi Everyone!

My name is Stacey and I am the Recreation and Leisure Facilitator here at George Jeffrey Children's Centre. I am so looking forward to the day when we can do activities all together again! It will be great to see those of you that I already know and to meet those of you that I have not had the chance to meet yet.



I wanted to take this opportunity to let you all know that if you ever have any questions about recreation and leisure programming at GJCC or in the community I am your girl. I would love to talk to you about all the wonderful things you can get involved in! You can call me at 807-623-4381 ext. 6805.

If you are like me, you might be feeling a little bit cooped up in your house right now. Maybe you are going a little stir crazy or feeling stressed or anxious. When I am feeling like this, one of the things that I like to do is yoga. It has so many benefits including bringing a sense of calmness, reducing stress and anxiety, boosting self-esteem, and improving flexibility and balance. Those all sound like a **positive** to me!



Here are some yoga videos on YouTube ([click the links below in the purple hexagons](#))

Why don't you give them a try?

Remember to listen to your body, do not push too hard and stop if you feel any pain.

[15-minute
yoga video](#)

[15-minute
wheelchair
yoga](#)

[30-minute
yoga video](#)

[20-minute
wheelchair
yoga](#)





Here is a Spring yoga visual from 'toolstogrowOT.com'.

Click [here](#) to access more free visuals if you subscribe.



Keep an eye out for May's edition and don't forget to vote for the new title of this newsletter!

If youth or families do have any exciting pictures of activities or crafts they have been doing during this time at home and would like them in May's edition please email them to info@georgejeffrey.com.

If you have another other questions or ideas that you would like to see in May's edition, please also email them to the above email.

Stay safe and healthy everyone!