

## Happy September!



George Jeffrey Children's Centre is currently re-opening to the public on a gradual basis. New guidelines will be in place to ensure the safety and well-being of all clients, staff and visitors. George Jeffrey Children's Centre and the Adolescent Program continues to be thinking about all of our Youth Friends!

If you have a concern or question for your therapist, please call reception at (807-623-4381 ext. 0) and they will connect you with the appropriate staff member.

To remain up-to-date check our website ([www.georgejeffrey.com](http://www.georgejeffrey.com)) and the Facebook page. The April to August Youth Newsletters are on our website if you would like to check them out for information on Being a Good Friend from a Distance, Social Distancing, Routines, Water Activities, Internet Safety, Self-Care, March of Dimes (MOD), Ontario Disability Support Program (ODSP), and Recreation Activities.

Now that school is returning the fall, we are shifting to releasing our newsletter's quarterly: (September, December, March & June).

If there is something you would like to see in the next newsletter or questions you may have, please go to this survey: <https://www.surveymonkey.com/r/FBYF2LM>

### IN THIS EDITION

1. Centre Update
2. Education Session
3. Youth Show & Tell
4. PAL Card
5. Back-to-School

## EDUCATION SESSION

### What?

George Jeffrey Children's Centre will be offering a virtual education session via Zoom on an important topic of interest. This presentation will be offered to clients of the center for those who are interested. If you do not have access to Zoom or a computer, please let us know and we will try our best to accommodate.

### When/Where?

The presentation will be held on Wednesday, November 4<sup>th</sup>, 2020 at 7:00pm virtually through the Zoom platform. If you wish to attend, please contact Client Services Scheduler (807-623-4381 ext. 6787) to express your interest and the zoom invitation link will be provided.

### Who?

**Shelley Toland** is the capacity assessment coordinator in the office of the Public Guardian and Trustee – Ministry of the Attorney General. Shelley will be discussing the following topics: becoming power of attorney for your child (personal care and finances), responsibility of making medical decisions, ins and outs of capacity assessments, and how to navigate these topics while your child enters adulthood.

### Why?

Recently we have been noticing a trend of questions in this area. Our adolescent team believes that it is important to be proactive as your child enters adulthood and the information provided in this presentation may be helpful.

## YOUTH SHOW & TELL



One of our youth friends, Margie, has shared with the Adolescent Team what she has recently been busy making. Margie is a 15-year old female who enjoys all types of arts & crafts, one of these includes making soaps!



**Q: What is this a picture of?**

A: It is homemade soap that me and my Mom made together.

**Q: Did you have fun making it?**

A: A lot of fun.

**Q: Why did you make it?**

A: I made it for my birthday loot bags that I am going to hand out on my birthday.

**Q: How did you make it?**

A: I added colouring and some nice scents.

**Q: Where did you get the idea?**

A: 5 minute crafts for kids and 5 minute crafts for family.

**Q: What is your favourite part about soap making?**

A: Being creative with shapes and colours.

**Q: Do you have any advice for people who want to create their own crafts?**

A: Make sure you have a flexible tin or mold if you are making soap; and just be creative.

**Q: What do you hope to create next?**

A: Candles

**Q: Did you enjoy your extra time at home this year?**

A: Yes

**Q: What did you enjoy most?**

A: Spending it with my Mom.

**We would like to hear from you for our next edition! We would like to include pictures of things you have been doing over the past few months! From artwork, to playing with siblings, to hanging out with your family! If you want to be included in the next Newsletter, please email them to [info@georgejeffrey.com](mailto:info@georgejeffrey.com); include your name and why you enjoy doing that activity!**

# PAL CARD



Our Recreation & Leisure Facilitator will be hosting a **PAL Card BLITZ** at the centre where she will be helping you and your family complete and submit a PAL card application. Please continue reading for further information on this event!



## What is a PAL Card?

The Personal Attendant for Leisure (PAL) Card is an identification card, which is issued to a person who has a disability. It allows the support person to enter a recreation facility for free. A support person can be a friend, family member, or a paid worker. The support person can change at any time and the card can be used by any individual accompanying your child to a recreation event.

## Who?

You and your child (whoever the PAL card will be assigned to) will need to be present at this event. The application requires a picture of the child to be sent as a supporting document and this picture will be put on the PAL card. Stacie will have cameras outside and will take your photo after completing the application.

## When and Where?

The PAL Card BLITZ will be held on **Thursday, October 1<sup>st</sup> from 3:30-5:30** at the George Jeffrey Children's Centre. Our recreation & Leisure facilitator, Stacey Collie, will be set up outside of our center on a picnic table. Here, she and other staff members will assist you with completing the application.



## Additional Information about the PAL Card:

The PAL Card is accepted at many recreation facilities in Thunder Bay, including: all recreation and culture programs, Fort William Historical Park, gyms, swimming pools, sports facilities, movies, and more! The PAL Card is a very beneficial item to have as it permits free entry for your child's companion and promotes socialization and recreation activities. We hope to help you access one!

It is that simple! Show up at the correct time and place for the PAL Card BLITZ and we will complete and submit an application on your behalf. Once submitted, you will receive your PAL Card in the mail and can begin using it for social and recreational events! See you then ☺

Here is a FUN back to school activity you can do in preparation for school.  
This activity is from 'Big Life Journal'!

# MY **BACK to SCHOOL** Interview

Big Life Journal

My name \_\_\_\_\_

I am " \_\_\_\_\_ " years old

Favorite color \_\_\_\_\_

Favorite song \_\_\_\_\_

Favorite animal \_\_\_\_\_

Favorite game \_\_\_\_\_

What do you want to practice and get better at this year?

What new skill do you want to develop this year?

How will this school year be different?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are you most looking forward to this year?