



ST. JUDE, PRAY FOR US

## WHO WE ARE

**St. Bernadette's Family Resource Centre**, a member of the Catholic Charities, is a non-profit, non-denominational, community-based organization that has been integrating children, youth, and adults with intellectual and/or physical challenges, such as Autism, Down Syndrome, Cerebral Palsy, Blindness, etc., with their "able" peers since 1992.

The agency was founded in 1990. Founder Angie Carboni, utilized her social work background as well as the experience of front line workers from various social service agencies across Metro to assess the needs of families with intellectually and/or physically challenged children. The results of the needs-assessment survey clearly demonstrated the need for ongoing parent relief for these families and thus prompted the development of our current services.

In May of 1991, St. Bernadette's Family Resource Centre formed its Board of Directors. In November that same year, the agency became incorporated as a non-profit charitable organization.

**Our Charitable Registration number is 13586 6721 RR0001.**

We are open to everyone who needs our help, regardless of ability, financial status, nationality, ethnicity or religion. We currently serve a variety of individuals in the community.

Through programs like **St. Bernadette's Day Care, We Need A Break, Breakfast Club, After School Club, Lunch Club, March Break Camp, and Summer Camp**, we serve **children from 18 months to 12.**

Each of these services provides an inclusive environment where children with intellectual/physical challenges can interact with their "able" peers. We also serve youth/adults ages 15+, through our day program at St. Jude's Academy of the Arts and ages 18+ through our group home St. Bernadette's House.

Our aim at St. Bernadette's Family Resource Centre is to provide parent relief programs and support groups that better enable caregivers to face the challenges encountered in raising a child. To enhance and improve the quality of life of each individual who takes part in any one of our programs. On average, we serve about 500 children, youth and adults in the city of Toronto.

## OUR MISSION STATEMENT

*"Every person has the God-given right to live and actively participate in their community."*

**St. Bernadette's Family Resource Centre provides inclusive programs and residential services which allows intellectually and/or physically challenged individuals and their care givers to actively participate with their "able" peers in the community.**

**Our Motto is WE CAN LIVE AS ONE**

**FOR MORE INFORMATION....**

**and/or to register, please call:**

**(416) 740-7187**

**Monday through Friday 9:00am to 3:00pm**



**St. Bernadette's Day Care** (ages 18 mos - 5)

**We Need A Break** (ages 2 1/2 - 5)

**Breakfast Club** (ages 4-12)

**Lunch Club** (ages 4 - 6)

**After School Club** (ages 4 - 12)

**Summer Camp** (ages 2 1/2 - 12)

**March Break Camp** (ages 4 - 12)

**St. Jude's Academy of the Arts** (ages 18+)

**St. Jude's Summer Camp** (ages 15+)

**St. Bernadette's House** (ages 18+)

## HEAD OFFICE

128 Ewart Avenue  
Toronto, Ontario  
M6M 1M9

Phone: (416) 654-9810  
www.stbernadettesfrc.org



visual arts  
life skills  
literacy  
theatre  
music  
dance

ST. JUDE'S  
ACADEMY  
OF THE ARTS



inclusive day program



**ST. JUDE'S  
ACADEMY  
OF THE ARTS**

St. Bernard de Clairvaux Hall  
1795 Lawrence Avenue West  
Toronto, ON M9L 3E3  
Intersection: Eglinton and Black Creek

Phone: (416) 740-7187

**GREATER INDEPENDENCE THROUGH  
FREEDOM OF EXPRESSION**



### WHAT OUR PROGRAMS OFFER

- St. Jude's serves adults 18 years of age and older who are intellectually and/or physically challenged.
- We provide all clients with an inclusive opportunity to interact and collaborate with able youth in a variety of artistic, academic and social activities. This provides each client with a smooth transition from the familiarity of the high school program to the world of the adult; thus illustrating our Motto which is **"We Can Live as One"**.
- The Academy's performances and retreats strengthen the relationship between intellectually and/or physically challenged individuals and their community. These retreats and performances also promote awareness and provide the opportunity for members of the community to form a positive view of those with disabilities and to appreciate their unique strengths.
- Daily physical activity is incorporated into our program to promote a healthy lifestyle.
- Our dramatic arts program provides an opportunity for self-expression and promotes self-confidence.
- Our music program allows clients to express their individual and collective vocal talents.
- Our visual arts program provides sensory stimulation and fosters the development of fine and gross motor skills.
- Clients are able to express their individuality through movement in our dance program.
- We foster the growth and development of body, mind and soul of all who attend.
- Our staff assists in the development of life skills and independence by leading classes in cooking, money management, computer skills, and facilitating group discussions.
- Participants learn literacy and math skills.
- Snoezelen Multi Sensory Environment
- The summer program serves youth ages 15+ and includes weekly fieldtrips and swimming.
- Each year participants have the opportunity to perform at our You Are the Light of the World Youth Rally which invites thousands of youth to participate.

In the summer, St. Jude's continues to provide an inclusive environment in that a group of 20 youth come from the United States to provide volunteer services weekly through the Youth Works initiative, in the months of June through August. Thus providing each participating client with a fully inclusive experience.

### CO-OPERATIVE EDUCATION & FIELD PLACEMENT

The Academy clients work collaboratively with "able" peers who are Co-op students from local high schools and colleges. An academic placement at St. Jude's provides students with valuable practical field experience for individuals who intend to continue to study and work in the social service field. It also provides an opportunity for artistically inclined youth to incorporate their skills in a work setting.

St. Jude's participates in Co-operative education for students with intellectual and/or physical challenges who are in their final year of high school in order to assist them with the transition of leaving High School. They are also given the opportunity to join the Academy of the Arts as clients upon graduation from high school. This fosters the development of independence, communication skills, and an extension for classroom learning.

### COMMUNITY INVOLVEMENT

Vibrant theatrical, choral and dance performances are created throughout the year and presented to high schools, elementary schools, and in the community centres and churches throughout the community. The choir, drama group and dance troupe perform at our annual St. Bernadette's Dinner and Dance, You Are the Light of the World Youth Rally, and at various other agency fundraisers.

We are excited to be a part of the Carmen Stefano Community Centre, located on the park land of the Humber River, which allows our program the use of all the wonderful amenities that this fabulous community centre has to offer.

### SNOEZELEN

We have dedicated a room for SNOEZELEN a Multi-Sensory Environment which incorporates various lighting equipment and materials that offer a broad range of sensory experiences. SNOEZELEN offers a relaxed atmosphere with pleasant surroundings, soothing sounds, captivating aromas, tactile experiences, vibrosonic sensations, and gentle movement. Interesting light effects and comfortable seating allow an individual to self regulate by choosing sensations. It is specifically designed to offer individuals that opportunity to exercise choice. It bridges cognitive, perceptual, behavioral, physical and other conditions to provide a sense of empowerment.

### YOU ARE THE LIGHT OF THE WORLD RETREATS

St. Jude's is proud to offer a day program where all participating clients have an opportunity on an ongoing basis to meet students from all over the city. We are proud to be a retreat centre for students from grade seven to twelve.

You Are the Light of the World Retreats are our newest feature to our day program. A collaboration has been offered in partnership with the Toronto Catholic District School Board and Dufferin Peel Catholic District School Board, students grades 7 to 12 visit St. Jude's for a day of service, where relationships are developed while they interact one on one with the clients we serve. Each retreat offers an unique opportunity for all our clients to actively collaborate in the various art forms. St. Jude's participants are ecstatic about the new relationships they are forming, and are gaining social skills with their increased exposure to the participating youth.

Our clients act as mentors for the students who attend in that they open their hearts to all, and demonstrate sincerity and innocence of character, which benefits today's youth in retaining the important message of "Just Be You". Many of the students who attend St. Jude's have come back and socialize with our clients on their schools' professional development days due to the warmth and caring environment which they have experienced.

### HISTORY

St. Bernadette's Family Resource Centre initiated a day program called St. Jude's Academy of the Arts on December 8, 1997. It was established in response to a need for more effective day programs that provided clients with an inclusive environment with "able" youth. At St. Bernadette's, we believe that each individual we serve develops best in a welcoming environment within the community. Therefore, we have successfully developed programs where individuals with special needs are part of collaborative learning with "able" peers. Our top priority is to enrich the life experience of each client we serve through programs which focus on personal growth and development of body, mind and soul.

We believe in greater independence through freedom of expression. We aim to empower each participant by allowing them to enhance their own unique gifts. St. Jude's success is attributed to our focus on the arts, literacy and the development of life skills. Through our inclusive programs and mentoring, all participants learn and collaborate with each other. St. Jude's offers continuity in programming once the individual leaves the high school learning environment. This method of learning fosters community education and acceptance of all individuals. This effectively demonstrates our motto, **"We Can Live As One"**.

Our program has become an effective role model for other day programs within the community. Due to our nurturing and loving environment, we have witnessed many miracles.

### WHO THE PROGRAM SERVES

St. Jude's serves individuals who have intellectual and/or physical challenges, by integrating them with "able" peers. The program employs professionals in the area of theatre/drama, music, dance, and literacy. Through this collaboration and artistic experience, participants gain life skills, social skills, independence, and self-esteem in an inclusive environment.