

Spectrum Society for Community Living
Personal Support Networks Project

September 2008

Tip of the Month:

Sign up for a class at your local community centre



Ever wanted to try your hand at Thai cooking? How about a pottery class? Badminton, anyone?

Celebrate “back to school” month by signing up for a class! Your local community centre is a great source of fun and inexpensive activities. Or check out the school board’s night

school listings. You might be surprised at the range of options that are available to people of all ages and all ability levels.

If you’re supporting someone with a disability, ask the community centre about their accessibility policy. Are all classes accessible to people with special needs? Does the community centre provide volunteers, and if not, do they allow attendants to participate free of charge? Introduce the person to the teacher ahead of time, and answer any questions to set the stage for a positive experience. Encourage the person to be fully involved and included in the class, as opposed to sitting off to the side with you.

We invite you to post your stories or comments on the “Tip of the Month” on our personal support networks discussion board (follow the links from www.spectrumsociety.org).

Make a new friend today!