



Breaking Down Barriers
Independent Living Resource Centre
Promoting a new perspective on disability



The CHRISTMAS CONSUMER'S REPORT

Christmas is a magical time of year filled with good wishes, peace and love. We think it's the perfect time of year to say how much we appreciate you.

Thanks to each and every one of you for coming out to program, reaching out when you needed a hand, sharing in friendships and activities and most of all, for always making our days better just by being you.

Christmas Chuckle



Q: What do snowmen eat for breakfast?

A: Frosted Flakes or Ice Crispies.



HO HO HO!



A Christmas Poem



Christmas time is drawing near
It's such a festive time of year
Trees and lights that shine so bright
Houses and windows glow warm at night



A perfect time to spread good cheer
And be with those we hold so dear
Singing carols and stringing trees
Perfect time for making memories

Our Christmas wish is simple, you see
You're such good friends of BDB
We wish you peace and love, in the plenty
Can't wait to see you in 2020

Counting The Ways For A Great Christmas

1. Enjoy the sights and sounds.
2. Share time with those you love.
3. Show some kindness.
4. Count your blessings.
5. Be Merry and Bright.
6. Make New Memories.
7. Bundle up.....with Joy.
8. Be the best version of YOU.



Happy
Holidays



JUST THINK WHAT THE NEW YEAR WILL BRING

1. New & improved accessible Centre
2. Fresh programs and activities to join
3. BDB 35th Anniversary
4. Grand Re-Opening to the public
5. Beautifully designed kitchen
6. The chance to share more time with you, our BDB friends.

Now that's something to celebrate!

So Much To Celebrate in 2020

NEXT YEAR WILL BE BREAKING DOWN BARRIERS' 35th ANNIVERSARY!



BREAKING DOWN BARRIERS IILRC PROGRAM CALENDAR

December 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Guest Speaker & Refreshments for International Day of People With Disabilities at Trinity Church 10:00am-11:30am	4	5	6 Friendship Cafe at Youth Centre 10:00am-11:30am	7
8 Accessible Curling Curling Club 3:15pm-5:15pm	9	10 Xmas Craft at Youth Centre 11:00am-12:30pm	11 Chair Yoga at the library 1:30pm-3:00pm	12	13 Friendship Cafe at Youth Centre 10:00am-11:30am	14
15 Accessible Curling Curling Club 3:15pm-5:15pm	16	17 Christmas Party at Trinity United Church 12:00pm-2:00pm	18	19	20 Friendship Cafe at Youth Centre 10:00am-11:30am	21
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
Centre is Closed This Week						
29	30	31 New Years Eve				
Centre is Closed This Week		For more information, please contact Ashley or Tracey 705-445-1543 ext *302 OR *305 Email: peersupport@breakingdownbarriers.ca OR itskills@breakingdownbarriers.ca				

Dates To Remember

* December 3rd International Day of People With Disabilities

Trinity United Church 140 Maple St., Collingwood

* December 11th. Chair Yoga

Collingwood Public Library 55 St. Marie St., Collingwood

* December 17th Christmas Celebration

Trinity United Church 140 Maple St., Collingwood

*Happy Holidays
from your friends at BDB!*

LET'S GET SOCIAL

FOLLOW, LIKE & SHARE US ON FACEBOOK, TWITTER AND INSTAGRAM



It's not what's under the Christmas tree that matters, it's who's around it

EVERYONE AT BREAKING DOWN BARRIERS WISHES YOU A VERY MERRY CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR

Have a comment:
Tell us about it.
cvc@breakingdownbarriers.ca
or call us:
705-445-1543, ext *306



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