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SPECIAL EDITION



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



BREAKING DOWN BARRIERS, ILRC

the **C**onsumer Report

POINTS TO PONDER

**“Hard things are put in our way, not to stop us, but to call out our courage and strength.”
– author unknown –**

**“You never know how strong you are until being strong is the only choice you have.
- author unknown -**

**“The purpose of our lives is to be happy,”
- Dalai Lama-**



CONNECTING DURING COVID-19

Overcoming the Challenge

We understand your frustration, worry, feelings of loneliness and anxiety surrounding COVID-19. We want you to know, you're not alone. We share all the same feelings and are faced with all the same uncertainties as you. So, what do we do?

We come together as a Breaking Down Barriers community and connect with one another - participate in BDB programs and activities on Facebook and continue our weekly chats when we call to see how things are going. When we touch base – we touch hearts. **BDB is here for YOU.**

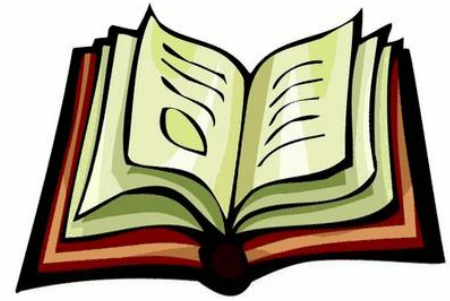
If you need a question answered in a hurry - reach out and call us (705-445-1543, ext. *301). You can also email us at (adminsupport@breakingdownbarriers.ca) or get us on Facebook with a private message. While there, why not give us a public shout out. We love hearing from you. Which ever way you choose to reach out, we are here to answer your call.

In the meantime, let's continue to stay safe, practice social/physical distancing, wash our hands with soap often and thoroughly and together, we will get through this one day at a time.



8 things to remember when going through tough times.

1. Everything can - and will - change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always, something to be thankful for.



What words in your book of life best describe you?



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T**

It's been said there is strength in numbers.

Soooo....

Join us on Facebook for programs, games, crafts, video IL skills and so much more.

Space is "UNLIMITED"



YOU WILL LIKE IT



SPEAKING OF BOOKS

Have a little time on your hands? Try this fun scavenger hunt.

BOOK SCAVENGER HUNT

- FIND AN ANIMAL IN A BOOK
- FIND THE WORD SPRING IN A BOOK
- FIND SOMEONE HELPING SOMEONE IN A BOOK
- FIND A BUG IN A BOOK
- FIND SOMEONE SLEEPING IN A BOOK
- FIND A CAT IN A BOOK
- FIND A PICTURE OF A SUN IN A BOOK



Because You Matter

Just because we can't be together during this time, doesn't mean we aren't thinking about you. If there is something you would like us to do or include in our Facebook presentations, let us know....

Because You Matter.



Just A Joke

What kind of stories do bunnies like?

Ones with "hoppy" endings



The universe is a funny thing.
The moment you find balance,
it suddenly shifts.
That's Life.

To overcome obstacles,
to anticipate the unexpected,
and to embrace the unknown.
Never quit.

The tribulations you endure
in life are merely
there to strengthen your
balance in life.
Ultimately giving you
peace and purpose.

Thinaaya



Daily Reminders

1. I am amazing
2. I can do anything
3. Positivity is a choice
4. I celebrate my individuality
5. I matter
6. I am loved



FINAL THOUGHTS



The COVID-19 situation may be overwhelming but coping with stress will make you, the people you care about and the community stronger.

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WAYS TO HELP YOU MANAGE STRESS DURING COVID-19

