

Our Mission

Breaking Down Barriers provides support, services and programs to enhance the opportunity for people with diverse disabilities to live independently in the communities of South Georgian Bay and the communities of Simcoe, Bruce and Grey.

“You make a living by what you get, but you make a life by what you give”

-Winston Churchill-



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

Breaking Down Barriers

234 Ste. Marie St.
Collingwood, ON L9Y 3K5

For Volunteer Inquiries or to sign up today, please contact Lucille at

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Tel: 705-445-1543, ext. *306

JOIN OUR TEAM



Breaking Down Barriers
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VOLUNTEER

Meet New People
Share Experiences
Make a Difference
Give Back

[#FindYourReason](https://www.instagram.com/FindYourReason)

705-445-1543
www.breakingdownbarriers.ca



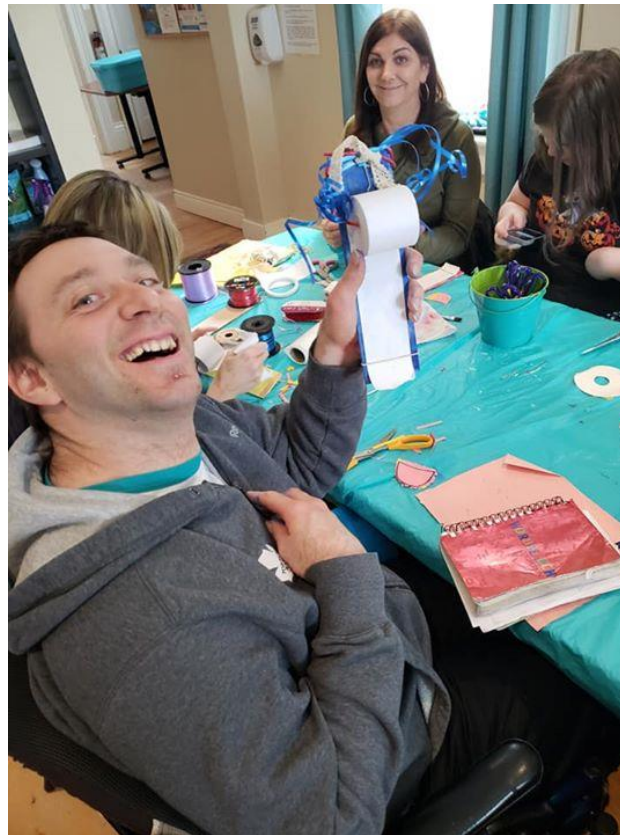
WHY IT MATTERS

Social connections support the emotional well-being of consumers in the same way it enriches our lives simply by volunteering. Through our Peer Support programs, consumers gain skills and self-confidence while enjoying activities like weaving, painting, scrap-booking and participating in sports and games; all of which promote team-work and respect. Independent Living Skills offer consumers support, advocacy and helpful tips for successful independent living like laundry, cooking, gardening and computer training. These initiatives, supported by a team of dedicated volunteers, bring attention to consumers as individuals and help them to connect to a caring community.

THE VALUE OF TIME

When you spend time, share experiences, create memories and celebrate accomplishments, you are embracing the role and value individuals with diverse disabilities need to feel and maintain a sense of belonging, inclusiveness, community and joy of friendship.

You can take pride in your decision to volunteer with Breaking Down Barriers knowing you are making a direct and meaningful impact on the lives of many. When you give a little of your time, you get so much more in return.



MAKING A DIFFERENCE

As a volunteer, you will be rewarded with the feeling of making a difference.

At Breaking Down Barriers, we value your time and appreciate your support. You will be part of our team, and as such will be treated with the respect and dignity you deserve.

OUR COMMITMENT TO YOU

- ✓ **WE WILL PROVIDE A WORK PLACE FREE OF HARASSMENT**
- ✓ **WE WILL ENSURE YOU ARE TREATED WITH RESPECT AND DIGNITY**
- ✓ **WE WILL LISTEN - YOU WILL BE HEARD**
- ✓ **WE WILL PROVIDE SUPPORT AND GUIDANCE**

WAYS YOU CAN HELP

Gardening Cooking Fundraising
Day Tripping Appointments
Computers Outings Promotions
Friendship Café Shopping
Arts & Crafts New Ideas
Join Committees
Become Board Members

