

The

INCLUSION NEWS



Staying Connected This Holiday Season

As we move into the holidays there's a couple resources through CLBC that may be helpful.

<https://www.comakedo.ca/>

Comakedo is an excellent resource for virtual gatherings with events held online to interact learn and engage with fellow community members as well as sharing time to meet new people that share the same likes and enjoyment or to try something new. I myself have accessed this resource and found it very meaningful. Other ways we are staying connected is through events put together by local agencies that also want to help improve and provide togetherness as we make it through these challenging times.

Community Giving and Receiving

With it being the holidays, whether with family or by ourselves, it's important to check up on those closest and around us. If it's just a quick call on the phone or online or safely distanced, we all want to feel included this holiday. To stay safe in the spirit of giving and receiving, online and local businesses is an excellent way to buy and save. It's important to keep in mind as it may not be possible for all to extend greetings of care through our thoughts and action. It's undeniable that this year has had many disruptions to how we connect and share, but don't feel shy to speak up. If there's anyway that myself and other advocates or agencies can improve or be more involved feel free to email or call. We can be contacted through the slefadvocate.net website for further information.



This news letter was created by Public Speaker and Self-Advocate Sherwin Strong. If you would like any more information regarding these articles or would like to know more about inclusion within your community, please contact Sherwin at thesherwizzle2013@gmail.com