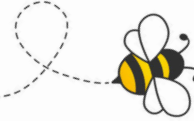




Newsletter

Winter 2024

BUZZ



BREAKING DOWN BARRIERS  
Independent Living Resource Centre  
Simcoe • Grey • Bruce



# BDB Hosts AODA 2025 Webinar

Six more opportunities are available business owners and the private sector to participate in our FREE webinar. Information and resources will help ensure businesses and services are AODA compliant by 2025. Register today and check out all the free resources available to you on our website.

Visit: [breakingdownbarriers.ca](http://breakingdownbarriers.ca)

### DID YOU KNOW...

We offer on-site evaluation and accessibility recommendations plus provide guidance and resources when needed.

We have been supporting individuals with diverse disabilities, breaking down accessibility barriers and promoting inclusion for all for over 39 years.

We are well positioned to be a resource for businesses as they work toward 2025 compliance .



## AODA 2025 INFORMATION WEBINAR



BDB is offering a free webinar to assist the business community and private sector with Accessibility for Ontarians with Disabilities Act (AODA 2025) compliance. Objectives include creating a better understanding of the law, requirements and compliance, exploring diverse disabilities, societal barriers to accessibility, tips on communicating with people with disabilities and customer service support.

**SELECT A DATE  
AND SCAN TO  
REGISTER OR VISIT**  
[breakingdownbarriers.ca](http://breakingdownbarriers.ca)

↓



Fri. Jan. 05, 2024 @ 11:00 am  
Sat. Jan. 13, 2024 @ 11:00 am  
Wed. Jan. 24, 2024 @ 8:00 pm

Tue. Feb. 6, 2024 @ 9:30 am  
Sat. Feb. 10, 2024 @ 11:00 am  
Tue. Feb. 20, 2024 @ 8:00 pm

Wed. Mar. 6, 2024 @ 9:30 am  
Sat. Mar. 16, 2024 @ 11:00 am  
Wed. Mar. 20, 2024 @ 8:00 pm

**Let's work together for  
an accessible Ontario**

FOR MORE INFORMATION, CONTACT MAUREEN AT  
ADMINSUPPORT@BDBILRC.CA  
705-445-1543, EXT 301

This project is made possible by





# BDB's Signature Fundraising Event Returns



BDB is pleased to announce the return of its annual "Rockin' the House" bonspiel after a three-year hiatus due to COVID. As this signature event is BDB's biggest fundraiser for the organization, it is appealing to our friends in the business and community to sponsor, participate with a team, donate a silent auction item or just come and cheer on the teams. All funds raised go directly to supporting the growing demand for programs, services, supports and resources for individuals living with diverse disabilities







**\$350  
per Team**



**Bonspiel 2024**

Fully Accessible



**\$20  
Spectator**

## Saturday March 2, 2024

### Collingwood Curling Club


**Morning Draw 9:00 am**  
**Afternoon Draw 11:30 am**  
 (includes breakfast / lunch / refreshments)

 To register/pledge forms: [adam@mintice.org](mailto:adam@mintice.org)  
or call 705-351-2326

 Registration closes February 24 - **Hurry Hard**

- Silent Auction Table
- Amazing Door Prizes
- Golden Ticket Draw



- Best costume prizes
- Top Fundraising Team and Individual Prizes



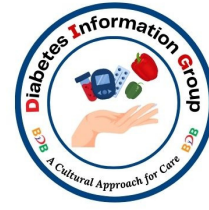
Proceeds support programs and services for individuals with diverse disabilities



# What's Ahead



- Last Wednesday of every month at 3:00 pm is our Connecting with Seniors program on Zoom for individuals 55 plus. Topics are always informative and supportive for healthy aging. Plus there are arts and crafts, cooking demos and live entertainment. The program is free, all materials to fully participate are free and delivered to every participant. Contact Lucille at [cvc@bdbilrc.ca](mailto:cvc@bdbilrc.ca) for more information.



- Diabetes Information Group: Diversity in Diabetes (a cultural approach for care) takes place the 4th Tuesday of every month. Times may vary depending on topic. From nutritionists and dieticians to cultural cooking demos and local field trips, this group is all about healthy living at any age. For more information, contact Tracey at [ilskills@bdbilrc.ca](mailto:ilskills@bdbilrc.ca).



- Direct Funding Self-Managed Attendant Services is an innovative government program enabling adults with physical disabilities to become employers of their own attendants - assisting with routine activities of living such as dressing, grooming, meal preparation and bathing. Funded through the province of Ontario, BDB supports the Direct Funding program by working with individuals through the qualifying process, help them manage their care, elevating their independence. This program is intended as an option suited to people with impaired physical abilities who are willing and able to take on the extra management responsibilities the program demands - from hiring staff and setting a schedule to managing payroll. There are many disabilities that qualify under this program. To learn more, contact Tracey at [ilskills@bdbilrc.ca](mailto:ilskills@bdbilrc.ca).



- To further expand our reach beyond our existing social media platforms, on January 15th we launched our very own BDB YouTube channel that will feature videos on the following topics:

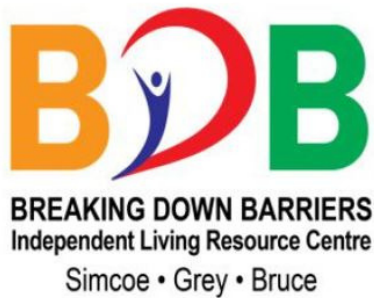
**HEALTH AND WELLNESS  
DO IT YOURSELF (DIY)  
MENTAL HEALTH  
ACCESSIBILITY AWARENESS SPOTLIGHT  
COMMUNITY NEWS**



To find us on YouTube  
Google You Tube, then search:  
**breaking down barriers ilrc**



# CONNECT WITH US



## Breaking Down Barriers, ILRC



Breakingdownbarriers.ca



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