

## Breaking Down Barriers Celebrates 40 Years



February 25, 2025 marked 40 years Breaking Down Barriers, Independent Living Resource Centre has been providing essential programs like independent living skills training and peer support activities, services, supports and resources for individuals living with diverse disabilities. To mark the occasion, a few of us gathered in front of the Town of Collingwood's municipal office where they lit the clock tower in blue in honour of this milestone.



The celebration continued during our March Rockin' the House bonspiel where dignitaries joined us to share in the festivities.



# BDB's 40th Annual General Meeting (AGM)

As a registered charity, Breaking Down Barriers hosts an Annual General Meeting (AGM) each year that is open to the public. It gives us an opportunity to report on the work of the charity, its finances, committees like the Strategic Planning Committee, Executive Committee, Governance Committee and Fundraising Committee. It's an informative hour and a wonderful opportunity to learn about what we do, meet the staff and Board of Directors, learn about community impact of our work and share in some of our successes.

This year, the AGM will be held in-person at the John Saunders Centre (80 Sandford Fleming Drive) in Collingwood, ON with a virtual Zoom element for those who can't attend in person. Mark **Wednesday, June 25 at 4:00 pm** on your calendars. We invite you to join us, either in-person or via Zoom. Please contact Lucille if you want to attend our AGM at [cvc@bdbilrc.ca](mailto:cvc@bdbilrc.ca) or 705-888-8333. We hope to see you there.



## YEAR-ROUND TAX CLINIC



Breaking Down Barriers offers a free tax clinic for anyone wishing to have their income tax prepared and filed by a professional accountant. We have partnered with John Robbins of Transitions Wealth Strategies for over 10 years. He volunteers his services and is efficient and reliable. You don't have to be a Breaking Down Barriers Member or Consumer to take advantage of this service. It is available to everyone. A token \$5 donation to Breaking Down Barriers is recommended but not mandatory. Whether you haven't filed in a while or just need your current taxes prepared and filed, let our tax clinic take the stress of income tax season away. For more information or to register to have your taxes done, please contact Lucille at [cvc@bdbilrc.ca](mailto:cvc@bdbilrc.ca) or 705-888-8333.

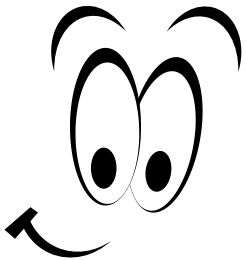
# DIABETES INFORMATION GROUP (DIG)

Breaking Down Barriers is the Collingwood Hub for diabetes education. Partnering with the South Georgian Bay Community Health Centre, we open our doors quarterly for our Diabetes Information Group (DIG) program. You can take part in this program in-house at our Collingwood Centre or virtually over Zoom. Diabetes Educators and Nutritionists that specialize in diabetes and pre-diabetes lead the program with information you can use, nutritional tips, sharing of life experiences, recipe ideas, help with managing your diabetes and in-person support. This program is free of charge. Upcoming sessions are:

**April 29 1:00-2:00 pm (in-person or over Zoom)**  
**Topic: Discussing the Basics of Diabetes**

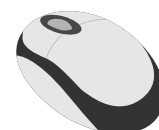
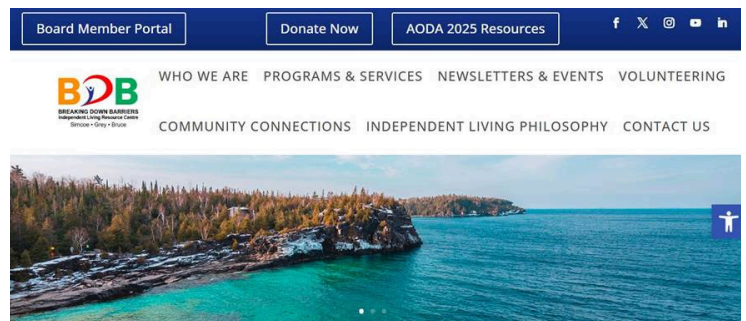
**June 24 1:00-2:00 pm (in-person or over Zoom)**  
**Topic: Diabetes and Nutrition**

For more information, please  
contact Lucille at [cvc@bdbilrc.ca](mailto:cvc@bdbilrc.ca)  
or 705-888-8333

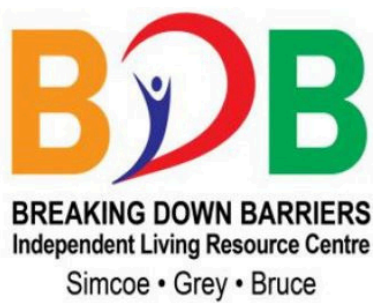


## BDB'S WEBSITE - WORTH A LOOK

When you have the chance, visit our website ([breakingdownbarriers.ca](http://breakingdownbarriers.ca)). There is lots of information about who we are, our programs and services, other newsletters and events, flexibility in being a volunteer, community connections, our independent living philosophy and how to contact us. Plus, the current month's program posters, our monthly program schedule and clips of videos to check out is all just a click away.



# CONNECT WITH US



## Breaking Down Barriers, ILRC



[Breakingdownbarriers.ca](http://Breakingdownbarriers.ca)



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