

inside reach



Spring 2013
newsletter

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Reach B.I. and McHappy Day volunteer Kristina Hill, and volunteer Scott Fattedad offer frappe samples to McDonald's drive-thru customers at McHappy Day on May 8th benefitting Reach. See more on our fundraising events spread starting page 3 inside.

inside reach

is published quarterly and it is distributed free of charge to the membership of Reach Child and Youth Development Society.

If you would like to receive this newsletter electronically contact Reach at info@reachdevelopment.org

If you would like to subscribe or unsubscribe to the "inside reach" newsletter call 604-946-6622 ext. 0 or email info@reachdevelopment.org and write "newsletter" in the subject line.

Submissions are welcome. Childrens writing or artwork is welcome. Please include your contact information with your submission.

Submissions can be emailed to cnidoski@reachdevelopment.org with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.



#3 - 3800 72nd Street Delta B.C. V4L 1G9

604-946-6622 Fax: 604-946-6223

info@reachdevelopment.org

www.reachdevelopment.org

Message from the President



Spring is here, I can tell by the pink "snowfall" in our cul-de-sac as the cherry trees blossom beautifully for a few days, then drop all the pink petals in the inevitable spring windstorm. I trust we all got through the winter and are ready for the coming summer. And as usual, the summer will be here and gone before we know it, so please take a moment and put our Annual General Meeting date of October 19 2013 in your calendar. We will be providing an extremely family friendly event, so we really hope to see you and your family come out. It's your opportunity to help shape the Reach organization – if we don't hear your opinion we cannot act on it!

And if you have some spare time through the year, we are always on the lookout for volunteers, in roles ranging from support for events like McHappy Day or the Reach for the Stars Gala to a role on the Society or Foundation Board and plenty in between. The return on investment for volunteering is surprising - there truly is joy in giving. And "joy" is much too short a word to truly describe the payback that my volunteer role with Reach has provided me. I would love to share that feeling with you, no matter how much (or little) time you might have and what skills you might have to offer. It will surprise you

just how rewarding it is. We have a spot for you if you have some time and energy to offer!

I would also like to share my experience with Revenue Canada this year. I can hear you groaning already, but wait, read on! You are probably quite familiar with form T2201, the form that needs to be filled out every two years to establish eligibility for the Disability Tax Credit. It's a twelve page form including three pages of instructions. Part of it needs to be filled out and signed by your doctor. This year, after twenty years of filling this out for my two disabled sons, I finally had enough. Autism is a lifelong disability (right now anyway) and filling out this form every year is like a slap in the face. So I called to see what I could do about it, not too hopeful, but knowing that a topic like this might be something the media would be interested in. I am so pleased to say that the folks at Revenue Canada were compassionate, understanding, and that within one week I had verbal agreement that our form T2201 would apply for the rest of our lives, and within another week I had it in writing. I was completely amazed and impressed with the team at Revenue Canada.

On behalf of the Reach Society Board of Directors,

Rob vanSpronssen, President

2012/2013 Board of Directors

Reach Child and Youth Development Society Board of Directors:

Rob vanSpronssen, President; Jack Davidson, Treasurer; Marcia McCafferty, Director; Phyllis With, Director; Karen Ostrom, Director; Donna Burke, Director; Yolanda Chow, Director; Leslie Senft, Director

Reach Child and Youth Charitable Foundation:

Barbara Wallick, Chair; Jack Davidson, Treasurer; Valerie Bartlett, Director; Tom Siba, Director

Upcoming at Reach

Registration for Preschool fall term...

Registration for fall 2013 Preschool is on now. Classes are available for 2, 3 and 5 half days a week. Reach Developmental Preschool in North Delta and Ladner are inclusive programs, meeting the needs of children who require extra support and children who are developing typically.

At Reach Preschool you can expect:


- Highly Qualified Teachers
- Multi-Disciplinary Professionals
- Kindergarten Readiness and Skill Building
- Themed Activities and

Community Awareness




To register your child call
604-946-6622 ext. 308 or 309 or email
susieg@reachdevelopment.org
Visit the Reach website for more
about our preschools at
www.reachdevelopment.org

Save the date for Reach's 54th ANNUAL GENERAL MEETING


**Saturday October 19th, 2013
from 10:00 am to 2:00 pm
at The Surrey Nature Centre**

14225 Green Timbers Way, Surrey, BC V3T 0J2


Join us in for morning presentation on the importance of social and emotional health across the age spans, and in voting in our new leadership for 2013/2014.

A box lunch will be provided.

Children are invited to come for a morning & afternoon of fun and nature-inspired activities during child minding (box lunch provided.)

Our AGM is free to all families who attend Reach programs and to our membership.

Registration is required

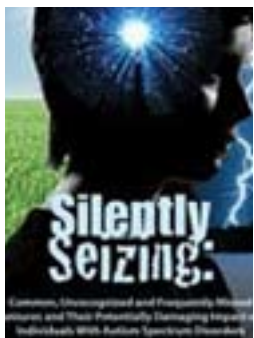
More details to come.

To book your spot early call 604-946-6622 ext.0 or email info@reachdevelopment.org



From the Reach Library

Pam Collins, Library and Workshop Coordinator, Reach Child and Youth Development Society.



I would like to introduce two new additions to our library. The first is *Silently Seizing: Common, Unrecognized, and Frequently Missed Seizures and Their Potentially Damaging Impact on Individuals with Autism Spectrum Disorder* by Registered Nurse Caren Haines with input from Dr. Nancy Minshew.

There are very few books on this topic and this one is well researched and easy to read. For parents who have children with an autism diagnosis we are always fearful of the onset of seizures that often accompany this syndrome. Caren Haines shares her stories of growing up with her son and his dual-diagnosis of autism and a seizure disorder. She does this in a very heartfelt manner that makes the information easy to understand and apply. This book also helps to enlighten those who may be familiar with 'typical' grand-mal seizures but not so much with the 'silent' ones that affect our children and student's behaviours. This book is great for families, educators and caregivers!

The second new addition is titled *Plan B: Empowering the Single Parent...to benefit their child with Autism* by Karra Barber-Wada.

Are you a solo parent? Are you co-parenting? Are you parenting in a new relationship? Are you the primary caregiver? If yes, this is a terrific little resource for you!

Are you having difficulty maintaining consistency across two households? Karra Barber-Wada share tips for this along with budgeting, building a social network and finding other supports. She also covers the difficult conversations about divorce, separation and even death.

Karra Barber-Wada shares interactive lists and worksheets to help you create your own particular Plan B to ensure that you and your child overcome the unique challenges you face.



For more information about the Reach library call 604-946-6622 ext. 359 or email Pam Collins at pamc@reachdevelopment.org

Student's sweet fundraiser for speech therapy



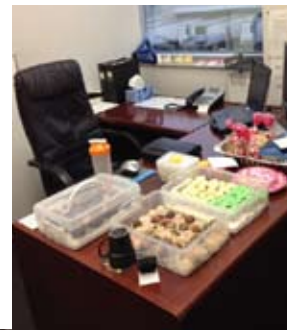
Karin Ishida (middle) raised over \$100 for Reach's Therapy program with her cupcake fundraiser with the help of her sister Angie (right) and her mother Tacko.

In February 12 year old student Karin Ishida held a Valentine's Day cupcake fundraiser at her father's workplace Yokohama Tires and raised \$101.25 for Reach Child and Youth Development Society. Karin's donation will go towards Reach's Therapies program helping to provide speech therapy to children with special needs who are on the waitlist to receive services.

Karin knows what it is like to overcome speech and language challenges. Karin was born with autism and as a result was non-verbal until the age of five. She started to attend Reach's Applied Behavioural Analysis program where she received therapy for her autism, speech and language therapy and occupational therapy to help with motor skills. Karin is now in grade seven and will be attending high school in the fall as a fully integrated student.

That's why she wanted to do something to help other children who are living with the same challenges. "I wanted the same future for other kids," said Karin.

Karin's cupcakes were sold in her father's office to employees at Yokohama Tires and once people knew it was a fundraiser for Reach they paid a premium for the tasty treats. Karin's family also got in on the activities: her sister helped with the baking and her brother helped with the display boards. "It couldn't have happened without the help of my family," added Karin. "I am very grateful to them for their help."



The Reach Applied Behavioural Analysis Program (ABA) is for children with autism spectrum disorder (ASD) living in Delta, Surrey, Langley and other areas of the Lower Mainland of B.C. It is a skill-building program that uses Applied Behavioural Analysis principles to teach young children with autism the functional skills they need. Services include consultation and training from a Behaviour Consultant, Speech-Language Pathologist and Occupational Therapist. For more about the program visit <http://reachdevelopment.org/reach-aba-program.html>

McHappy Day raises \$7,000 for Reach building project



Ladner/ Tsawwassen McDonald's Restaurant owner Steve Krawchuk (right) & Tsawwassen McDonald's Manager Holly Sorely (far left) present a cheque for \$6,943 to Reach Foundation Chair Barbara Wallick (middle right) and ED Renie D'Aquila from May 8th McHappy Day proceeds.

On Wednesday May 8th McDonald's Restaurants in Ladner and Tsawwassen held one of their most successful McHappy Days ever. The combined total of funds raised was \$6,943 that will go towards Reach Child and Youth Development Society.

This is the seventh year that Ladner and Tsawwassen McDonald's have dedicated their McHappy Day proceeds to Reach. The funds will go towards Reach's *Building for Children Together* project to build a new child development centre in the heart of Ladner.

"We really want to be part of the new project's success," said Steve Krawchuk, owner of the Ladner and Tsawwassen McDonald's, "and we want to recognize the community and the volunteers for coming out to help this year."

Though McHappy Day took place on Wednesday, May 8, employees of the Tsawwassen McDonald's had been preparing for the day selling paper red shoes to customers in advance for \$2. Additional funds were raised through customer donations and through the sales of McDonald's new frappes samples.



Volunteers Michael Varley and Olympian rower Joy Fera help out at McHappy Day in Tsawwassen.



Delta Firefighters treat children to tours of the fire truck at McHappy Day in Ladner and Tsawwassen.

About fifty community volunteers helped out at McHappy Day including Reach staff and Board Directors, the Ladner Lightning Baseball team with coaches and parents, Olympic rower Joy Fera, local dignitaries, musicians Joe Barbeck and the Don Burkett Jazz Trio, and the Delta Firefighters. Customers and children were treated to music throughout the day, face painting, balloon animals and tours of the Firefighters truck.

To see a gallery of photos from the event visit Reach's Facebook page at www.facebook.com/reachsocietybc



Come join the fun! Reach is seeking volunteers for our Fundraising Events Committee.

For more information or to apply contact Volunteer Coordinator Elysa Philip at elysa@reachdevelopment.org

or 604-946-6622 ext. 312 Thank you!



Reach for the Stars evening raises \$50,000 for Reach



On Saturday February 23rd Reach Child and Youth Development Society and Charitable Foundation debuted its Reach for the Stars: An Evening of Inspiration fundraising event. The evening was a great success in its first year, exceeding its goal by raising approximately \$50,000 towards the new centre.

Chris Gailus, News Hour Anchor, Global BC Television emceed the event and helped Ian Paton with the live auction adding he was "proud to be a part of the event and such a worthy cause."



Guest speaker young Myles McKie received a standing ovation for his talk on growing up with autism.

Reach Executive Director Renie D'Aquila welcomed the over 250 guests and thanked the over 70 volunteers and host of sponsors who made the event possible. Events sponsors included Westshore Terminals, Canadian Autoparts Toyota (CAPTIN), Delta Cable, Robertson Optical, Fraser Surrey Docks, TSI, Fraser River Pile & Dredge, Century Group, MK Delta Lands, Coast Capital, Grosvenor, Envision, Safeway, VanCity, John's Thistle Auto, Delco Delta Container, Odlum Brown, Delta Speed Pro Signs, and media sponsors the Delta Optimist and South Delta Leader.

"As I look around the room," D'Aquila added, "it warms my heart to see so many people here from all walks of life joining together tonight to help vulnerable children."



Delta Mayor Lois Jackson is the happy winner of the Night At The Opera live auction prize.

Highlights of the evening included inspiring stories from two families with children who have special needs who spoke about their challenges and the success they have experienced with the support of Reach. A third speaker Myles McKie received a standing ovation for his talk about living with autism and how Reach and others have helped him achieve his goals. After the speeches the crowd was treated to a five song set by young musicians Marshall Forsythe and Josh Somers. Forsythe and Somers both have special needs and have been through a variety of Reach programs. Forsythe told the crowd "Reach is not just a place, it's a family. We love you all so very much."

Reach is planning on making the Reach for the Stars: An Evening of Inspiration an annual event helping the Foundation to raise the funds needed for the new centre. To see photos of Reach for The Stars: An Evening of Inspiration go to our Flickr page at www.flickr.com/photos/reachsocietybc/sets

Rockers raise \$9,000

On Saturday April 13th musicians, service groups, volunteers and people from all over the lower mainland came together to have fun and support Reach. The second annual Rockin' for Reach benefit concert and dance took place at the Kinville Community Centre in Tsawwassen and raised close to \$9,000 for Reach's *Building for Children Together* project to build a new community based centre in Ladner.



Musicians Jerry Doucette and INCOGNITO's Rob Montgomery headlined Rockin' for Reach for the second year in a row. Montgomery helps organize the event each year.

Reach is raising \$4 million for the new centre which will provide better access to services, programs, education and resources to children and youth with special needs and their families. Over two years the Rockin' for Reach fundraising event has raised close to \$18,000 towards the project.

Musicians Rob Montgomery and his legendary Vancouver band Incognito took the stage with local rockers Jerry Doucette and Ken Boychuk, while local band The Flat Five opened the show. Close to 250 guests attended the event that was generously sponsored by Port Metro Vancouver, Regional Recycling, Westland Insurance, The Kinsmen Club of Ladner Tsawwassen, and media sponsors The South Delta Leader and Delta Optimist newspapers.

In addition to tickets sales, funds were raised through the sales of donated Tim Hortons coffee and Fresh Slice Pizza, 50/50 draw sales and through the event's unique silent 'rocktion' which created bidding wars amongst the crowd over a guitar autographed by Paul McCartney and record album signed by Bob Dylan.

Reach has raised close to \$1 million of the \$4 million project goal through donations from businesses and individuals and from events like Rockin' for Reach.

For more about The *Building for Children Together* campaign visit www.reachdevelopment.org/campaign. To see photos of Rockin' for Reach visit our Flickr page at www.flickr.com/photos/reachsocietybc/sets



Building for Children Together partners The Kinsmen Club of Ladner Tsawwassen came out in full force to volunteer at the event.



Thank you to our volunteer set-up crew Michael Gallagher, Carson Eastveld, Dan Merki, Taylor Nidoski, Alex Baydala, and members of the TOOBs.

Play Games: Have Fun with Language in the Early Years

By Tricia Mrazek and Sheena Kirkland, Reach Child and Youth Development Society

Games are a fun way to learn language, and are a part of a child's everyday life. Not only are games fun, they are instrumental to language learning. Children are never too young to play games and parents are never too old! Games do not need to be purchased; in fact, the best ones are already at home. Think back to your childhood and recall the memorable games you enjoyed. We refer to 'games' as any social interaction that is fun and involves taking turns. Most parents already play games, but do you know what you are teaching, and how much more influence you can have on your child's language growth?

"What communication skills will my child learn by playing games?"

In addition to learning vocabulary, children learn many communication skills through play. For example, a game of 'Twister' may teach basic concepts such as colours and how to take turns. Playing ball or peek-a-boo are excellent activities for learning first words and signs, such as "ready, set...go!", "me", "mine", "ball", "mama", "dada", and "boo". Playing household instruments, such as banging pots with a spoon, or shaking a bottle of water may teach imitation skills. Children generally learn to imitate gestures with objects, then without objects, before imitating sounds and saying words. Basic activities develop into more sophisticated ones, like 'Simon Says'. Of course, any game you choose may increase a child's attention span and help to improve social skills. Smiling, laughing, and waiting are all part of games like 'Hide and Seek', 'What time is it Mr. Wolf?', and 'Go-go-stop'. Encourage your child to choose which game to play; making a choice is not only motivating, but is an important communication skill.

"How can my child play a game if he/she is not talking yet?"

Before children learn to talk, they develop a set of skills that are necessary for using speech. Such skills include motor imitation, turn taking, and choice making. Set aside a little time each day. Think about your child's attention span, and plan to finish the game on a positive note, when they are still having fun. Play at a speed that matches your child's ability to interact. This means, when you play a tickle game, you may need to take 3 deep breaths between each tickle. During this time, wait for your child to look at you in order to request more tickles.

There are many games that can be played without talking. Try making silly faces in the mirror, passing a balloon back and forth, and playing 'Pat-a-cake'. Your child can imitate gestures by digging with you in the garden, or at the beach. Pointing can be practiced everywhere; for example, point to flowers or birds (or anything in nature). Your child can communicate during these games by smiling, pointing, reaching, making a sound, or making a gesture. To further encourage language development, hold items up to your face. This way, your child can pay attention to the words and how your lips move to make the sounds, as they play.

"How can I teach my child learn to talk by playing games?"

Children learn language through interaction, and by listening and watching others. That is why interactive people games, rather than the iPad, video games, or television, are much more useful for language development. Communication is best taught when distractions are at a minimum. To do this, put away other toys, and turn off

any other electronics, so your child can focus on you. A good place to minimize distractions is the bathtub. Bring 1 toy into the tub to start. Keep the other toys within view, but out of reach. This encourages your child to ask for a new toy. To start, give as much support as possible- be sure the activity is not too easy or too difficult. Sometimes, activities that are very simple are the most fun. For example, being animated and excited while making sound effects, can turn even a plastic cup in the bathtub into an exciting game than your child will want to repeat over and over again. Language skills are learned through repetition.

To develop understanding and use of vocabulary, pick a small number of words that you will use, and repeat these words often. For example, get a large empty box, and say "box", "in", "on", "out", and "under", as you turn it into a castle, a boat, and a school bus!

When your child is ready to use sentences, try playing the game the wrong way. For example, do something silly, like reading a book upside down, or turn the page the wrong way. Listen to see if your child notices your mistake and talks about it! You can also ask your child about games from preschool that they can teach you. Not knowing how to play, or pretending you do not know how to play, are reasons for your child to explain the rules to you. You can also encourage spontaneous language by 'sabotaging' the game. For example, when doing a puzzle, hide the last piece under the couch. Then, you can have a conversation about where it could be.

"How can I teach my child to take turns?"

Find a comfortable place to play; there is no need to sit at a table. Try playing with just 2 people to start. Try choosing an activity that has a clear ending (such as a puzzle) so your child will know how many turns are left and when the game is over. Choose a game that has short, predictable turns, like memory match. A game that your child already knows how to play alone may be a good place to start. Using a physical object (such as a ball or a fishing rod) that is passed from one person to the other may help your child to know whose turn it is. For example, pass the rolling pin back and forth while playing with play-dough.

Decide what you would like your child to do to take a turn. A turn can be passing an object, making a gesture, or saying a sound, word, or sentence. Whatever the turn may be, model saying "my turn" and "your turn" as you point. Avoid saying "mommy's turn"; practice using appropriate pronouns by saying "my" and "your". Resist your child's request to take 2 turns in a row. Alternating turns will help your child to learn the back and forth of conversation.

Tricia Mrazek (M.A., Registered Speech-Language Pathologist), and Sheena Kirkland (M.Sc., Registered Speech-Language Pathologist) work with the Reach Early Intervention Program. This program provides consultation, assessment, and treatment for children who live in Delta prior to kindergarten entry. For more information, or to refer, please visit <http://reachdevelopment.org> or call 604-946-6622.

Mark your calendars

Date & location	Name of event and description	To register
Jun 1, 2013 10:00:00 to 02:30:00 Child Care Options, #100-6846 King George Blvd. Surrey	A Proactive Approach to Challenging Behaviours This workshop for child care providers and parents explores reasons behind the “communication of behaviours”. It gives child care providers and parents a deeper understanding of why the behaviours occur and how to prepare for these behaviours in a confident and successful manner. Cost \$40	To register call 604-572-8032 or register on line at http://www.childcareoptions.ca/workshopspopup_families.php?eventid=628
Thursday and Friday June 6 & 7 Canada Olympic Park Conference Centre Calgary, Alberta	2nd Annual Canadian ASD Vocational Conference : Advancing Vocational and Employment Opportunities for Persons with ASD This conference will address successful transition into adulthood for persons with ASD – with a focus on vocational opportunity and quality of life. Specifically, the conference will explore key vocational issues for individuals with ASD, and reflect on current practices including resources, challenges and opportunities for vocational support and development. Ideas to build capacity among employers and other vocational resources, and examine components of a proactive, integrated provincial and/or national vocational strategy. The conference will examine current vocational programs and their outcomes, and evaluate individual and family experiences and service needs. This includes identifying the gaps that limit vocational service delivery and how these gaps can be effectively addressed.	For registration information visit the website at http://www.theabilityhub.org/community/vocational-conference
Wednesday June 5 6:30 – 9:00pm South Arm Community Centre 8880 Williams Rd, Richmond	Bullies: Their Making and Unmaking Most prevailing approaches to this problem assume bullying is either learned behaviour or the result of failure to acquire social skills. In contrast, the bully syndrome will be dissected to reveal its deep instinctive roots in the dynamics of attachment and vulnerability. Further discussion will center on how common approaches to bullying and dealing with victims can exacerbate the situation instead of remedy.	Register by phone call 604-279-7020 or online at www.volunteerrichmond.ca
Various dates from From July 2nd to August 12th. Langley Child Development Centre #203—5171 221A Street Langley, BC	Child and Youth Summer Social Day Camp for Children and Youth with Autism Grade K-3 : Week 1: *July 2-5 Week 2: July 29-Aug 2 Grade 4-7: Week 1: July 8-12 Week 2: July 22-26 Week 3: *Aug 5-9 Grade 8-12: Week 1: June 24-28 Week 2: July 15-19 Week 3: Aug 12-16	To register or for more information call 604-534-1155 ext. 117 or visit the website at http://www.langleycdc.com/

Visit our social media sites for timely updates on workshops and conferences of interest to parents...



www.facebook.com/reachsocietybc



www.twitter.com/reachsocietybc

Fundraising news



Westshore Terminals Limited Partnership VP/ GM Denis Horgan and Executive Assistant Lisa Hefford (centre) visited Reach Preschool and presented a cheque for \$100,000 to Reach Charitable Foundation Chair Barbara Wallick (far left) and Reach Society Executive Director Renie D'Aquila (far right)



A \$7,000 donation to support Counselling services was presented to Reach Child and Youth Development Society Executive Director Renie D'Aquila (left), by Delta Community Foundation Grant Director, Denis Denischuk, Endowment Patron Sandra O'Keefe, and Chair Wayne Connorton on their visit to Reach Preschool.



#3-3800 72nd Street
Delta, BC V4K 3N2
www.reachdevelopment.org

You will receive a charitable tax receipt for the full amount of your donation

Your personal information will not be shared with other organizations

Westshore Terminals donates \$100,000

Westshore Terminals Limited Partnership recently donated \$100,000 to Reach Child and Youth Development Society's *Building for Children Together* project to build a child development centre in Ladner for children and youth with special needs.

"Building this new facility in Ladner will be a tremendous asset for the community," said Denis Horgan, Vice President and General Manager of Westshore Terminals. "We are very proud and happy to support Reach, and we urge all other businesses in South Delta and North Delta to support this worthwhile project." In addition to this donation Westshore was a presenting sponsor for the *Reach for the Stars* event in February that raised an additional \$50,000 towards the new centre.

Watch Denis Horgan talk about Westshore's donation on Reach's You Tube channel at <http://www.youtube.com/watch?v=HZFY-1ztklg&feature=youtu.be>

Delta Community Foundation Supports Reach Counselling Program

The Delta Community Foundation, through the Robert and Sandra O'Keefe Endowment fund has donated \$7,000 to the Reach Child and Youth Development Society Counselling program to help more children with special needs and their families get support. "This is the fifth year that the Foundation has supported the Reach Counselling program and we are so very grateful," said Renie D'Aquila, Executive Director for Reach. "As a result we are able to help an additional 25% more families than our core funding allows each year."

The Reach Counselling program provides counselling and therapy to children and youth with a developmental disability, and counselling for families, individuals and couples in Delta, B.C. who have a child with a developmental disability. Thank you Delta Foundation!

Watch a video of Grant Director, Denis Denischuk, Endowment Patron Sandra O'Keefe, and Chair Wayne Connorton talk about the recent donation to the Counselling Program:

http://youtu.be/ljDOI_NjriA

CIBC Ambassador Program Donates \$500

Reach was recently the recipient of a donation of \$500 from the CIBC Employee Ambassador Program. This program recognizes the contribution staff make to the quality of life within their communities through their volunteer commitments. Reach received their donation from Jack Davidson, volunteer treasurer the both Reach Society and Reach Foundation Board of Directors, and former CIBC employee. Jack has volunteered with Reach since 1999. "We have been extremely lucky to have Jack Davidson as a board member," explained Renie D'Aquila, Reach's Executive Director. "He is a very dedicated board member and treasurer. As a retired CIBC banker, he provides us with very sound advice and his experience has proven invaluable to our organization." The donation will be directed to Reach's Therapies program. Thank you Jack and CIBC Employees Ambassador program!

***THANKS for your ongoing support ~
it's crucial to our success !***

To make a donation or learn more about how you can support Reach call 604-946-6622 ext.372 or email joniw@reachdevelopment.org