

## WE CAN DO HARD THINGS!

*By Shanie McCarthy*

During the Link winter sessions with Jason, I suggested that he might benefit from joining the YMCA group for swimming, possibly helping with his sore legs. However, he expressed hesitance toward group activities. Despite this, I assured him there was no pressure, offering one-on-one training if he ever decided to give it a try.

After considering it, Jason independently purchased shower shoes and swim trunks, indicating his interest in trying swimming again. He contacted me to express his desire to give it a shot. Rather than waiting for me to arrange passes, he took the initiative and bought a three-month pass with his passport funds.

Before this, Jason hadn't swum in a pool since leaving Kitchener in 1999, citing sensitivity to germs and a reluctance to spend time in public places. Despite these concerns, we toured the YMCA facility together three months ago, familiarizing ourselves with the change rooms, showers, and pool schedule. Jason ultimately chose to try Aquafit.

Given his initial reservations about being in a pool with many people, it was uncertain how Jason would take to it. However, from his very first class, he excelled, participating fully in the 45-minute sessions. We've been attending regularly ever since. Now, Jason is even considering adding another day each week for independent lane swimming. I'm incredibly proud of his willingness to try something new and his commitment to sticking with it. Way to go, Jason! We can do hard things!



## STUDYING HARD PAYS OFF

*By Zack Nuckowski and Justin Hall*

It is with great pride we congratulate Zack Nuckowski on obtaining his G1 Driver's License. With a great deal of determination and study and practice, Zack achieved a stellar grade of 92.5% on his driver's knowledge test. Zack shares with us his process: "Studying hard and practice is important, but it is also important to have family, friends, and people in your corner who push you to succeed. Each week in the month of February I completed a driver's knowledge test. At the end of the month, I did a 140-question practice exam where I passed with a 90%. With lots of studying I felt 100% confident going into the actual driver's test. After completing the knowledge test, you're going to feel like you're sittin' on cloud 9!!"



Zack is excited to be making this progress through his long-time goal of getting his G1 driver's license. He is continuing his efforts toward getting his full G license through these next months. Zack's upcoming goal will be to complete driver's ed and obtaining his G2 license. We wish Zack the best of luck on this next goal.

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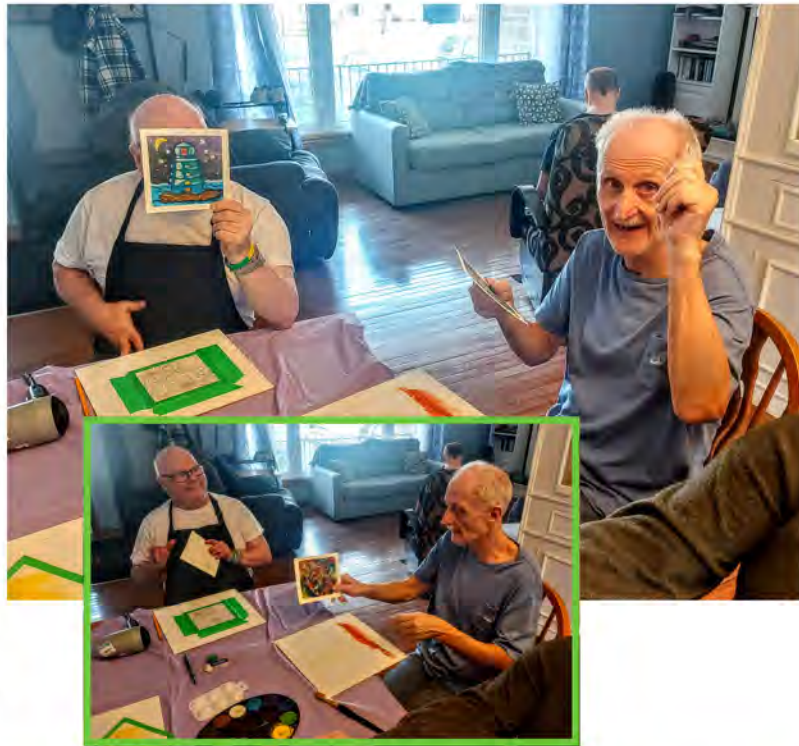
# ART: A BRIDGE TO TRANSFORMATION

By Barbara Boldt-MacPherson & Herbert Pryke

Art serves as a bridge, connecting who we are to who we aspire to be. It is a conduit for self-expression, exploration, and evaluation. Through the arts, we tap into our innate ability to create and ignite change. Allow me to introduce Herbert Pryke, a Georgian College DSW placement student at 630 6th Avenue. Herbert brings a wealth of artistic experience and a passion for self-expression to this community. Notably, he is also employed at the Owen Sound Hunger and Relief Effort (OSHARE).

Herbert's presence has infused joy and communication into the lives of the individuals at 630 6th. With paintbrushes and pencils, he has facilitated engaging art sessions. Recently, they collaborated on a painting exercise for the upcoming community art project, "Embracing Neurodiversity," organized by REACH Grey Bruce. We've included snapshots of Herbert working alongside some of the residents.

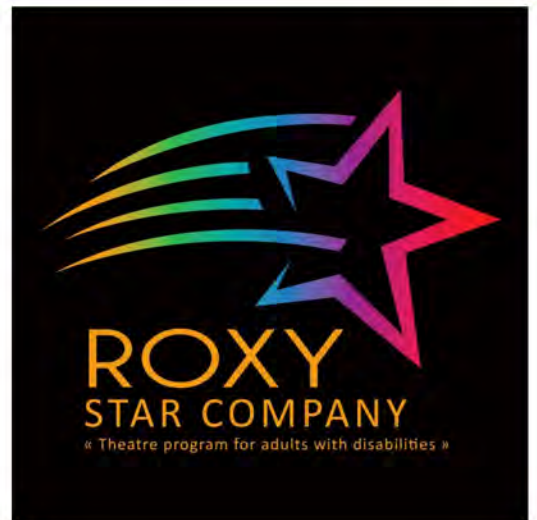
Creativity isn't just about entertainment; it's a reminder of our creative power. The act of creation lies at the heart of our purpose and community progress. Art bridges the gap between emotions and words, encouraging us to think beyond boundaries and ingeniously overcome obstacles. When words fall short, art provides an expressive outlet. Herbert's noble goal is to offer creative workshops and art classes to marginalized communities in Owen Sound, fostering connection, healing, and empowerment through artistic expression.



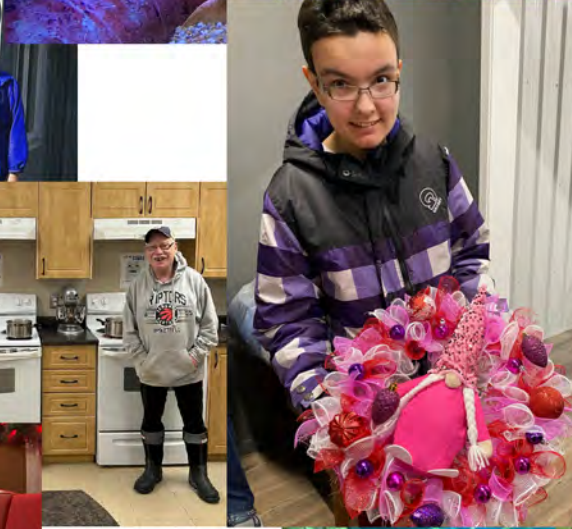
## ROXY STAR PROGRAM

Roxy Star Company offers inclusive drama classes, fostering creativity and life skills for individuals with diverse abilities. Participants gain confidence, communication, and teamwork skills through acting techniques. The highlight? Collaborating on a show, promoting social interaction and a sense of achievement. These classes break barriers, showcasing talents and stories, epitomizing the power of performing arts for inclusion and personal growth.

**See the show June 27th!**



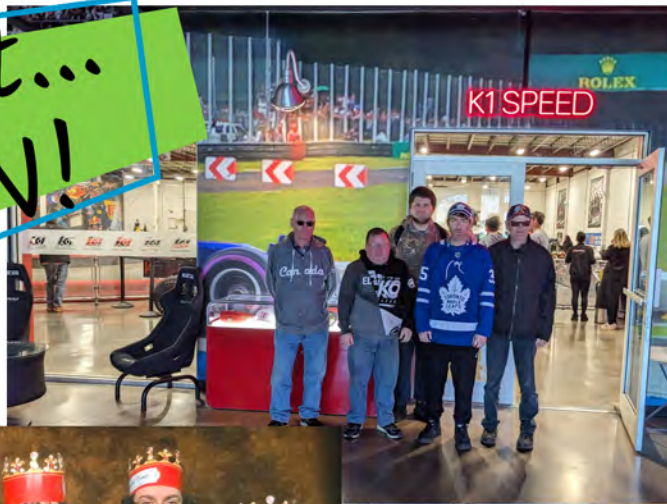
# Passport... to FUN!



# Passport... to FUN!



Passport...  
to FUN!



Not to  
Brag...but



This is Jesse, he loves fire trucks and dreams of one day becoming a firefighter. One of his favourites places to visit is fire stations to see the trucks and socialize with the firefighters. Jesse can name every fire truck in the entire station.



In December Deb initiated a cookie exchange with the other houses. 21st St, 8th Ave and 6th ave joined in each making a dozen cookies to exchange with each other. Deb really enjoyed making receiving and eating the treats over the Christmas holiday.



Jessica BRAGG has recently celebrated working for 5 years at Shoppers Drug Mart! In honour of this huge accomplishment Jessica was able to go to DC Taylor's jewelry store and pick out a necklace of her choice. Jessica takes joy in working at Shoppers Drug Mart so she can have extra money to partake in all the things she enjoys! Jessica's jobs at Shoppers include: stocking shelves, cleaning, helping customers, organizing products, and labeling items. Jessica's favourite thing about working at Shoppers is getting to know her coworkers, being a valued employee and member of the community and putting a smile on customers' faces.

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