

## YEAR AT A GLANCE



### Coffee Mornings

Date: Third Monday every month  
(break for summer)

### Street Meet 2006

Date: Saturday, June 24<sup>th</sup>

### Ups and Downs Casino

Dates: July 20/21<sup>st</sup>

### Family Camp Out at Camp Na Ka Oi

(Our Lady Queen of Peace Ranch)  
Dates: July 21 – 23, 2006

### Picnic in the Park

Dates: Monday, July 24<sup>th</sup> and Monday, August 21<sup>st</sup>

### Summer BBQ

Date: Saturday, August 19<sup>th</sup>, 2006

### Fundraising Golf Tournament

Date: Thursday, September 7<sup>th</sup>, 2006

### Ups and Downs Open House

Date: Saturday, September 9<sup>th</sup>, 2006

### Fundraising Cooking Event

Date: Saturday, October 14<sup>th</sup>

## YEAR AT A GLANCE



### Down Syndrome Awareness Week Dinner and Dance

Date: Friday, November 3<sup>rd</sup>

### Kids' Christmas Party

Date: Saturday, December 3<sup>rd</sup>

## UPS AND DOWNS EVENTS

### COFFEE MORNINGS

Puttin' on the coffee! Whether you are looking for someone to talk to or you can offer support to another, this morning is for you. Over coffee and treats, share stories, laughter, sympathy and maybe event get answers to those burning questions from other parents. Please come. The meetings will be in the same place on the third Monday of the month. If you have any question please call Michelle at 283-1949.

Location: Varsity Church, 4612 Varsity Dr. NW  
Date: June 19, 2006  
Time: 9:30 – 11:30 am

Unfortunately, the babysitting service at the church, Tiny Tots, has closed so bring toys for your kids!

### PICNIC IN THE PARK

In place of the coffee mornings for the months of July and August, Ups and Downs is hosting a "Picnic in the

### Ups and Downs Contact Sheet

[www.upsdowns.org](http://www.upsdowns.org)

Amber Boyd: President	<a href="mailto:aboyn@blackmont.com">aboyn@blackmont.com</a>	Huei Eow: Co-Treasurer	<a href="mailto:eow.huei@yahoo.ca">eow.huei@yahoo.ca</a>
Tyler Hermanson: Vice-President	<a href="mailto:archi_tec@shaw.ca">archi_tec@shaw.ca</a>	Barb Wilson: Communications	<a href="mailto:wilson.rod@shaw.ca">wilson.rod@shaw.ca</a>
Krista Beaton: Secretary	<a href="mailto:krista.beaton@abbott.com">krista.beaton@abbott.com</a>	Michelle McIntyre: Programme Coordinator	<a href="mailto:manddmcintyre@shaw.ca">manddmcintyre@shaw.ca</a>
John Sanges: Co-Treasurer	<a href="mailto:jsanges@shaw.ca">jsanges@shaw.ca</a>	Sandy Belmont: Member at Large	<a href="mailto:bellmontfamily@yahoo.com">bellmontfamily@yahoo.com</a>

Park" for new Moms. The dates will be July 24th and August 21<sup>st</sup>, from 9:30 to 11:30 am at the West Hillhurst Community Centre. We will meet by the playground out back if there is sun, or upstairs on the second floor where our new office will be located (1940 – 6<sup>th</sup> Avenue NW), if it rains.

## STREET MEET 2006



Lace up your runners, oil the strollers! We're heading back to Fish Creek Park for the 14th Annual Ups & Downs Street Meet on Saturday, June 24<sup>th</sup>.

9:00 to 10:45 am - Registration  
 11:00 am – 5 Km Run Starts  
 11:10 am – 3 Km Walk Starts  
 12:00 noon – Post-race activities

BBQ, music, balloons, face-painting, fun and games for the whole family. Great raffle prizes, too!

Brochures and fundraising sheets have been mailed out. If you haven't received yours, call the office at 289-4394 to make arrangements to get one!

## UPS AND DOWNS CASINO

### *10 more people needed!*

Nancy Hall is looking for 10 more people to help out at our casino on July 20<sup>th</sup> and 21<sup>st</sup>. These casinos raise around \$75,000 to \$80,000, obviously a huge source of funds for Ups and Downs!



The shift times are:

10:30 am to 7:00 pm  
 6:15 pm to 2:00 am  
 10:30 pm to 2:00 am (count room)

If you can help out, please contact Nancy Hall @ 277-8784 or fax 277-9184.

## FAMILY CAMP OUT – NA KA 'OI (OUR LADY QUEEN OF PEACE RANCH)

Ups and Downs has 18 teepees booked at Our Lady Queen of Peace Ranch (*aka: No Ka Oi Ranch*) in Bragg Creek on the weekend of July 21<sup>st</sup>-23<sup>rd</sup> 2006. *There is still room for some more families so if you are interested, don't wait!*

The Ranch provides large teepees for accommodation (they can actually fit two or more families if you want to stay with friends), sleeping bags with clean insert sheets, all meals and snacks, plus....canoeing, swimming, boating (life jackets are all provided), and horse-back riding (helmets provided). Please note that children 6 years and under can only sit on the horses for a photo but are not allowed to actually ride the horses.

In addition to all this, the scenery is lovely, the fly-fishing is superb, there is a big open fire pit for roasting marshmallows each night and, if we are lucky, they may even have Karaoke on Saturday night at the main Lodge. Also, The Trading Post Store at No Ka Oi is unlike any consignment store that you have ever shopped in so be sure to pay it a visit while you are staying at the ranch.

What to bring? Bring yourselves, and cool clothes for the day and warm clothes for the night, flannel pajamas to stay warm in bed, and bathing suits for the water hole. If you fish, bring your gear. Don't forget your bathroom stuff. There are flush toilets, sinks and showers all within easy reach of the Teepees.

If your children have food allergies or are picky eaters then remember to bring exactly what your children do eat because the Ranch does not offer a lot of different choices. They serve what they serve for meals and if your child does not like it, then they will go hungry. You cannot keep any food in your teepee and since your car will not be parked anywhere near your teepee, all food will be kept at the main lodge. There is a fridge in the main kitchen but you will only have access to it during main meal times. There is a no alcohol allowed policy at No Ka Oi.

Cannot wait to see you all there! To book your teepee, call Michelle McIntyre (283-1949).

## ALLSTARS BASEBALL BENEFIT TOUR

The Annual Allstars Baseball Benefit is coming to the Foothills Stadium on Saturday, July 29<sup>th</sup> at 6:00 pm. This event is sponsored by the Calgary Firefighters' Burn Treatment Society.

If anyone would like complimentary tickets, please contact Michelle at 283-1949 (the tickets will be given out on a first-come, first-serve basis).

## SUMMER BBQ

We're slapping on the dogs and the burgers at Rotary Challenger Park on Saturday, August 19<sup>th</sup> from 11:00 am to 3:00 pm. There will be great door prizes and games and prizes for the kids!

Cost: \$5 per person, \$10 per family

Directions: Travel East on McKnight Blvd to Barlow Trail. Turn left on Barlow Trail to 45<sup>th</sup> Avenue (Sandman Hotel on the corner). Turn right on 48<sup>th</sup> Avenue to the very end. For further information on the park, visit [www.challengerpark.com](http://www.challengerpark.com).



## UPS AND DOWNS FUNDRAISING GOLF TOURNAMENT

Our fundraising tournament is booked for September 7<sup>th</sup>, 2006 at the Lynx Ridge Golf Course. The organizing committee is still in the early planning stages so watch for further information.

## OFFICIAL UPS AND DOWNS OPEN HOUSE

Join us at our official Ups and Downs Open House on Saturday, September 9<sup>th</sup> from 11:00 am to 1:30 pm. We have booked the ice rink at the West Hillhurst Community Centre for an early season skate from 11:45 am - 12:45 pm so come and visit the office before and after.

## KIDS CHRISTMAS PARTY

So early to be thinking about Christmas but it's scheduled for Saturday, December 3<sup>rd</sup> out at the Symons Valley Ranch from 11:00 am to 3:00 pm. We'll keep you posted as we work out the details.

## NEWS

### More Changes

The Board is sad to say goodbye to both Teresa, our office assistant, and her husband, John Sanges, our co-Treasurer. They are moving to Ontario to pursue an exciting new business venture. Good luck!

With that said, and much interviewing, we are happy to welcome a new assistant to the Board, Joyce Matthews. Joyce is retired from her career and wants to find something to be passionate about. She is currently working on a Bachelor of Fine Arts degree in

photography and has Bachelor of Arts degrees in Communications, Military History and English Literature. Joyce has experience in fundraising initiatives and we look forward to her help in this area, too. Her office hours for July will remain Tuesdays and Thursdays from 9:00 am to 2:00 pm.

### Ups and Downs is on the Move

We are relocating! We are moving to the West Hillhurst Community Centre, 1940 - 6<sup>th</sup> Avenue NW, so we're not going far. In case you are wondering why we are leaving our location within the offices of the Canadian Down Syndrome Society, please know that the Board looked at this for some time. The decision was made primarily to cut our monthly overhead costs but there are other positive benefits. For example, it is a central location that is very easily accessible with tons of parking. There is a large meeting room right beside our new office that we can use not only for Board meetings but also for membership gatherings in the future. As an added bonus, the new office is surrounded by several potentially fun activities for our members. There is both a gym and an ice rink within the community centre and a playground for the kids. There is a park that can be used for soccer, baseball, or just a picnic. As well, the community centre is next to an outdoor pool.



Our telephone number will remain the same. Please drop by and visit any time after July 17, 2006.

### Visiting Parents

We are in the process of revamping our Visiting Parents material. Hopefully our material will be brighter and contain information that is current and reflects the organization we are today.

## Did You Know?

Since November, 2000, Ups and Downs has sponsored a little girl, Daniela Ruiz Porras, through World Vision. Daniela has Down syndrome. She is 10 years of age, and will turn 11 on August 25<sup>th</sup>. She lives in Costa Rica, with her parents, two brothers and five sisters. We will keep you advised as to how our sponsorship helps Daniela from year to year.

## Parents Advisory Committee Family Support for Children with Disabilities

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Family Support for Children with Disabilities is looking for parents to join a Parent Advisory Committee.

They need parents from urban and rural areas who will bring insights into different disabilities, children's ages and cultures, as well as a variety of perspectives and philosophies.

The Committee will meet 6 to 8 times per year (about every two months), as well as gathering and disseminating information to and from other parents and parent groups.

The FSCD Program will provide support and reimburse costs associated with the Committee work.

This Committee is replacing the old Community Coordinating Council. Unfortunately, at the time that this Committee was in operation, the Down syndrome community did not have a voice as we had no representative attending these meetings. Please, it is imperative that our community be represented on this Committee.

If you are interested in being on this Committee, please contact FSCD directly at 297-2081 for more information. As well, if you are applying to this Committee, please contact Barb Wilson at 256-6035. We would like to provide updates to all of our members.

## Summer Camps

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### BETWEEN FRIENDS

Camp Bonaventure still has 42 spaces available for summer camps. There are 26 spaces available in the Tykes camps (ages 5 – 7) and only handful of spots available in the other age groups.

If you are still interested in registering your child for Camp Bonaventure, you may contact Between Friends at 269-9133.

### PREP SKILL-BUILDERS SUMMER SESSIONS

There are still some spots available for your child for both the morning and afternoon Skill Builder sessions.

General information is as follows:

**INTENSE - 9 AM – 12 PM      Fee \$450/week**

**(Includes 3 Individual Therapy/Tutoring Sessions)**

Week 1 (July 4-7, TWR)

Week 2 (July 10-14, MWF or TWR)

Week 3 (July 17-21, MWF or TWR)

Week 4 (July 24-28, MWF or TWR)

**MEDIUM – 9 AM – 12 PM      Fee \$300/week**

**(Includes 3 Individual Therapy/Tutoring Sessions)**

Week 1 (July 4-7, TR or WF)

Week 2 (July 10-14, MW, TR or WF)

Week 3 (July 17-21, MW, TR or WF)

Week 4 (July 24-28, MW, TR or WF)

**OCCASIONAL – To book please speak to your child's therapist or tutor or if you are a non-member contact PREP to book afternoon only appointments in July.**

	Members	Non-Members
Speech	\$60	\$80
Occupational Therapy	\$60	\$80
Reading/Math	\$40	\$60

Therapy and tutoring sessions are 45 minutes in length. There is an additional charge for report writing. Parents will be invoiced at the end of July for the number of sessions attended.

Contact Info: Tanya Nermerich, Summer Session Coordinator, at PREP. Call 282-5011 ext. 101 or email [tanya@prepprog.org](mailto:tanya@prepprog.org)

\*Once your child is booked for sessions, refunds will only be considered for a medical or family emergency.



## News from the 2007 CDSS Conference Committee

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11 months and counting! The 2007 CDSS Conference committee is meeting on June 15<sup>th</sup>. Stayed tuned for further conference developments! You may visit the website at [www.cdss2007.ca](http://www.cdss2007.ca).

**HELP! We are looking for two volunteers to help coordinate the Children's Program for the Conference. The 2007 CDSS Conference Committee is planning to contract out the service so the volunteers would not be required to put together a complete program, but would simply facilitate it.**

If you are interested in volunteering on this committee, please email the Chair of the Committee, Karen Hurley, at [hurleyk@shaw.ca](mailto:hurleyk@shaw.ca).

## A Reminder for Kids Up Front Ticket Recipients

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Please don't forget to send in your thank you letter to Kids Up Front for tickets you may receive.

They say these letters help them to secure ticket donations as they often hear from individuals and corporations that the reason the individuals and corporations continue to donate is because of the letters they receive.

Please send your thank-you letters to Kids Up Front at:

**Mailing Address:**  
5th Floor, 630 - 3rd Avenue SW  
Calgary, AB T2P 4L4

## Community Support Corner

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*The Community Support Corner will feature different support organizations found in Calgary. It is intended to inform and educate Ups and Downs members with respect to the resources we have in our Community. We hope you find this useful.*



Providence is a preschool for children with disabilities. They have developed a highly accountable and effective educational and treatment program for the care of children with all types of disabilities. For over 63 years, Providence has been linked with helping children and families. They have built their programs and services on the skills of certified teachers, therapists and educational and therapeutic assistants working directly with the children in each classroom, every day.

Providence has a range of innovative programs to meet the needs of every child from 16 months through to 6 years. Each child has an intensive therapeutic and educational program designed just for them. Small class sizes and a philosophy of "learning through play" that takes advantage of a child's curiosity and abilities, make learning fun. Learning is enhanced through specialized music, swimming, and fine art programs, multi-sensory rooms, playgrounds and gymnasias.

### **Early Intervention (age 16 to 30 months)**

This unique program is designed to reach children at an early stage of their development. This is when their fundamental physical, social, emotional and cognitive skills are developing rapidly. Small group sizes are critical for stimulation and growth.

### **Enriched Preschool (age 30 months to 4 years)**

This program provides children with learning opportunities through play, direct therapy intervention, social interaction, storytime, hands-on activities, field trips and individual and group discussions. Children develop self-confidence and a desire to learn.

### **Junior Kindergarten (ages 4 to 5 years)**

The focus is on the child's learning and growth in all areas of development. This intensive educational and therapeutic program provides stimulating and challenging activities in a fun learning environment.

Children build social relationships, a strong self-image, and they master skills needed for Kindergarten.

### **Kindergarten (ages 5 to 6 years)**

Providence follows Alberta Education guidelines while addressing the unique special needs and strengths of each child. Here is where children gain independence and decision-making skills, and the ability to learn and relate to others.

In addition to the classroom-based programs, Providence also offers a mobile Outreach Services Program consisting of teachers and therapists who work with Calgary's independent kindergartens, day care and day home providers. This is specialized consultation for children with mild or moderate delays and helps families get the help they need right in their own community.

The Pediatric Clinic at the Windsor Park School gives children and families "one stop" services for prompt medical and therapeutic service. The clinic also helps Providence coordinate treatment plans among their psychologists, teachers, speech-language pathologists, occupational & physical therapists, pediatricians and other medical specialists.

Providence is committed to the philosophy that early intervention in a child's life has a dramatic impact on their future. They are proud to say that the richness of their entire program is reflected in services that have built in accountability and outcomes that are significant.

Providence has four locations throughout Calgary:

Windsor Park School  
5232 - 4th Street SW

Falconridge School  
116 Falsby Way NE

Bowness School  
3711 - 73 Street NW

Beddington School  
183 Bedford Drive NE

For further information, please visit their website at [www.providencechildren.com](http://www.providencechildren.com) or call 255-5577.

## Other Community Events

### Wee Sign Infant Signing Workshop

Saturday, June 24<sup>th</sup> from 1:00 pm to 4:00 pm

Bring your spouse and learn about the benefits of sign, a repertoire of signs to get your started, and exploring about the signing journey

Location: Birth Unlimited office, 232C, 3630 Brentwood Road NW in Brentwood Village Mall.

Course Fee: \$105.00 + GST

Register at <http://www.weesign.ca> or call them at 403-755-1757.

### Community Rehabilitation and Disability Studies

July 4 – 21, 2006

The University of Calgary, in cooperation with the Alberta Association for Community Living offers, as part of the community Rehabilitation and Disability Studies Summer Institute, three half courses on inclusive education. These courses will be of interest to teachers, administrators, parents and others who are committed to educating students with developmental disabilities in the regular classroom and are offered for CREDIT and NON-CREDIT.

The courses are:

- *Ethics of Caring and Inclusion: Implications for Educational Reform*
- *Addressing Challenging Behaviours in the Classroom*
- *Adapting Curriculum in Schools from K-12*

If you are interested in registering for CREDIT courses, call Beth Parrott at (403) 220-2271 or [parrott@ucalgary.ca](mailto:parrott@ucalgary.ca)

If you are interested in registering for NON-CREDIT courses, phone 220-2866 or online at [www.cted.ucalgary.ca/registration.html](http://www.cted.ucalgary.ca/registration.html).

### 2006 Giddy-Up Grits

Monday, July 10<sup>th</sup>

Kids' World, Stampede Park

7:30-9:30 A.M. - Breakfast and entertainment

9:00-11:00 A.M. - Rides in Kids' World (Ages 14 & under)

Join the Calgary Stampede Queens' Alumni Committee, EnCana Corporation and Conklin Shows for a morning of Stampede fun and excitement for children with special needs. Activities include a Stampede-time pancake breakfast, meeting mascots, listening to a marching band and riding on the many Conklin Midway rides. **This is a**

**private function, so you must register to attend.** The registration deadline is Monday, July 3<sup>rd</sup>.

If you have not received a registration form, please contact Carole Weir at 261-0330 or [cweir@calgrystampede.com](mailto:cweir@calgrystampede.com).

### 9<sup>th</sup> World Down Syndrome Congress

August 22 – 26, 2006, Vancouver, BC

The early registration deadline has expired but there is a second level of registration. This deadline is June 23<sup>rd</sup> and will be a savings for professionals and first family members registering. If you are planning on attending this conference, you can still save yourself some money by booking prior to June 23<sup>rd</sup>.

Visit the website at [www.wdsc2006.com](http://www.wdsc2006.com).

### Between Friends

August 28/29, 2006

Registration for fall programs at Between Friends begins August 28<sup>th</sup> and 29<sup>th</sup>, however, anyone wanting to register for programs needs to be registered as a member before the 28<sup>th</sup> as they will not be accepting new memberships during registration. Watch for more information in the newsletter or visit their website at [www.betweenfriends.ab.ca](http://www.betweenfriends.ab.ca).

### Special Olympics Registration

September 6, 2006

The location and times are yet to be determined but make a note of this date. For further information on the various sporting activities offered by Special Olympics please visit their website at [www.calgaryspecialolympics.ab.ca](http://www.calgaryspecialolympics.ab.ca).

### 4<sup>th</sup> Annual Let's Talk Hockey

September 30th, 2006

Join Kelly Hrudehy at Brewsters Brewing Co. & Restaurant For more information please contact The PREP Program 403.282.5011 or [office@prepprog.org](mailto:office@prepprog.org).

## Resources

*This section is a selection of exceptional and useful resources for our membership. If you are aware of any that you feel should be included in this section please contact [info@upsdowns.org](mailto:info@upsdowns.org).*

**Children's Link** - holds regular coffee socials for parents and caregivers of children with special needs. Various times and locations are offered. Call 230-9158 for details.

**LEAD Foundation** - manages IBI and PUF funding programs and is located at Suite 203, 1201- 5th Street SW T2R 0Y6. LEAD can be reached at 270-7912 ext 209.

## Family & Community Resource Centre: LAUGHTER CLUB

\* No Membership \* No Dues \* All Ages \* FUN Exercise \*

1st Thursday of each month 6 – 8 PM at the Alberta Children's Hospital Gymnasium

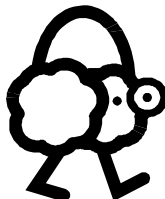
A laughter club session typically lasts about thirty to forty-five minutes. For more information, visit [www.worldlaughtertour.com](http://www.worldlaughtertour.com) 403-943-7629.

## PREP

### Family Support Services

#### Stroll and Roll

- **Who:** Families who have preschool children
- **What:** Exercise and conversation
- **When:** June 21<sup>st</sup> is the last one!
- **Where:** Edworthy Park - located at the intersection of Memorial Drive and Shaganappi Trail N.W.



Ample parking space is available. Meet on the North side of Edworthy Park at the base of the foot bridge.

Parents are responsible for their own children at all times.

Please call Barbara McHarg at 282-5011 (ext 130) for further details.

#### Early Learning at PREP

The Early Learning Program at PREP offers parent-child classes that assist parents in understanding child development and nurturing their child's love of learning. A Speech Language Pathologist, an Occupational Therapist, and a Physiotherapist are an integral part of the program.

Thanks to the generosity of the Stampede Queen's Alumni, there is no fee for these services.

The Early Learning Program is accepting ongoing registration for Learning Through Play (children 12-18 months) and Language Group (children 1 1/2-2 1/2yrs.).

The classes are held weekly at the Woodridge PREP Centre located at 2004 12 Ave. N.W.

Please call Bonnie Moschopedis at 282-5011 (ext.121) for more information.

## Classifieds

*This section is a courtesy for our members and those businesses that add value to the lives of individuals with Down syndrome and their families. If you would like to place your free advertisement or announcement in this section, please contact [info@upsdowns.org](mailto:info@upsdowns.org).*

### J.C. PHOTOGRAPHY

J.C. Photography specializes in black and white photography with hand coloring for a unique touch. They do sittings for pregnancies, babies, children and families in the studio or outdoors. The proofs are yours to keep. Their prices are very reasonable and the experience is enjoyable!

Call Judy at 254-4798 today to book your sitting or make a sitting a perfect baby shower gift.

### GYMBOREE

#### Your Membership with Ups and Downs has its benefits!

Is your child between the ages 0 – 5 years old? If so, you may be interested to hear that Gymboree Play & Music is offering Ups and Downs members a **50% discount** on their child's enrolment! Depending on the type of class, that could be a savings of up to \$100.00 or more per set of classes! Each set of classes run for 10 weeks and with Gymboree Play & Music offering 14 different weekly classes you'll have a few options to choose from. The activities in each class are designed to help children develop balance, coordination and other sensory stimuli while having fun in a group play environment.

The best way to understand what Gymboree Play & Music is all about is to join in the fun. If you haven't been to Gymboree before and you're interested to see what it's all about, you and your child are invited to try a free play, music or arts class together.

For more information, to enrol or to preview a class, please call: 278-5264 or visit [www.gymboree.com](http://www.gymboree.com).

### EVERYTHING BUT THE CAKE

Everything But The Cake creates birthday party invitations, centerpieces, treat bags, theme parties and more to help parents plan and put together creative parties for their kids. Check out their website at [www.everythingbutthecake.ca](http://www.everythingbutthecake.ca) or call them at 667-5364.

**Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

These are women who know what kids like and know how to provide unique products at a fair price.

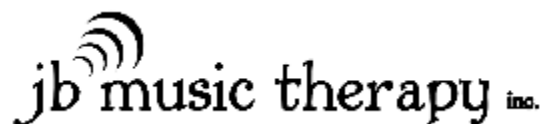
## SMALLTALK – Visual Therapy

Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer just the dialect of the deaf. It can provide an extra means of communication not only for people with disabilities, but also for those without disabilities including very young babies and any individual who thrives on learning. American Sign Language is beautiful to watch, easy to pick up and great fun to use. Watch, learn and enjoy!

Smalltalk can be hired to perform for small private functions (example: 2006' Ups and Downs William Watson Lodge Weekend) or for large public functions. They have performed for the entire population of several of Calgary's Public Elementary Schools. Speak to the Principal of your child's Elementary School about requesting a booking for a presentation by Smalltalk.

Smalltalk will give a school a **10% discount** if a member of Ups and Downs provided the booking.

Contact Person: Tanis Audette: (403) 836-0274.

The logo for JB Music Therapy Inc. features the lowercase letters 'jb' in a stylized font with three curved lines above them, followed by the words 'music therapy' in a simple sans-serif font and 'inc.' in a smaller font.

My Body's Special written by Music Therapist Jennifer Buchanan, is a recently published children's book and song CD that celebrates differences. Jennifer is the President of JB Music Therapy Inc. a music therapy company that has offered music therapy services to Calgary and area since 1991. Books are available online at [www.jbmusic.ca](http://www.jbmusic.ca) or by contacting 403.240.3877. A **10% discount** will be applied to orders that mention reading about the book in this newsletter!

