

YEAR AT A GLANCE



Street Meet

Date: Saturday June 21, 2008

Our Lady Queen of Peace Ranch Weekend

Date: July 25-27, 2008

Annual Summer BBQ

Date: Saturday August 16, 2008

Annual Golf Tournament

Date: September 3, 2008

Wonder Years 2008- Down Syndrome Awareness Week

Date: Sunday October 19, 2008

Dinner and Dance- Down Syndrome Awareness Week

Date: Friday November 7, 2008

Kid's Christmas Party

Date: Sunday November 29, 2008

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, and sympathy, and maybe even 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 questions, please email Sherrill Rechner at kenandsher@telus.net.

Location: Ups and Downs Office West Hillhurst Community Centre 1940 – 6th Avenue NW

Date: June 16, 2008 (there will be no coffee morning in May due to Victoria Day).

Time: 9:30 – 11:30 am



Ups and Downs Contact Sheet

www.upsdowns.org

President		Nici and Ken Weipert: Communications	nweipert@telus.net
Melanie Grant: Vice-President	melanieandbrian@shaw.ca	Jeannie Ing: Programme Coordinator	jal_wong@yahoo.com
Chantal Petersen: Secretary	cplusc@shaw.ca	Sherrill Rechner: Member at Large/Visiting Parents Coordinator	kenandsher@telus.net
Chin -Wei Eow: Treasurer	chin-wei.eow@shaw.ca		

Address: West Hillhurst Community Centre, 1940 – 6th Avenue NW. , Box 61180, Kensington RPO, Calgary, Alberta, T2N 4S7

Tel: (403) 289-4394 Fax: (403) 289-1015

STREET MEET 2008



Date: Saturday June 21, 2008

Location: Fish Creek Park- Glennfield Site Exit Macleod Trail on Bannister Road (Near the Greengate Garden Centre)

It's that time of year again: time to get the sneakers out of the closet and start stretching those muscles. Street Meet 2008 is going to be bigger than ever before. Don't forget the sunscreen and hats!

Fish Creek Park is the place to be on Saturday, June 21. There will be food, fun and games for the whole family. And don't forget the great prizes!!

Everyone who enters receives a special T-Shirt commemorating the event.

Brochures and fundraising sheets are being mailed out. Watch for them! If you don't receive yours, call the office at 289-4394 to make arrangements to get one!

The money raised from Street Meet 2008 helps to fund a variety of projects including outreach services for new parents, community education and advocacy programs.

To register via the running room please visit this website: <http://www.events.runningroom.com/site/?raceId=3422>

UPS AND DOWNS BBQ

Date: Saturday, August 16, 2008

Location: Bowness Park, Site 3
Cost: \$10/family

GRILLIN' AND CHILLIN'!
Come kick a few balls or walk



along the river.

Kids should bring bathing suits as there is a small water park, and a playground, nearby. We'll be serving up the burgers and dogs so when the time comes, head on down.

Information on time and how to find us will come but meanwhile, mark your calendars!

UPS AND DOWNS NEWS

Splish Splash We Were Having a Blast!!

With over 50 people in attendance for the Westside Recreational Swim, everyone had a chance to connect with other families and have some fun with their own. It was easy to see why the kids loved the lazy river, waterslide and warm pool so much.

That morning we told our daughter Trinity were going swimming, she was so excited that she had to put her swim suit on right there and then. We managed to convince her to put a dress on overtop by showing her a little hand bag she was delighted in carrying into the car, on the walk in, and right into the change room.

Once changed and ready for the water, she had a ton of fun playing with all of her friends but especially Katie and Rose McDougald. The trio were on the move, as it took all of us parents to watch them. I think my favourite part of the day was getting a chance to relax and catch up with the other families for a snack after the swim. So nice to see everyone, so glad we were able to make it!

Amber Boyd



Coffee Morning with Donna Heerensperger

It was great to see all the new babies and toddlers at April's coffee morning. With 8 families braving the snow and the cold to attend, we all enjoyed the opportunity to chat with Donna Heerensperger about what's been going on at the Children's Hospital. We were fortunate enough to see the newly updated information packages they are giving new parents and hear about the Down syndrome clinic team being featured in a recent publication. It was not only great to catch up on the goings on at the hospital but it was also really great to chat and catch with everyone that was there too!

My daughter Trinity, really had fun helping dress the babies, and continued to tell me about it for the rest of the day. So glad we were able to make it.

Amber Boyd

Book Reviews Wanted

Have you read a good book lately or are you interested in reading one? Ups and Downs would like to feature book reviews in future newsletters. Sign a book out from our library or let us know about one you've read. Please email reviews to nweipert@telus.net.

Prizes Needed

If anyone has any new unused items that they would like to donate.... all would be much appreciated for the upcoming 2008 year of Ups and Downs events.

Contact: Jeannie Ing (Program Coordinator) by e-mail: jal_wong@yahoo.com.



Summer Camps 2008

Special Olympics

The Special Olympics Calgary is currently accepting registration for all of their summer programs (soccer, softball and track and field), including the Youth Development Program. This program introduces athletes aged 7-15 to a variety of sports and skills on a weekly basis and helps them discover a sport of particular interest. For any questions regarding their programs or for registration please call: 735-1022.

Between Friends

To register for the integrated camps offered by Between Friends, please note that your camper must be a member of Between Friends.

Registration starts on March 17th and continues until all camps are full. To register call 508-0119.

Butterfield Acres Farm

Address: 254077 Rocky Ridge Road (3km north of Crowchild Trail N.W.)
Phone: (403) 239 - 0638
Web site: www.butterfieldacres.com

TELUS World of Science

Address: 701 - 11 Street S.W., Calgary, Alberta
Phone: (403) 268-8300
Website: <http://www.calgaryscience.ca>

Talisman Sport and Wellness Centre

Address: 2225 Macleod Trail South
Phone: (403) 233-8393
Website: <http://www.talismancentre.com>

Calgary Zoo

Address: 1300 Zoo Road N.E.
Phone: 232-9300
Website: www.calgaryzoo.org

Mount Royal College

College Kids Summer Programs

Address: Mount Royal College - Lincoln Park Campus
4825 Mount Royal Gate S.W. Kerby Hall (East side of
campus)
Phone: (403) 440-6001
Website: <http://www.mtroyal.ca/collegekids>

University of Calgary

Mini University
Address: 2500 University Drive N.W.
Phone: (403) 220-7749
Website: <http://www.ucalgarykids.ca>

YMCA Camp Riveredge

Address: Riveredge Park - 1215 - 50 Avenue S.W. (2nd
gate)
Website: www.ymcacalgary.org

YMCA Branch Day Camps

Address:
Crowfoot YMCA (8100 John Laurie Blvd N.W.)
Shawnessy YMCA (333 Shawville Blvd S.E.)
Eau Claire YMCA (101 - 3 St S.W.)
Please refer to website for the various location's contact
information
Website: www.ymcacalgary.org

For further information on these camps, please visit the
Between Friends website at http://www.betweenfriends.ab.ca/programs_integrated.html.

Camp Bonaventure

There are still a few spots left for Camp Bonaventure.
Call 269-9133 to register. For more details visit the
Between Friends website at – www.betweenfriends.ab.ca



Easter Seals

SPRING ADULT CAMPS

Camp Kananaskis

I June 2-7

II June 9-14

III June 16-21

A camp for adults with developmental and/or physical
disabilities.

Cost: \$500.00

Contact them for an application at 403-949-3818 or visit
their website at:
<http://www.easterseals.ab.ca/camp/programs/schedules.php>.

YOUTH LEADERSHIP PROGRAMS

Leader In Progress (LIP)

June 30-July 12 (July 5 and 6 off)

A leadership program open to a variety of ability levels,
focused on developing leadership in individuals who
often cannot access traditional leadership programs.

Age: 16-21 years old Cost: \$600.00

Counsellor In Training (CIT)

Session I July 14- August 2

Session II August 4-August 23

A three week leadership program for youth who are
interested in developing the skills to be camp counsellors.

Age: 16-18 years Cost: \$1050.00

For further information on these camps, please visit the
Easter Seals website at:
<http://www.easterseals.ab.ca/camp/programs/leadership.php>



Summer Camp 2008

Dates: August 11-15, 2008

Times: 8:30-4:30

Place: SAIT

Cost: \$270 (Alberta Swim registered members)

\$295 (all other participants)

The Calgary Dolphins Swim Club will be holding their third annual summer swim camp.

Our summer training camp gives youths and adults with Down syndrome a chance to hone up their swimming skills for the upcoming swim season, and for the first time swimmers, a chance to explore the possibility of becoming more involved in swimming and what our Club is about. They learn by doing and sharing, while having lots of fun and renewing / making new friendships.

The Camp is run by The Clubs certified coaches, and volunteers. The program includes "in pool" training time, as well as a dry land program. Additional fun activities are planned throughout the week. The camp ends Friday with a Swim Meet and celebration activities.

Currently there are a few spots left for the camp so hurry to enroll to avoid any disappointment.

Registration forms are on our website www.calgarydolphins.com or

Please contact: Janice Patterson (278-1709 or calgarydolphins@gmail.com) for more information or to enroll.

Volunteers Needed

National Service Dogs is looking for volunteer puppy raisers/handlers. For more details call Michelle at 283-1949 or e-mail manddmcintyre@shaw.ca

Looking for Respite?

This section lists various sources for respite. Please note that Ups and Downs has not completed any security or reference checks on these individuals and organization. It is up to the individual or family to conduct these checks in a manner that they see fit for the safety and security of their families.

Angela Tims : I am currently enrolled in the Early Childhood Diploma program at Bow Valley College. In addition, I have lots of experience working with children with special needs. Please contact me at angelatims3208@hotmail.com.

Campbell Respite Ranch: The Ranch offers a unique alternative in 24 hour out of home respite care. Only a short drive from Calgary, the Campbell Respite Ranch is a home away from home for up to three clients with special needs. A place where they can enjoy a full country living experience with highly qualified caregivers and an abundance of experience based activities for the clients to participate in daily. Contact them at info@campbellrespiteranch.com or 403-546-2557.

DDRC: The Community Respite Network (CRN) assists children with disabilities and their families who live in the Calgary Rocky View area to explore and secure community-based respite opportunities according to each family's support needs and desires. For more information please contact DDRC's Central Intake at (403) 240-7331, or jackip@ddrcc.com

Post Natal Helpers:

Contact: Lynn
Phone: 640-0844

Tara Garland: I am currently enrolled in the Disability Studies Program at Mount Royal College. Recently, I have been enjoying helping with child care at a variety of Ups and Downs' events. I have also volunteered in the Youth Swim program with Between Friends. I am a Program Assistant for the CanSkate Program, teaching kids how to skate and I am presently working on getting my coaching certificate for figure skating. I have always loved working with kids, and I am further motivated

by everything that I have been learning at Mount Royal. I hope you will give me an opportunity to meet and care for your children. If you would like to know more, please don't hesitate to ask. You can contact me at: tg_soccer_power@yahoo.ca or 819-7392.

Other Community Events



2008-2009 Membership Drive

The Calgary Dolphins Swim Club is looking for a few enthusiastic youths and adults who want to join our swim club and challenge themselves while building friendships and experiences. No experience in swimming required.

The Dolphins Swim Club promotes the development of our swimmers through a positive and supported team environment. Modelled after a competitive swim team, our programs include a "Learn to Swim" and "Competitive Training" Program. The club provides opportunities for skill development in the four competitive swimming strokes and competition with other swimmers and clubs within Alberta.

Don't delay, the Club only has a few openings left. Take a look at our website for more information, registration forms, and fee schedule. Also you will see our swimmers in action: www.calgarydolphins.com Or, contact calgarydolphins@gmail.com or Janice Patterson @ 278-1709.



Raising A Spirited Preschooler

Date: May 12, 2008, 10-11:30am
Location: Kids 1st Parent Link Center
Chestermere Municipal Building
 105 Marina Road, Chestermere

To register for this free session please email ces@sacyhn.ca or call 955-7420.

Raising A Spirited Child

Date: May 13, 2008, 6:45-8:15pm
Location: McKenzie Lake School, 16210 McKenzie Lake Way S.E.

Child Care available please email ces@sacyhn.ca after registering online. Space is Limited

To register for this free session please email ces@sacyhn.ca or call 955-7420.

Fostering Self-Esteem In Your Child

Date: May 21, 2008, 6:30-8:00pm
Location: St. Brigid School 730 Citadel Way NW

To register for this free session please email ces@sacyhn.ca or call 955-7420.

How To Talk To Children and Adolescents About Sexuality: What to Say When They Ask

Date: May 22, 2008, 12:00-1:30pm
Location: Alberta Children's Hospital (ACH)
 Auditorium – Telehealth Available

Loca

To register for this free session please email ces@sacyhn.ca or call 955-7420.

Caregivers Revitalize Day!

Date: Sunday, May 25, 2008
Time: 8:30am to 4:00pm
Location: Rafter Six Ranch Resort
Cost: \$20 per person and \$30 per couple

Children's Link is hosting a Caregiver's Revitalize Day. Join them for a day to nourish the mind body and spirit of non-paid family caregivers - come to re-learn the art of recreation and relaxation! They will be spending the day at Rafter Six Ranch.

For more information or to register for the event please call Angie at The Children's Link Society at 403-230-9158.

Registration deadline is Monday, May 10, 2008.

MoMo Mixed Ability Dance Theatre and Amici Dance Theatre From London, England

Date: May 26-31, 2008
Location: Epcor Centre for the Performing Arts, 205-8th Avenue SE, Calgary, Alberta

Movement and Leadership by Wolfgang Stange and Colm Gallagher of Amici Dance Theatre.

5 Day Workshop: Creating Dance with Everyone May 26, 27, 28, 29, 31 Mornings and/or Afternoons.
 Why Mixed Ability Dance Matters: May 31, 2008, 9:30am-12:00pm.

For Reservations and Information see: www.momodancetheatre.org and email:

momodancetheatre@telus.net or in Calgary phone 283-3445 outside Calgary toll-free: 1-800-283-3445.

MoMo Dance Theatre

Tuesdays with MoMo! Registered spring session.

Date: March 18 to April 29, 1:30 to 3:00pm
Cost: \$20 only for 7 classes (\$3 drop-in)
Location: West Hillhurst Community Centre (North Door)

Take off your socks and join the fun!

Movement and Physical Theatre with Pamela Boyd and Loretta Young.

For info and registration call Catherine @ 283-3445 or Email: info@momodancetheatre.org.

Calaway Park- Light Up a Child's Life Event

Date: May 30, 2008
Time: 5:00pm-8:00pm

Light Up a Child's Life Event run by Calaway Park in conjunction with the Cerebral Palsy Association is on May 30, 2008 from 5-8pm. Admission is free, RSVP to Jeannie Ing at jal_wong@yahoo.com or 207-3289 for tickets as there are only a limited amount available.

Millarville Rodeo 2008

Date: May 30, 2008
Time: 10:00am-1:00pm

On Friday May 30, 2008 Millarville will be having their rodeo. You are invited to come and join them for a day of special rodeo events such as: bucking bulls, bucking horses, local girl barrel racers, photos and autographs with the visiting cowgirls and cowboys, and a lunch of hot dogs, juice and more. The doors open at 10:00am and the day finishes off at 1:00 pm.

Promoting Youth Transition Readiness Through Self-Management

Date: June 10, 2008, 11:00-12:30pm
Location: Alberta Children's Hospital (ACH)
 Auditorium – Telehealth Available

To register for this free session please email ces@sacyhn.ca or call 955-7420.

Puzzled by Picky Eating-Help for Parents

Date: June 11, 2008 10-11:30am
Location: Pineridge Boys and Girls Club, 6012 Rundelhorn Drive NE

To register for this free session please email ces@sacyhn.ca or call 955-7420.

Ponoka Stampede Rodeo Challenge

Date: Saturday June 28, 2008
Time: 10:30 am to 1:00 pm (registration from 9:00-9:45)

Come and join us at the 9th Annual "Stampede Rodeo Challenge" for all physically &/or mentally challenged children between the ages of 5 and 18 on Saturday June 28, 2008 from 10:30 a.m. to 1:00 p.m. Each contestant will be partnered up with a cowboy/girl to enjoy all the modified rodeo events. A hotdog lunch will be served following the rodeo. Friends & families are welcome to watch from the stands. One companion only allowed on the infield with the contestant & cowboy. Rodeo proceeds **RAIN OR SHINE**, so please bring your child prepared for the weather. Rain and mud go hand in hand!!!

Rodeo Events

Flag Picking - Contestants ride quiet, specially selected horses

Calf Roping - Contestants learn to rope a wooden calf

Bull Riding - Contestants ride hand-rocked bull for 8 sec.

Chuckwagon Races – Hand-pulled chuckwagons race around the barrels

Wagon Ride Horse drawn wagon ride, wheelchair accessible

Petting Zoo- Small farmyard animals for petting

Face Painting - Hypoallergenic makeup upon request (siblings too)

Registration Deadline: May 30, 2008

To register visit their website @ www.ponokastampederodeochallenge.ca.



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.

Brilliant Beginnings

Brilliant Beginnings Educational Centre, run by Melanie Gushnowski, MSc, is a new addition to the Calgary landscape of early education. Just down the street from Ups & Downs' main offices, they provide programs designed for children at birth to the age of 4. Children with special needs as well as typical children are all welcome to partake in the specialized programs offered in a separate or integrated setting. Other services provided include Shantala baby massage, baby signing classes, parenting consultation and workshops, and special needs services.

So if you are a new parent be sure to check out and/or register at their website www.brilliantbeginnings.ca,

call 283-KIDS (5437), or visit their establishment at 207A 19th Street NW.

Aids to Daily Living

A new pilot project is assisting Albertans who cannot speak. The project, which runs until March 2009, provides funding to Albertans with severe communication disabilities to purchase speech generating devices.

All Albertans with severe communication impairments may be eligible to use a speech generating communication device. The impairment must be severe enough that the person cannot speak or be understood by others.

To be considered for assistance, a person needs to be assessed at the Augmentative Communication and Educational Technology Service (ACETS).

Contact Alberta Aids to Daily Living for more detailed information by calling (780) 427-0731. To dial the number toll free, dial 310-0000 and then the number, including the area code.

ACH Down Syndrome Treatment Group

If you have a child with Down syndrome who is **three years of age or younger** and is **not accessing Program Unit Funding (PUF)** to attend a program, this group may be of interest to you.

The ACH Down syndrome team is offering group sessions on Friday mornings from 1000 – 1200 hrs and no appointment is needed, just “drop by” on the dates that work for you. Since our space is limited, we are unable to accommodate brothers and sisters in the group and ask that you make alternative arrangements for care. Emily’s Backyard is available at the new hospital and can be booked one week in advance by calling 955-2500. Since treatment is done in a group format, we will be reminding families for the need to honor the privacy & confidentiality of other families in attendance. Please call Donna Heerensperger at 955-7275 if you have further questions or concerns, or talk to your child’s Developmental Specialist.

*Note: Information / educational sessions on specific topics will also be offered based on the group’s wishes, and advance notice will be provided.

Group Dates:

2008

May 9 and 23, June 6 and 20, July 4 and 18.

We look forward to seeing you!

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.

Parents Forever, Children’s Link

Date: The first Tuesday evening of each month.

Time: 7:00 pm - 9:00 pm

Location: Phoenix Foundation
Bay #1, 2821 3rd Ave NE

A grief support group for parent’s who have had a child with a disability pass away. This group is facilitated by parents who have had a child with a disability pass away. We will be sharing, celebrating and honoring the journey we shared with our children as well as the journey we are now on. Connecting with other parents is a great way to get support and to support those that are at a different point on their path. Call Children's Link @ 230-9158 for more information.

The PREP Program

Call 282-5011 or Visit www.prepprog.org to learn about:

Family Support – call Jan Extension 102

Workshops, newsletters, socials and individual consultations with Family Support Liaisons connect parents to other families and community resources.

PREP 1: Infants and Toddlers – call Bonnie Ext.121

Once weekly parent-child play groups with in class Physiotherapy consults plus individual Speech-language and Occupational therapy consults.

PREP 2: ECS Classes (2 ½ - 5 ½) – call Kim Ext.117

Small classes (MWF or TR) with certified teachers plus individual Speech, OT, and Physiotherapy. Enroll your child at a community preschool with a PREP Education assistant.

PREP 3: School Age Students – call Janelle Ext. 112

Student Health Partnership funded speech & OT

services, plus the innovative Early Child A Reader program.

PREP 4: Junior High and High School-call *Bonnie Ext. 121*

PREP 4 empowers teens to make continued progress in skills for independent living.

PREP Links: Community Outreach – call *Barb M. Ext. 130*

A resource room with the knowledge, tools and technology to support curriculum adaptation in the inclusive classroom.

Book a tour to see what learning awaits children of all ages!

Renfrew Educational Services

Renfrew Highlights:

- Individualized program plans
- Specialized educational and therapeutic programs
- Innovative teaching and therapy-based strategies
- Highly trained staff committed to life-long learning and educational excellence
- Specialized rooms such as Sensory Integration and Multi-sensory
- Specialist teams
- Specialized software and computers available to all children
- Advanced technology and assistive technology devices
- Door-to-door bussing available

For more information, you can call us at (403)291-5038 or email renfrew@renfreweducation.org.

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.



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 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.

For more information, to enrol or to preview a class, please call: 278-5264 or visit 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 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.

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. 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.

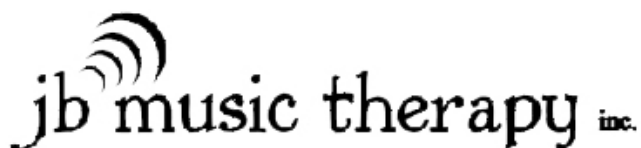
Smalltalk will give a school a **10% discount** if a member of Ups and Downs provided the booking. Contact Person: Tanis Audette: (403) 836-0274.



CREATIVE MEMORIES

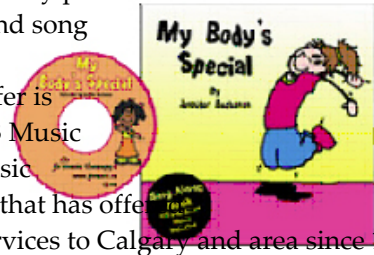
I teach people how to preserve their memories in variety of ways. Whether it's traditional Scrapbooks, Picfolio Albums or Digital Storybooks I have a variety of ways to get your photos out of boxes and drawers or off your digital camera or computer. Through Get Together's and workshops, I offer ongoing support. I want to help you get started on your next project. Book a Get Together in March or April and receive an extra Free Gift!

Check out my website www.mycmsite.com/tashawalsh for event listings, page layout ideas, online ordering and much more! Tasha Walsh, Independent Consultant, (403) 249-4418



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 or by contacting 403.240.3877. A **10% discount** will be applied to orders that mention reading about the book in this newsletter.

Jim Wilson



UNIQUE
Signs & Design

403-921-5910 Office From Concept to Realization 403-640-4234 Fax

uniquesignsanddesign@shaw.ca

Statement of Policy and Disclaimer

The opinions and views expressed in this publication may not necessarily be those of the organization or its members. Ups and Downs does not promote or recommend any therapy, treatment, service or product. Where service providers are mentioned, please be advised that Ups and Downs has not conducted any checks on these services. Therefore, it is up to the individual accessing services to ensure the security and safety of the individual they are accessing these