

YEAR AT A GLANCE



Open House

Date: Saturday, September 1st

Golf Tournament

Date: Wednesday, September 5th

Getting Up By Getting Down With Cooking

Date: Saturday, October 13th

Dinner and Dance

Date: Friday, October 19nd

Wonder Years Conference- Down Syndrome Awareness Week

Date: Sunday, November 4th

Kid's Christmas Party

Date: Saturday, December 8th

Ups and Downs Casino

Date: Wednesday /Thursday, December 26/27th

UPS AND DOWNS EVENTS

DATE CHANGES- SEE YEAR AT A GLANCE

Due to some booking mishaps we have had to do some date juggling. We apologize for any inconvenience. We do look forward to celebrating with you all a bit sooner than usual now that we will be enjoying our annual Family Dinner and Dance in October. We also look forward to holding our Wonder Years Conference during Down Syndrome Awareness Week this year. Don't forget to mark these important dates on your calendars.

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 call Michelle at 283-1949.

Location: Ups and Downs Office West Hillhurst Community Centre 1940 – 6th Avenue NW
September 17, October 15, November 19, December 17, 2007
Time: 9:30 – 11:30 am

If you need child care please call Michelle McIntyre at 283-1949 at least one week before the coffee morning to organize.

Ups and Downs Contact Sheet

www.upsdowns.org

Amber Boyd: President	amberboyd@shaw.com	Nici and Ken Weipert: Communications	nweipert@abnet.ca
Krista Beaton: Vice-President	ckbeaton@telus.net	Michelle McIntyre: Programme Coordinator	manddmcintyre@shaw.ca
Barb Wilson: Secretary	wilson.barbara@shaw.ca	Sherril Rechner: Member at Large/Visiting Parents Coordinator	kenandsher@telus.net
Huei Eow: Co-Treasurer	eow.huei@yahoo.ca		

Address: West Hillhurst Community Centre, 1940 – 6th Avenue NW. , Box 61180, Kensington RPO, Calgary, Alberta, T2N 4S6

OPEN HOUSE AND SWIM

Date: September 1, 2007

Join us for a fun day! You can come out to swim or just spend some time chatting with other members. We look forward to seeing you there.

Swim from 10am to 12pm at Bowview Pool. Bowview pool has a wading pool for young ones so make sure you bring the toddlers too. Open House from 10am to 3pm at our office in the West Hillhurst Community Centre.

There will be plenty of food and drinks available for the swimmers and anyone else who joins us at the office. Borrow a book or DVD from our newly stocked office library or find a perfect toy from the new toy-lending library.

GET UP BY GETTING DOWN WITH COOKING (FUNDRAISER) – See Insert

UPS AND DOWNS ANNUAL DINNER AND DANCE

Date: Friday, October 19th

Cocktails: 5:30 pm
Dinner: 6:15 pm
Location: The Delta
Calgary South
Cost: \$40 per family;
\$15 per individual



Come and dance the night away. Enjoy fabulous food, lively, fun company, plus great entertainment. Bid on cool items in the silent auction. A separate room for childcare will be provided to help out with young ones that find the dinner or dance too boring or too loud.

Contact Michelle McIntyre at 283-1949 or email manddmcintyre@shaw.ca to confirm your attendance by Friday, October 5th. Michelle will need names and ages of all participants, how many adult beef dinners Vs dino

chicken nuggets for kids, and if there are any dietary concerns.

As we need to order the meals ahead of time, we will not have ticket sales at the door. Please send all payments by cheque to the main Ups and Downs office, Box 61180, Kensington RPO Calgary, AB T2N 4S7 or by Visa/MasterCard over the phone, 289-4394.

The Dinner and Dance is only for members and their friends or relatives so please make sure your membership is up to date.

Rooms at the Delta Calgary South will be \$129.00/night for anyone who is part of the group.

DOWN SYNDROME AWARENESS WEEK WONDER YEARS CONFERENCE

Date: November 14, 2007

Time: 9am-4pm

Cost: FREE

Location: FCJ Centre, 219 19 Avenue SW

The Annual Ups and Downs Wonder Years Conference is designed specifically for new parents and the extended families and friends of babies and toddlers with Down syndrome.

KID'S CHRISTMAS PARTY

Date: December 8th, 2007

Time: 11:00 am to 3:00 pm
Location: Varsity Community
Centre, 4303 Varsity Dr NW
Cost: \$10/Family

Santa is coming! With bells and toys! Join us on December 8th as we ring in the jolly season! There will be entertainment for the kids and lunch will be provided. Don't forget your ice skates!! Ho, ho, ho, call Michelle McIntyre at 283-1949 to



ho..ho...hold your spot!

UPS AND DOWNS CASINO

Date: December 26/27th, 2007

The Ups and Downs casino will be held in December this year. Please start to think about when you can volunteer your time. Specific times will be coming.

UPS AND DOWNS NEWS

To all Members of Ups and Downs

The following will be presented at the Special Annual General Meeting which will be held on September 20th, 2007 at 6:30pm. We need membership approval so please attend and bring your spouse along. There will be snacks provided.

Article VI: Officers

The treasurer shall assure that:

1. The books and financial records of the Association are audited at least once a year by a qualified auditor.
2. A properly audited statement is submitted to the Annual Meeting.

The new by-law shall read

1. The books and financial records of the Association are to be reviewed by a qualified auditor OR compiled by a qualified auditor and reviewed by two members at least once a year.
2. A properly prepared financial statement is submitted to the Annual Meeting

Street Meet 2007

On Saturday June 23rd Ups and Downs held its annual Street Meet in Fish Creek Park. This run/walk event designed to both raise funds for our organization as well as to raise awareness about individuals with Down

syndrome, has now been held every June for fifteen years in a row.

Liza Maurette could not possibly have done a finer job of organizing Street Meet this year. As an added bonus the sun shone brilliantly for the entire event and the rain appeared only as the last car pulled away in the later afternoon. All who came were filled to bursting with delicious BBQ burgers/dogs, chips, drinks, ice-cream cake, and even coffee. Many people, beaming from ear to ear, left holding prizes or gift certificates won either in the raffle, the running race or through collecting the most pledges. Children were able to have their faces painted, blow bubbles, play with the clowns, explore a real Fire Truck or Ambulance, and wear off any leftover energy in a jumpy castle.

Our thanks go out to those who attended the event, to those who collected pledges and to those who volunteered, especially Liza Maurette who thought of every detail and brought the day together beautifully. We also extend our heartfelt gratitude to the numerous companies who donated prizes, food, and certificates so that everyone went home with a smile on their face.

Street Meet Volunteers -

Ups and Downs Thanks:

Liza Maurette
 Amber Boyd
 Nici and Ken Weipert
 Sherrill Rechner
 Krista Beaton
 Drew and Michelle McIntyre
 Huei and Chin Wei Eow
 Chantal and Cory Peterson
 Maureen Larsen
 Suzanne Dryden
 Heather Eachett
 Rhonda Mielke
 Joan and Dave Boyd
 Fif Fernandes
 Val Blahut
 Jeannie Wong

Janna Mazurkewinski

Mara Marchesan

Shanna Logelin

Mary Stoddart

Wanda and Family

Nicholas Semniuk

Donators to Street Meet (Prizes, Food, Certificates, Supplies, etc...) –

Ups and Downs Thanks:

The Fairmont Banff Springs Hotel, Lynx Ridge Golf Club, Remax, The Sheraton Cavalier Hotel, The Delta Bow Valley Hotel, The Westin Calgary Hotel, The Lake Louise Inn, The Radisson Hotel in Canmore, The Calgary Tower, Tuxedo Source for Sports, Swizzlesticks Salon, Murietta's, The Vintage Group, Mel Bumstead-BJ Services and Salvation Army, Centennial Foods, Maple Leaf, Watches n More, Red Arrow Motor Coach, The Calgary Flames, JB Music Therapy, Small Talk, Southcentre Mall, The Urban Treehouse in Airdrie, Playtopia in Okotoks, Joey Tomatoes Crowfoot, London Drugs Brentwood, Westhills Recreation Centre, Cardel Place, Village Square Leisure Centre/ Southland Leisure Centre, Supercuts Shawnessy, Spolumbos, YMCA Crowfoot, Charlesglen Toyota, Mary Kay (consultants Sam Smith and Vivian Carruthers), The Telus World of Science, Calaway Park, Heritage Park, Butterfield Acres, VRRRI, Post Natal Helpers, Coke/Dasani, Calgary EMS, Keddess Promotional Products, Axe Music, Dairy Queen, Thatz A Wrap, VanHautte Coffee, Glamorgan Bakery, M Pak Plastics Ltd, Planet Organic, The Running Room and Grandpa Irv.

'Our Lady Queen of Peace Ranch'

On the last weekend of July ten lucky Ups and Downs families made their way to Bragg creek to stay at the beautiful 'Our Lady Queen of Peace' Ranch. Each family had their own Tepee for accommodation and all meals and snacks were generously provided by the Ranch. I think the food was even better than last year.



Saturday was a scorching hot day so I put on my bathing suit, set up a chair and umbrella, and never left the water hole. My kids played, made sand castles with moats, swam, and went down the raft's slide all day long. Meanwhile I got to socialize at the water's edge with all the various families who came and went as the day progressed.



Most families were more active and ambitious than I and they went horse-back riding, canoeing, paddle-boating, fishing, rowing, or simply for a relaxing pontoon boat ride around the lake. My favourite sight was watching the horses all head out for the trail rides.

Biggest complaint I heard all weekend ... "From inside my Tepee, I could hear the cows mooing at night."
...Now that's a true Ranch holiday!

Michelle McIntyre

Ups and Downs Discussion Forum

Did you know Ups and Downs has a discussion forum on their web site? Come visit us at www.upsdowns.org to ask questions, or give valuable information. We would love to hear from you!

Introducing Our New Toy Library!!!

Ups & Downs is excited to introduce our new toy library!! Stocked with educational toys by Discovery Toys, the ones acquired by Ups & Downs were specifically chosen for their ability to aid in the mental and physical development of typical children as well as those with physical or mental disabilities. So please come to the office and check out our selection. We have the following toys in stock:

- 2 Astro Arcades
- 3 Giant Pegboards
- 3 Hammer-Aways
- 2 Measure Up Cups
- 2 Place & Trace
- 2 Stackivities
- 2 Tangiballs
- 2 Try-Angles
- 2 Working Trio Dump Truck

We also have special toys reserved for events and the Coffee Mornings. So please check them out when you attend!

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

We have been depleted of all our door prizes, silent auction items, and raffle prizes. Most of these were acquired for Street Meet 2006 and also from generous donations after the Aug 2005 break in at our old office.

If anyone has any new unused items that they would like to donate or knows of any companies that might like to contribute gift certificates, company products or even swag, all would be much appreciated for the upcoming 2007 year of Ups and Downs events.

Contact: Michelle McIntyre (Program Coordinator) -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

Community Support Corner

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.



Loca

Since 1982, the **Between Friends Club** *recreation for people with disabilities* is the only organization in Calgary committed exclusively to providing social and recreational programs for children and adults with disabilities.

Their **Mission** is to enable participants to experience a sense of belonging and an enhanced quality of life. This is accomplished by providing quality social and recreational opportunities focusing on children and adults with disabilities.

Their **Vision** is a community in which our participants reach their full potential and are accepted as valued citizens.

They currently serve a membership of 600+ children, youth and adults with **over 50 disabilities**.

Their participants learn valuable practical, social, intellectual and physical skills they need to survive and thrive as valued members of our community. They learn independence. They learn to challenge themselves and they develop the confidence to strive for and reach their highest potential.

The **Between Friends Club** makes every effort to ensure that financial need does not deny access to any child wanting to take part in our programs. Almost 10% of families in their programs require subsidies for funding.

Programs offered, but not limited to, include bowling, social nights out, golfing, music, cooking, drama, arts and crafts, rock climbing and more.

Their largest program, Camp Bonaventure, is the only summer day camp within Calgary that provides outdoor activities for children and young adults with disabilities.

For more information, please call 269-9133 or check out their website at www.betweenfriends.ab.ca

Other Community Events

MoMo Dance Theatre

Thursdays with MoMo!

Drop-In Thursdays, 1:00 to 2:30 pm

Cost: \$12/class – AISH – pay what you can

Location: West Hillhurst Community Centre (North Door)

Take off your socks and join the fun!

Movement - Voice - Clown - Physical Theatre - Music – Drumming

For more information, contact MoMo at 283-1594 or visit their website at www.momodancetheatre.org.

Connections Counseling and Consulting Foundation

Sibshops

October 2007- Specific dates and times for the fall sessions coming soon.

Cost: \$40

Location: Room B2200, 2nd Floor
Alberta Children's Hospital
2888 Shaganappi Trail NW

The Saturday morning Sibshop program is for 7 to 11 year old siblings of children with special needs. All those attending participate as a large group in the games and recreational activities. The groups are also divided into smaller discussion group based on age.

Register by calling Pat Morris at 209-1100 or e-mail at connect@calcna.ab.ca by February 16, 2007.

Special Olympics Registration**September 5, 2007**

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.

Canadian Association of Disabled Skiing**September 15th**

CADS registration takes place on Saturday, September 15th from 10:00 am to 2:00 pm at Canada Olympic Park, main floor. Individual registrations are processed in **strict order of arrival** (first come, first serve). Also, there are no late registrations accepted.

Family Support For Children With Disabilities (FSCD) Recognizing and Building On Strengths and Abilities of Children With Disabilities- A Parent Presentation**September 19, 2007 6:30-8:00pm; 6:15 registration**

This *FREE* educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with Calgary and Area Family Services at the Alberta Children's Hospital (B2200- 2nd Floor).

Please register by September 12, 2007 by calling 955-7420 or email ces@sacyhn.ca

Between Friends Fundraiser and 25th Anniversary Gala**September 27th, 2007**

Between Friends 25th Anniversary event is a fundraising Gala named "Cercle des Amis". The Gala will take place on September 27, 2007 at Spruce Meadows, Congress Hall. Early bird tickets are \$90, after August 31 tickets are \$120 each. If you would like to purchase tickets please call the Between Friends office at 269-9133. The money raised during the evening will go towards Between Friends Club

programs. Please contact Suzanne D. at 508-0118 for more information.

Laughing Families with Jumpa the Clown**October 10, 2007 9:30-11:00 am**

This *FREE* session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with West Central Community Resource Centre at Bethany Chapel, (3333 Richardson Way SW).

Please register before October 3, 2007 by calling 955-7420 or email ces@sacyhn.ca

8th Annual Giddy Up Gala**October 20, 2007**

Cost: Single Ticket \$170
Table of Eight \$1360
Location: Round Up Centre- Exhibition Hall C

In its' brief history, the Giddy-Up Gala has raised over \$735,000 for special needs children in Calgary and the surrounding area.

This year's Giddy-Up Gala evening will include:

- Champagne Reception
- Live Auction
- Dinner
- Dance
- Silent Auction
- \$10,000 Diamond Jewellery Raffle

The money raised from this year's Giddy-Up Gala will support the following organizations:

Between Friends Club
Calgary Cerebral Palsy Association
Easter Seals Camp Horizon
Janus Academy
PREP- Early Learning

Tickets for the 2007 Giddy-Up Gala can be purchased from Michelle Anhorn at 403.261.0295 or manhorn@calgarystampede.com.

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:

2007

September 14, October 12 and 26, November 16 and 30, December 14.

2008

January 11 and 25, February 8 and 22, March 7 and 28, April 11 and 25, 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 starting September 4, 2007.

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.

PREP

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, 4, & 5: School Age Students – call Lyda Ext. 116

Student Health Partnership funded speech & OT services, plus the innovative Early Child A Reader program.

PREP Links: Community Outreach – call Claire Ext. 105

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.com.

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 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.

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.

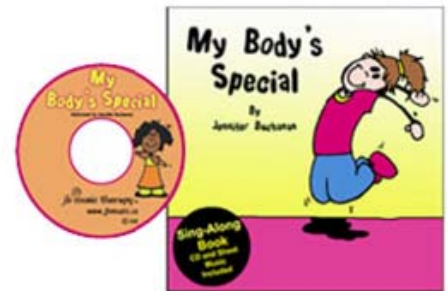
They have performed for the entire population of several of Calgary's Public Elementary Schools. Speak to the Principal of your child's Elementary School about requesting a booking for a presentation by Smalltalk.

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.

jb music therapy inc.

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

Check out my website www.mycmsite.com/ tashawalsh for event listings, page layout ideas, online ordering and much more!

Tasha Walsh, Independent Consultant, (403) 249-441

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