

This holiday season...

Discover how you can make a difference in the lives of many individuals who benefit from programs and services of SaskAbilities, individuals like Sophie!

Sophie Landell is a young woman who has participated in SaskAbilities programs and services for over five years. She first took advantage of an opportunity to participate in a school-based work education program while she was still in high school. When Sophie completed high school, she participated in a client-centred vocational evaluation to assess her interests and skills. The evaluation determined she would be a great fit in the Saskatoon Branch Training Centre where she could learn and practice on-the-job skills. The programs she participated in at the Training Centre taught her how to be more flexible, cooperative and task-focused. She also learned how to work independently, improve her social skills and be more accepting of feedback.



Sophie enjoys the freedom of being able to choose the activities that fill her day and especially enjoys creative opportunities such as art class.

CONTINUED ON REVERSE

PLEASE, DONATE TODAY!

This is where YOU come in!

You can support SaskAbilities this holiday season and help to ensure people like Sophie continue to participate in activities and make connections in the community. Your donation helps to cover the costs of providing recreational, social and educational activities, outings in the community, and program equipment and materials. . . . please consider making a donation of \$50, \$100, or \$200.

SaskAbilities 2310 Louise Ave, Saskatoon, SK S7J 2C7 | Ph. 306.374.4448 Fax: 306.373.2665 | Website: saskabilities.ca

Yes! I want to help enrich lives by making a donation today!

Name: _____
Address: _____
City: _____ Postal Code: _____
Email address: _____

Thank you for your gift! Your support will enrich lives!

Here is my gift of:

Or I prefer to give \$ _____ (See reverse for monthly giving options)

I'm paying by: Cheque   

Card #: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

Prefer to make your donation online? Go to saskabilities.ca

Tax receipts will be issued for donations of \$10 or more.
Charitable Registration # 107955221 RR0001
Saskatchewan Abilities Council Inc.

 **SaskAbilities**

Over time, Sophie's interests and needs changed. That's when she became part of the new Saskatoon Branch Quality of Life Centre. The new centre provides opportunities for clients to explore different activities with their peers, both at the centre and in the community. While at the centre individuals enjoy activities like watching sports, participating in arts and crafts, life skills sessions, CFL talk, fantasy football (which not only has a social aspect but also teaches financial literacy), or simply time to lounge and visit with friends.

At the Saskatoon Branch of SaskAbilities, clients experiencing disability can choose from a variety of activities that educate, build practical skills and offer recreational opportunities. One of the goals of the programs is to respond to the individual interests of clients so they can experience the activities they enjoy with programming adapted to the changing needs of participants. The centre is proud to offer programs like Food Fit in partnership with the Saskatoon Food Bank, storytelling, cultural bridging with the Saskatoon Open Door Society, and the Comic Book Club with Amazing Stories, to name a few.



Sophie loves the colour lime green so much that she wears it almost every day. She was happy to show her creativity when it was time to paint a feature wall in the day program flex room - in her favourite colour!

Sophie is excited to be part of the new day program as it offers her an opportunity to not only enjoy socializing and recreational activities, it also provides a great venue to express her artistic talents. She is so happy to take part in creative activities. Recently Sophie was proud to participate in a group project to paint the newly renovated day program space.

This holiday season, as a special gift from Sophie, we have included an ornament of her drawing and calligraphy talents in hopes you will enjoy hanging it as much as she enjoyed making it. Please accept this gift from Sophie as a thank you for the joy she takes from every day now. She has a perpetual smile, a supportive social group, and a world of experiences that keeps growing.



Today, your donation makes TWICE the difference!



Amway Canada Corporation is MATCHING all contributions dollar-for-dollar!

Now is the perfect time to donate. When you donate today, Amway Canada will **MATCH your contribution dollar-for-dollar**. You have the opportunity to **DOUBLE** your donation, doubling the difference you make in a client's life.

Give a truly invaluable gift this holiday season.

The Companion Club Monthly Giving Program is a simple way to make pre-authorized contributions in support of SaskAbilities' work to enhance the independence and community participation of children, youth and adults with varying abilities.

As a Companion, you can give as little as \$10 a month and by the end of the year you will have effortlessly contributed \$120. When you join the Companion Club, you also help us reduce administration and postage costs.

Please consider joining the Companion Club... because in the walk of life everyone needs a companion.

YES! I'd like to join the Companion Club Monthly Giving Program.

I would like to make a monthly gift of:

\$10 \$15 \$20 \$30 or \$ _____ per month (minimum \$10)

I will donate from my bank account. Henceforth, SaskAbilities and its agent bank may automatically debit my account on the first day of each month for the amount above. I authorize my bank to pay this amount from my chequing account. I have enclosed a voided cheque for this purpose.

This donation is made on behalf of: an individual a business

I authorize SaskAbilities to automatically deduct the amount indicated above each month until I state otherwise. I understand that I can cancel at any time.

Card # _____ Expiry Date _____

Signature _____ Date _____

Email Address _____ Phone # _____