

YKACL NEWSLETTER

MARCH 31 2017

Yellowknife Association for

Since 1962

COMMUNITY LIVING



YKACL photos

THE 25TH ANNUAL GUMBOOT RALLY may set a record for number of teams registered on April 29.

Gumboot teams collect cash online

by YKACL staff

SOME GUMBOOT RALLY team captains have registered their teams online for the first time in the YKACL fundraiser's 25-year history and it's paying off.

This year, teams can solicit online donations by sharing a Canada Helps Gumboot Rally 2017 donation page link on social media or through email. So far, four teams have collected \$100s in online donations, including last year's top fundraisers, Beyond a Reasonable Trout.

The other three teams registered online include Hunter Boots, Gumboot Nurses, and Batman & Robin's Superhero Team.

The top individual online fundraisers so far include Maia

Lepage and Julia Mott of Beyond a Reasonable Trout, Vee Faria of Gumboot Nurses, and a few caped crusaders with Batman & Robin's Superhero Team.

CANADIAN NORTH FLIGHT

One month of fundraising remains before the 25th annual Gumboot Rally on April 29. Top fundraisers can vie for prizes, including a return flight to Edmonton from Canadian North and a \$500 gift certificate from Quality Furniture.

It's shaping up to be a competitive race to the finish.

The YKACL board and staff have hand-delivered 63 registration kits, far above the average number that have circulated prior to past Rallies.

Every donation helps!



ONLINE DONATIONS can be made on the Canada Helps website. Visit www.ykaccl.ca for the link.

Teams vying for first place will want to take advantage of the online Canada Helps Gumboot

Rally 2017 donation website.

To add your team to the Canada Helps page, visit: www.ykaccl.ca

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Adult students welcome

The Literacy Outreach Centre offers adult literacy classes from 9 a.m. to noon from Monday to Thursday until June.

The classes cover reading, writing and basic computer skills taught several ways.

Students may set their own goals and work at their own pace. Classes are small.

For more information, email Taylor at : loc@ykacl.ca

Parents group to meet April 6

Parents of Yellowknife (POY) is a new group organized through the Yellowknife Association for Community Living Family and Children's Services program.

On the first Thursday of each month, parents are invited to meet in the YKACL Community Living Centre at 4919 53 St. to discuss parenting strategies – struggles and successes.

The topic on April 6 will be: Discipline – positive strategies for you and your child.

All parents are encouraged to attend. Childcare provided.

The event runs from 6:30 p.m.-8 p.m. on Thurs. April 6.



Adapted from autismspeaks.ca

APRIL 2 is World Autism Awareness Day!

Yellowknife residents are invited to express support for people living with autism on this date by wearing blue or by lighting up homes, offices and businesses in blue light.

WHAT IS AUTISM?

Autism Spectrum Disorder (ASD), commonly referred to as Autism, is a complex developmental brain disorder caused by a combination of genetic and environmental influences. ASD is characterized, in varying degrees, by communication difficulties, social and behavioural challenges, and repetitive

behaviours and is considered to be a lifespan disorder. An estimated 1 in 68 diagnosed children is on the autism spectrum.

ASD can be associated with intellectual disability, difficulties in motor coordination and attention and physical health issues such as sleep and gastrointestinal disturbances. Some persons with ASD excel in visual skills, music, math and art.

Autism appears to have its roots in very early brain development. However, the most obvious signs of autism and symptoms of autism tend to emerge between 2 and 3 years of age.

Early intervention with proven behavioral therapies can improve outcomes. Increasing autism awareness is a key aspect of this work and one in which our families and volunteers play an invaluable role.

Let's all seek to better educate ourselves and our community about the experiences shared by our friends, relatives, classmates, co-workers and neighbours who live with autism.

YKACL STAFF PROFILE

by YKACL staff

BIANCA KOTCHEA joined YKACL's employABILITY Team as a job coach for the School to Work program in fall 2014.

Bianca assists students at St. Patrick and Sir John Franklin High Schools, école Allain St-Cyr and K'alemi Dene School as they acquire valuable workplace experience and employable skills through this job readiness initiative.

Now in its fourth year, the program offers youth on-the-job training and workshops to help with the transition from high school into the work force.

Bianca assists other adult job-seekers in the community to find and secure the right job. She provides support through every step of the process, from resume-writing to interview preparation.

After an applicant lands a job, Bianca continues to check in with the employee and liaise with the employer.

If a client has questions or needs clarifications about a role or help completing tax forms or other tasks, Bianca is there to provide answers and support.

"My goal is to help clients develop the skills they need to be successful," Bianca said. "It's the little things that boost their confidence, which is a big thing for me."

Bianca's clients work or have worked with a wide variety of employers, including Explorer Hotel, Boston Pizza, Super 8, Tim Hortons, Centre for Northern Families, Salvation Army Thrift Store and Old Town Glassworks.

Bianca assists clients enrolled in post-secondary education programs, as well.

At YKACL, Bianca co-facilitates professional development sessions for her colleagues and provides information on subjects such as residential schools, addiction and homelessness.

"I always wanted to help and



BIANCA KOTCHEA

care for others and choosing a career in the human services field seemed perfect," she said. "I enjoy listening and helping people and making them feel valued."

Bianca was born in Trout Lake and grew up 125 km west in Fort Liard, in the southwest corner of the NWT near the Yukon and Alberta borders.

She moved to Yellowknife to study social work at Aurora College in 2009 and graduated with her Bachelors of Social Work degree from the University of Regina in 2013.

Bianca has a four-year-old son, Devin.