

YKACL NEWSLETTER

Nov 17 2017

Yellowknife Association for

Since 1962

COMMUNITY LIVING



Thank you to YCS for \$5,847 donation!

by YKACL staff

STAFF AT YCS (Yellowknife Catholic Schools) generously supported YKACL for another year as part of the school board's Casual Fridays Fundraiser.

YCS presented a \$5,847 cheque to YKACL board treasurer Nigel Moorehouse earlier this week.

"We really appreciate the donation made by YCS staff as part of their Casual Fridays Fundraiser," said Ni-

gel, during the event.

The funds will help YKACL deliver a wide range of services to more than 100 local families – including literacy initiatives, skills training, job coaching and supported independent living.

YCS staff paid into the fund four times monthly in exchange for donning jeans and other casual attire at the end of each week.

YKACL thanks YCS staff for their creativity and generosity!



THE YKACL YES TEAM – which includes Justine Cuvelier, left, Kinta Michel, Chris Strus and Jaimee Lynn Clouston – performs community service, such as shovelling sidewalks during the Nov. 14 snowfall.

Piano donated to YKACL



YKACL BUSINESS SERVICES TEAM member Terry Kuliktana was the first client to play on the upright piano donated to the Association by Surabhi Dhondiyal on Nov. 15. YKACL photo

YKACL Xmas party tickets go on sale today

by YKACL staff

IT'S XMAS party time, again!

This year's event will be held at Shout restaurant at 4915 50th Street downtown.

Doors open at 6pm and dinner starts at 7pm. Dancing will follow

the meal, so bring your dancing shoes and be ready to groove!

With some luck we may enjoy a visit from the Jolly Old Elf himself!

Pick up your tickets now at the Abe Miller Building (seating is limited so stop by and get yours soon).

Tickets are \$30.

YKACL Xmas Party
6 p.m. Sat., Dec. 16
Tickets available
now at the
Abe Miller Building

What would you do?

...if, out of the blue,
your life turned
upside down?

What if you went from being a happy and healthy child and suddenly became an anxious, depressed, twitchy mess of devastating proportion? This is exactly what happened to Stuart Ellis-Myers. At the age of eight, Stuart began to develop one of the most misunderstood mental illnesses of our time... Tourettes Syndrome. Faced with the prospect of a lifetime of frustration, isolation, and shame, Stuart instead chose to make his life into...

something remarkable!

Free public talk

Stuart Ellis-Myers will share his experience of finding personal and professional success while overcoming the stigma and bullying that can accompany Tourettes Syndrome. Topics include:

- Achieving your goals
- Healing the pain of bullying
- Inviting happiness into your life

12 noon Wed, Nov. 29
11am & 2pm Thurs, Nov. 30
Northern United Place boardroom
7 p.m. Wed, Nov. 29
Abe Miller Building (4912 53rd St)
Space is limited!
RSVP: 920-2644 / info@ykacl.ca

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YKACL news



JULIE WHITE, is a long-time member of PSG.

Peer Support Group changes hours back

THE YKACL Peer Support Group (PSG) is planning some fun and interesting events for the remainder of 2017. The group meets from 5:15 to 7pm every Tuesday.

- Nov. 21: games night
- Nov. 28: DIY Xmas cards
- Dec. 5: Friendship dinner
- Dec. 12: Xmas crafts
- Dec. 19: Xmas light tour
- Dec. 26: No PSG held

YKACL Youth Groups celebrate Yuletide

THE YKACL youth groups have several special events planned between now and Christmas.

- Saturday, Nov. 25: Teens with Yay Fusion! will team up with the Young Adults Group to watch the Santa Claus Parade. Meet at the Abe Miller Building at 5:30 p.m.
- The groups meet together at the Abe Miller Building at 6:30pm on Friday, Dec 8, for a gingerbread house workshop.
- The Yay Fusion! Teen Group is designed for youth aged 13-18 with or without special needs. The YKACL Young Adults Group is designed for youth aged 19-27 with or without special needs.

FASD Awareness campaign launches today

by YKACL staff

AS RESIDENTS PREPARE to make merry this festive season YKACL is reminding moms-to-be and their loved ones of the need to make safe reproductive health choices year-round.

Association staff will distribute pregnancy test kits, condoms and FASD (Fetal Alcohol Spectrum Disorder) awareness information in night clubs, pubs and liquor stores throughout the community today.

The initiative encourages women

No amount of alcohol is safe to consume during pregnancy.

Aucune quantité d'alcool est sécuritaire à consommer pendant la grossesse.

Ts'èko hotie eda -le dè kòti wjzi yedq haà -le.

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SHIRLEY Temple Mocktail!

1 part grenadine

8 parts Ginger Ale

1 Maraschino cherry!

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If you are pregnant, ask your bartender for a mocktail and enjoy the fun without alcohol!

MOCKTAIL RECIPES such as this one are part of the awareness campaign.

to be aware of the effects alcohol can have on the fetus by ensuring they know if and when they become pregnant.

No amount of alcohol is safe to consume during pregnancy. "FASD is 100 per cent preventable," says Cassandra

Spoelder, YKACL Family and Children's Services Facilitator. "Knowledge is the first step to preventing FASD."