

OCT 23 2017

Yellowknife Association for

Since 1962

COMMUNITY LIVING



Motivational speaker embraces his disability

by YKACL staff

TOURETTES Syndrome is a misunderstood condition that brings stress, feelings of shame and isolation to many of those affected.

Vancouver-based motivational speaker Stuart Ellis-Myers is scheduled to break down the stigma of Tourettes during a public presentation hosted by YKACL in Yellowknife late next month.

The date of the talk will be announced soon.

Mental wealth

Stuart began to experience the symptoms of Tourettes at age seven. In adulthood he embraced his disability and has gone on to shine a

light on the hidden potential shared by those with developmental disabilities as a centrepiece of his professional career.

"As a kid growing up on the streets of London, England my constant twitching, grunts, shrieks, ticking, and wildly uncontrollable arm slapping

gestures offered me the opportunity to learn all about harm and abuse," he says.

"Who better than someone like me - offering 50

years of lived experience with anxiety, depression, bipolar, OCD and ADD - to share how anyone can turn mental health into mental wealth."

During his visit North, Stuart will work with YKACL clients and staff to produce a series of video PSAs for the Association.

"One can turn mental health into mental wealth."

– Stuart Ellis-Myers



STUART ELLIS-MYERS,

a.k.a. 'Twitchy,' is scheduled to deliver a public presentation in Yellowknife late next month. He is also working with YKACL staff and clients to produce a series of video PSAs for the Association. Stay tuned to our website and social media for dates and times!

Literacy Outreach Centre open house Oct. 24

by YKACL staff

THE LITERACY OUTREACH CENTRE invites residents to attend an open house in celebration of the institution's 20th anniversary today (Tuesday, Oct. 24).

Join us from 5 p.m. to 7 p.m. at the Trades and Technology building (4509 Franklin Ave.) and explore various displays and activities that will document the Literacy Outreach Centre's past, present and future.

This public event is catered by The Fat Fox café.

The Literacy Outreach Centre, a partnership between the Yellowknife Association for



THE LITERACY OUTREACH CENTRE is a partnership between YKACL and Aurora College.

Community Living (YKACL) and Aurora College, provides daily morning literacy classes and afternoon literacy outreach for families, seniors, and adults. Services are available to those with and without a disability.

YKACL news



JUNN GESMUNDO, manager of YKACL Employment Services, represented the Association at the CDETNO Job Fair on Oct. 18.

YKACL reaches out to employers

CLIENTS of YKACL Employment Services explored potential job prospects during the CDETNO job fair on Oct. 18.

Two clients met with local business owners and submitted resumes.

Association staff also educated individuals, businesses and organizations about the role YKACL Employment Services plays in the community.

"There were a lot of job-seekers who are new to Yellowknife that were curious," said Employment Services manager Junn Gesmundo. "I was happy to tell them who we are and what we do!"

YKACL offers employment services to job-seekers with any kind of disability. For info, contact: employability@ykacl.ca

PSG Tues meeting to move to 5:30 p.m.

THE YKACL Peer Support Group is pushing its Tuesday meeting time ahead by half an hour to 5:30 p.m. to 7:30 p.m., effective Nov. 7.

Tonight's meeting and the Oct. 31 meeting will remain at the regular time (5 p.m. to 7 p.m.)

Tonight the group is planning a Halloween dinner menu. On Halloween they will prepare it!

YKACL Youth Groups Halloween Party & Mask-Making Workshop!

Join members of the YKACL Young Adults Group (ages 19-27) and the Yay Fusion! Teen Group (ages 13-18) at the Abe Miller Building from 6:30 p.m. to 8:30 p.m. on Friday, Oct. 27.

Both groups welcome youth with or without a disability. RSVP to Michael: inclusion2@ykacl.ca



In November, both YKACL youth groups are teaming up for two holiday-themed events:

Friday, November 10

Aluminum can Christmas tree art workshop

Help make a bigger, brighter, bolder Christmas tree this year, complete with lights!

Meet at the Abe Miller Building
6:30 p.m. – 9:00 p.m.

Saturday, November 25

Santa Claus Parade

Watch this year's parade alongside new and old friends
Meet at the Abe Miller Building
5:30 p.m. – 7 p.m.



ANNIE STRUS, TOP LEFT, Chris Strus and Kelton Broome participated in the YKACL Adult Youth Group pumpkin carving workshop on Oct. 13; Kevin Scottie baked pumpkin pie with the Yay Fusion! Teen Group, Oct. 12.