

Dec 4th, 2023,

NEWS TODAY

Issue #3

Community Living Quinte West

Lisa Rashotte

New Respite Services

The latest updates

Community Living Quinte West new housing initiative “THE” Transitional Housing Experience, supporting youth moving from Children’s Services to adult Developmental Services is offering Respite Services for youth between the ages of 18-25. “THE” will offer 24-hour 7 day a week staffing and support to people with an intellectual disability seeking independent living options. “THE” is in Quinte West and will provide accommodations, food, transportation and staff support to try community activities, learn to cook, kitchen safety, learn the bus route, meet new people, plan for your future!



CLUB UNITY – Community Participation Hub is on fire!

Community Living Quinte West supports people to live, work, socialize and participate fully in their community. Our community participation Hub located at 11 Canal St, Trenton, is a gathering place to socialize, learn, build community connections and a meeting place to link before joining community activities.

Working in partnership with local services, we have developed workshops such as Healthy eating on a Budget, Yoga and meditation, Basic First Aid and Healthy Relationships and Me. We are open to suggestions and ideas for the development of future models.

“Club U” provides a large open space to support learning and gathering, perfect for hosting large groups and activities. Presently, we provide a social community for adults with intellectual disabilities between the hours of 0830-4:30 pm Monday-Friday.

“Club U” is equipped with a large smart board and gaming room containing a play station 5, X Box and Virtual Reality System. In addition, “Club U” offers a modern computer lab, sports room with pool table, air hockey and an indoor putting green.

The large kitchen and dining area space provides a conducive area for meal preparation, cooking and baking. Our goal, starting in November 2023, is to expand these hours to support evening social opportunities.

Our focus for the “Club U” participation hub is to provide many different services to the underserved population in Quinte west and foster social engagement to help combat loneliness, boost a person’s mental health, encourage the development of healthy habits, and increase positive mental health.

Community partnerships can stretch assets by sharing skills and resources. Working together, we can reach several populations of people.

We are open to strategies and ideas that will build more community partnerships. We encourage anyone who is interested in learning more to take a tour of the Participation Hub Building. Anyone interested in more information about Club Unity please email sarah@clqw.ca or call 613 394 2302.

Club Unity Paint Night
\$50 per person
passport funded

COMMUNITY LIVING
Quinte West
Growth, Empowerment, Acceptance, Respect

Thursday Nov 16
6-8pm
Community Participation Hub
11 Canal street
Trenton

these walls



Thank you to Brandy Ringleman from These 4 Walls for hosting our paint day!

UP COMING EVENTS

DEC. 8th, 2023, 1-3pm

MIX AND MINGLE

Hosted by these 4 walls.

Come join us for a Christmas get together, thanking partners and strong community support!

DEC 13th, 2023 6-8pm

TINSEL AND TIDINGS

11 CANAL ST.

MUSIC BY DJ JUSTIN COOPER

FREE EVENT

COME MEET NEW PEOPLE AND ENJOY
A CUP OF HOT CHOCOLATE AND
DESIGN YOUR OWN CRAFT!

CONGRATULATIONS!

Community Living Quinte West would like to acknowledge **Shannon Hall** as CLQW’s new Transitional Age Youth Facilitator!

This position will be working with youth in the life of the school ages 14- 21. This position will oversee the new “CHOICE” 10- week series - Children Having Options Involving Challenging Experiences.

