

YEAR AT A GLANCE



Kid's Christmas Party

Date: Saturday, December 8th

Ups and Downs Casino

Date: Wednesday and Thursday, December 26/27th

William Watson Lodge- Call December 3rd to reserve your spot

Date: March 14-16, 2008

Street Meet

Date: Saturday June 21, 2008

Dinner and Dance- Down Syndrome Awareness Week

Date: November 7, 2008

UPS AND DOWNS EVENTS

COFFEE MORNINGS

Puttin' on the coffee! Whether you are looking for someone to talk to or you can offer support to another, this morning is for you. Over coffee and treats, share stories, laughter, and sympathy, and maybe even get answers to those burning questions from other parents. Please come. The meetings will be in the same place on the third Monday of the month. If you have any questions, please call Michelle at 283-1949.

Location: Ups and Downs Office West Hillhurst
Community Centre 1940 – 6th Avenue NW
Date: November 19, December 17, 2007
Time: 9:30 – 11:30 am

Ups and Downs Contact Sheet

www.upsdowns.org

Amber Boyd: President	amberboyd@shaw.com	Nici and Ken Weipert: Communications	nweipert@abnet.ca
Krista Beaton: Vice-President	ckbeaton@telus.net	Michelle McIntyre: Programme Coordinator	manddmcintyre@shaw.ca
Barb Wilson: Secretary	wilson.barbara@shaw.ca	Sherril Rechner: Member at Large/Visiting Parents Coordinator	kenandsher@telus.net
Huei Eow: Co-Treasurer	eow.huei@yahoo.ca		

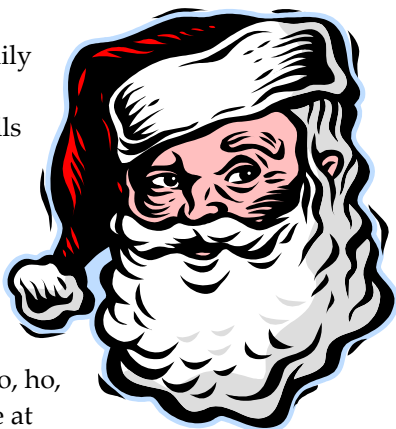
Address: West Hillhurst Community Centre, 1940 – 6th Avenue NW., Box 61180, Kensington RPO, Calgary, Alberta, T2N 4S6

Tel: (403) 289-4394 Fax: (403) 289-1015

KID'S CHRISTMAS PARTY

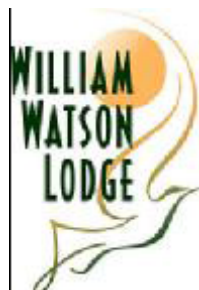
Date: December 8th, 2007
 Time: 11:00 am to 3:00 pm
 Location: Varsity Community Centre,
 4303 Varsity Dr NW
 Cost: \$10/Family

Santa is coming! With bells and toys! Join us on December 8th as we ring in the jolly season! There will be entertainment for the kids and lunch will be provided. Don't forget your ice skates!! Ho, ho, ho, call Michelle McIntyre at 283-1949 to ho..ho...hold your spot!

**UPS AND DOWNS CASINO**

Date: December 26/27th, 2007

We still need a few volunteers to help fundraise for Ups and Downs by working our Casino Days. The mail outs for volunteers has been sent, if you have not received it and are interested in volunteering please contact Keston Roberts at 289-4394. Please consider volunteering your time to this beneficial fundraiser.

MARCH 14-16, 2007: WILLIAM WATSON LODGE

In 2008, the Ups and Downs weekend will be from March 14th until March 16th. Remember to mark **DECEMBER 3rd 2007** on your calendar as that is the day to phone in to William Watson Lodge and book for the Ups and Downs weekend. The Lodge does not open for bookings until 8:30 am but after that you may need to keep pressing redial in order to get through.

William Watson Lodge is located in Kananaskis Country. It is a facility specifically designed and built to accommodate those with special needs. You must have your child with special needs with you to stay there (*note: families who would like to attend but do not have a child with special needs will need to stay with friends who do have a child with special needs*). Units that have one, two or three bedrooms are available for \$30-40 per night, a cost which you are responsible for. In addition, units may come with a fireplace, a shower or bathtub and some units allow dogs. Please make sure that you ask for such things when you make your booking. The units are clean and well-maintained and, without a phone or TV, they are quite peaceful. The units have most things that you will need to take care of yourselves in your own family unit. There is an oven, stove, microwave, fridge, toaster, pots and pans, dishes and cutlery, kitchen table and chairs, living room with couch, etc... however; you will need to bring all your own food and all your own sleeping supplies. I recommend a lot of comfy fluffy bedding because the WWL mattresses are not that comfortable and sleeping bags tend to rustle and make far too much noise on those vinyl mattresses. Some other items that you may want to bring with you are books and/or toys for your kids, and lots of warm clothes for the whole family. A bar or two of soap comes in handy and you will need your own towels. Depending on what your weekend menu looks like you may want to bring a sharp knife from home or even steak knives. You are allowed to drink alcohol in your own units but not on the pathways, or in the main lodge.

Usually between twelve and seventeen Ups and Downs' families book for the WWL weekend. Nothing in particular is planned for the Friday night and many families cannot arrive until later in the evening. On Saturday morning, Ups and Downs provides breakfast supplies at the main lodge and all the men are expected to wake up, get to the lodge for 8:30 am and cook a big breakfast for all the families. By 9-9:30 am, all the families gather at the main lodge to chow down on pancakes, eggs, sausages, bacon and much more.

After breakfast, Ups and Downs will have various activities planned for the families (to be announced). On Saturday night, there will be a big potluck dinner at the main lodge for all the families starting at approximately 5 pm. After that socializing is usually the rule of thumb, unless it's bedtime for the kids in which case a quiet night in your own private unit is yours to enjoy.

On Sunday, you are expected to have packed up, tidied, cleaned and vacated your unit and checked out by 11 am.

We really hope to see you there! It is a great weekend for meeting and connecting with other families with whom you may find you have a lot in common. Also the kids always have a great time because there are so many other children with whom to play. The main Lodge is open and free for everyone to relax and socialize in on Friday evening (it closes at 9 pm) and then is open again all day on Saturday.

Okay, so to recap those important dates and times.....

- December 3rd 2007 - phone William Watson Lodge (403-591-7227) to book for the Ups and Downs weekend (March 14-16 2007).
NOTE: please call Drew or Michelle McIntyre (283-1949) to RSVP that you will be taking part in the Ups and Downs weekend once you have booked with the main lodge. That way we can keep you updated, we can call you to plan the potluck nearer the time.
- March 14th 2007 - pack up and head out to WWL. Check in time is after 3pm.
- March 15th 2007 – 8:30 am - men head to the main lodge to cook breakfast
- 9:00-9:30 am - Women and children head to the main lodge to eat.
- 5:30 pm - potluck dinner at the main lodge.
- 7:00 pm - socialize or quiet time, depending on your preference.
- March 16th 2007 - pack up and get out by 11 am See You There!

Michelle McIntyre (283-1949)

UPS AND DOWNS NEWS

Get Up By Getting Down With Cooking



A night of fun, laughter and Thai food. From Seared Scallops with Basil Mango Sauce to Panang Eggplant, Greens and Coconut Rice. The food was delicious the company divine. 26 people showed up and helped raise over \$1700.00 for Ups and Downs. I can't wait to see what we will be cooking next year.



Ups and Downs Annual Dinner and Dance



What a wonderful night, the food was fabulous, the young and older alike danced the night away. Thank you so much Michelle for organizing this wonderful event yet again. Thanks also to Krista for a slide show that reminded us all of the fun filled events of last year. Keston, we could not do it without you, thank you for your continued support in all our activities. Thank you to Delta Calgary South for the fabulous locale and the best meal we have had in Ups and Downs Dinner Dance history. Thank you to our DJ Mark for the excellent music selection and for getting the sound level just right for the kids and adults. Finally thanks to our child care givers, Peggy, Rachael, Josh and Evelyn. The parents who brought their children to the play room really enjoyed the time to socialize with adults.



Street Meet Committee

We are looking for members to join a Street Meet Committee. If you are interested please contact Keston Roberts at the Ups and Downs office at 289-4394.

Board Members Needed

In March 2008 at the Annual General Meeting we will be looking for new members to fill a variety of board positions. If you are interested in becoming an active member please contact the Ups and Downs office at 289-4394.

Book Reviews Wanted!

Have you read a good book lately or are you interested in reading one. Ups and Downs would like to feature book reviews in future newsletters. Sign a book out from our library or let us know about one you've read. Please email reviews to nweipert@telus.net.

Prizes Needed

If anyone has any new unused items that they would like to donate.... all would be much appreciated for the upcoming 2008 year of Ups and Downs events.

Contact: Michelle McIntyre (Program Coordinator) -283-1949 or e-mail: manddmcintyre@shaw.ca.

Cost:
Loca

Looking for Respite?

This section lists various sources for respite. Please note that Ups and Downs has not completed any security or reference checks on these individuals and organization. It is up to the individual or family to conduct these checks in a manner that they see fit for the safety and security of their families.

Angela Tims – I am currently enrolled in the Early Childhood Diploma program at Bow Valley College. In addition, I have lots of experience working with children with special needs. Please contact me at angelatims3208@hotmail.com.

Campbell Respite Ranch: The Ranch offers a unique alternative in 24 hour out of home respite care. Only a short drive from Calgary, the Campbell Respite Ranch is a home away from home for up to three clients with special needs. A place where they can enjoy a full country living experience with highly qualified caregivers and an abundance of experience based activities for the clients to participate in daily. Contact them at info@campbellrespiteranch.com or 403-546-2557.

DDRC: The Community Respite Network (CRN) assists children with disabilities and their families who live in the Calgary Rocky View area to explore and secure community-based respite opportunities according to each family's support needs and desires. For more information please contact DDRC's Central Intake at (403) 240-7331, or jackip@ddrcc.com

Other Community Events**MoMo Dance Theatre**

Thursdays with MoMo!

Drop-In Thursdays, 1:00 to 2:30 pm
\$12/class – AISH – pay what you can
Location: West Hillhurst Community Centre (North Door)

Take off your socks and join the fun!

Movement - Voice - Clown - Physical Theatre - Music – Drumming

For more information, contact MoMo at 283-1594 or visit their website at www.momodancetheatre.org.

Family Support Services

November Chat Night

'A Parents Dilemma- How Much Is Enough?'

Tuesday, November 13th 7:00 – 9:00 pm

Presenters: Family Support
Location: Woodridge PREP Centre, multipurpose room

Please RSVP by November 9th.

For further information, please contact Family Support Services:

Jan Jansen-Smith 282-5011 (102)
Annamarie Zobatar 282-5011 (125)
Barbara McHarg 282-5011 (130)

Or visit Support at www.prepprog.org.

Raising A Spirited Preschooler

November 14, 2007 9:30-11:00 am

Location: Bethany Chapel, (3333 Richardson Way SW)

This FREE educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with Bethany Chapel and West Central Community Resource Centre.

Please register by calling 955-7420 or email ces@sacyhn.ca

Child care will be available for children aged 1-5 for a suggested donation of \$4 per child.

Quick and Easy Family Nutrition

November 14, 2007 6:30-8:00 pm

Location: Learning Village Family Place at Cappy Smart School, 5808 Madigan Drive, NE

This FREE educational session are offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with the Learning Village Family Place at Cappy Smart School.

Please register before November 7, 2007 by calling 955-7420 or email ces@sacyhn.ca

Read Everyday That You Eat

November 20, 2007 6:30-8:00 pm

Location: Learning Village Family Place at Cappy Smart School, 5808 Madigan Drive, NE

This FREE educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with Calgary Reads and the Learning Village Family Place.

Please register before November 13, 2007 by calling 955-7420 or email ces@sacyhn.ca

Picky Eating

Date: November 26, 2007 10:30 am – 12:30 pm

Location: The Mom Store- Chinook Centre, Next to the Bay

This FREE educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with the Calgary Health Region Nutrition and Active Living, 3 Cheers for the Early Years and the Mom Store, Chinook Centre.

To register please email ces@sacyhn.ca or call 955-7420, by November 19, 2007.

Healthy Sleep for Infants and Young Children

Date: November 27, 2007 9:30-11:00 am

Location: Emmanuel Christian Reformed Church, 3020, 51 Street SW

This FREE educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with West Central Community Resource Centre.

To register please email ces@sacyhn.ca or call 955-7420, by November 20, 2007.

Childcare will be available for children aged 1-5.

FAMILY MATTERS

A WEEKLY FEATURE FOR CALGARY FAMILIES

QUESTIONS, COMMENTS, IDEAS — CALL MOLLY FANG AT 235-7510 • E-MAIL: mfang@theherald.canwest.com

Inclusion program brings out the best in kids

LAURA LOCKE
FOR NEIGHBOURS

Rowan McIntyre beams as he leads visitors into his colourful classroom at Marion Carson Elementary School. After the friendly nine-year-old proudly shows examples of his school work, he and his classmates get ready for recess.

Rowan has Down syndrome, and he is taking part in an educational trend called "inclusive education." Now in his third year at the northwest Calgary elementary school, Rowan attends an ordinary Grade 4 class.

His story is one of determination and teamwork, shown not only by Rowan, but also his family, his school community and other partners in the larger community.

That same determination and teamwork is being demonstrated by many families and schools with special needs students throughout Calgary.

Elizabeth Gouthro is a director of student services support at the Calgary Board of Education (CBE).

"We have approximately 100,000 students in the CBE from kindergarten to Grade 12 and approximately 19 per cent of our students have been identified as having special education needs, whether they be gifted and talented, or have mild, moderate or severe disabilities," says Gouthro.

"We're proud to say that 85 per cent of those students are included in regular programming in designated neighbourhood schools. It's a challenge, but a challenge we embrace."

The CBE's inclusionary practices include placement in a regular community classroom with support, or a cluster of students in a community school accessing support.

There are also unique sites that offer intensive and explicit instruction in specific areas of disability.

Rowan's parents couldn't be happier with the welcome he has received at Marion Carson.

"He's learned so much," says mom, Michelle. "A lot of people think Rowan must be very high-functioning, since his experience of inclusion is going so well. But, no — it's much more about how the school and the kids and the adults have welcomed him, and made him feel that he belongs."

Rowan's father agrees.

"It's so great knowing Rowan is in a school where he's treated with such kindness and to see people working with his strengths instead of his weaknesses," says Drew. "We don't spend virtually all of our time

worried about him, like we used to. It feels like the community is taking part in raising him."

A public school system is a measure of the depth of democracy and social justice in a society, says Gouthro. "I think a public system should take all, and embrace all," she says.

"To me, that is very important. It's about the public good, and that's what drives us at the Calgary Board of Education."

The McIntyres nominated Marion Carson Elementary School for the Canadian Association for Community Living's National Inclusive Education Award. It is presented annually to a school in Canada whose

commitment to inclusive education is exemplary.

Last March, Rowan and his mom, along with former principal Vicki Barlow, flew to Edmonton to accept the award.

Rowan receives daily support in his classroom from two educational assistants. One of them, Gail Boldt, relates how everyone was "blown away" by his progress last year. He is now able to read more than 90 sight words.

"I love what I do, and I love working with Rowan," says Boldt. "If you can make things fun for him, he learns so quickly. He really wants to learn."

Rowan's Grade 3 teacher Erin Shukin, says individualized pro-

gramming and a strong support team have been instrumental in Rowan's success.

"We're all on the same page, and we're always pushing him to go further," says Shukin. "We weren't satisfied with him just knowing his ABCs. We pushed him on to reading sight words, and now he's moving on to spelling the sight words."

Shukin is also pleased with the impact Rowan has had on the other students in her class. "This experience has brought our students a real-life awareness of how everyone can contribute if they're given a chance," says Shukin.

"They look out for him to make sure he's safe, but Rowan

in turn looks out for them. It's a learning experience all the way around — he teaches us and we teach him."

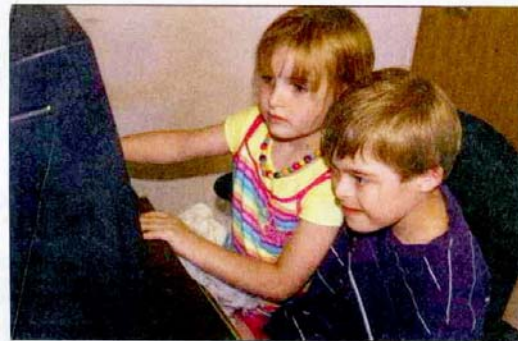
Shukin gives credit to the welcoming attitude of Marion Carson's administration team setting the standard.

"The whole community has come behind the McIntyre family," says Shukin. "We've never had any complaints or concerns from other parents about Rowan. Everybody seems to feel that he has every right to be here, to be educated with his friends, in his community school. I think that's beautiful."

SEE PROGRAM, PAGE NII



From left, Marion Carson Elementary School students Rowan McIntyre and Sarah Eastly, Grade 3 teacher Erin Shukin and educational assistant Gail Boldt.



Rowan McIntyre plays computer games at home with his sister Sophie, who is in Grade 1.

FROM NIO PROGRAM: Support helps achieve goal

Barbara Tien is executive director of Calgary's PREP Centre (Pride, Respect, Empowerment and Progress), dedicated to the inclusion of individuals with Down syndrome in home, school and community life.

The centre provides family support, early childhood services classes, and speech and occupational therapy. As well, its well-stocked resource room offers tools and technology to help teachers in the community adapt its curriculum for their special needs students.

Rowan spends one morning a week at the PREP Centre, receiving speech therapy and tutoring in reading.

"We greatly applaud the CBE," says Tien. "Now we want to support them in opening doors of authentic inclusion beyond elementary school, into junior high and high school."

Tien is working to dispel the myth that special needs students are in the classroom simply for socialization skills.

"Parents choose the inclusion route because they want their children to

read, write, do math and be exposed to science and social studies," says Tien. "We coach teachers to pull a thread of meaning out of each unit for every student in their class. Parents' goal, and our goal, is for these children to have an education and become active citizens of Calgary."

Sarah Eastly, 9, is one of Rowan's Grade 4 schoolmates. She counts Rowan as a friend because he is "really nice and fun to be around."

"At the start of last year, some kids thought it was strange having him in our class, but now he's just one of us," says Eastly. "It's good because we've learned that everybody's different, but we're all kind of the same, too."

Rowan's parents, his educational support team, his classmates and the entire community of families at Marion Carson Elementary are working together to bring out the best in Rowan. What is also clear is that Rowan is bringing out the best in them.

■ Win-Win Advice for the Inclusive Classroom (2006), by Barbara Tien and Claire Clelland, contains practical strategies for teachers and parents.

To order the book or find out more about The PREP Centre's programs and services, visit www.preprog.org or call 282-5011.

Resources

This section is a selection of exceptional and useful resources for our membership. If you are aware of any that you feel should be included in this section please contact info@upsdowns.org.

Brilliant Beginnings

Brilliant Beginnings Educational Centre, run by Melanie Gushnowski, MSc, is a new addition to the Calgary landscape of early education. Just down the street from Ups & Downs' main offices, they provide programs designed for children at birth to the age of 4. Children with special needs as well as typical children are all welcome to partake in the specialized programs offered in a separate or integrated setting. Other services provided include Shantala baby massage, baby signing classes, parenting consultation and workshops, and special needs services.

So if you are a new parent be sure to check out and/or register at their website www.brilliantbeginnings.ca, call 283-KIDS (5437), or visit their establishment at 207A 19th Street NW.

Aids to Daily Living

A new pilot project is assisting Albertans who cannot speak. The project, which runs until March 2009, provides funding to Albertans with severe communication disabilities to purchase speech generating devices.

All Albertans with severe communication impairments may be eligible to use a speech generating communication device. The impairment must be severe enough that the person cannot speak or be understood by others.

To be considered for assistance, a person needs to be assessed at the Augmentative Communication and Educational Technology Service (ACETS).

Contact Alberta Aids to Daily Living for more detailed information by calling (780) 427-0731. To dial the number toll free, dial 310-0000 and then the number, including the area code.

ACH Down Syndrome Treatment Group

If you have a child with Down syndrome who is **three years of age or younger** and is **not accessing Program Unit Funding (PUF)** to attend a program, this group may be of interest to you.

The ACH Down syndrome team is offering group sessions on Friday mornings from 1000 – 1200 hrs and no appointment is needed, just “drop by” on the dates that work for you. Since our space is limited, we are unable to accommodate brothers and sisters in the group and ask that you make alternative arrangements for care. Emily's Backyard is available at the new hospital and can be booked one week in advance by calling 955-2500. Since treatment is done in a group format, we will be reminding families for the need to honor the privacy & confidentiality of other families in attendance. Please call Donna Heerensperger at 955-7275 if you have further questions or concerns, or talk to your child's Developmental Specialist.

*Note: Information / educational sessions on specific topics will also be offered based on the group's wishes, and advance notice will be provided.

Group Dates:

2007

November 16 and 30, December 14.

2008

January 11 and 25, February 8 and 22, March 7 and 28, April 11 and 25, May 9 and 23, June 6 and 20, July 4 and 18.

We look forward to seeing you!

Children's Link

Holds regular coffee socials for parents and caregivers of children with special needs. Various times and locations are offered. Call 230-9158 for details.

Parents Forever, Children's Link

Date: The first Tuesday evening of each month.

Time: 7:00 pm - 9:00 pm

Location: Phoenix Foundation
Bay #1, 2821 3rd Ave NE

A grief support group for parent's who have had a child with a disability pass away. This group is facilitated by parents who have had a child with a disability pass away. We will be sharing, celebrating and honoring the journey we shared with our children as well as the journey we are now on. Connecting with other parents is a great way to get support and to support those that are at a different

point on their path. Call Children's Link @ 230-9158 for more information.

PREP

Call 282-5011 or Visit www.prepprog.org to learn about:

Family Support – call Jan Extension 102

Workshops, newsletters, socials and individual consultations with Family Support Liaisons connect parents to other families and community resources.

PREP 1: Infants and Toddlers – call Bonnie Ext. 121

Once weekly parent-child play groups with in class Physiotherapy consults plus individual Speech-language and Occupational therapy consults.

PREP 2: ECS Classes (2 ½ - 5 ½) – call Kim Ext.117

Small classes (MWF or TR) with certified teachers plus individual Speech, OT, and Physiotherapy. Enroll your child at a community preschool with a PREP Education assistant.

PREP 3, 4, & 5: School Age Students – call Lyda Ext. 116

Student Health Partnership funded speech & OT services, plus the innovative Early Child A Reader program.

PREP Links: Community Outreach – call Claire Ext. 105

A resource room with the knowledge, tools and technology to support curriculum adaptation in the inclusive classroom.

Book a tour to see what learning awaits children of all ages!

Renfrew Educational Services

Renfrew Highlights:

- Individualized program plans
- Specialized educational and therapeutic programs
- Innovative teaching and therapy-based strategies
- Highly trained staff committed to life-long learning and educational excellence
- Specialized rooms such as Sensory Integration and Multi-sensory
- Specialist teams

- Specialized software and computers available to all children
- Advanced technology and assistive technology devices
- Door-to-door bussing available

For more information, you can call us at (403)291-5038 or email renfrew@renfreweducation.org.

Classifieds

This section is a courtesy for our members and those businesses that add value to the lives of individuals with Down syndrome and their families. If you would like to place your free advertisement or announcement in this section, please contact info@upsdowns.org.

J.C. PHOTOGRAPHY

J.C. Photography specializes in black and white photography with hand coloring for a unique touch.

They do sittings for pregnancies, babies, children and families in the studio or outdoors.

The proofs are yours to keep. Their prices are very reasonable and the experience is enjoyable!



Call Judy at 254-4798 today to book your sitting or make a sitting a perfect baby shower gift.

GYMBOREE

Your Membership with Ups and Downs has its benefits!

Is your child between the ages 0 – 5 years old? If so, you may be interested to hear that Gymboree Play & Music is offering Ups and Downs members a **50% discount** on their child's enrolment! Depending on the type of class, that could be a savings of up to \$100.00 or more per set of classes! Each set of classes run for 10 weeks and with Gymboree Play & Music offering 14 different weekly classes you'll have a few options to choose from. The activities in each class are designed to help children develop balance, coordination and other sensory stimuli while having fun in a group play environment.

For more information, to enrol or to preview a class, please call: 278-5264 or visit www.gymboree.com.

EVERYTHING BUT THE CAKE

Everything But The Cake creates birthday party invitations, centerpieces, treat bags, theme parties and more to help parents plan and put together creative parties for their kids. Check out their website at www.everythingbutthecake.ca or call them at 667-5364. **Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

SMALLTALK – Visual Therapy

Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer just the dialect of the deaf. It can provide an extra means of communication not only for people with disabilities, but also for those without disabilities including very young babies and any individual who thrives on learning. Watch, learn and enjoy!

Smalltalk can be hired to perform for small private functions (example: 2006' Ups and Downs William Watson Lodge Weekend) or for large public functions. They have performed for the entire population of several of Calgary's Public Elementary Schools. Speak to the Principal of your child's Elementary School about requesting a booking for a presentation by Smalltalk.

Smalltalk will give a school a **10% discount** if a member of Ups and Downs provided the booking. Contact Person: Tanis Audette: (403) 836-0274.

jb music therapy inc.

My Body's Special written by Music Therapist Jennifer Buchanan, is a recently published children's book and song CD that celebrates differences.

Jennifer is the

President of
JB Music
Therapy Inc.
a music
therapy



company that has offered music therapy services to Calgary and area since 1991. Books are available online at www.jbmusic.ca or by contacting 403.240.3877. A **10% discount** will be applied to orders that mention reading about the book in this newsletter

Check out my website www.mycmsite.com/tashawalsh for event listings, page layout ideas, online ordering and much more!

Tasha Walsh, Independent Consultant, (403) 249-441



Statement of Policy and Disclaimer

The opinions and views expressed in this publication may not necessarily be those of the organization or its members. Ups and Downs does not promote or recommend any therapy, treatment, service or product. Where service providers are mentioned, please be advised that Ups and Downs has not conducted any checks on these services. Therefore, it is up to the individual accessing services to ensure the security and safety of the individual they are accessing these