

40 years  
of Service

1979-2019



Children at Risk

NEWSLETTER

MARCH 2019

Issue #86

235 Donald Street, Suite 209

Ottawa, Ontario

K1K 1N1

Tel: (613) 741-8255

Fax: (613) 741-5530

Email: [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

Web: [www.childrenatrisk.ca](http://www.childrenatrisk.ca)



Charitable Registration #

10691/3775/RR/0001



Difference Makers Golf Tournament  
June 17, 2019

Hurley's Kanata Golf Tournament  
June 17, 2019

Annual Spring Raffle  
June 2019

Ottawa Autism Community  
Annual Family Picnic  
Sunday, June 23, 2019

## President's message

Mark Lalonde, Board President

It has been a long, cold and snowy winter. The start of Spring wasn't much better, but we are finally emerging from the long slumber and I think Spring is finally taking hold! This is a nice time of year, as people are out and about, with smiles on their faces. The other place we see smiling faces is at the **Saturday Fun Club Respite Sessions**. These are held typically two Saturdays per month and are very popular. We are finding that we have full attendance for most of the sessions. We also had a Family Fun Night which was enjoyed by children and provided a nice evening break for parents. My wife and I were able to see a play at the NAC that evening. Children at Risk also had full participation in the **March Break Camp** again this year with 52 Campers.

We experienced some **MAJOR** hiccups while planning for **Camp Kaleidoscope** this year. Some of the government programs that we had relied on in the past were uncertain. The good news is that this has been resolved and we are in the process of finalizing applications for our summer day camp held during weeks in July and August.

We had another successful **13th Annual Rollin' for Risk Bowl-A-Thon** in January. Unfortunately, due to the closing of Walkley Bowling – we will have to either go to Orleans or Merivale Bowling for 2020...unless someone purchases Walkley and gets it up and running again – tough business to run successfully! Walkley was a good central location with ample parking – with five pin bowling alley, which is necessary for our younger bowlers.

Our **Annual General Meeting (AGM)** is coming up June 5, 2019. The following positions are vacant: Up to 3 Directors including the Secretary position– if you are interested in getting involved by becoming a Board Member or a Volunteer please contact our offices at 613-741-8255 or email [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) before the Board Meeting to register your interest and present a small bio.

I wish you all have a wonderful spring and I hope to see many of you at Camp K or at the AGM.!

### 2018/2019 Board of Directors

President – Mark Lalonde  
Treasurer – Melissa Van Alstine  
Secretary – Linda Kwasnick  
Director – Walter Davidson  
Director – Marca McManus  
Director – Rob Gentles  
Director – Graham Estey  
Director – Alexandra Jeffrey  
Director – Bill Pocock

## EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

Words often fail me when I try to describe how challenging this Spring has been since we found out in February that the Funding that supports a school location being available – called **Focus on Youth** under the Ministry of Education – was not confirmed for the first year since 2007. And those of you who know me – know that it is rare that I am at a loss for words! ☺



Children at Risk launched a **MAJOR** media campaign – reaching out to our Families and Supporters to let all Ottawa area MPP's know of the devastation that would occur with potential cuts of Focus on Youth Funding! Many Thanks to those Families who were able to take the time to help highlight this issue with the MPP's!

With the help from Social Media – our Story was spread and some press ensued:

<https://www.cbc.ca/news/canada/ottawa/camp-kids-autism-funding-ottawa-1.5046039>

<https://ottawacitizen.com/news/local-news/future-of-ottawa-autism-camp-other-programs-at-risk-as-school-funding-yet-to-be-approved>

<https://ottawa.ctvnews.ca/summer-camp-for-kids-with-autism-at-risk-without-provincial-funding-1.4329586>

<https://ottawasun.com/opinion/editorials/editorial-ontario-can-afford-to-help-out-with-autism-summer-camps>

During our March Break Camp - we approached ALL local Members of Provincial Parliament. Not all responded but we had enthusiastic visits from MPP's Fraser, Des Rosiers, Lalonde and Roberts – who all vowed to lobby for this Funding.



MPP John Fraser



MPP Nathalie Des Rosiers



MPP Marie France Lalonde



MPP Jeremy Roberts

HOWEVER – Budget day of April 11 (already behind from March 7 in 2018) came and went without any news...Finally – our efforts of emailing ALL 124 MPP's in the Province of Ontario – both at Queens Park and their Constituency offices (if available) – got some movement and we were given the Green Light to go ahead with planning Camp – putting us 6 WEEKS BEHIND – releasing Registrations on the same day we closed them in 2018! This result has me now a committed believer in the Power of Protest!!

So Camp K is ON – but at what cost? The time I had planned to raise Funds for Camp has come and gone...we are scrambling to approach Donors while receiving Registrations and Planning Camp at the same time... ☺

Every year for the past 8 years we have had an uphill climb to amass enough funds for Camp – but this year it is more of a MOUNTAIN! So PLEASE – help if you can – consider Fundraisers, Gather Prizes, approach Donors, Buy/Sell Raffle Tickets...Help Us to make Camp K 2019 the BEST year yet!!

## EVENTS/ACTIVITIES SINCE DECEMBER 2018...

### 2018 FALL RAFFLE

We are excited to report the terrific news that – with the help of our Members and Supporters – we **SOLD OUT** of the Fall Raffle before the Draw on Friday, January 11, 2019 at Noon!

This tremendous amount of support raised **\$14,206** for Camp K this Summer!

Here are the Winning Numbers and Recipients for the Children at Risk 2018 Fall Raffle:

1. 1241 Krista Salmon
2. 0217 Mike Parent
3. 1501 Bob McLean
4. 1938 Viki Monty
5. 5523 Nathalie McGarry
6. 5696 Kim Patrick
7. 0430 Richard Cook
8. 1708 Brenda Quinn
9. 2485 Wendy Sauve
10. 6770 Kyle Langens
11. 2056 Dave Aylen
12. 2674 Lyn Taylor

### DONOR'S CORNER

In Memory of Mary Mollema.....	\$30.00
PayPal Giving Fund Canada.....	\$120.00
Ottawa Jewish Community Foundation Anne Blair & Hyman Mayberger Memorial Fund .....	\$195.77
United Way Greater Toronto .....	\$254.08
St. Rita School .....	\$719.30
United Way/Centraide Ottawa.....	\$6,668.95

## OTTAWA CITY UNION DONATION



# KDS

On January 19, 2019, Children at Risk attended the Founder's Day Celebration of **The King's Daughters and Sons** – where Camp Kaleidoscope's Founding Donor the KDS Ottawa City Union continued their outstanding support of Camp Kaleidoscope! **President Stuart McLeod** presented a cheque for **\$20,000** for our 2019 Camp Kaleidoscope. In 2011, KDS enabled Children at Risk to finally launch our summer day camp as our 1st Large Donors! Since then, they have continued to support this incredible program with Donations totaling **\$485,000** that has now offered **2,045** weekly camp spots for children diagnosed with Autism Spectrum Disorders from 2011 to 2018!!



KDS Ottawa City Union President Stuart McLeod presents cheque to Bambina

## 13<sup>th</sup> ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON

On **Sunday, January 27, 2019**, Children at Risk kicked off our Fundraising by knocking down pins for Autism! Team Registrations were UP with 20 enthusiastic Teams who bowled, danced, snacked and fundraised **\$5,295** in admissions, pledges and raffle ticket purchases! Joan Wiggins returned with her Top Pledge winning Team the “**Alley Gators**”, while Teams **Rolling Rockets** & **Martin’s Maniacs** were runners-up.



“Alley Gators”

Early Bird Team Registration Draw for 10-Pack of Yuk Yuk’s Ottawa Admission Tickets & \$50 Arrow & Loon Pub & Restaurant Certificate (Total Value: \$250) was won by Martin’s Maniacs Team!

We welcomed back **Ottawa Idol Singers** – this year we were entertained by **Jonathan Bouchard** for Post-Bowling entertainment!

**Bronze Sponsors** - Kiwanis Club of Nepean, Wubs Transit

**Raffle Sponsors** – Wine Station, Ottawa 67’s, Pam Campbell AVON, Club EG Golf, Moon Energy, Starbucks, Costco Kanata, Planet Fitness, Jill Alexander, Roger’s Bistro, Summerhays, Mandy’s, Jan Harder

**Team Grab Bag Sponsors** – Pizza Hut, Fun Haven, Roots South Keys, Pam Campbell AVON, Akran Marketing, Starship Group, La Senza, Old Dutch, Costco Kanata, Kids Kingdom

**Prize Bag Sponsors** – Pam Campbell AVON, Akran Marketing, St. Louis, Summerhays

**Pledge Prize Sponsors** – JREK Autocare, CAA, Speedy Glass, Hockey Hall of Fame, Ottawa Senators

**Special Mention** - Walkley Bowling – Grant, Ottawa Idol (Eldon Fox) – Jonathan Bouchard, Volunteers Alicja, Bambina, Heather, Amy, Joanne, Jeff, Yuki & Janet

See Page 23 for Bowl-A-Thon Photo Collage!

## CONTINUING SUPPORT

**The Difference Makers - Les Faiseurs de Différence** started their 2019 Fundraising for Children at Risk with a Dart Tournament on February 24th - where almost \$800 was raised by the Silent Auction. A Charity



Bowling Day is planned for April 14th that will also feature a Chinese Auction Raffle. Once these Events, along with their Golf Tournament on June 17th is completed – the proceeds of all the Events will be presented to Children at Risk. Total Funds raised in 2017 was **\$15,165**, in 2018 was **\$20,001** and they hope to make it even higher for 2019!

The **13th Annual Charity Golf Tournament** Monday June 17, 2019 at the Hammond Golf and Country Club, located at 600 Golf Rd Hammond, Ontario. More info TBA.



<http://www.hammondgolf.com/>

## VALENTINE’S FUNDRAISER

Parents Asha and Beth again offered a Fun, Safe event for special needs Teens and Young Adults - Saturday, February 23, 2019. Proceeds will raise Funds for Children at Risk and Spectrum Insights!

Children at Risk was excited to receive a cheque for **\$202.25!!**

## DONOR SPOTLIGHT



SINCE 2014 – PROUD SUPPORTERS  
OF LOCAL CHARITIES

[www.100womenwhocareottawa.ca](http://www.100womenwhocareottawa.ca)  
[womenwhocareott@gmail.com](mailto:womenwhocareott@gmail.com)

ON February 25<sup>th</sup>, Children at Risk was invited to **100 Women Who Care Ottawa**, to present – along with Bereaved Families of Ottawa and Social Network for Youth. This philanthropic group of Ladies, who included such influential persons as former President of Ottawa Community Foundation Barbara McInnis, is close to celebrating 5 years of wonderful ladies that listen, care, and support Ottawa's local charities. [Children at Risk](#) was nominated by member Juliette Hillock. Each Member pledges to donate \$100 to one of the 3 Charities presenting. Children at Risk was warmly received – with much interest in the cuts to the Ontario Autism Program and potential loss of the Focus On Youth Funding...A phenomenal **\$2,685** was raised in just those few hours – helping raise critical funds for Camp K!



## Volunteer Spotlight

Last Fall, Children At Risk made a connection with John McCrae Secondary School in Barrhaven and this March was invited to participate in a course called Child Development and Gerontology at John McCrae where we discussed with the students the Autism Spectrum. This was the same teacher that organised the 5K walk as a fundraiser in November 2018 with student Ashley Pitcher, sister of Camp K Camper Jacob Pitcher. As a result we had some of the students from that class sign up to assist us at March Break as Camp Counsellors and they have stayed on with us for Saturday Fun Club and are also excited about joining the team for this year's Camp Kaleidoscope.

**Heath Roberts** - in addition to volunteering his time, was also keen to assist Children At Risk in our fundraising efforts. Following March Break to the end of April, Heath (a Grade 12 Student) encouraged his fellow students and local residents to drop in their soda cans, beer cans, beer and liquor bottles for recycling. Pictured are the bags that were donated on their way to the recycling where they raised \$17.20 for Camp Kaleidoscope. Add this to the \$16.50 that was raised this year from just soda can recycling and that pays for 10 Campers to go swimming at the Gloucester wave pool!

We would LOVE to see more students, schools and neighbourhoods collecting on behalf of Children At Risk as what is one person's garbage, is funds to help pay for summer fun at Camp K! For Pop cans – volume can be an issue so even just collecting the tabs would be great! For alcohol containers (beer, wine, spirits) we will extend and income tax receipt for any volume that raises over \$10.



## What is On Now/Coming:



Many THANKS to Parent Julie for getting Children at Risk signed up for Mabel's Labels! I have had this on my list FOREVER – so when Julie offered to get us started – of course I was thrilled. Mabel's Labels has been a household name for many years for Labelling your Child's clothing and belongings. With March Break Camp coming up and Camp Kaleidoscope in the summer – this is a MUST to invest in to ensure your children's items are returned! Every year we end up with a mound of clothing and items that are unlabelled – we try to look for items when a Parent comes to us – but by then they might have been packed up for storage (swim suit, towels) or stuffed in various spots as we pack up Camp.

When items are labelled – we put them aside and notify the Family – it is very easy for us – and a better guarantee that you will get your child's belongings back!

AND – it will help raise some Funds for CAR too!!

Check it out at this link:

[https://mabelslabels.com/c/?funId=10226&cur\\_website=base](https://mabelslabels.com/c/?funId=10226&cur_website=base)

If this does not work – follow this instruction:

1. Go to [campaigns.mabelslabels.com](https://campaigns.mabelslabels.com) and choose “your organization” from the School/Organization list.
2. Visit [mabelslabels.com](https://mabelslabels.com), press the “Support A Fundraiser” button and choose “your organization” from the list.

## Meet Mabel

In 2003, four busy moms noticed a huge gap in the market for durable kids' labels. Frustrated by their children's things getting lost, mixed up and leaving home never to return, Julie Cole, Julie Ellis, Cynthia Esp and Tricia Mumby knew they could do better than the scribbles on masking tape that were being passed off as labels. After much research, they brought a brand new product to market. Enter Mabel – the very best personalized waterproof name labels and tags. Mabel's Labels started humbly out of a basement and has grown to be an award-winning, market-leading company loved by Moms and kids alike. Today, Mabel's Labels is the best-known brand of durable labels for families, and our growing line of products features baby labels, child safety products, sports labels, household organizational labels and seasonal items. They're extremely durable, they're laundry, dishwasher and microwave safe – and they're 100% guaranteed. We sell our products worldwide through [mabelslabels.com](https://mabelslabels.com) and across North America via fundraisers at schools, daycares, camps and other organizations.

## Our Awards

2014 RBC Women Entrepreneur Award-PROFIT Award for Excellence in Entrepreneurship  
2013 Ranked #17 PROFIT/Chatelaine W100  
2012 Ranked #27 PROFIT/Chatelaine W100 and were selected for a special magazine profile  
2009 RBC Women Entrepreneur Award  
2007 SavvyMom “Mom Entrepreneur of the Year”  
“Best Product” from Baby Gizmo, iParenting and PTPA Media

## Mabel in the Media

Mabel's Labels has been featured on The View, Today, The Early Show, Rachael Ray, LIVE! with Regis and Kelly, as well as in Parents, In Style, The Washington Post, The Huffington Post, People.com, Forbes.com and countless other blogs and websites. As sought-after experts on social media, we're listed on Inc.com's list of '20 Awesome Facebook Fan Pages' and Hubspot's 'The 15 Best Facebook Pages You've Ever Seen'. Celebrity moms who have used Mabel's Labels include Victoria Beckham, Gwyneth Paltrow, Rachel Weisz, Heidi Klum and Reese Witherspoon.

## DONATE A CAR CANADA



or other vehicle to CAR simply fill out the DONATE NOW tab at [www.donatecar.ca](http://www.donatecar.ca). Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at [www.donatecar.ca](http://www.donatecar.ca) and CAR will send you a tax receipt after your car donation is complete! Children at Risk has received \$ from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached over **\$17,252!** Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

### CANADA HELPS

Children at Risk has signed up with **CanadaHelps.org**. When you visit our Website at [www.childrenatrisk.ca](http://www.childrenatrisk.ca) just click the Donate Now button and you will be linked to the CanadaHelps.org donate page for Children at Risk. As with any service, there are some administration charges, but this allows anyone to donate on-line and even anonymously, if desired. It allows 24 hour ability to direct a donation to our charity and the electronic ease that many of us are looking for to support charitable causes! All you have to remember is our website – [childrenatrisk.ca](http://childrenatrisk.ca) and the rest is easy!!

**\$955** donated through Canada Helps  
December 2018 to March 2019!



## DONATE A CAR CANADA IS HELPING TO PUT ON A CAR FLIPPING EVENT!



Donate A Car Canada is partnering with Ryan '6-Pack' Lapadat to raise awareness for our various charities, and to help bring in more vehicle donations for them. Ryan is a champion strong man based out of Ontario, who has won countless awards for his feats of

strength over the years. Just this year he won the Canadian Powerlifting Championships and will be representing Canada at the World Championships in Sweden on June 6<sup>th</sup>! Ryan also has an amazing heart and has a very strong desire to help various charities across our Country in every way that he can. He actually appeared a number of years ago on Canada's Got Talent to raise money and awareness for various children's charities! We're really excited and honoured to be able to partner with him for this next event.

Ryan has offered to travel across Ontario, flipping a car every day in various public venues, in order to help raise awareness about how people can donate their vehicles through Donate A Car Canada and put those donations towards the charity of their choice. We would ideally like to cover the car that Ryan will be flipping in stickers of a few of the various charities that we support as we are hoping to have a lot of newspaper and television coverage of this event and it would be wonderful for people to be able to see some of the wonderful charities that they can donate to. Children at Risk will be one of the charities that we will advertise our partnership with for this event!

## SAD HAPPENING

Hello – As many of you are aware – Children at Risk is a Charity that survives solely on Fundraising, Donations and Grants.

May 10, 2019 was a Happy Day earlier – as we launched our Spring Raffle Ticket sales by setting up a table in Carlingwood Shopping Centre!

We have done this traditionally just before Mother's Day – as the Malls are busy and (hopefully) some might buy Tickets for Mom!?

HOWEVER

**On Friday evening – our 2 Volunteers were shocked to have a male Youth – who had been talking with them earlier and indicating he had a brother with Autism – snatch our Plexiglass Donation Box off the Table – right in front of them – and dash out the Mall Entrance!!L L L**

This Theft was unfortunately not caught on camera – and is not only the loss of cash, but the expensive Plexiglass Box – and the security and peace-of-mind of our Volunteers that a Charity could be the target of such an act of Violence. Thankfully they did not pursue and risk injury should the Teen have been armed with a knife or such. Carlingwood Security looked at footage but the table was just a few feet off being in the line of their cameras....

The total damage is probably only about \$100 for the cash and the Donation Box – but this Event has been very unnerving and disconcerting....we are heartbroken about the cost - both material and psychological....we work so hard to raise critically-important Funds for our Programs and Services – it is a tough pill to swallow...

ALSO

We do have a concern that the Donation Box might be used fraudulently to raise Funds – so we have attached and inserted below a picture of what it would look like....PLEASE – if anyone sees this out in the Community – we DO NOT have any boxes collecting monies at any locations other than when we are staging or attending an Event. If this is seen – please contact me immediately on my cell at 613-261-4442. Do not try to take it or apprehend anyone – we will involve the Police. The description of the youth was male, age 14-15, white, no glasses, under 5 feet tall, short hair, English speaking.

It is making us question having a Fundraising Activity where cash is involved – especially in an environment like an indoor mall where you would think it would be more secure...? It is NOT fun to end your day with less money than you started out – and the brash boldness of this boy to openly steal right in front of adults...from a Charity – has left us quite shaken...not a great way to start off a Fundraising Activity!

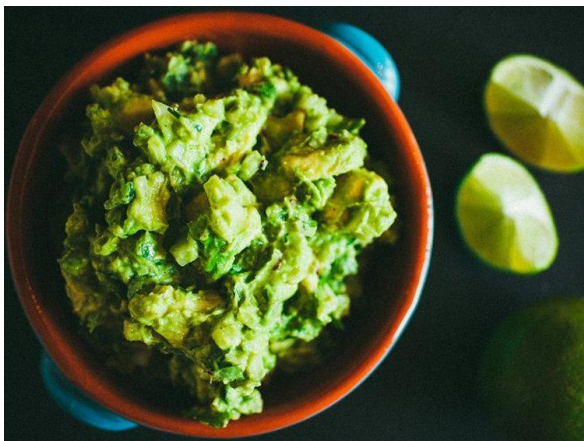
Brenda







With our Weekly Costco Donations of Produce and Baked Goods – I am trying to find Recipes that can incorporate some of the items that often are included as these wonderful Gifts. In this Newsletter – I will again feature a Guacamole recipe to reflect the cases and cases of avocados we were given last week (as I was given a new recipe!) and a terrific recipe for Roasted Vegetables that came out of the Ottawa Citizen a few weeks ago! (NOTE: we still have LOTS of frozen avocados which can be used for Guacamole – so come and get some!)



#### BEST EVER GUACAMOLE (from [www.insider.com](http://www.insider.com) )

I used to put tomatoes in my guacamole, being the clueless New Yorker that I am, but the best piece of advice any Californian has ever given me is this: don't put tomatoes in your guac. And god love 'em, they're right. Tomatoes are great — but not in guac. They don't add anything other than filler. When you eat guac, what you want is creamy avocado, fresh lime, savory onion, salt, and maybe a little cilantro, if that's your thing. I'm never putting tomatoes in my guacamole and neither should you. It's kind of a game changer, I have to say. Less is more, especially when it comes to guac. Don't knock it 'til you try it, kids. This is the best damn guacamole that you'll ever try, and hey, save that dollar or two and get yourself something nice because you aren't buying tomatoes.



Another great thing about this guac? It doesn't take much effort. You don't need a food processor or a blender or anything. Just a bowl, a knife, a fork and your ingredients. Make it while you're camping, or make it in front of all of your friends at your next get together.

Total time: 20 MINS, Serves: 4

#### Ingredients

- 3 avocados, halved and pits removed
- half of 1 red or white onion, finely chopped
- 3 cloves of garlic, finely minced (optional)
- 2 jalapeño peppers, finely minced (optional)
- 2 tablespoons fresh cilantro, roughly chopped (or more to taste up to ½ cup loosely packed)
- juice of 1 lime (should be at least 3 tblsp)
- ½ teaspoon salt (or more to taste)
- pinch of freshly ground black pepper (or more to taste)

#### Instructions

Remove the pits from your halved avocados and slice them lengthwise with a knife while still in the peel, then scoop out your avocados into a large bowl. Add in the finely chopped onion, finely minced garlic and peppers, and roughly chopped cilantro. Using a fork, mash the avocado and combine everything together, being careful not to mash the avocado too much — you want there to still be chunks and texture.

## **RECIPE CORNER (Cont'd)**

Add in your lime juice, salt, and pepper. Toss gently with a spoon to combine. Taste and adjust seasonings as preferred. Serve with tortilla chips, on tacos, with eggs, or whatever else you can come up with. This will keep well in the refrigerator if you give it an extra squeeze of lime, then wrap it in plastic wrap with the plastic touching the guacamole (you don't want it to come into contact with the air, which will cause it to brown) for up to 24 hours (though I wouldn't recommend making it ahead of time — it is best fresh).

## **BALSAMIC ROASTED VEGETABLES**



- 1 small onion – red is recommended but not essential (I used shallots) – sliced into ¼ rings
- 2 Japanese eggplants – I used 2 small mini-eggplants – cut into large cubes
- 2 sweet peppers – red, orange or yellow - cut into wedges
- 2 zucchini – cut into ½ inch rounds
- ¼ cup extra-virgin olive oil
- 2 tbsp balsamic vinegar
- Salt to taste
- ½ cup crumbled feta cheese (optional)
- Fresh basil leaves – or can use some dried too (optional)



Preheat the oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper.

Combine the onion, eggplants, peppers and zucchini on the prepared baking sheet. Drizzle with olive oil and toss well to coat. Spread into an even layer. Drizzle with balsamic vinegar and sprinkle with salt.

Roast, stirring once, 45 to 55 minutes or until vegetables are tender and deep golden at the edges.

Sprinkle with feta and basil (if using) and serve.

Serves: 8 Make ahead: Roast the vegetables but don't add the cheese and basil. Keep at room temperature for up to 4 hours. Reheat at 425°F (220°C) for 5 to 10 minutes, then finish with the cheese and basil.

*Excerpted from [Uncomplicated: Taking the Stress Out of Home Cooking](#) by Claire Tansey. Copyright © 2018 by Claire Tansey. Published by Penguin Books, an imprint of Penguin Random House LLC. Reproduced by arrangement with the Publisher. All rights reserved.*



Last year I completed my first ever **70.3 Ironman Triathlon!** During my training, I managed to [raise \\$2,585](#) towards my ambitious goal of \$10,000 for the charity, Children At Risk. Why? Because they provide much-needed **respite programs** for families with children who have Autism, including evening & weekend programs such as Family Fun Night & Saturday Fun Club. They also run camps during March Break, Camp Kaleidoscope in the Summer, and Sibling Support throughout the year. The list goes on! This year I want to go bigger! I want to encourage more people to participate and get involved, and hopefully, I will raise even more awareness for a cause close to my heart!

Summer 2019, Bigger & Better!

This Summer **I will complete FIVE triathlons.** You read that right, not just one, but **five** in my attempt to reach \$5000 for this Summer's Camp Kaleidoscope! I will complete the Somersault [Early Bird Sprint](#) Triathlon May 18th, Somersault [Ottawa River Olympic Distance](#) June 8th, [Muskoka Short Course](#) June 23rd, [70.3 Muskoka](#)

[Ironman](#) July 7th and finally the Somersault [Canadian Olympic](#) Distance Triathlon August 31st! These events consist of swim distances ranging from 500 to 2000 meters, bike distances from 22km to 90km, and run distances from as little as 5km to as crazy as a 21.1km half marathon!

I would love for you to **join me** as an individual competitor at any of these events! Don't want to do all three sports? I can help you create a relay team and you can pick the sport, swim, bike, or run that you prefer! Triathlon sound a bit crazy to you? That is okay, you can **spread the word** to friends and family or simply **donate to help a worthwhile cause!** So why Camp Kaleidoscope? Why help out the charity [Children At Risk](#)? Here is a little back story.

Children At Risk was started by a group of parents who wanted to make sure their children did not get left behind, they wanted to make ensure they developed to their full potential with early intervention and access to programs such as those they now provide. I've had personal experience working with these children and seeing the smiles on their faces when they accomplish something for the first time, or the relief and joy parents experience when they see their children enjoying activities they have never been able to participate in before. Each child at Camp Kaleidoscope is provided a counselor who supports them throughout the day, this may include physical help such as toileting or eating, support through meltdowns, but most importantly, help and encouragement to participate in activities such as arts and crafts, science experiments, cooking and baking, swimming, sports and play structures, amusement parks, and so much more. Camp Kaleidoscope is an opportunity for these children to gain **access to activities every child deserves**, except, in a safe, supportive, and flexible environment that understands their needs!

[The only way](#) Children At Risk continues to provide these programs to over a hundred families in the Ottawa year, and that number grows every year, is through the support and generous donors such as yourself. So take it from me, just another Children At Risk Group Leader that wants to do just a little bit more, Camp Kaleidoscope is integral to these children, to their families, and to our community. Donate if you can, spread the word to whomever you can, and if you are brave, bold, and up for an adventure, join me at one of the many races to take place this Summer! You can follow my journey on my [Blog](#) or via [Instagram!](#)

## THANK YOU'S



*"Thank you so much for the tickets! We had a blast and what a fantastic show it was. We'd also like to thank the volunteers for helping giving tickets."* Kevin

*"We had a great time at Disney- we loved our evening. Thank you for the tickets."* Michelle



*"Noah loved Disney On Ice - Great night for all!"* Sarah



*"Thank you CAR for the great time the kids had tonight at Disney On Ice!"* Carla

*"Thank you so much for the Disney Tickets!"* Carrie



*Hi - Please express our thanks for the seats to Disney On Ice. We had a few first timers in our group and we all enjoyed the show. Some of our favourites were Frozen, Army Men from Toy Story and the spectacular rendition of Mulan."* Ruth

*"Did Logan have FUN at Disney On Ice? YUP!!"* Marta



*"Thank you so much for the tickets. You have made my boys' day and made me happy. My son was asking me to see Disney on Ice but I told him I can't afford it. That was so nice of you."* Noura

## THANK YOU'S (Cont'd)

*"Many thanks to Children at Risk and Feld Entertainment for the two tickets to Disney on Ice on 21 March. They were much appreciated!" Zach and Scott*

*"We are extremely grateful for the "Disney On Ice" ticket donations. My family had a wonderful time singing along and watching in awe 100 years of favourite Disney Characters, all condensed into one magical show!"*

Rod



*"Thank you so much for the Disney tickets. All of us had a fantastic time and the show was amazing. The kids loved it and so did the adults too! It was a nice opportunity for our group to experience together. Thank you for making this possible." Christina, Lisa and Pascale*



*"Dear Children at Risk, We wanted to thank you and your sponsors for the tickets to Disney on Ice. Our kids had a fantastic time. It's not something we'd have the budget to take them to so it's greatly appreciated." Michel*

*"Our family wanted to send our thanks for the donation of Disney on Ice tickets. Our son is a big Disney fan and we felt this year he would be a good one to introduce him to a new experience like this. It was a wonderful evening for all of us - so much so that he keeps asking to go again and keeps revisiting the pictures and videos we took. Thanks again for your kindness and generosity." The Sturgeon Family*



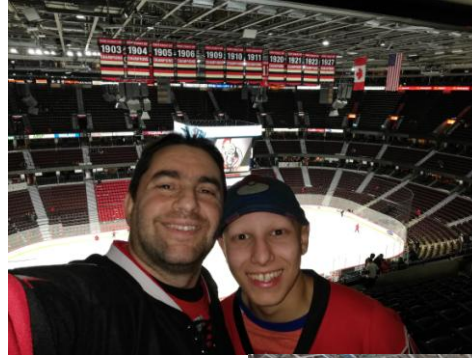
*"Thank you immensely for the Rock of Ages tickets. My son Elliott and I had a fantastic evening. Thanks for helping make a wonderful memory." Hannah*

*"I just wanted to send my thanks for Rock of Ages tickets. My husband and I enjoyed the show with our friends. It was a very welcomed opportunity to get out to an event we would have normally not splurged on. We had a lot of fun!" Jen*

## THANK YOU'S (Cont'd)

*"We loved the Rock of Ages show yesterday. Thanks so much for the tickets!" Julie*

*"Thank you for sending us to the Rock of Ages Show –the boys loved it!" Sarah*



*"Thanks again for the tickets. Here is a pic of me and the boy – and with his friend too!" Leo*



*"We very much enjoyed the Senators game this afternoon. Thank you for the tickets!` It was a fun end to the holiday season for our family and we really appreciated the tickets." Brenda*

*"I wanted to say a big THANK YOU to Kids Up Front for providing us tickets to last Thursday's Ottawa Senators hockey game. There is nothing in the world that is more important to my son Chris than hockey. He loves going to games. He knows stats on most of the NHL teams, including their players! When I came home last Thursday and informed him we were given tickets, his smile lit up the room. He was beyond thrilled. Chris held the tickets, and as the hockey expert of the family, I told him I trusted him in leading us to our seats. Chris told me the seat numbers, which I promptly forgot. We were separated somehow. I looked everywhere for him. He also did not have his phone on him, I knew. I also knew there was no way he would miss the game, and was likely in his seat waiting for me, but I had no clue where our tickets were in the 300 section. I enlisted some help from staff who promptly helped me search for this young man. They were wonderful and I cannot tell you how much I appreciated their time and effort. I was the one who found him, in his seat, smiling and enjoying the game as I predicted. He took one look at me and gave me a puzzled look while patting the seat beside him, asking "MOM! Where were you? Come sit down and see this!" With gratitude, I did just that.*

## THANK YOU'S (Cont'd)

*I am happy to report that the rest of the game was thoroughly enjoyed and a fabulous memory was made. It was a very special mother and son outing for us. This was due to your generosity, and on behalf of both of us, thank you for a fantastic evening!"* Josee

*"Just wanted to say thanks for last night's Sens tickets. It was a fun event. It was made extra special for my son, as his brother is down for a visit from Timmins, so it was "brotherly time". Every one of us enjoyed it, the last few minutes were very exciting to watch. My son loved the music and the camera woman tried to put him on the big screen but told us she tried three times and couldn't maneuver her camera for the right view. Oh well, maybe next time. The night was made extra special for us, as it was Fight for Cancer night, and Justin (our special needs son, is a leukemia survivor). Thanks again for a fun night."*  
The Papples



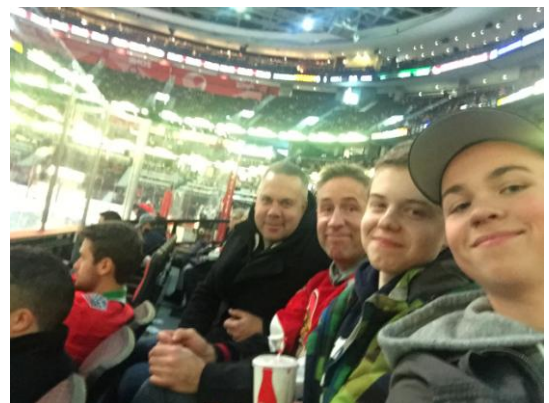
*"My daughter Melanie had a great time at the Sens game – thanks SO much Kids Up Front for this a special Mom & Me Night!"* Carrie

*"Thank you so much for passing along tickets to the November 24th Ottawa 67's game. It was so generous of your organization, Children at Risk, to donate the extra tickets you had to my son's hockey team. Approximately 10 Families took advantage of the tickets and 20 parents and players attended. We used it as a fun, spontaneous team building opportunity for the kids to see some great hockey and just have fun together off the ice! Our Team Photo shows a great group of 9 year old boys who love the game – and are in their first year ever in a competitive league. It has been quite an experience! Thank you again for your generosity!"* Carolyn



*"Please see the picture of some of the boys that were able to use the tickets to the Ottawa vs Vegas on Nov 8, 2018. It was a good last minute surprise. We were given 10 tickets which allowed THREE (3) adults and SEVEN (7) kids under 11 years old to attend. The seats were spread out, but we managed to partner up children with adults and let a group sit independently by themselves. Although we did not win it was a fun night by all! Thank you again!!"* Marith

*"Dear Kids Up Front - It is with sincere appreciation that I am writing to you today. My husband and son have enjoyed the pleasure of attending a Sens game thanks to your ticket donations. For a few years now they have been trying to find something to do together where there is common ground for both of them. A teen on Spectrum has unique interests and is sometimes hard to relate to. Attending a Sens game brings them both a lot of pleasure and initiates many conversations between them. They enjoyed going to the game, reading who is playing/ who is not, high fiving for goals and taking turns treating one another to hot chocolates. We are very grateful to your organization for the tickets. We would not otherwise be able to attend. Very thankful!"* Kelly



## THANK YOU'S (Cont'd)

*“A sincere thank you to Kids Up Front and Children At Risk for the free tickets to the Sens Panthers game Nov. 19th. The second row tickets were amazing, the action was so close and exciting. We brought two friends that hadn't been to a game in 6 years and the four of us had a great time. Thanks very much!” Derek*

*“Thank you very very much for those tickets. I went with my sister and my dad. We loved the hockey game. The hockey game was very exciting. This was the first time I ever went to a hockey game, so this was a very new experience. We won :) :)” Leif*

*“Thank you for a great time! We really enjoyed ourselves. It is pretty clear the staff are used to giving good service. We felt more welcome than usual. Thank you for the tickets, and thank you for such a nice time. “ Michelle*



*“Carter had a great night – it was very much appreciated – especially after he missed the game the week before with his head injury brought on by overwhelming excitement! He couldn't wait to go to school and tell everyone! He is already asking me when we are going again! Thank you very much for a wonderful evening.” Shawn*



*“Thanks so much for giving my family the opportunity to see a 67's game in December. We had a great time and enjoyed watching the home team win an exciting game. We really appreciated getting the tickets from Kids Up Front!” The Stevens family*

*“Hello - our family has benefited from 67's tickets through Kids Up Front. Being a family of 5 (soon to be six with a dog!), sporting and other events are luxury costs that we typically cannot afford to participate in. Tickets made available through Children at Risk (CAR) provide an opportunity for our family that we wouldn't otherwise have. Our son Gavin, 5, was diagnosed with Angelman Syndrome (AS) on his second birthday. It affects every part of his life - and consequently every part of our lives. While Gavin doesn't like to sit still for too long, these tickets provide an opportunity for our other kids to enjoy an event and get some quality time with either Viv or I - which is hard to get given Gavin's demands. These opportunities provide memories - ones that our kids will cherish much longer than toys, etc. Thank you very much for your continued support of CAR, our family, and many others across the Ottawa area struggling to get through the day.” Andrew*





**THANK YOU'S (Cont'd)**



*"Thank you, thank you – Kids Up Front and Children at Risk for the tickets to the Brian Wilson Concert! We all had a great night!!"* Jasen



*"Thank you!!!! We were thrilled to receive tickets for the Dancers Give Back! It was an awesome show!"* Stephanie

*"Hello, Thank you so much for the tickets! We enjoyed the show a lot! All the best!"* Melissa



*"Thank you so much for the opportunity thanks to children up front and Children at Risk. Blueman was a great experience! It was so entertaining and a great experience for the children. We greatly appreciate the opportunity that we not of otherwise would of have had. "* Carla

*"I wanted to thank you and the donating agency for the four tickets to yesterday's Blue Man Show at TD Place. My family had a fantastic time as the show was a lot of fun (see picture attached). Thank you very much once again for the generous donation and all the great work you do for the community. Have a wonderful day!"*  
Paloma



*"On behalf of my family, we wish to thank you for your donation of tickets to Kids Kingdom. We have not yet used them, are saving them for March break treat, but am excited to receive them and explore new play centres. I have heard great reviews and can't wait to see it in person Thank you again."* Jenny

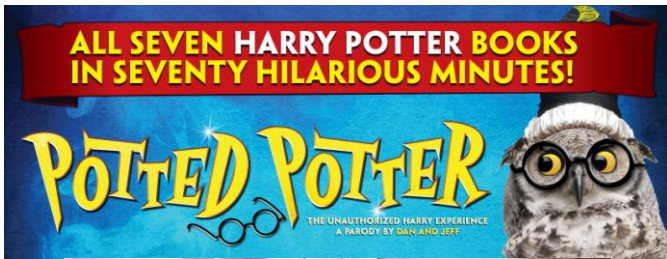


*"We all enjoyed the Mountain top play very much. We don't spend much time together around the house so this was a welcomed change. Please pass on our appreciation to those responsible for the outing, Take care."* Paul



*"Thank you for Kidsfest tickets."*  
Jenny

THANK YOU'S (Cont'd)



*Our sides are sore from laughing! Potted Potter is a Wonderful show! Thank you Kids Up Front!*  
Tori, Mick , Finn, Tiffanie & Logan

*“Just to let you know that the Potted Potter show was one of the best experiences I have ever gone to. It was so funny and I was bursting with laughter almost non stop. I took my youngest and she was ecstatic. They even brought her on stage at one point and it was absolutely lifetime memorable. Just thank Kids Up Front who got us those tickets. We were given front row tickets....!”* Matthew



*“Hello, My daughter and I wanted to thank Kids Up Front for the donation of tickets to see Potted Potter. It was a very funny and wonderful show and the seat location was amazing! With such hectic lives we lead, we try to sit down every night and read a few pages from the Harry Potter books together so it was especially meaningful to receive those tickets. Many thanks again!”* Jenny

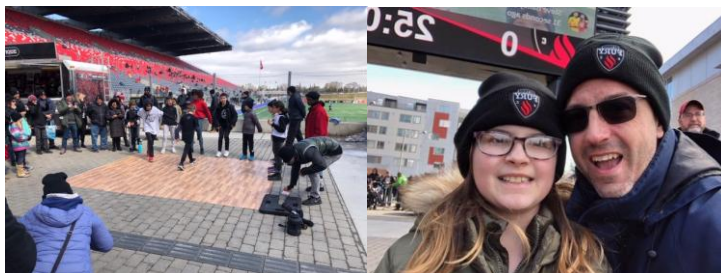


*“Thanks to you, Kids Up Front, I was able to take two of my kids to see Potted Potter. It was fantastic! Both kids have been Potter fans since they were old enough to be allowed to watch the movies. It was hard to get a good photo, as they don't look comfortable in front of the camera, but they did enjoy themselves a lot. My son, in particular, kept grinning. I was surprised at how great our seats were! I thought we would be tucked away in the corner of the last row, now just right of centre, in the third row! It made for an even better experience, to be honest. It was an interactive show, and the one actor came round beforehand and shook the hands of everyone in that area. He took note of the very red hair. My kids didn't say much, but I think the interaction made a big impression. Big thanks to anyone who helped us get there.”* Michelle



*“Thank you for the adult tickets to Kidsfest! It was a lot of work bringing the whole family, but we did all have a good time. The staff at this event were very nice. We are new enough to the area that it was helpful to get acquainted with some of the companies and programs, because we find Ottawa is a tough city to get to know.”* Michelle

## THANK YOU'S (Cont'd)



*"I want to Thank-you SO much for the Tickets to the Fury game – My daughter is loving it!" Marty*

*"Thank you for the tickets! We had a lot of fun!" Tiffanie*



*"Many Thanks to Kids Up Front for the Tickets in the Suite to the Fury game! Everyone had a great time – the food was excellent! We had popcorn, chips, pop, hot appetizers in the Suite and then in the concourse there were hotdogs, sausages, fries, salads, an delicious soup – as well as chocolate fondue – it was amazing and so very generous of the Donor! The Team lost but it was such a fun day out!" Sarah*

*"I want to totally thank and a big thank you to Kids Up Front Ottawa for your amazing ticket donations to Children at Risk, as it helped me and my son do things we never could of afford to do, Thank you again for your generosity for helping all the families!" Kim & Skyelar*

SAMSUNG | AUTISM SPEAKS CANADA

Apply for a tablet today



Samsung Canada in partnership with Autism Speaks Canada have given over 1,700 tablets to support and foster closer connections with the autism community in Canada. We are excited to announce this year we are providing 500 new Samsung tablets to individuals with autism and service organizations.

### **Our Samsung x Autism Speaks Canada Tablet Program is NOW OPEN for applications!**

Apply today through Autism Speaks Canada CONNECT - Canada's first, multi-faceted virtual platform designed to engage and inform the autism community. CONNECT provides easy access to services, resources and community groups across Canada.

### **How to Apply**

1. Visit [Autism Speaks Canada CONNECT](#)
2. Create a free profile
3. Apply before May 20, 2019

### **Eligibility Requirements**

- Canadian residents
- Individuals with a diagnosis of autism spectrum disorder or organizations supporting individuals with autism spectrum disorder
- Do not currently have a touch device
- Willing to share the benefits of the tablet with Autism Speaks Canada and Samsung online community

If you have any questions or concerns, please feel free to reach us at [SamsungxASC@autismspeakscan.ca](mailto:SamsungxASC@autismspeakscan.ca).

Jill Farber, Executive Director,  
Autism Speaks Canada

## THANK YOU'S (Cont'd)



*"On behalf of my family and myself I sincerely want to thank you for your invaluable food donations. As a single mother currently not able to work because my special needs son is home full-time due to health reasons I think you can appreciate what your food donations means to our family. The produce especially has been such a gift as my son has also recently been diagnosed with irritable bowel syndrome, leaving his diet quite restricted at the moment. Although he doesn't personally benefit from the baked goods - the rest of the family have been ecstatic as I simply can't afford those extras. Let it be known I freeze what I can so we have been able to enjoy the various buns with soups and stews and everyone once in a while I'll treat them to an overnight French toast casserole made out of cubed chiabatta buns!! I also want to take this time to thank your staff members who go out of their way to collect & box the food. Their generosity doesn't go unnoticed. Thank you for blessing our families with your kindness and generosity!" Ruth*

*"Thank you so much Costco and staff for the food donations given to Children at Risk. Having this donation has helped our family save on grocery bills which in turn has helped us been able to put our son in some fun after school activities which gives us some respite time to charge our batteries. Your donations really mean a lot to us. Thank you for your generosity." Sandra*

*"From the bottom of our hearts, we thank you Costco for your support and your food donations that come at a time that was greatly appreciated." Nataly*

*"I'm very grateful for all the food that we have received from Children at Risk through Costco Kanata. It is amazing how much money I have saved since this program has started. The Costco Kanata employees continue to do an outstanding job of organizing such a huge endeavor each and every single time there is a food donation. Again THANK YOU to everyone involved in this wonderful project." Rose*

*"Just wanted to send my heartfelt appreciation for the donations of food which we have found to be extremely helpful and thoughtful." Jenny*

*"I am writing this note in the hopes that you will pass along the thanks of both myself and my family to Costco Kanata for their donations of produce and baked goods to the families of Children at Risk! It has been a delightful experience receiving these donations. As time and money are daily concerns, these donations have really helped us stretch our budget and save time. The fruits and vegetables are fantastic.... and because the items come from Costco, we know they are of excellent quality and that gives us peace of mind. We have also enjoyed the baked goods such as buns, pies, cookies and breads. It is easy to see that these donations are wrapped and packaged with care by the employees at Costco, so that even their donated items can be enjoyed by those that receive them. Thanks again!" Julie*

*"I just want to thank you Costco Kanata for everything you have done for all of us. Going out of your way each and every time. I am, as I am sure we all are, very grateful. Thank you!" Marta*

The words "Thank You" written in a large, elegant, black cursive script font. The letters are highly decorative with many loops and flourishes.

## THANK YOU'S (Cont'd)

*“Thank you” is a small word to show our gratitude for all the food donations we received . Due to budget control some of the items you donate were never bought. Only because of your generosity, our children now have the opportunity to taste them. Thank you so much for all the efforts made to fulfill our children’s needs.” Shems*

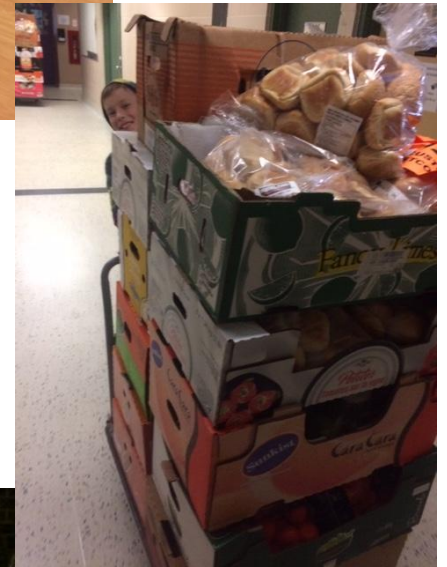
*“I am so grateful for the food donations that Costco has so generously decided to provide. Having a child with autism does put a financial strain on families due to the special programs that these children often need, together with the associated costs. Having a little more money left over at the end of the month is indeed a blessing. In addition, the money saved through these generous donations can then be re-invested in other programs that provide much needed assistance for these children as well as their families. Costco has always been a people oriented company, and this is just even more confirmation that they stand for who they are. I would like to extend a very heartfelt thank you to each and every person at Costco who is involved in this food donation program. Please know that it is much appreciated, and that it helps in so many different, wonderful ways.” Gunter*

*“I would like to say a huge Thank you to Costco, your wonderful donation has helped my family so much, from turning the tomatoes into roasted tomatoes to make soup and the baked goods are a treat. Thank you!” Kim*

*“On behalf of my family I would like to express our gratitude to Costco Canada, Kanata for their generosity in offering Children at Risk fresh fruits, vegetables, breads and an assortment of deserts. We have benefited from this altruism and the cost savings have allowed our child to participate in programming, to bring him along to his full potential, which otherwise due to our economic reality we would not have been able to provide.” Greg & Marilyn*

*“Thanks Costco for support special need children and their families.” Wejdan*

## COSTCO FOOD DONATION PHOTOS!



**CONTACT CHILDREN AT RISK TO PURCHASE A TICKET OR TWO!**



Children at Risk has just been notified that we will, once again, be included in the charities represented for the Dreams Take Flight one-day trip to Walt Disney World in Florida. For several years, Children at Risk has been fortunate to be included in the trip – we have sent many children over the years – our allotment this year is 5 confirmed spots and 2 alternates.

The Flight is scheduled for **Wednesday, November 13, 2019.**

Attached is our application for consideration - with having been included in this initiative for several years, we have a good idea of what criteria is important to have

the child achieve a successful trip. We include siblings and diagnosed children, but have different criteria for each and the child must have NOT ever been to any Disney Theme park previously (in the World – at ANY age!).

Please read the information carefully and if you think your child would be a good candidate, fill in the application and return it as soon as possible.

Once I receive all the applications (**UP TO May 20**), I will then review them and contact the families to talk about the trip. ASD children should be ages 10-13 – moderate-high-functioning, Siblings can be 7-13.

<p>Name: _____</p> <p>Address: _____</p> <p>Phone: _____</p> <p>Price per ticket _____</p> <p>Ottawa License #M758375 Must be 18 years or older to participate in the lottery event</p>		<p><b>Dreams Take Flight Ottawa</b> 6325 Herbert's Corners Road, Ottawa, ON, K4P 1H3, 613-730-4666</p> <p><b>DRAW:</b> June 19<sup>th</sup> 2019 at 2pm <b>LOCATION OF DRAW:</b> Ottawa International Airport 1000 Airport Parkway Private, Ottawa, ON</p> <p><b>TOTAL PRIZE VALUE: \$6,955</b></p> <p>1<sup>st</sup> 2 economy class tickets anywhere Air Canada files in the World - \$5265 2<sup>nd</sup> Apple Watch - \$350 3<sup>rd</sup> Nordic Spa Gift certificate - \$400 4<sup>th</sup> Delta City Ottawa, One night stay and breakfast for two - \$300 5<sup>th</sup> Giant Tiger Gift certificate- \$250 6<sup>th</sup> Canadian Tire Gift Card - \$200</p> <p>Price of ticket \$10.00 each</p> <p>Must be 18 years or older to participate in the lottery event</p> <p>Ottawa License #M758375 001 of 3500</p>
---	--	--



# BOWL-A-THON PHOTO COLLAGE



# DREAMS TAKE FLIGHT

## 2018 Ottawa Chapter Flight

WHAT: Dreams Take Flight – a 1-day trip to Walt Disney World-Florida.  
WHERE: Flight leaves Ottawa at 5 a.m. and returns at 12 midnight.  
WHEN: Wednesday, November 13, 2019  
WHY: To make the dreams of disadvantaged & disabled Canadian children come true!  
WHO: Children 7-13 years of age for siblings & 10-13 years of age for ASD diagnosed

Once again, Children at Risk has been selected as one of the participating charities for this year's Dreams Take Flight trip! Currently we have been invited to submit 3 children for the Flight. Applications will be received up to **Monday, May 20**. Candidates will be randomly drawn. Once the selection has taken place, recipient families will be contacted to complete a Participant Package, which must be completed by the before May 30 – including the Medical form to be completed by your child's Physician.

There is some flexibility for a disabled child (may have just turned 14 before flight day) but, as before, parents or caregivers **will not** be allowed to accompany the child. The ratios of child to adult are 2 to 1 (usually Air Canada volunteers accompany the children). **For this reason, only higher-functioning Autistic children or their siblings of any ASD child can be considered.** (Please note: any child being submitted must have NEVER visited any Disney theme park – in the world or at any age!) Children at Risk needs to ensure that the children sent will have a successful day. It is important to consider that this is an extremely long day for your child (4 a.m. arrival at the airport) and that there are many sensory issues (large crowds, noise, bright lights, etc.). Your child must be able to function without a one-on-one aid and with strangers. Children must be Canadian Citizens or have a passport if they are landed immigrants. Also note that a child with **severe or life-threatening food/nut allergies cannot be considered**, as Dreams Take Flight is unable to control these circumstances.

Take these things into account when you are completing this application and do not hesitate to call me if you have any questions or require more information. If you have any questions, please contact Brenda Reisch at 613-741-8255.

Child: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_ Fax #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Age of Child: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Is the child a Sibling or Autistic/Asperger: \_\_\_\_\_

Date of Application: \_\_\_\_\_

### CHILDREN AT RISK, OTTAWA

235 Donald Street, Suite 209 • Ottawa, Ontario K1K 1N1 • Tel. (613) 741-8255 • Fax (613) 741-5530  
A Registered Charity • No. 10691/3775/RR/0001 • www.childrenatrisk.ca • car@childrenatrisk.ca