

## Action Centre Presentation



We change lives  
by offering renewed possibilities

We make things happen!

**With your help, we keep on growing.**

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## Our Mission

The Action Centre is a bilingual activity centre for adults living with physical and/or cognitive disabilities. We are a team made up of members, employees, donors, and volunteers. The Centre's aim is to help its members realise their full potential in an environment respecting each individual's pace. Members benefit from a multi-dimensional approach that includes education, social integration, and recreation.

The Action Centre empowers its members by making them an integral part of the team. They organise activities and outings, sensitize the public to the issues facing persons living with disabilities, and make presentations to government officials and the media. In addition, members are responsible for everyday tasks such as reception and computer maintenance, and serve on the Board of Directors, all of which allow them to develop their skills and competencies.

Most of our members are referred to us by rehabilitation centres, CLSCs, group homes, and supervised residences for support in maintaining or enhancing their autonomy. We help our members, 98% of whom are on social assistance, to live autonomously, have a better quality of life, and avoid ending up in long-term-care institutions. At the moment, we have an average of 45 members attending the Centre per day and a total membership of approximately 100 individuals.

We are convinced our members have an important contribution to make to our community.



## Our Activities

➤ Education and training:

Cooking/nutrition, computers and Internet, French, arts and crafts, newsletter production, physical exercise, geography, history, personal development.

➤ Leisure:

Bingo, bowling, board games, boccia, videos, outings.

➤ Parties and special events:

Focus groups for activities, Annual General Meeting, Valentine's Day Dance, Easter Party, Summer Beach Party, and others.

➤ Leadership Training Coach:

The role of the Leadership Training Coach is to support and empower members. She helps members identify and accomplish their goals, and take on new challenges both inside and outside of the Action Centre. Within the Centre she supports the groups (e.g.: Social Club, reception team, public relations team) in becoming more organized and more structured. In addition, the leadership coach is involved in developing creative ways of connecting the Centre to the wider community where each strengthens the other.



## Our Members' Stories

This is how members describe, first-hand, the impact the Action Centre has had on their lives:

“This is the best part of my life because I am giving! Since I have been living with a disability from the time I was young, all of my life I have been taking. Thanks to the Centre, I can now give as well.”

**Claude Sabbah** is the leader of the Social Club, an Action Centre group that organizes activities like outings and dances.

“The Action Centre has given me the opportunity to continue to rediscover my passion following my accident. Writing is now a big part of my life!”

**Guyette Fleurant** is the co-coordinator of the Action Centre Newsletter.

“I have been involved with the Action Centre for about five years now. Coming here keeps me from being isolated. I feel I have accomplished a lot with the computer skills I have. I keep the office computer running smooth and error free as well as the computer room of sixteen PCs, all which connect via network with Internet access. Every day I try to learn more as I go.”

**Paul Donovan** is the computer technician for the Action Centre.

“By being the Public Relations Representative at the Action Centre, I am reaching out to ‘normal walking people’ and I am helping them realise that because we are physically challenged does not mean we cannot do the same things!”

**Daniel Jarry** is the Public Relations Representative for the Action Centre.

There are more testimonials available or visit us to get your personal impression.

## Our History and Development

The collaboration that led to the creation of an activity centre for adults living with physical disabilities was spearheaded by Ghislaine Prata, Executive Director of the Constance-Lethbridge Rehabilitation Centre. Conceived as a bilingual centre that would permit adults with disabilities to enhance their quality of life, it opened in 1998 with the generous assistance of a private foundation. For our first three years, we were located in Pointe St-Charles. Since January 2002, we have been located at 2214 Dollard in LaSalle.

In 2004, thanks to another donation from a private foundation, the Action Centre undertook a Capacity Building Project. Through this process the members became more active participants in elaborating a strategic vision for the next three years. The fruit of this process has been the involvement of the members in all aspects of the life of the Action Centre, which among other things helps assure the long-term success of the Action Centre programs. Another important result of the process was the hiring of a leadership training coach in May 2005. The creation of the position is directly related to the empowerment and self-esteem-development objectives.



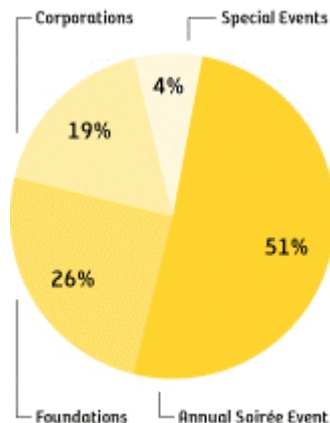
## Our Revenues (31/12/2005)

The Centre relies on a handful of donations and an annual Gala event to finance its services. With no support from Centraide and very little from the government, fundraising and collecting donations is crucial to our existence.

### The Annual Soirée Event

In 2001, a group of dedicated volunteers came together to organize a fundraising cocktail event of tremendous importance to the Action Centre. With over a 130 people attending and original and unique auction items up for sale, the event was a great success. The first annual Soirée held at Club Atwater generated over \$63,000, which was a major part of the Centre's budget.

After a great deal of hard work from the organizing committee and the benefit's chairperson, Sandra Schlemm, the last annual Soirée raised \$200,000 for the Action Centre, representing 53% of the entire revenues for this worthy cause. The Centre could not exist without this event.



## **Why Donate to the Action Centre?**

The Action Centre was created as a result of a call to help support people with disabilities reach their full potential and live independently. We also want to challenge the prejudices against people with disabilities and help break down the barriers leading to social exclusion. We want to show that we all have contributions to make to our community.

Thanks to your donations, in the six years we have been in operation we have helped many people with disabilities develop their skills, live independently, and change their visions of the future.

To ensure the future success of the Action Centre we need your help. One of the best ways to help our members is through a donation. You can also make a difference by working as a volunteer.

### **How to Donate**

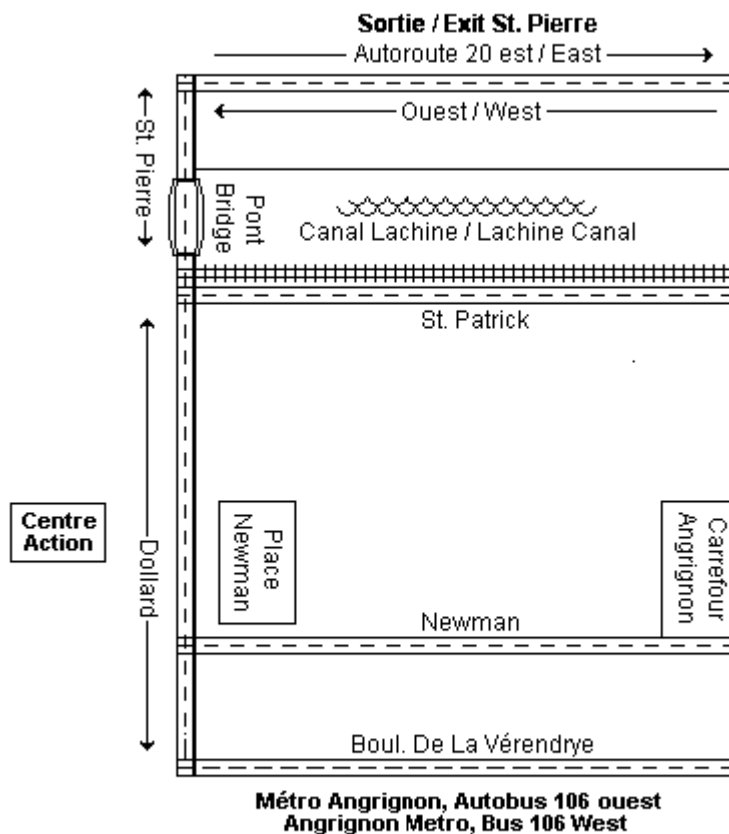
- Donate in person:  
Visit us at 2214 Dollard, LaSalle, Québec.
- Donate by phone:  
Make a contribution by credit card or a pledge to the Action Centre.
- Donate by mail:  
Send a cheque to support our members.
- Donate by Internet:  
Go to: [www.centreaction.org](http://www.centreaction.org)

Your financial contribution plays a vital role in ensuring the stability and quality of the Action Centre. It is thanks to our donors that the Centre exists and continues to thrive.

## Contact Us

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Telephone: (514) 366-6868  
Fax: (514) 367-0880  
Website: [www.centreaction.org](http://www.centreaction.org)

### Comment se rendre au Centre / Location of the Centre



Réalisé par des membres / Created by members:  
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