



We want to hear from you!



info@quadcounty.ca



FACEBOOK PAGE:

Quad County Support Services



WEBSITE:

quadcounty.ca



EVENTS:

quadcounty.ca/events

Feeling hope for a new season

It feels like we've been waiting a long time for spring to arrive this year. This winter was definitely a cold and snowy one. It's encouraging to finally see a few glimmers of hope.

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality." — Jonas Salk

This quote reflects what we see every day: the people we support bringing dreams, imagination, and courage to their communities—and they show up for one another in meaningful ways.

Random acts of kindness

In February, this showed up by our active participation in Random Acts of Kindness. Maybe you saw this on our Facebook page or enjoyed a treat.

How individuals participated varied, based on their interest. Some people baked cookies and dropped them off to brighten someone's day. Others created flower arrangements and delivered them to Beattie Manor Retirement Residence.

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Small gestures like these create connection, spark smiles, and help keep those glimmers of hope shining.

Community gatherings

I love how individuals we support, our staff, volunteers and community members not only support but also embrace our programs and events.

On **International Women's Day**, we showed up for each other and took time for self-care, appreciation, and connection.

World Down Syndrome Day (March 21) brought incredible energy. We saw our communities rally behind our Rock Your Socks campaign—decorating windows and wearing their funky socks. We're already talking about next year and creating an all-new sock design. Stay tuned!

With April being **Autism Awareness Month**, we were grateful to welcome Michael Jacques and his dad, Marcel, for a series of speaking engagements. Michael shared his journey as an author, and his message had a powerful impact on everyone who attended. I also had the privilege of sharing a meal with Michael and Marcel, hearing more of Michael's story firsthand.

Michael spoke with students at **Glencoe District High School**, the people we support, and Grade 3–4 students at Dunwich Dutton Public School. He offered thoughtful reminders for all of us:

- For educators: When people are reminded of what they can't do, help shift the focus to what they can do.
- For support staff: Don't segregate—support people to be included and connected in their communities.
- For people with a disability: It's okay to accept help and support. Anything is possible.

At the end of April, we're hosting a training session called A Complicated and Beautiful Brain Training where we'll learn about understanding complex neurodevelopmental disorders. While this is a Quad session, we've opened it up to others in the sector. We even have people registered from Toronto area. It promises to be a great day of learning.

I feel blessed everyday to work alongside people who believe in the possibilities for everyone we support and thank you for keeping the hope alive in our communities.

Linda Long
Executive Director



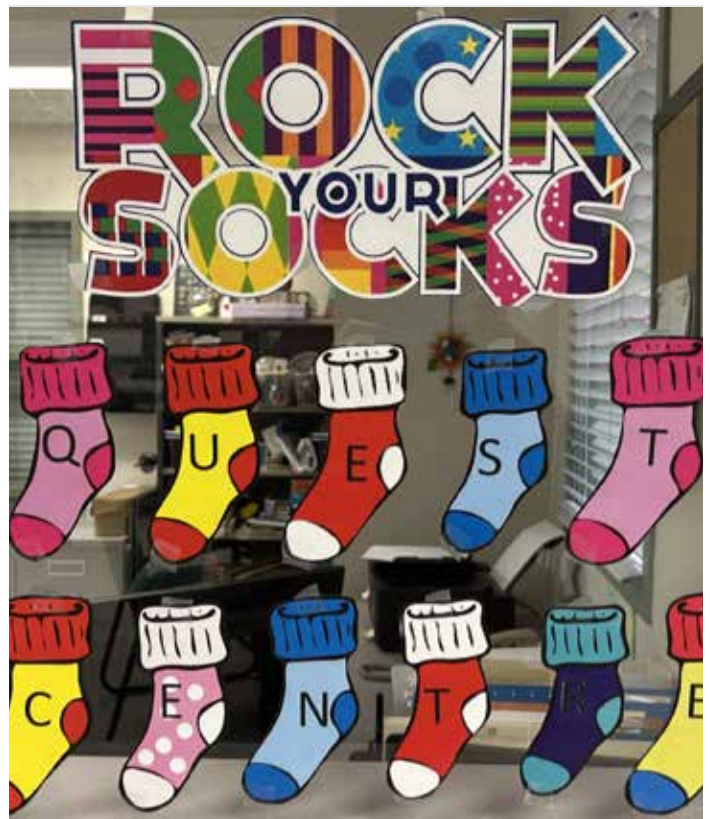
Rock your Socks!



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World Down Syndrome Day

Thank you to everyone who rocked their socks and helped us celebrate this important day. We loved seeing the storefront windows as well as students, staff, individuals and community members sporting their wacky socks.



Spotlight:

A busy Winter Season



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Upcoming Events:

May is Community Living Month

Join us for this fun annual event. We'll be bringing back the Shine the Light campaign again this year, and hope you'll join us on May 1 at the Glencoe train station for some music and refreshments.

This is a time to share stories, celebrate inclusion, and recognize the many ways our community comes together.

When: Friday, May 1 at 7 p.m. (Lights 8:15pm)
Where: Glencoe Train Station
Why: To celebrate Community Living Month

Shine the Light for Community Living Month

- Friday May 1st
- Glencoe Train Station
- Jeremy Smith Performing at 7 p.m.
- Light the Lights at 8:15 p.m.

Join Quad County Support Services and the Municipality of Southwest Middlesex as we come together to celebrate Community Living Month and light the community Blue and Green