

BUILDING ABILITIES FOR LIFE

CAMPAIGN



In Support Of
Children's Treatment at



Five Counties
CHILDREN'S CENTRE

Support of our 'Building Abilities for Life' campaign helps ensure kids get the treatment and support they need that will impact the rest of their lives.

With your help,
this is possible.



This campaign is important because we know the earlier a child can receive treatment, the more likely it is they can reach their full potential. This investment carries forward into adulthood, where having these improved skills will continue to provide a positive impact on their quality of life.

The need for two of our programs, speech & language therapy and occupational therapy, grows every year. Because of the increasing need, some children must wait, falling further behind. Five Counties continues to raise funds so more kids and their families can receive services in-person, by phone or virtually.

In 2021/2022 our programs supported 5,588 kids to receive services. Currently, we have 2,894 children on our waiting list for therapy with an average wait time of 18-24 months. Of these children, 2,324 are waiting specifically for speech & language therapy and occupational therapy in our communities.

As a donor, you are part of the solution for kids and families to get the early intervention they need that is key to building their abilities for life. Our campaign goal for 2023 is \$500,000 to address these priority need programs.

Your support means keeping kids in therapy and off waiting lists. Your donation is an investment in a child's future and encourages their confidence, independence, and inclusion in our community. Please give to the Building Abilities for Life campaign today because every donation helps kids be their best.

What you do for kids is amazing!

Your Impact

David is ten, or ten and a half as he would say. He is an athletic kid who plays ball hockey, basketball and soccer. One of the amazing things about him is that he never gives up and this has helped him so much with sports and in his Five Counties journey.

I adopted David from Haiti when he was four. I knew David was born with cerebral palsy and right-side hemiplegia (weakness).

David has benefitted from speech therapy, occupational therapy and physiotherapy at the Centre. There are 2,682 children waiting for these services which is why I am asking you to make a donation to the Building Abilities for Life campaign.

Right now, David's main goal is to strengthen his right side. He is exceptionally strong on his left side, so we want to even it out to give him balance and stability. His biggest challenge is learning how to navigate a two-handed world with one hand. It is important to see things from David's perspective. If I don't understand why he can't do something, I try it with one hand and I see how difficult it really is.

Five Counties gives us the support system we need. Staff are always reassuring us that we are doing the right thing and guiding us in strengthening or balancing exercises. They keep tabs on David's progress and recommend tweaks or new exercises.

Five Counties has helped increase his strength and mobility, and because of that he has much more confidence. Five Counties is an invaluable community resource. In addition to therapy, they offer resources, support and sense of community.

Thank you,

Wendy - Grateful Five Counties Mom



The Priority Needs For Our Kids

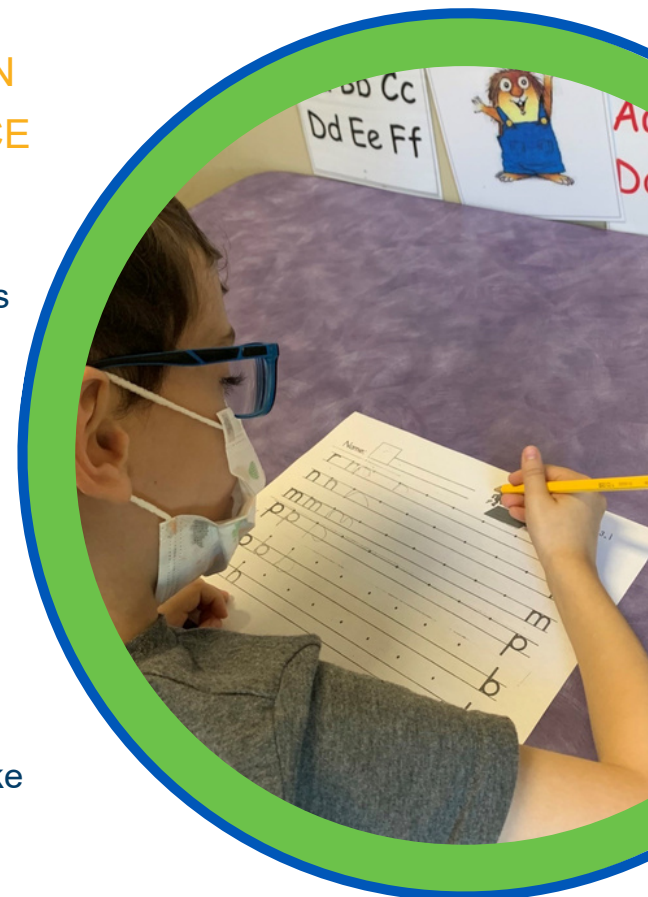


SPEECH LANGUAGE PATHOLOGISTS HELP CHILDREN WITH COMMUNICATION CHALLENGES

- Assessment and treatment of problems with feeding, swallowing, articulation, language, voice, and stuttering
- Parent educational programs
- Child groups and individual therapy
- Giving suggestions to parents and other caregivers
- Community education and collaboration
- Services are available up to age 6 with exceptions for some children with physical disabilities up to the age of 19 years old

OCCUPATIONAL THERAPISTS HELP CHILDREN IMPROVE THEIR LIFE SKILLS & INDEPENDENCE

- Sensory skills – learning to take in and make sense of the things we see, hear, touch, feel and smell
- Self-regulation – developing coping strategies for times of stress and frustration
- Eating and Drinking – using utensils, chewing and swallowing and exploring different food sensations
- Self-care routines – including toileting, dressing and hygiene
- Planning and Organization – to be ready for the responsibilities of the day
- Writing – learning to effectively use pen/pencil and paper, a keyboard or even specialized technology
- Fine Motor or Hand Skills – learning to use the tools like a pencil, scissors, or glue
- Playing – help with things like using toys and play with friends and family



Deacon is four years old with a larger-than-life personality!

Deacon is very active and loves all kinds of sports; soccer, sledge hockey, fishing, golf, and is currently playing tee-ball. But his parents, Alana and Curtis, didn't always know that he would be able to be so active.

Deacon was born with spina bifida, caused by a malformation of two vertebrae. Doctors told his parents that he may never be able to walk or talk, would have very low quality of life. This left them feeling scared, alone and thrust into a whole new world they knew nothing about.

Deacon underwent extensive surgery when he was a baby and was connected to Five Counties upon leaving the neonatal intensive care unit in his first weeks. Deacon has attended Five Counties regularly for multiple services such as occupational therapy, speech therapy, and physiotherapy. "He's always moving, always going somewhere, and we credit a lot of that mobility to Five Counties and all the work they have done with him. Even through the pandemic, we were going through some stages of critical development, and we always received really amazing care."

Deacon and his family often find people judging him and his abilities and put limitations on him when he is a very capable and hard-working kid. Alana says to "Deacon could say something is too hard but instead, he looks at things positively and tries everything."

Deacon doesn't know he's any different. He knows he wears braces, but he just thinks they make him go faster; they are his "rocket ships".

Alana and Curtis especially appreciate the amount of support and flexibility Five Counties have been able to provide and the Centre's approach to family health and wellbeing. They credit many of the positive differences they have noticed in Deacon to Five Counties' services, specifically his physical abilities.



A message from Scott Pepin, CEO

Five Counties Children's Centre's 'Building Abilities for Life' campaign addresses the investment needed to support as many children and their families in our communities as possible in speech and language therapy and occupational therapy, which are our highest need programs.

For some kids, the things other children do like telling a family member about their day once they're home, talking on the phone to a friend, or having the confidence to speak up at school would be impossible hurdles for them without professional support. Children with communication challenges want and need to be heard and understood in whatever ways are possible for them.

Occupational therapy means kids can get help to learn to do the things most of us take for granted, like tying our shoes, getting dressed, and brushing our teeth which increases their independence.

This campaign is important because we know the earlier a child can receive treatment, the more likely it is they can reach their full communication potential. This investment carries forward into adulthood, where having these improved skills will continue to provide a positive impact on their quality of life.



For more info, please contact:

705-748-2337 x 381

872 Dutton Road

Peterborough ON, K9H 7G1

development@fivecounties.on.ca

www.fivecounties.on.ca



Five Counties
CHILDREN'S CENTRE

Charitable Registration # 12397 6342 RR0001