

Nova's Story

Of all the things our little Nova loves to do – whether it's to laugh, play chasing games or listen to music, her favourite thing to do is dance. As soon as a song comes on, Nova is in the middle of the floor dancing, and it doesn't take long for her to have our whole family up for a dance party. Nova adores her family and looks up to her big sissy and brother. She is smart, very determined and strong willed and spreads love and joy wherever she goes.

Nova was born with Down syndrome and started coming to Five Counties Children's Centre when she was two months old. Of the many emotions we felt upon Nova's diagnosis, feeling scared was at the top of the list. There was fear of the unknown, especially what lay ahead for Nova and us. Thankfully, we've been able to navigate our way with Five Counties' help. Nova is now three years old. She is a true blessing and excels at every obstacle thrown her way.

Since coming to the Centre, Nova has benefited from physiotherapy, occupational therapy and speech therapy. Since starting daycare, she also has a resource consultant from Five Counties to make sure her needs are met. Nova's main goal is working on building muscle tone, and the next is improving her speech. Five Counties has helped her grow both physically and mentally. If we didn't have the Centre, Nova may be more delayed in certain areas of her life.

One of Nova's biggest challenges is using her words to let us know exactly what she wants. But let me tell you, Nova tells us what she wants even without speaking! When faced with challenges, we take it day by day. We stay strong and positive for our Nova.

Having Five Counties located near us has been a blessing. We travel to Peterborough and Kingston for specialist appointments, so having the Campbellford location so close to home is wonderful. We also have a wonderful family and support system. Nova has an army behind her, and we are forever grateful.

The biggest impact Five Counties has had on our family is how supportive they have been. Five Counties staff are always helpful, giving advice and providing information to help us with Nova's needs.

Five Counties will always have your back. Each and every single person who works there cares so much for their clients and families. They love and adore the kids they support as if they are their own. The Centre has changed our lives for the better, and our family is truly blessed to have Five Counties in our lives.

Katie & Chris

Katie & Chris, Proud Five Counties Parents

Interested in sharing your story? Email us!
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