



## CAPS Promotes

Self esteem  
Independence  
Team work  
Building relationships  
Developing trust  
Learning  
Volunteering  
Recreation/Leisure Activities  
Positive environment  
Acceptance  
Inclusion

**No community  
is too small for  
Adventure and  
Inclusion**



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**ARE YOU REGISTERED with DSO ?**  
**Developmental Services Ontario**  
**1-888-277-2121**

## Community Living Huronia

# CAPS



**Community Activity  
Participation Supports**



## CAPS ~ VISION

We believe that everyone has the opportunity for self directed positive experiences, education and meaningful opportunities in our community

### **We Believe.....**

- ◆ in Person Directed philosophy
- ◆ that people belong and are included in there community and everyone experiences community in a different way
- ◆ every person is an individual
- ◆ in people having a variety of options
- ◆ people can choose their own life goals
- ◆ people have opportunity to learn
- ◆ people can experience new options
- ◆ the type of service provided depends upon the needs and desires of the person

## Community Living Huronia CAPS

We offer a wide range of opportunities for adults based on their interests and needs.

Trained experienced staff support the individual to explore as many community based activities and experiences as possible.

The support staff work closely with Community Partners to provide quality services designed to meet the needs of the Individual.

We believe that all individuals should have the opportunity for life-long learning whether through experiential or formal education and learning opportunities.

## Activities

- Aqua fit
- Bowling
- Zumba
- Concerts
- Theater
- Sailing
- Crafts Group
- Manicures/Pedicures
- Exercise Class
- Pet Therapy
- Walking Club
- "Card Sharks" Club
- Sing-a-long
- Baking
- Afternoon Tea
- Church Services
- Line Dancing
- Relationship Training
- Bingo
- Health & Wellness
- Jam Making
- Fishing
- Picnics
- "Movers & Shakers" ~ Board Game Club
- Theme Movie Afternoon
- "Window Geeks" Computer Club
- Day Trips
- Overnight Trips
- Seasonal Events
- Training opportunities
- No limit to your imagination