



The North Vancouver CISS Cougars Amateur Softball Team

By Andrea

It was a sunny day here in North Vancouver when we had our very first softball practice. Consumers and staff arrived at Parkgate Park to find a baseball field set up with bases, softball equipment, and even a coach! Coach Tom helped in assisting the nine consumers and five staff who attended that day. Scott hit some home runs, and ran all the bases! Russell had so much fun, he played the whole hour we were there. Barb put on a brave face and played baseball again even after a previous mishap on another team! Melissa played too – she had great team spirit! Of course, our game wouldn't have been successful without the others there to cheer us on from the bleachers. Softball sure brought us together in a whole new way, and we hope to have another practice soon. Who knows? Maybe one day we'll play a game as the "North Vancouver CISS Cougars." When we do, we hope you'll come support us!



From the Executive Director's Desk

by Shari

We are well into the fall season and our work has never been busier. During the summer months CISS hired a summer student to work on three initiatives: our strategic goal relating to a new building location for the Tri City programs, our information Pamphlet, and our Website. King, our summer student, did a great job of picking away at all three project areas and left us with some great material and recommendations. The unfortunate part of having a student is that the summer ends and they leave and often times their work is left at the side of our desks while we deal with the day to day events of running an organization.

King did a great job of updating our pamphlet, which is currently in the final phase of its design and will be launched soon for everyone to see – keep your eyes open for this. The work on our building project meant that King did extensive research into the logistic side, which included gathering information from all three cities (Port Moody, Coquitlam and Port Coquitlam) regarding their districts by laws. King spent a considerable amount of time upgrading our website however a glitch that we have encountered is that Mozilla Firefox, which CISS uses as its web launcher makes some of the pages look distorted. For a better view please use Internet Explorer: www.communityintegration.org.

While we continue to work on all three projects we have had to get ready for the flu season. As most of our readers are people who receive services, their families and caregivers and our own employees you will already be well informed of the CISS H1N1 Exposure Control Plan. As a requirement of Work Safe BC we are required to communicate to our employees our plan if in the event that the H1N1 virus should spread in the work place. As additional precautions we have added good information and resources and had a Health Nurse orientate everyone to good quality hygiene habits during this pandemic. For those of you who have not received the H1N1 Exposure Control Plan please contact our office at 604-461-2131 and request a copy from our administration staff. Additional tips are written in this edition of our Newsletter so please take time to read Pam's Health Tips.

CISS once again had a booth at the Taste of Tri Cities Event at the Red Robinson Theatre in Coquitlam. This event is hosted by the Tri Cities Chamber of Commerce and gives the public a taste of local businesses in the area. Although the food booths were very popular for the visitors we had great interest in our booth and in the work we do. Our hope at these events is to build relationships with other businesses as well as broaden the communities' awareness of our organization. CISS took part in the BCACL (British Columbia Association for Community Living) forum at the Burnaby Association for Community Inclusion (BACI). The forum brought out lots of energy towards strengthening our provincial umbrella association. We look forward to working with the new Executive Director Faith Bodner in keeping the association active.

Finally, we took part again this year at the Volunteer Fest held at Coquitlam Centre. This is a good opportunity for our organization to engage the public in an informal way to learn about the work that CISS does and try to generate volunteers, specifically Board members. If you know of anyone that may be interested in becoming a Board member please contact our office at 604-461-2131 for additional information.



Health & Safety

By Dee

The Health & Safety committee has been meeting regularly over the summer months, reviewing feedback forms, completing emergency drills, health & safety quarterly report, and the CISS self inspection report. All three CISS offices passed inspection, and the next CISS health and safety internal inspection will be conducted in January 2010.

The Team has been working on supplying mini emergency car kits for the casual staff. At the July 14th meeting the team reviewed and approved the contents of the kits, and they are now being signed out to casual staff.

Cold and flu season is fast approaching, so please remember to dress a little warmer. Layered clothing works great during the months when temperatures are fluctuating during the course of the day.

The Health and Safety has received and reviewed information on the H1N1 influenza Virus.

Information on this virus has been posted on all CISS Health & Safety Bulletin Boards.

More information on the H1N1 Virus can be found at www.HealthLinkBC.ca. Visit your local public health unit, or call 8-1-1 for non-emergency health information.

call
811



What's New at CISS?



At Port Moody IDS

By Wendy

Well, the days are getting shorter, the nights are colder and we begin to make plans for the winter. It was a beautiful summer though, wasn't it? Let's hope for a winter that suits everyone, including the 2010 Olympics! We wish to welcome Hallan to the team. He is in a temporary part time position, and he appears to be settling in nicely! Julie is back from a long vacation, and seems to be very happy to be back. Many of the people we support took some well deserved time off this past summer. Jack went to the cabin, Mark went to camp, Sarah went to Saltspring Island, Byron enjoyed a few short vacation days, Chantal spent some quality time with her family and Quentin took some time to help out his family. I hear that someone we support went on a Mexican Cruise in October. I hear she had a great trip! A reminder, check out our ad regarding the CISS cookbook sale in this newsletter.

At North Vancouver

By Tricia

After 7 years of faithful service with CISS we have said good luck to a valuable staff member. She will be missed but not forgotten. When a door closes a window opens, and in this case four windows! Welcome to Aly and Shaherose who are permanent part time staff, in addition to Nicole and Laurie who have joined our relief list. We wish good luck to Hallan who is our loss and Port Moody's gain as he took a position on their team.

This has been an exciting and adventuresome season for the North Van clan. We sailed on the last Albion Ferry ride and even made it on the CBC news. On another gorgeous sunny day our staff and consumers headed for the Peace Arch Park to picnic and sight see at the edge of our country. No Labor Day would be complete without a visit to the PNE. Our consumers were delighted to take in the Super Dog Show. On a closing note, we extend birthday greetings to two consumers who celebrated their birthdays this summer.

At Port Moody IDS

By Lee

Fall is finally here after a record breaking summer! Kyle Kitchen has reopened after the long summer months and I want to thank Gracie for managing the program and all the volunteers, as we could not do it without you!

Trips to the beach, the PNE and the Aldergrove zoo were just a few of the summer outings people participated in. The Consumer/Family BBQ held at Belcarra park was a huge success, however the bees and wasps made it challenging for some. The weather was cooperative, the food good and the company great!

Some changes on the team; we welcome Lorna and Angel to part time positions and say good bye to Bruce, we look forward to seeing him as a casual staff. Shannon has also left her part time position after an extended LOA and will also join the casual list. Paul and Geoff have once again joined Community Ventures in their play production on Tuesdays. John has obtained a new volunteer job at "free geek" a computer dismantling plant and has received a computer for his 25hrs of volunteer service. Kerry and Krista have volunteered to dog walk at TLC grooming while Krista continues her p/t paid position at a "Buck or Two". Brian was laid off from one of his p/t positions and is currently looking for another. William started attending program 3 days per week and will join the team at Kyle Kitchen on Mondays. Rae has been away from program due to an injury, and has since returned. Welcome back.

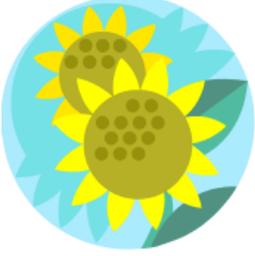
All in all it was a busy productive summer. Time to settle down, pick up activities that may have been put on hold, research job opportunities and work on individual goals. Good luck with all fall activities as Christmas is just around the corner!

At Inlet

By Mary Joy

Sweet summer time 2009, the consumers and staff took full advantage of the great weather, they visited the Vancouver Zoo, enjoyed the Family Fun Fair and many people attended the annual CISS BBQ and had a great time interacting and socializing with peers, staff and family members. Welcome back to Russell who was off to Manitoba for a month to visit relatives. Many individuals enjoyed day trips to the PNE and were excited to try all the rides and stroll around, enjoying the various exhibits and displays.

Consumers and staff of Inlet and IDS participated in the community garden again this year; one staff said it was fabulous with lots of cherry tomatoes, a beautiful fragrant lavender plant, green peppers, beets, green onions and many herbs. There were so many tomatoes some were donated to the local food bank. Way to go team!!! Everyone has returned from their vacations and it's like they never left. Welcome back ;o) Where does the time go? The Inlet team would like to welcome a few new staff the Inlet Program, Navjit who was in a temporary part time position and Michelle who has been successful in obtaining a permanent part time position. Also welcome back to Cynthia who is in her part time position. The Inlet team also wishes George and Cynthia a speedy recovery back to the team. Derek has been doing a great job at Eastside Mario's and Shelley and Corene continue to work hard at their office cleaning jobs. A few other people are also seeking employment and hope to land jobs this year. Halloween has passed with many fun events, and we are all looking forward to some exciting winter activities.



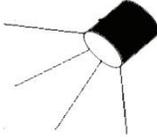
Gardening Tips From Ms. B's

Hello my fellow Gardeners:

Wow! What a great summer for us gardeners. Lots of fruit, herbs, flowers, and veggies and more to come. I have noticed in our community garden a lot of our tomatoes are still green. Well, there is a trick for that. Wrap individually, then place in a dark and cool place; don't forget, it would be a good idea to check on them every other day. Well my favorite time of year is around the corner, "Fall." Now I know you all like spring and summer but fall can be fun too. Once it's time to clean up, keep your leaves. They can be used as great blanketing for your flower beds and pots (really). Then start thinking about putting your spring bulbs in; i.e. snowdrops, bluebells, daffodils, grape hyacinths and crocus etc. I know Mother Nature has given us squirrels that seem to enjoy our bulbs but there are some friendly ideas so they don't eat them. I collect my vacuum "Pickens", (human and animal hair) and put it on top of the bulbs, and some people have told me some garlic, around the bulbs. Now I have read an old British method is to treat the bulbs with shavings of Ivory soap or any mild soap, on top of the bulb, then cover up with soil. Let me know how you all make out with these ideas. Don't forget to bring your Christmas cactus in before the first frost. Ms B hopes you enjoy your fall, with all the bright colors to liven up your front and back gardens. Next article will be about winter and how much fun you can have in this season (really). See you all soon from Ms B's garden.

Staff Spotlight: Linda

By Wendy



I recently sat down and interviewed Linda for this article for the newsletter, and we had more than a few chuckles during it. Linda has been with Community Integration Services Society since January of 2004 and is presently working towards getting her Masters in Family

Counselling. A busy woman with a full time job, family and her studying!

She enjoys a good laugh with her good friends and appreciates her friends that are loyal and have good humour. It was interesting to find out that Linda is a Reiki Master. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Her favourite color is yellow, she loves music (her favourite song is Wind Beneath my Wings), has a healthy fear of cats and would love to travel to Ireland and Scotland.

It was lots of fun chatting with Linda, and I plan to learn more about Reiki.

Halloween Fun!



activity page!

ANSWERS ON PAGE 8

FILL IN THE BLANKS:

Fill in the blanks with the word choices given for each sentence. The words are:

AFTER OVER FLOWER UNDER
WATER BETTER SISTER ANSWER

1. The ball went _____ the chair.
2. It is your turn _____ Sara.
3. May I have drink of _____?
4. A rose is a _____.
5. Can you _____ the question?
6. Her _____ is six today
7. Sara feels _____ today.
8. The cat jumped _____ the fence.



TONGUE TWISTERS

Try some of these tongue twisters:

1. A big black bug bit a big black bear, making the big black bear bleed blood.
2. Sheila Shorter sought a suitor; Sheila sought a suitor short. Sheila's suitor's sure to suit her; Short's the suitor Sheila sought!
3. A tutor who tooted a flute, Tried to teach two tooters to toot. Said the two to the tutor,
"Is it harder to toot, Or tutor two tooters to toot?"
4. Pop keeps a lollipop shop and the lollipop shop keeps pop.

Jokes to tell your friends!

1. **Customer:** Waiter, why is my food so messy?

Waiter: Well, you asked me to step on its, sir!

2. **Why did the golfer wear two pairs of pants?**

In case he gets a hole in one!

3. **Which building has the most stories?**

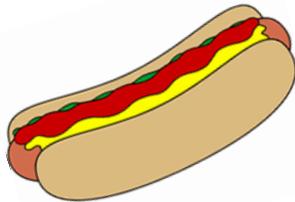
The library.

4. **How does a hot dog speak?**

Frankly

5. **What do you get when you tell food jokes?**

Belly laughs!



Accident Reports

Actual insurance company reports:



"The telephone pole was approaching fast, I attempted to swerve out of its path when it struck my front end."

"A pedestrian hit me and went under my car."

"The other car collided with mine without giving warning of its intention."

DEFINITIONS:

CAT - Beast of Birding **ENGLISH CHANNEL** - The one on TV on which you watch British movies

FAST FOOD - That's what you eat during lent **HAY** - Grass a la mowed

HOSPITALITY - The art of making your guests feel at home when you wish they were

OLD - Chronologically gifted **TAP DANCING** - Sole music

YOGURT - A friendly way to greet a girl named Gert

Sources are from: Highlights for Children May 2008 issue; Keep on Laughing, it's Great Medicine

Down Syndrome

By Brenda

Down syndrome is a genetic disorder that is characterized by distinct physical characteristics, and degrees of cognitive dysfunction, from mild to severe. In 1866 a British Doctor by the name of John Langdon Down described the syndrome. Jerome Lejeune identified the disorder as a chromosome 21 in 1959. Our DNA consists of 23 pairs of chromosomes; in a Down syndrome person they have an extra 21st chromosome.

Down syndrome is estimated at 1 per 800 to 1,000 births. Identification of Down syndrome can be detected with an amniocentesis during pregnancy or at birth. There are three different forms of Down syndrome. The first and most common (approx 90%) are referred to as Trisomy 21. The second form and the only one that can be inherited is Translocation Down syndrome (approx 4%). The third form is Mosaic Down syndrome and usually results in the person having a higher level of comprehension.

Some of the distinct facial characteristics of Down syndrome can include eyes that slant upwards, pushed in nasal bridge, small head, protruding tongue, small and low set ears and an irregularly shaped mouth. Other common symptoms can include poor muscle tone and excessively flexible joints. A person with Down syndrome may typically grow at a slower pace and remain smaller than others at a similar age.

Despite the challenges that come with having Down syndrome, with parental and community support as well as additional educational support, people with Down syndrome can lead independent and successfully productive lives.



<http://parenting-qa.com/>

Post a Question Get an Answer. I found this site humorous, but interesting too.

<http://www.sameasterson.com/map>

Museum of Animal Perspectives This is the site where you can watch a bald eagle feeding its young from a webcam.

<http://www.funtrivia.com/>

I am sure this site will give you hours of fun!

<http://www.amazing-photos.com/>

If photography is of interest to you at all, you will appreciate this site.

<http://www.flametheband.com/bio>.

While I have not actually listened to the band yet, I hear they are fabulous and I am sure you will enjoy reading about them as well.



Name: Benita Rai

Nickname: Jack

Volunteer Jobs: Kyle Kitchen,
Crossroad Hospice Thrift Store
Recycling

Enjoyments: Socializing and listening to
music at CISS Coffee House, dressing
up for Halloween, going to the movies,
and bowling



Our CISS Cookbooks are on sale! Great Christmas gifts! Remember this is a fundraiser for the organization and we need your support! Let your friends and neighbors know. ONLY \$12.95!!



SUGGESTION BOX

By Shari

Car Detailing Professional:

The suggestion: *Our cars are very dirty due to consumers getting in and out and various issues. A complete detailing 1-2 times per year would be wonderful.*

Yes, your vehicles are an important part of the job and can be very expensive to maintain. I understand and we do try to give all staff the tools needed to keep vehicles safe from accidents and spills (soaker pads in particular). I believe that there could be cost saving measures explored regarding claiming those expenses at Income Tax time. It is not within our current funding to provide detailing for staff vehicles. However information on how staff can maximize their income tax returns to help compensate such maintenance could be beneficial and helpful. The management team will look into it and provide the information back to the Program Managers to share with all staff.

Another recommendation is that staff asks that this benefit be considered in the next collective agreement. If this is a negotiated item it would be streamlined into our budget by our funders. I apologize that my response to this request could not just be a simple Yes.

Parking Lot:

The suggestion is *To talk to the building manager and have the back lane made into a one way either an exit or entrance right now it is for both. One day someone is going to get hurt!*

Yes, you are right; we have made this request to our building manager for the head office building and he has agreed. He too thought that it was a safety issue and guaranteed us that he would take care of this for us. To tell you the truth I always thought that it was a one way and that occasionally the odd person went the wrong way. The angled parking spots do indicate traffic coming from the east but with better signage it will be much safer. Thank you

Thank you for your ideas. The suggestion box is located on every site and is open to anyone whom wishes to make a suggestion.

Work and Play!



H1N1 Influenza Virus

By Pam



Typical influenza (flu) is not uncommon around this time of year however this year there is a new strain of influenza called H1N1 which you have most likely heard about. This type of flu strain which emerged in April is different than the seasonal flu. Each flu season we know that there may individuals who will be absent due to illness however this year as a precaution CISS has developed an emergency Exposure Control Plan in the event that our workplace should experience an outbreak of the H1N1 flu virus. It is important to exercise common sense precautionary measures to prevent the spread of illness to others and to avoid getting sick yourself. Please follow these tips as a regular part of your daily hygiene so that you can stay healthy and hopefully avoid getting the flu.

1. Wash your hands frequently with soap and warm water. If water is not available use an alcohol based hand sanitizer especially after you have coughed or sneezed.
2. Cover your nose and mouth with a clean tissue when you cough or sneeze, then immediately throw the tissue away and wash you hands. When a tissue is unavailable, cough or sneeze into your sleeve (the crook of your elbow) as coughs and sneezes release germs into the air which can be breathed in by others.
3. Germs rest on hard surfaces like counters, tables and doorknobs where they can be picked up on hands and transmitted to the respiratory system when people touch their mouth or nose. Keep hard surfaces clean and sanitary by using disinfectant cleaners regularly.
4. If you or a family member contract flu like symptoms stay at home until your symptoms are gone and you feel well enough to participate in normal activities. Stay in bed, drinks lots of fluids and get plenty of rest.
5. Symptoms of the H1N1 flu virus include high fever, cough, sore throat, headache, body ache, chills, fatigue, eye pain, shortness of breath and lack of appetite and in some cases runny nose, nausea, vomiting and diarrhea may occur. Individuals with chronic health problems or respiratory ailments may develop more severe symptoms that can lead to severe respiratory distress or pneumonia.
6. Individuals with severe symptoms and have a chronic illness or are pregnant should seek medical attention. Advise your doctor by calling them first to alert them that you have a fever and cough. You can also call HealthLink BC at 8-1-1 to speak to a nurse anytime of the day or night if you have questions regarding your symptoms.
7. A person who is sick should recover in their own room as much as possible and the sick person should be kept away from others who are not sick. Clean tissues and a trash can should be readily available and nearby. If you are treating someone with the flu you may want to wear a mask as it will limit their ability to spread the virus to you.



And remember to...
Wash your hands! Wash your hands!
Wash your hands!



(This information was taken from HealthLink BC and the Public health Agency of Canada)

Answers from Fun Page

1. The ball went **under** the chair.
2. It is your turn **after** Sara.
3. May I have drink of **water**?
4. A Rose is a **flower**.
5. Can you **answer** the question?
6. Her **sister** is six today.
7. Sara feels **better** today.
8. The cat jumped **over** the fence.

Endowment 150 -Registered Disability Savings

TAKEN FROM PLAN.CA

You can find more information on the RDSP at: www.hrsdc.gc.ca/disability, www.craarc.gc.ca/tx/rgstrd/rdsp/
www.rdsp.com or call toll-free, 1 800 O-Canada (1 800 622-6232)

What is it?

Endowment 150 will provide every eligible Ministry of Housing and Social Development (MHSD) client with a one-time contribution of \$150 towards their federal RDSP account.

Who is eligible for Endowment 150?

All MHSD clients receiving assistance anytime between January 1, 2008, and December 31, 2009, who qualify for and have contributed \$25 to an RDSP. This also includes children within families in receipt of assistance when the child qualifies for the Disability Tax Credit.

How do I get it?

In September 2009, MHSD will be mailing letters to all persons with disabilities clients who are likely eligible for Endowment 150. Take this letter to the financial institution where you have your RDSP. After the financial institution confirms eligibility, funds will be transferred automatically to your RDSP account.

How is Endowment 150 funded?

A donation of \$5 million from the Province of British Columbia to assist persons with disabilities enabled the Vancouver Foundation to create Endowment 150. The fund will assist persons with disabilities who are in receipt of provincial income assistance, and their families, save for the future. You can find information about Endowment 150 at: www.vancouverfoundation.ca

Steps you can take today if you have not already received the Disability Tax Credit or do not have a Social Insurance Number (SIN)...

Make sure you file your 2008 Taxes and apply for the Disability Tax Credit. Apply for a SIN. Find out what financial institutions are offering RDSP services, check the federal website at www.hrsdc.gc.ca/disability or www.rdsp.com. Make an appointment at a participating financial institution, set up an RDSP and deposit your initial \$25. Await a letter from MHSD during September 2009 confirming eligibility for Endowment 150. If you don't receive a letter but believe you are eligible, please contact your local MHSD office. Take your Endowment 150 letter to the financial institution (either when setting up the RDSP or after). After confirmation, funds will be transferred automatically.



North Shore Bowl

By Andrea

It is not unusual to walk into North Shore Bowl and be greeted by a loud "Oh no, not YOU again!" The voice and friendly laughter belong to Richard Grubbs, owner and operator (and 3 time Canadian Bowling Champion) of North Shore Bowl. This is a man well known to many residents of the North Shore who have been bowling at the bowling alley over the years.



Many of our consumers in North Vancouver bowl regularly at North Shore Bowl. This vintage 5-pin bowling center has been open since 1961 and hosts birthday parties, fundraisers, special events, and glow bowling nights. North Shore Bowl is the home for many regular bowling leagues including the Special Olympics League and the North Shore Blind League. It has also been used recently as a filming location for a popular local television series.

In addition to being a great source of recreational activity, North Shore Bowl employs several North Shore adults with developmental disabilities for part-time volunteer and paid positions. Over the past year, one of our consumers has regularly volunteered to clean the washrooms. Other volunteers help to clean and organize the party room and bowling areas. Thanks to North Shore Bowl for providing opportunities for our consumers to work, play, and participate in their community!

Volunteer

At CISS we contribute to our communities through volunteering in many different ways.

For the months of July, August, and September 2009 we donated 515 hours to the following:



Maplewood Farms, North Shore Bowl, Pemberton Office Complex, Share



Society, Harry Jerome Recreation Center, Calvary Church, Bottle Recycling, Lady of Fatima Church, Church cleaning,

Neighbour Link/Share, Coquitlam Animal Shelter, Archbishop Carney School, Coquitlam Animal Shelter, Costco shopping, Eagle Ridge Church, Friendship Baptist Church, Java With Friends Coffee House, Kyle Kitchen Senior Lunch Program, Fatima Church, Lions Care Centre, Central Elementary School, Adopt-a-Trail



BECOME A MEMBER OF

CISS would like to present to you, the stakeholders, the opportunity to become official supporters of the society. You are invited to become a member of the Society today.

As a **Member of CISS** you will enjoy the following benefits:

- Voting privileges at our Annual General Meeting
- Subscription to Newslink, our quarterly newsletter
- Invitations to society events:
 - Annual Christmas Party
 - Annual Barbeque
 - Special Events



The annual fee for a membership is \$20.00. For more information please contact us at 604.461.2131 or email Shari at shari.mahar@communityintegration.org. Membership forms are available for download: www.communityintegration.org.

Dan enjoyed the summer picnic where "Wendy's Hamburgers" were served!

BRAVOS

To: Graziela Almeida

Department: IDS

From: Lee

Reason: For all the hard work and dedication it takes in running, managing the Kyle kitchen program.

To: Katrina Lund

Department: IDS

From : Lee

Reason: For using the extra time available (while consumer is a work) to job search and make connections.

To: Renee Rossi

Department: IDS

From: Lee

Reason: For all your hard work and passion when researching employment opportunities for the people we support.



CISS COFFEEHOUSE, COME JOIN THE FUN!



Thursday
12:15 - 1:30 p.m.



Place Mallairdville
1200 Cartier St.
Coquitlam

\$2.00 admission
concession also available
(coffee, pop, chips)



Live Music



Door Prizes Dancing



Opportunities to
Socialize



We need your support

Please support CISS by donating to our 2009 fundraising campaign.

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

\$25 \$50 \$100 other _____

Your charitable receipt will be sent to the above address.

Thank you for your contribution!

Members of the Newsletter Committee include: Mai-Lan, Andrea, Katrina, and Wendy

Layout by Andrea H.

Printed by KwikKopy
8628 Commerce Court
Burnaby, BC
604 444 4452



If you would like to submit an article, picture, or creative work e-mail your submission to: wendy.langridge@communityintegration.org

Community Integration Services Society

Admin. Office and IDS - Port Moody

#200 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.461.2131 Fax: 604.931.1690

Inlet Enterprises

#205 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.931.4554 Fax: 604.461.4443

IDS - Leisure Services

#1 - 1583 Pemberton Ave.
North Vancouver, BC V7P 2S4
Ph: 604.986.1511 Fax: 604.986.4455

www.communityintegration.org

Community Integration Services Society

200 - 3003 St. Johns Street
Port Moody, BC
V3H 2C4