

Community Integration Services Society

NEWSLINK



2006/2007 Winter Issue

Volume 10, No.4

Community Integration Services Society is committed to enabling individuals with disabilities to become active members of their own communities



The Webster's and Mai-Lan enjoying themselves at the CISS Christmas Party.

In this issue...

From the Executive Director's Desk.....	2
Health and Safety Committee Update.....	2
What's New.....	3
"Dan's Snowy Adventure".....	4
Sign Language Feature.....	4
Community Partner.....	4
Helpful Hints.....	5
Consumer Profile: Jesse.....	5
Staff Feature: Spotlight on Shari.....	6
Visiting With an Old Friend.....	6
Parents Group.....	7
Candy Cane Cake Recipe.....	8
Just Common Sense.....	8
Autism.....	8

Christmas Party 2006

Community Integration Services Society held its Annual Christmas Party on December 15th 2006 at the Executive Plaza Hotel on North Road in Coquitlam. We had been hit by another wind storm in the wee hours of the morning and of course power was out all over the lower mainland including CISS's offices in Port Moody. A phone call was made to the hotel, and the party was still on as they had generators to keep everything running smoothly! Many phone calls were made to assure everyone that it was a go, and almost everyone made it! The tables were decorated by the Arts & Craft Club with beautiful snowmen, live music from Anthony who kept us up dancing, excellent turkey lunch with all the fixins', lively conversation, many pictures were taken and I believe a good time was had by all! This year we had an all time high attendance by the families of the people we support. The room was filled with families, caregivers, CLBC staff and friends of the Society. Brian did an exceptional job of giving grace before our meal. Three - five year employees were recognized and awarded with a specially framed certificate and two - fifteen year employee's were announced and will be given their trophy in the new year. We thank all of the families for their generosity, they have filled all of our staff offices with gifts of chocolate, cookies and other snacks. We wish all of our readers a Merry Christmas and a safe and fruitful New Year.

From the Executive Director's Desk

By Shari



Shana, Lee, and Nenad hanging out at the bowling alley.

We are survivors.....living and working in the Lower Mainland has been a very challenging experience for all of us over the past few months. After being spoiled by the wonderfully dry summer months, we were plummeted by rainstorms, snowstorms and windstorms. For our staff and consumers spending a busy and productive day in the community can be very challenging on a regular basis but add in the extreme weather conditions and it is a real struggle. I saw a lot of determination on everyone's face. Thanks to all of you for surviving the worst of 2006.

For every valley, there is also a peak. CISS has had many peaks over the past 12 months; remember we did achieve our three-year accreditation only 12 months ago. We also had one of our more successful employee Christmas party's, and our most attended Society Christmas Party at the Executive Inn. I have never seen so many families join us for the day. With generators cranked full blast, we were able to eat, dance and visit with our family and friends. I

cannot believe that the Executive Inn had such a sophisticated generator to allow us to have access to all of the usual comforts of heat, lights, hot cooked dinner and elevator access..... this came as a big treat for those of us that lived in the black out areas that had no power that day.

Other news for the society is that we have hired a new Program Manager, Kahir Lalji, to fill in during Christina's maternity leave. Kahir is fitting in well in the North Vancouver office and is being treated very nicely by the staff and consumers in the IDS and Leisure Programs. I thank the team for their openness to change.

We have continued to build our web page to give up to date information about the society and about services to people with disabilities. Our dream is to help people access information and services through our website. Please feel free to drop me a line and let me know what you think and give your suggestions for improvements.

I hope that all of you had a safe and joyful Christmas and New Years.



Rae smiling big for the camera!



Health and Safety Committee Update

By Kelly

On November 23rd 2006 the Health & Safety Committee met. It was at this meeting that the committee elected and placed your new committee members. So I am introducing:

Kelly as the Chairperson – IDS Port Moody LW Representative
Pam P. – IDS Port Moody WL Representative
Kahir. – North Shore Rep – Replacing Christina B while she is on maternity leave
Dee – Inlet Enterprises
Shari – Management Representative

The committee would like to thank Linda D. and Adam for all of their hard work and dedication while serving on the H&S Committee. We hope we can fill your shoes and do a great job like you! The committee would also like to take this time to ask you, when it's convenient to your schedule, to re-read the H&S Manual, we like everyone to read it annually. If you have any concerns, please grab a feedback form and let us know!

Be Healthy & Safe

What's New?

At Inlet By Mary Joy

We wish to extend a warm welcome to Julie who has joined the Inlet team in a permanent part time position. The team is looking forward to a long lasting relationship. Farewell to Kevin, who left a permanent part time position, we wish you the best of luck. Everyone from Inlet enjoyed the annual Christmas party at the Executive Plaza. Many family members were able to attend as well as individuals from CLBC. The staff Christmas party was also enjoyed by many of the CISS employees, the potluck meal was fabulous with ethnic dishes, as well as traditional selections.

Entertainment was provided by several staff that enjoyed karaoke along with their choice of CD's. Staff received prizes when their number was picked for prizes. The word is, it was one of the most memorable and enjoyable parties that CISS employees have had. Inlet wishes everyone a Happy, Healthy and Prosperous New Year.



Dan taking a leisurely walk at New Westminster Quay.

At the Port Moody Office

By Lee

It's hard to believe that fall is over and winter is upon us. The weather has been interesting to say the least, interrupting the service to day program for a week in November. The annual Christmas lunch at Kyle Kitchen was a huge success. The staff and volunteers planned the menu, did the shopping, prepared and served the meal to over 50 people. Thank you to all staff and volunteers who made this event possible. It couldn't be done without you! A special thank you to Nishi and her parents for inviting the consumers to their home for a wonderful Christmas lunch. We welcome Debbie to our team on a part time basis. We would also like to welcome a new consumer, Geoff to our team. He is attending the program on a part time basis, however will soon be coming full time. A special thanks to the staff on my team for putting in the extra effort to make this past year run smoothly for the people we support. The changes to schedules, new consumers starting and our ever growing team have made transitions an anxious time for many of the people we support, however everyone has stepped up to this challenge and made this past year successful. Thanks to all!

By Wendy

Well, winter is here, and we have already had our fair share of storms, snowfalls, power outages and even water advisories. But, with everyone chipping in to help out we have done well! Welcome Zorina to our staff team and we look forward to getting to know you better. Quentin and another consumer have now been with us for one full year, and both appear to be doing very well. Chantal is also quite new to the organization this past year, and also seems to be settling in quite well. The staff just put together a very successful Staff Christmas Party, and with everyone's hard work and wonderful cooking, beautiful decorating, and terrific prizes it was a huge success! I especially enjoyed the musical chairs, and popping a certain staff member's balloon. He knows who I am talking about. With the regular activities, such as bowling, Drama Club, arts & crafts, volunteer work, everyone is kept busy, and I think very happy. An extra thank – you to the staff for their hard work and dedication this past year. Come and see me for your very own personal “pat on the back!” Good job everyone! Lots of changes this year and everyone has come through it, I believe with flying colors.

In North Vancouver By Kathy

We bid farewell to Christina who is on maternity leave. Our very best wishes to Christina, in this new phase of her life. Our new Program Manager in North Vancouver is Kahir. Welcome to North Vancouver and CISS. We would like to offer a hearty congratulations to one of our consumers who has also moved on to another phase in his life. He has been attending the day program at CISS on Fridays since last summer. He is working now at Amity full time. He attended our Christmas event so we wished him well at that time. We will no doubt be seeing him around in the community. We would also like to wish Kathy a speedy recovery from her fall. We miss her ready smile & sunny disposition.

Winter & Christmas heralds the craft season & many of our consumers have been busy doing sewing, beading & ceramics. Many lovely projects are being created. We had two consumers celebrate

birthdays in the past season. They were joyfully celebrated at the mall and at White Spot for lunch respectfully with peers and support staff. Both consumers were very grateful for their birthday celebrations and thanked everyone for coming out.

We also made our way out to Laity's Pumpkin Patch which was a great success. We had a wonderful sunny day as everyone enjoyed the hay wagon ride and picked out pumpkins. Additionally, we had our first Christmas outing as we spent the afternoon at Potter's 100 year old Christmas Barn in Langley.

Everybody enjoyed the huge display of Christmas goodies. This trip took place during the North Shore boil water advisory and as such everyone joked about going out to Langley for a cup of coffee!

“Dan’s Snowy Adventure”

By Dan

Myself and my roommate Al, had quite the adventure on Jan 10th, 2007 around 4:30 pm. It all began when Al came home from work. The roads were fine, so we went out to Kimi’s Shushi Restaurant to have dinner. After dinner we started home. Al noticed the snow was piling up everywhere on the roads and cars. Royal Oak was a great big icy skating rink. So, Al parked the car on Royal Oak and Ewert Street and we started to walk down the Royal Oak Hill to Marine Drive. It was very slippery and I was very afraid I would fall! We met a girl walking too and her name was Hailee.



Dan enjoying himself at Coffeehouse.

Oak. I was really scared the whole night. I began to pray to get home safe and sound.

When Al and I got to Marine Drive we went to the bus stop to wait for the bus. Then a car went out of control, down the hill, and right through the intersection at Royal Oak and Marine Drive. And another one slammed into a tree in the same place!

The bus never came and we were waiting! Then Aaron, a nice driver with a 4X4 truck, came by and gave us a ride right to our front door. I was so glad to get home! Then, I realized that my prayers had been answered!

There was a lot of action on the hill. We saw a car slide into a power pole and then, at Marine Drive, we saw cars sliding everywhere down Royal

Community Partner: Archbishop Carney

Archbishop Carney Regional School was founded in 1994 by the Roman Catholic parishes of the northeast suburbs of Vancouver, from Maple Ridge to Coquitlam. Under the leadership of founding principal Mr. Peter Dawe, the school has built a reputation for academic, athletic, and artistic excellence. Peter’s foster son Mike fondly refers to Carney school as “dad’s school”. He has been volunteering his services there since 1997 sorting pop cans, bottles and juice boxes twice a week on Tuesdays and Thursdays. In return, the cafeteria workers have been preparing scrumptious lunches for him such as spaghetti with garlic bread, hamburgers and fries or noodles. Over the years, Mike has had several co-workers at the school and when others have moved on, Mike has decided to stay on. Mike enjoys interacting with several people at the school notably the vice principal, custodian and cafeteria workers. Archbishop Carney School has given Mike the opportunity to do something that is very meaningful to him and a place where his efforts are well appreciated.

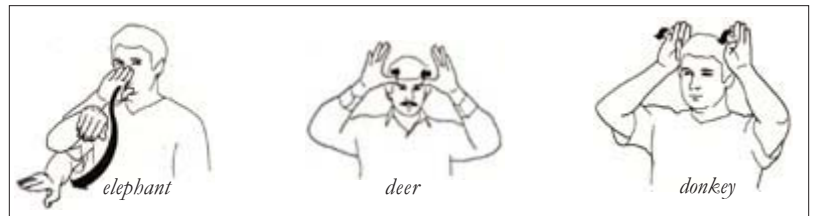
Sign Language Feature

By Laurel

Throughout the world, deaf people have developed a visual language. The language used by deaf people in the United States is a blend of signs brought from France early in the 19th century. With no formal sign language in existence here at that time, home, local, and French signs blended together to become the American Sign Language, which is now considered to be one of the most refined and complete sign systems in the world.

Finger spelling, the use of hand positions to represent the letters of the alphabet, is considered a vital and historical element of manual communication. The positions of the fingers of the hand do, to some extent, resemble the printed letters of the alphabet. As early as the 10th century most European countries used an alphabet that required the use of two hands. Today each country that has a manual alphabet uses its own version, which is therefore understood only by users of that particular system.

Signs usually represent ideas and not single words. Many signs are iconic, that is, they use a visual image for signing the idea. Most clearly falling into this category are animals, for example, deer (the antlers), elephant (the trunk), donkey (the ears), and the goat (the beard and horns). Other signs are arbitrary and although the originators may have reasons for forming or moving a sign in a particular way these reasons are unknown today. Many of the older signs have remained as originally created even though the connection to the origin no longer exists. One example of this is the sign, toast, represented by placing a fork into the bread in order to hold it over the flame although an attempt was made to change this to represent the use of an electric toaster, deaf signers continued to use the old form. Today, both deaf and hearing people are enjoying new experiences through communication in the language of signs, making it possible for them to live together with better understanding and mutual enrichment.

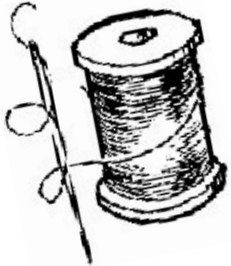


Mike helping set up at Coffeehouse.

Helpful Hints: Bounce Fabric Softener Sheets

By Pam

Bounce fabric softener sheets are handy for the laundry but also can be used for several other purposes. I have used a few of these suggestions myself and they really do work.



1. To avoid thread from tangling while you are sewing run a threaded needle through a Bounce fabric sheet before you begin.

2. Baked on food comes off easily if you put a Bounce sheet in the baking pan, fill it with water and let it sit for a few hours or overnight. The food will easily just wipe off.

3. To clean your television or computer screen, dust them with Bounce. The dust and dirt will cling right to it.

4. If you are bothered by mosquito's while working outdoors tie a Bounce sheet to your belt loop to keep them away.

5. This tip works really well! To remove soap scum from a shower door, moisten a Bounce fabric softener sheet and then wipe it down. Rinse with clean water.

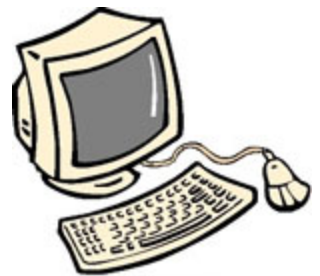


6. If you find that your hair smells like smoke after being out for the evening rub it with a Bounce fabric softener sheet.

7. To prevent a musty suitcase smell, place a Bounce sheet inside before you put it away.



Pam, working hard, as always!



Consumer Profile: Spotlight on Jesse

By Wendy

Jesse came to Community Integration Services Society in the Summer of 2006, and is on Lee's team. Jesse regularly attends Tuesdays and Fridays. He arrives each day by transit. Some of the things he has done through CISS are going to the library, visiting 8 Rinks to watch the hockey players and figure skaters, playing video games, volunteering at the animal shelter, going for walks, watching the salmon spawning on a few occasions, volunteering at Archbishop Carney School recycling program and swam at the local pools. He attended a few of the Christmas parties that were held last month and seemed to have a good time. It looks like Jesse has been very busy! Welcome Jesse!



Staff Feature: Spotlight on Shari

By Wendy



I really enjoyed interviewing Shari for this article. As you can see, I asked some different questions and I hope that you enjoy reading it as much as I did in interviewing her.

Shari was born in Brockville, Ontario and one of her favourite memories from her childhood was getting a SLINKY for Christmas. Some of the things she likes to do in her spare time is spend lots of time with her family playing games with them (it sounds like they have some great times!), reading, taking pictures and hanging out with her girlfriends.



Well, now I thought, I got the easy questions out of the way, lets throw a few “interesting ones” out there. Here are her very candid replies;

If you wrote your memoirs, what would you title the book? “The Everchanging Seasons of My Life”

How do you plan to spend the next 13 years? “Half of that time, I would be retired.”

What is your proudest achievement? “Getting my Masters Degree in Organizational Leadership and Training.”

What are your lifelong dreams? “To become a College Instructor, and then have a peaceful retirement.”

What would you do if you won the lottery? “To open up an antique store and have a house on the East Coast for the summer and West Coast for the winter” (Hm..., I wonder where the store would be?)

Who has impacted you most in your career and how? “I have had 3 women in my life as mentors. They are self driven, with integrity and conviction. Their beliefs are strong, and I try to model myself from them.”

What’s the best movie you have seen in the past year? “Crash”

And my last question to Shari was, “Who are you?” And she replied, “I am a small town girl that was blessed by a strong Mother. She taught me that I can be whatever I want to be if I have enough passion and drive.”

Visiting with an old friend -

By Rae

On November 17th, 2006 Kelly Ann and I met with Jennifer and her staff for lunch at White Spot. Jennifer moved late last year and I have not seen her since. At the beginning of the visit she talked about her peers at the program. I was surprised and happy to see her. She lost a lot of weight from walking at the indoor track. During lunch we both talked about making healthy choices around the food we eat. We talked about the times we spent in Kyle Kitchen together. I told her that I will email her once or twice a week to keep in touch and keep her up to date with what’s new at the day program. We ended our visit by taking a couple of pictures together. It was a very nice visit.



Jen and Rae having a great visit at lunch.

Family Corner

By Wendy

MINISTER FLAHERTY'S PANEL RECOMMENDS DISABILITY SAVINGS PLAN December 13th, 2006

Finance Minister Flaherty's Expert Panel on Financial Security for People with Severe Disabilities gave hundreds of thousands of families and people with disabilities an early Christmas present on December 12th. The Panel recommended the creation of a Registered Disability Savings Plan; a matching Disability Savings Grant and a Canada Disability Bond for low income families.

A Registered Disability Savings Plan represents a way for families to provide for the future financial security of their family members with disabilities. It will give families and people with disabilities more control in their lives.

In the Panel's words, Canadians with disabilities will be able to better "realize future opportunities and their hopes and dreams."

HIGHLIGHTS:

- No restrictions on who can contribute to a plan (families, friends and strangers)
- Lifetime contribution limit of \$200,000 No annual contribution limit
- Creation of a Disability Savings Bond for low income families of \$1000 per year for 20 years
- Matching grants for family contributions which vary with income
- No holding period for contributions
- No restrictions on what funds can be used for
- Contributions are not taxable when withdrawn
- Tax free rollovers from and to RESPs

More than five hundred thousand Canadians with disabilities and their families could benefit. "This is a big step forward for families," says Susan Whittaker, Chair of PLAN. "Minister Flaherty's leadership shines a light on our deepest anxieties about the safety and well being of our loved ones. The Panel's recommendations will be a source of relief for families." Canada is the first country to address the concerns of families whose sons and daughters with disabilities will outlive them. Read the front page article for December 13th, 2006 on the Disabilities Savings Plan from the Globe and Mail (only if you subscribe). Creation of the Registered Disability Savings Plan would represent a significant investment in Canadians with disabilities and their families.

We urge you to:

- email to write and thank Minister Flaherty and his Panel at: disabilitiesavings-epargne-handicapes@fin.gc.ca
- contact your local Member of Parliament and urge them to support the Panel's recommendations.

For Further Information: www.plan.ca

BRAVOS

BRAVO to Linda, Cristina and Nancy for attending Greg's Birthday party on their day off!

Submitted by Wendy L.

BRAVO to everyone who pitched in on all the extra activities around the Christmas Season. If you know someone that did that "little extra", make sure you give them a pat on the back! Many of you deserve it! Submitted by Wendy L.

BRAVO to Ramon for kindly taking the time to arrange the availability of the common room in his complex for the Community Integration Services Society Christmas Party.

Submitted by Cristina S.

BRAVO all members of Community Integration Services Society. Coming here and being taught by all of you has truly been a gift.

Submitted by Kelly

BRAVO to the staff at the IDS/LS North Vancouver office for their hard work over the past few weeks. Thanks to their dedication and commitment to excellence, the North Vancouver Office has undergone some significant renovations. The new and improved office is bright, fun and exciting! A thank you goes out to Darren, Kathy, Trisha, and Mary for all their hard work.

Submitted by Kahir

Volunteer Recognition

Throughout September, October, and November participants at CISS donated 521 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, CLS Coffee House, Coquitlam Animal Shelter, Coquitlam Community Garden, Costco, Eagle Ridge Church, Friendship Baptist Church, Java with Friends Coffee House, Jolly Olde Bookstore, Kyle Kitchen Senior Lunch Program, Lady of Fatima Church, Pronto Deli, Queen's Park Hospital, Recycling, Share Society Thrift Store, Drama Club, Kyle Kitchen and the West Vancouver Seniors Centre.

Awesome Job Everyone!!

Candy Cane Cake Recipe

By Kelly

Cake:

1 box Betty Crocker Super Moist white cake mix
(Water, Vegetable oil, and egg whites called for on
cake mix box)

½ teaspoon red food coloring

½ teaspoon peppermint extract

White Icing:

1 cup powdered sugar

1 tablespoon milk or water

½ teaspoon vanilla

Decoration:

Crushed candy canes or crushed hard
peppermint candies

Instructions:

1. Heat oven to 350 F. Generously grease and flour 12 – cup fluted tube cake pan. Make cake batter as directed on box. Pour about 2 cups batter into pan. In a small bowl pour about ¾ cup batter; stir in food coloring and peppermint extract. Carefully pour pink batter over white batter in pan. Carefully pour remaining white batter over pink batter.

2. Bake as directed on box or until toothpick inserted in centre comes out clean. Cool 10 minutes. Turn pan upside down onto cooling rack; remove pan. Cool cake completely, about 1 hour.

3. In a small bowl, mix icing ingredients. If necessary, stir in additional milk, 1 teaspoon at a time, until smooth and spreadable. Spread icing over the cake. Sprinkle top with crushed candy canes. Store loosely covered.



just common sense

By W.L.

Each newsletter we would like to have a regular instalment of how we can better support people with disabilities. Here are a few suggestions, and please, let us know if you have some we can add to this list.

1. Always speak directly to the person with a disability. If you ask their staff or companion, you may not be getting the answer you wanted.
2. If you are the staff or companion, direct the question or comment back to the person with a disability.
3. Always respect their privacy.
4. Making small talk with a person with a disability is wonderful. Just talk to him/her as you would anyone else. Remember to talk to them appropriately, such as adult to adult, adult to teenager, etc.
5. Use their names, don't shorten it or make a nickname up for them.
6. If you are ever unsure of how to act or what to say, just ask!



Mark's wizard costume is a hit every Halloween!

Autism

By Laura

When you hear that someone has Autism what do you think? What is Autism you ask? According to researchers, Autism is a pervasive developmental disorder. (PDD). Autism affects young children and adults. It is characterized by behavioral, social interaction, and communication impairments. Some symptoms of an individual with autism are engaging in repetitive actions, lack of eye contact, difficulty forming bonds with others, and hypersensitivity to sensory input.

Unfortunately the cause of autism is unknown.

The degree of symptoms varies from mild to severe. There is another form of Autism which is Asperger's Syndrome. Aspergers is characterized by difficulties with social interaction.

I personally know this fabulous little 13 year old girl. She was originally diagnosed with Cerebral Palsy. For many years this was the diagnosis. She did not walk until the age of 4 and could not talk. When she turned 12, the doctors realized she didn't have Cerebral Palsy, she had Autism! Having realized this, her supports changed to programs that are geared towards educational materials and regular routines.

So when you meet someone with Autism, be patient and sensitive to their needs.



Nisbi and Todd looking very scary!



Bruce and John taking care of the concession at Halloween.



Todd and Shana as skeleton and cow.



Animals: a passion of Nisbi's that she regularly explores at day program.



Trevor and Brian with their perfect pumpkin picks!



Suzanne, Rhinde, Kathy, and Dawn enjoy some time at the pumpkin patch.

The CISS Annual Christmas Party at the Executive Inn



Russell and his mom.



The Dave Family enjoying their Christmas lunch!



Jen looking great for the party.



Dawn and Barb enjoying the music.



Greg and Trisha getting down on the dance floor!



Trevor's looking satisfied from a great Christmas lunch!



Dawn, Margot, and Mary having some laughs at the Christmas Party!



Lisa, at her first Christmas party.

CISS Membership

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 Newlink 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.

CISS Needs Volunteers For 2007 Ultimate Sports Day

Community Integration Services Society needs your support to organize and participate in our annual fund raiser, the "Ultimate Sports Day". In September 2007, we will be hosting our fourth Ultimate Sports Day and want to make it the best and most prosperous year yet. A small group have started meeting to plan this years event, but we need more help. If you have a couple of hours per month to contribute to this great initiative please contact Shari at the head office at 604-461-2131. So far the committee consists of four volunteers, so we can be flexible with our meeting times. The revenue generated from this event will go towards the purchase of a permanent home for the CISS programs in the Tri City area and make space for new people to join this great organization. Step forward and volunteer.....we need many hands to make this work.



CISS COFFEE HOUSE



Come Join the Fun!

Live Music Dancing

Door Prizes

Opportunities to Socialize

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

Place Maillardville
1200 Cartier St.
Coquitlam

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



**Java
with
Friends**



**Coffee House Themes
once per month**

Extra Door Prizes

**Prize for Best
Theme Representation**

Watch out for flyers
about Valentine's Day
and St. Patrick's Day.
Extra Door Prizes on
those days!

We need your support

Please support CISS by donating to our 2007 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: Amber, Kahir, Cristina, Laurel, and Wendy.

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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

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