



Port Alberni Association for Community Living PACL NEWS

Celebrating over 65 years of Community Living!

The Connections Group Trip to Parksville



Our Connections Day-program went on a day trip to Parksville in September for the Parksville Inclusion BBQ and stopped at the beach before the event.

Connections is a community based, person-centered, day program. Individuals are supported in a variety of activities based on their individual goals, interests, skills, and choices. Connections groups offer a variety of activities, outings and attending community events whenever possible. All activities are designed to encourage personal growth, community inclusion, life skill development and fun!

We had our Red Shoes Rock Walk on Friday, September 23, which was led by our FASD Keyworker, Debbie. Here is an excerpt from her speech:

"...September is Fetal Alcohol Spectrum Disorder month. Also known as FASD. This year's theme is Strengths and Abilities.

Why Red Shoes? RJ Formanek started the Red Shoes Rock movement in 2013. RJ is an adult living with FASD. For RJ red shoes are a sign of uniqueness and individuality. This walk is to support people with neuro diversities."



Find out more about PAACL at www.pacl.ca and follow us on Facebook and Instagram.

