

Every person has a right to realize their purpose; a diagnosis does not determine an individual's worth and opportunities to enhance quality of life should be afforded to everyone.



## ICSS ADULT SUPPORT PROGRAM

### Registration:

- Registration is open continuously throughout the year.
- Tours are available every Tuesday from 8:30 to 3:30. To book your tour and discuss the program and what your goals are, please contact Kelly or Rebecca, Adult Community Participation Managers.
- Registration package will need to be completed prior to start date.

### Passport Funding & Rates:

- Individuals and families are able to access ICSS services by using their Passport Funding (Ministry of Community & Social Services) or by other personal finances.
- The advantages of individualized funding are that it offers greater choices in what programs you would like to participate in, what days and for how long, part time or full time.
- Please contact Kelly or Rebecca, Adult Community Participation Managers for information regarding rates.

### Hours of Operation:

- Program is open from 7:30-5:00, Monday to Friday.
- Courses hours normally fall between 9:00-3:00.
- Individuals interested in weekend or evening programs please contact Kelly or Rebecca, for more information.
- We are closed for Public Holidays-dates are listed on the website and a yearly calendar is given with your registration package.
- Closures due to weather will be posted on our website.

### Contact Information:

[Kelly@icss.ca](mailto:Kelly@icss.ca) 613-325-9784 [Rebecca@icss.ca](mailto:Rebecca@icss.ca) 613-325-9758

Visit us online at [www.icss.ca](http://www.icss.ca)

613-8249424 ext. 230

**Opportunities For All**

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## ADULT SUPPORT PROGRAM

Providing Opportunities for Adults with Exceptionalities



**Some See A Weed, Others See A Wish**

Innovative Community Support Services

[www.icss.ca](http://www.icss.ca)



SOW & GROW IS A THERAPEUTIC FARM SNUGGLED IN THE HEART OF RURAL OTTAWA, LOCATED JUST SOUTH EAST OF ORLEANS ON RUSSELL RD. WITH ITS FOUNDING ORGANIZATION INNOVATIVE COMMUNITY SUPPORT SERVICES, A REGISTERED CHARITY AND NON-PROFIT ORGANIZATION, THE FARM OPENED ITS GATES WIDE IN 2010 AND BEGAN OPERATING RESOURCEFUL, INNOVATIVE AND MEANINGFUL PROGRAMS FOR ADULTS WITH MENTAL HEALTH, DEVELOPMENTAL DISABILITIES AND PHYSICAL CHALLENGES.

- ❖ **HORTICULTURAL LEARNING AND TRAINING** OFFERED IN A GREENHOUSE, GARDEN BEDS, & LANDSCAPING AS WELL AS THROUGH WREATH MAKING, CENTRE PIECE CREATIONS, FLOWER BASKET PROJECTS, AND MORE.
- ❖ **ANIMAL THERAPY** OFFERED THROUGH TIME WITH OUR FARM ANIMALS: HORSES, PONIES, CHICKENS, PIGS, DUCKS, GOATS & RABBITS.
- ❖ **FITNESS & RECREATIONAL ACTIVITIES** TRAIL WALKING, SNOWSHOEING, CROSS COUNTRY SKIING, WHEELCHAIR ADAPTED SWING, WAGON RIDES
- ❖ **VOCATIONAL TRAINING & EMPLOYABILITY SKILLS** DEVELOPED THROUGH TENDING THE ANIMALS & CARING FOR THE GROUNDS AND BUILDINGS. AS WELL AS IN PARTNERSHIPS WITH OUR SOCIAL ENTERPRISE **SPREAD THE JOY** WITH WOOD CREATION PROJECTS, VENDOR STAND, AND PRODUCT SALES.
- ❖ **CULINARY SKILLS AND HEALTHY EATING** ARE ENHANCED WITH OUR PRESERVE AND JAM MAKING, HERB AND RUB SPICE MIX CREATIONS AS WELL AS OUR SOUPS AND SAUCES. PRODUCTS ARE MADE WITH OUR FARM GROWN INGREDIENTS AS WELL AS IN OUR **SPREAD THE JOY CAFÉ & BAKERY**, AN UPCOMING PROJECT.
- ❖ **ARTISAN SKILLS** LIKE PAINTING, CRAFTING, SOAP MAKING & SEWING ARE FOSTERED AT THE FARM WITH AN ADDED BONUS OF INCORPORATING NATURAL INGREDIENTS SUCH AS CATNIP IN OUR SEWN CAT TOYS, LAVENDER, CHAMOMILE AND OTHER HERBS IN OUR HOT & COLD SEWN BAGS AND SOAP.

Innovative Community Support Services, Adult Day Support Program has been created with the shared vision, expressed by the participants who attend to offer opportunities for a well-rounded program that incorporates social, life, education, vocation and recreational programming. Courses are based on the goals and desires of the individuals who attend. Program courses run for 4 months at a time Jan-April, May-Aug, Sept-Dec, this allows for new skills and knowledge, new experiences and new fun! Below are a few course offerings:

**Express Yourself (Communications):** We believe that everyone has a voice and this program's overall goal is to build on each participant's strengths to allow for more self-expression. The program will continue to develop communication skills according to each participant's current ability as well as to encourage increased mastery of new vocabulary through spoken, signed, or augmentative communication devices.

**Nature Exploration:** To develop an appreciation of the natural beauty that this city has to offer by exploring different areas and landscapes. A different location will be visited each week to highlight the many different ecosystems throughout Ottawa, and may include some simple field observations of the plants and animals found at each one. Being out and part of nature is the key focus of this course, to promote exercise, fresh air and general well being.

**History of Agriculture:** History of agriculture is an educational course offered on our Sow & Grow Farm, which will look at Human's history with farming. We will start by looking at pre-agriculture societies such as hunter-gathers, right through to modern day corporate farming and new agricultural movements such as organic farming and free range. Fun interactive games will be utilized to help facilitate learning and maximize participation.

**Chopped ICSS (Culinary Arts):** Do you want to excite your taste bud? Try new things? The kitchen is the perfect environment for participants to socialize and be involved in the cooking process. The best part is getting to taste the mouthwatering results! By working with their hands, being exposed to the different aromas and tasting final products the kitchen is a great place to stimulate the senses.

**Book Worms: Harry Potter Series:** This program will take participants through the many adventures of Harry Potter. Incorporating reading time, Harry Potter themed crafts and activities, and watching the Harry Potter movies, participants will enjoy the magic of Hogwarts within ICSS!

**East Side Mario's Restaurant:** East Side Mario's is a community job placement that enables participants to work in a real job setting. We will be working in the kitchen food prep areas this quarter and will continue to work on hygiene, punctuality, working with others and producing a quality product, as well as ensuring a meaningful job experience.

**Other programs include:**

Steps to Independence, Habitat for Humanity, Yoga, Soap, Outdoor Art, Scrapbooking, Garden Stones, Vocational Farming, Sunationals, Health & Happiness, Gardening, Curious Science Exploration, Stop.Drop.& Roll ROM, Educational Art, Culinary Arts (Flour Power—the art of making bread), Stitch it Up Sewing, Healthy Relationships, Spread the Joy Storefront, Bowling, Tumblers, Music Melody, Drama Club, Spa, Sensory, Landscaping and much more....

ALL PROGRAMS ARE INTERTWINED AND ARE CONSISTENT WITH THE IDEAL THAT GROWTH NOT PERFECTION IS OUR GOAL AND A SPIRIT OF COLLABORATION, RESPECT, AND WELL BEING HELP TO FOSTER AN ENVIRONMENT THAT ALLOWS FOR LEARNING, ACCEPTANCE AND LAUGHTER.

**“Poverty is not only a lack of money; it’s a lack of sense of meaning.”**

**-David Bornstein**

Spread the Joy products include homemade preserves (salsa, jams, dill pickles, pickled beets, pickled beans, pickled turnips), homemade dog treats, homemade soap, sewing projects (bags, hot/cold lavender rice packs, cat nip toys, pillows, adult bibs, aprons), fresh flowers & produce. We have crafted wood coasters and candle sets along with landscaping services, small catering service and fresh baked goods like bread, pies & muffins.

New in 2014 was our first partnership with Krackers Katering Team from Causeway Work Centre that saw us work together on operating a Canteen at the Terry Fox Athletic Facility on Riverside in Ottawa. ICSS is proud to announce that we were able to employ 5 individuals with a disability and we look forward to employing and training many more.



**Why a Social Enterprise?**

Spread the Joy will benefit our community by providing vocational training and employment opportunities to a group of people who are often marginalized and face significant barriers. It will provide the community with an opportunity to experience a well-made, unique, environmentally concise product along with an opportunity to witness the abilities instead of disabilities of these adults; making a significant cultural impact. For those individuals it will provide an increase of self-esteem, which in turn will help with their mental, physical and social well-being, along with community connections and learning opportunities all contributing factors resulting in a higher quality of life.

Spread the Joy's social purpose is to provide the support and means for adults with a developmental disability and mental health disorder, who face significant barriers for sustainable employment with the opportunity to gain skills, training, meaningful programs and social inclusion for all.

A secondary element of our social purpose is to be environmentally conscious and use as much as possible of our own grown produce from our therapeutic farm Sow & Grow, for the creation of our merchandise, along with ensuring we use all our farming and land resources by recycling, up cycling and being creative.



A social enterprise: Spread the Joy is a business that was created and is operated by adults supported by ICSS. All profits from sales are invested back into ICSS supports and services.



IF YOU DON'T GO AFTER WHAT YOU WANT; YOU COULD SPEND YOUR ENTIRE LIFE SETTling FOR WHAT YOU CAN GET” –Mo Stegall