

Clerk's Department  
Burnaby City Hall  
4949 Canada Way  
Burnaby, B.C. V5G 1M2  
c/o Administrative Officer I, Executive Committee of Council (Grants)

May 9, 2017

Dear City of Burnaby,

Thank you for the opportunity to request support for Art Without Limits, an expressive arts program for children and youth with disabilities delivered by the Cerebral Palsy Association of British Columbia and taking place in Burnaby.

**Information concerning the aims and objectives of the organization**

The Cerebral Palsy Association of British Columbia was started in 1954 by a group of parents who wanted to assist their children living with cerebral palsy to reach their maximum potential within society. Today we are an independent charitable organization (BN 10690 4204 RR0001) governed by a volunteer Board of Directors. We provide support, education, and information throughout BC. Our mission is:

- To raise awareness of cerebral palsy in the community;
- To assist those living with cerebral palsy to reach their maximum potential; and
- To work to see those living with cerebral palsy realize their place as equals in a diverse society.

We accomplish this mission through:

- advocacy;
- encouraging networking;
- educating members of the public about cerebral palsy;
- governing relations activities; and
- implementing programs for individuals with cerebral palsy.

The vision of the CPABC is to create a Life Without Limits for people with disabilities.

**Our programs include:**

Family and Individual Support - Information and referral specialist connects people with resources

Advocacy Support - Provided on an individual basis to people with disabilities

Navigator for Youth transitioning to Adult Services - Information, support and referral to services and resources for youth who are approaching the age of majority

Pre-Employment Training Program - Skill development for persons with disabilities in workshop and practical settings

Education Bursaries - Awarded to students living with CP pursuing post-secondary education or attending institutions of higher learning

Equipment & Assistive Devices Subsidies - financial assistance for people living with CP to purchase assistive devices and equipment

Camperships - Funding to assist individuals with CP to attend accessible summer camp

Adapted Yoga - Adapted exercises to increase strength and flexibility for youth with disabilities

Dance Without Limits - children with CP and other disabilities learn to dance in their own way

Expressive Arts (Visual) - Creative self-expression for children and youth with disabilities

Accessing CSIL - Information about how to access and manage Self-Directed Care

Community Connection Series - Brings the community together to connect with one another while learning about the latest research and services

Publications and Lending Library - A Guide to CP; Living with Cerebral Palsy; Putting the Puzzle Together; Legal Rights & Resources for People Living with CP & other disabilities

Disability Awareness Presentations - Presentations offered to schools, clubs, and other groups, about cerebral palsy and our programs

The Roundtable - newsletter provides up to date information on Association's activities

Youth Without Limits Support Group – a group for (but not limited to) youth and young adults between the ages of 13-29, facilitated by disabled youth specifically for their peers with disabilities

Self Defense Without Limits – a martial arts and self defense course to increase coordination, balance and overall strength. Participants will learn effective self defense and personal protection skills in a supportive and professional environment

Tea, Talk and Crumpets – a social and recreational group for seniors with disabilities

### **Financial information**

We are requesting \$,3000 which will be used for instructors' fees, program supplies, volunteer supports, and venue. We also receive program funding from local foundations, corporate donations, and our own program funds raised through individual donations and special events.

<b>Art Without Limits 2017-208</b>		
<b>Expenditure</b>	<b>Description</b>	<b>Cost</b>
Contractors' fees	Expressive arts instructor (\$60/hr x 16 hours)	\$ 960.00
Planning, organizing, outreach	To plan, outreach, coordinate and recruit volunteers (4 hrs/week x 40 weeks x \$20/hr)	\$ 3,200.00
Rent/utilities/telephone	Venue rentals, insurance, phone (\$120/week x 16 weeks)	\$ 1,920.00
Equipment/supplies	Paper, oil, pastels, tempura, brushes	\$ 600.00
Printing/photocopying	Intake, evaluation forms, etc.	\$ 100.00
Publicity/promotion	Advertising and outreach	\$ 750.00
Evaluation & Bookkeeping	Office Staff for program evaluation & bookkeeping	\$ 500.00
Other (specify)	Volunteer expenses/rides	\$ 250.00
<b>Total Expenditure</b>		<b>\$ 7,830.00</b>

**Specify what the grant is to be used for**

We are requesting support for two seasons of Art Without Limits, delivered free of charge to children and youth with disabilities in Burnaby.

Arts Without Limits is a transformative program for young people with disabilities to promote self-expression, personal exploration, creativity and self-confidence, and to increase social inclusion.

According to research, the premise of Expressive Arts is that art and its modes of expression are a way to explore and support transformation through the imagination. Expressive arts is an outlet for students' natural curiosity and passion to immerse themselves in creativity and the exploration of life as experienced in the personal and collective imagination. It can foster a quality of openness in the students whereby they are able to face up to themselves with insightful honesty, and are able to encourage and facilitate this quality in others they encounter. Emphasis is less on the "take-away" or take home craft or project, and more on the act of creation, group dynamics and personal expression. Time and energy is spent on building trust and relationships with students to allow them to open themselves to the creative process.

For up to half of children with a primary developmental disorder such as cerebral palsy, there is a secondary or "dual diagnosis" with a mental health issue, including depression, anxiety and psychosis. Children with disabilities often experience social isolation as a result of physical and financial barriers. Physical, cognitive and behavioral challenges can make it difficult to attend mainstream programs. This can lead to low self-esteem, as well as lack of full participation in greater society, and inability to fulfill their full potential. Opportunities for self-expression and social interaction with their peers can increase self-esteem and confidence, and decrease social isolation.

Research and anecdotal information from our members has shown there are very few programs which allow children living with cerebral palsy and other disabilities to enjoy recreational activities in a group

environment. The Multiple Sclerosis Society of Canada's Lower Mainland Chapter compiles a handbook of adapted recreation and leisure opportunities, and it includes only two other expressive arts programs in the lower mainland. Art Without Limits is therefore a unique program for children and youth in Burnaby.

We are excited to offer this supportive community activity. Our classes are offered free of charge, with all supplies provided. Classes are held at Artists Helping Artists, a program of the Burnaby Association for Community Inclusion. Our instructor is an experienced clinical counsellor, group facilitator, and art activity facilitator. She is a Registered Clinical Counsellor and Certified Expressive Arts Therapist who also has training as a Diversity Facilitator, a Bachelor of Arts in Psychology and a Master of Arts in Counselling Psychology.

The proposed program will run from September to November 2017 and from January to March 2018, with classes taking place over 6-8 weeks for each session. We will provide hands-on support for up to 8 students for each round, with ages ranging from 5 to 18.

"This is a great program. It is very accessible and a comfortable environment for exploring for everyone. Thank you!" – program participant

"Art night is fun. It has social and creative aspects presented in a safe atmosphere. We feel welcome each time we come. We end up trying ideas that we have not tried. We meet other participants and develop connections in a relaxed yet productive environment." – program participant

#### **Period for which the grant is requested**

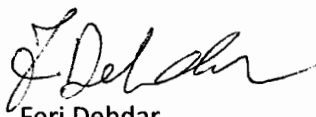
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#### **Financial statements**

Please see financial statements attached

Thank you for considering our application. If you require further information, or have any questions, please feel free to contact us.

Sincerely,



Feri Dehdar  
Executive Director