



For Immediate Release

From: PF Solutions
130 Youngs Street, Stratford ON N5A 1J7
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Fall Skills Series comes to Perth County for Individuals with Developmental or Acquired Disabilities

A new program has arrived in Stratford, a Fall Skills Series for individuals with developmental and acquired disabilities. The program offers a structured environment where participants accomplish fun filled educational activities, build on life skills and enjoy community outings. Activities include daily living skills, cooking, sensory integration, games, exercise and movement, music, art and crafts, stress management, dance and positive local and world events. The series goal is to add to an individual's life skills and build social integration.

Deborah Comeau, the Skills Series Co-ordinator commented, "our goal is to provide each person with a structured and consistent environment that stimulates the mind, body and soul and is dedicated to continuous skill building". Comeau continued, "The focus is definitely on fun, with an underlying dedication to learning."

The Skills Series will be capped at 8 participants. "We want to keep the content relevant and of interest to the talent and interest of the group overall, so the smaller size is important to us", continued Comeau. The series is based on programming that has proven successful in the Sarnia Lambton area over the last four years. With over 17 years of experience, Comeau is excited to start in September "I have worked with the program near Sarnia for quite a few months and it's just such a pleasure to see the growth and development of participants and their obvious joy in attending".

The program is offered through PF Solutions a Stratford program helping those facing barriers. Susan Faber, PF Solutions Manager explains the fit, "PF Solution's currently assists those facing barriers providing a supportive environment for them to practice first and try new challenges in a safe atmosphere". Faber continued "at PF we believe in fostering an environment of personal growth through individual goal setting and hands on learning".

The Fall Series runs for 13 weeks starting September 13th and 14th, 2016 on Tuesday or Wednesday from 10am to 3pm at the United Centre in Stratford. Participants would attend once a week. Cost is \$60 per day, with a monthly additional cost of \$50 per person to cover materials and nutritional refreshments. Participants bring their own lunches and support staff are welcome. “Depending on interest, we will certainly consider running the program year round”, shared Comeau. The response to date has been good, and participants are expected from Huron, Oxford and Waterloo, with the timing of the program lending itself to some additional travel time.

Open houses will be held on August 24th 2016 between 8:30am - 9:30am and September 1st 2016 between 5:00pm - 6:00pm at the United Centre, 32 Erie Street, Stratford, On, N5A 2M4, or families are welcome to set-up their own time to ask questions and register by contacting PF Solutions at info@pf-solutions or calling 519 271 2978.

PF Solutions is a supported partner of Untied Way Perth-Huron, an organization dedicated to engaging and creating strong inclusive communities.

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For more information or to set up an interview please contact
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