

Life @ L.I.F.E.



Volume 3 March 2017

A Note from Danielle & Amy

Our first session of 2017 has come to a close and what a session it was! A couple highlights include having the L.I.F.E. Program featured on CTV with Pauline Chan, meeting our new music therapist, Jess (2), and finishing our Music Video which debuted on March 23rd! Stay tuned for its YouTube debut! The group continues to enjoy our social outings. This session our outings included the movies, bowling, The ROM, the Science Centre, The Clay Room, and two days at Variety Village. We are looking forward to diving into Session 16 on April 18th! Make sure you connect with Danielle to reserve your spot!



Music Video Release!!

On Thursday, March 23rd, 2017, the L.I.F.E. Toronto group debuted their greatly anticipated music video! The song, *I Am Me, Not My Disability*, was written by the group in Music Therapy over the last year. The group hopes that the song will educate people about disability, specifically, Cerebral Palsy.

The song was entirely written by the L.I.F.E. Toronto group. First we researched CP, then we wrote the lyrics, decided on the guitar chords, and the percussion beat. Then our music therapist, Rebecca, put it all together for us. This session, we collected photos and videos for Danielle to put together in a music video and it is AMAZING!!

Be sure to check us out on YouTube!!

Speechless

This session of L.I.F.E., the group was introduced to a new TV show, Speechless. The show follows the DiMeo family as they go through life and the challenges associated with moving to a new town and starting at a new school.

The show follows the experiences of every member of the family; Maya the overprotective, sometimes meddling mom, Jimmy the carefree dad, JJ the oldest son with a great sense of humor and Cerebral Palsy, Ray the brainiac, and Dylan the athletic daughter.

The show is heartfelt, funny, and quite realistic as many of the L.I.F.E. participants are able to recount similar experiences they've had throughout their lives. The show is bringing CP into the mainstream in a big way! It also addresses a number of assumptions about disability in order to educate its viewers in a humorous way.

The L.I.F.E. group has collected a number of stories and experiences that have resonated with them since watching the show. Stay tuned for a full review on the L.I.F.E. Toronto blog, coming soon!!

Stay Tuned and Check it out at:

<https://modcblog.ca/category/l-i-f-e-toronto/>

Thank You's

L.I.F.E. would like to say a big THANK YOU to Pauline Chan from CTV for featuring the L.I.F.E. Program and Tina for arranging it, Desiree (and Daisy) from the Clay Room, Carley our volunteer, Rebecca our music therapist (who moved to Australia) and Jess (2) our new music therapist starting next session, Miriam our yoga instructor, the staff at Variety Village, and as always, the Conductive Education staff! Thank you for everyone who came out to celebrate the release of our music video!!



Live & Learn with LIFE
Speak to us as adults. It is hurtful when we are referred to as "kids". We are all intelligent and communicate in different ways.

This Month In The DimeLight...

Interviewed by Tyler



We would like to introduce you to Dylan! Tyler asked him some questions about his experiences so far in the L.I.F.E. Toronto program...

What is your favourite component of the L.I.F.E. Toronto Program?

I really enjoy and like the Music Therapy aspect because I really like music.

What is your favourite type of music?

I like a lot of the covers we do, especially the older classic rock songs because that is my favourite type of music to listen to.

What is your favourite instrument?

My favourite instrument is the Djembe, I've enjoyed it ever since Rebecca showed me. I like that I can drum with my hands instead of using sticks.

Are you planning on doing Music Therapy next session?

Yes, I am planning on doing it again and I'm looking forward to seeing what the new music therapist has in store for us. Thank you very much, Tyler. Great interview!



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Any questions or comments? Get in touch!!

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