

because everyone has strengths and is worthy of respect



centre for opportunities respect and empowerment

everyone has strengths and is
worthy of respect – this is the fundamental
belief that guides everything we do at
CORE. the participants' abilities are sometimes
cloaked by bizarre behavioural problems,
but under the layers there is a
positive essence.

at CORE, we begin by seeking
and acknowledging the unique strengths
and abilities inherent in each of the
participants and we continue to do so,
every step of the way.

Lia Com age 46

CORE PARTICIPANT

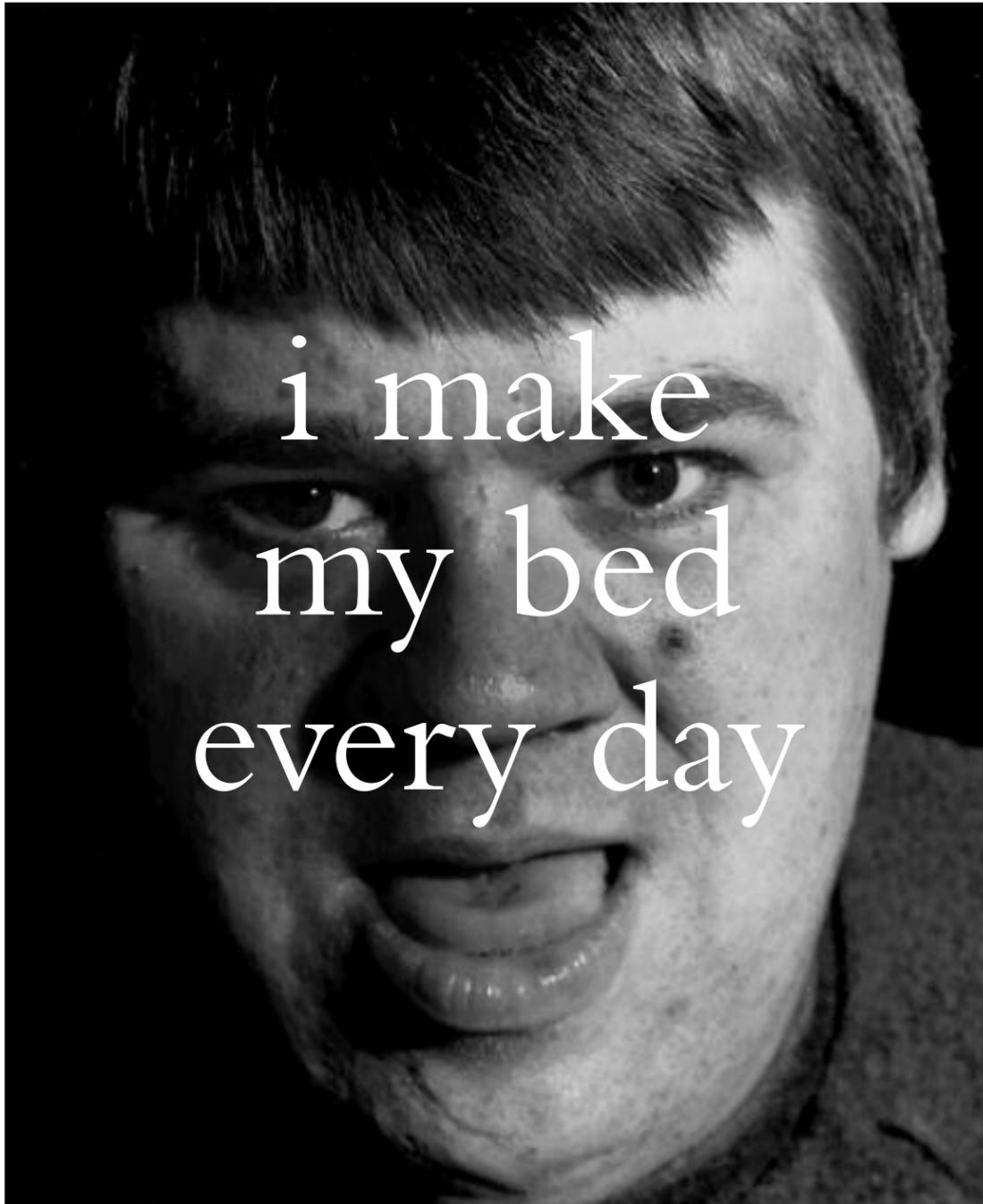


we encourage social interaction

CORE – Centre for Opportunities, Respect and Empowerment – serves adults and young adults who have fallen between the cracks: individuals with complex needs and extreme emotional stress due to mental illness and/or developmental challenges. Many have been institutionalized for much of their lives and may have been denied or removed from one program after another. Many have never been empowered to believe in themselves and supported in developing healthy relationships.

Mike age 35

CORE PARTICIPANT

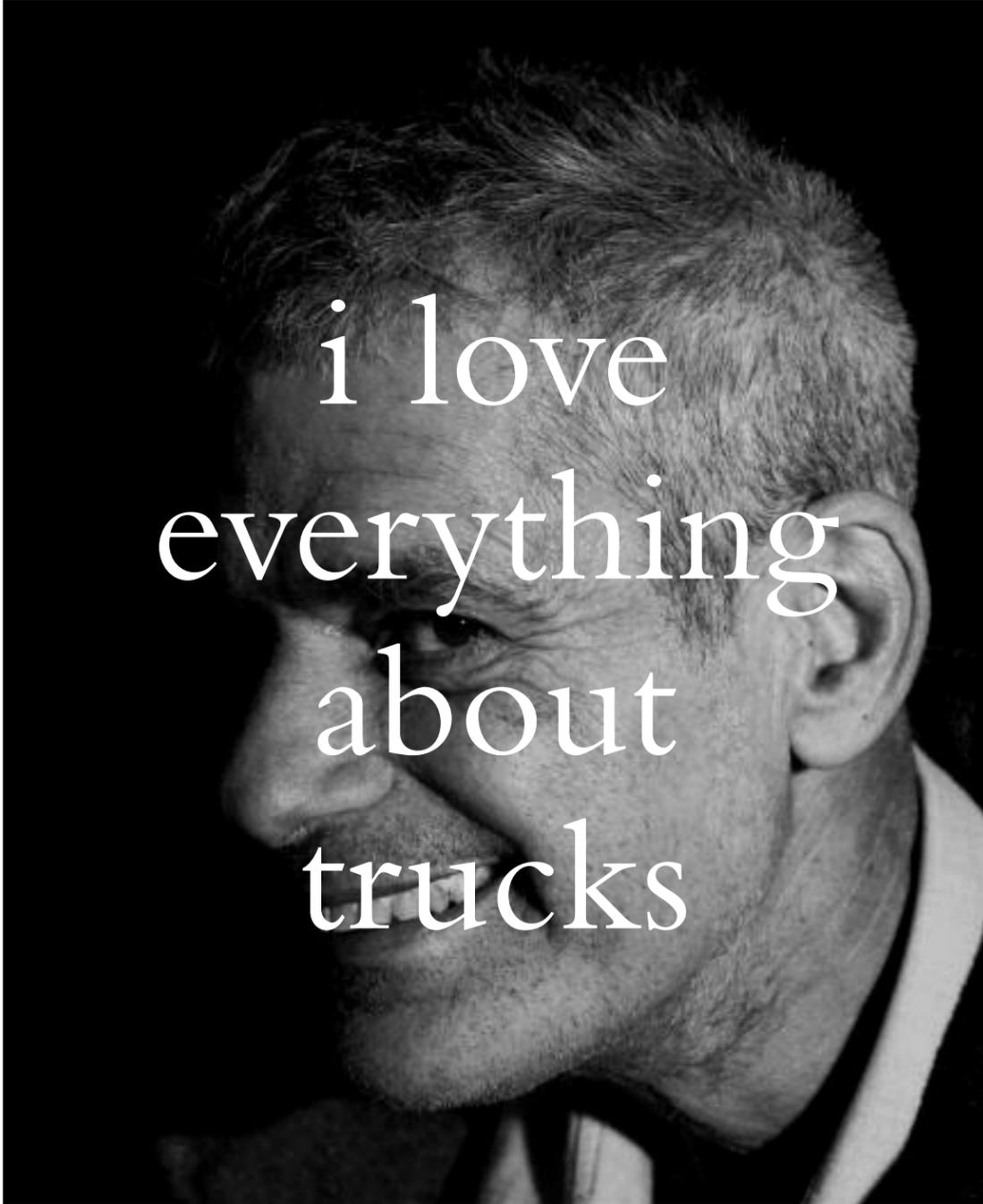


we teach life skills

We believe in the participants and guide them along the path to self-esteem. We are trained to work within each person's realities, to recognize strengths that their disabilities may hide, to determine reasonable expectations for each unique individual and to understand what constitutes an achievement for him or her.

Stephen age 54

CORE PARTICIPANT

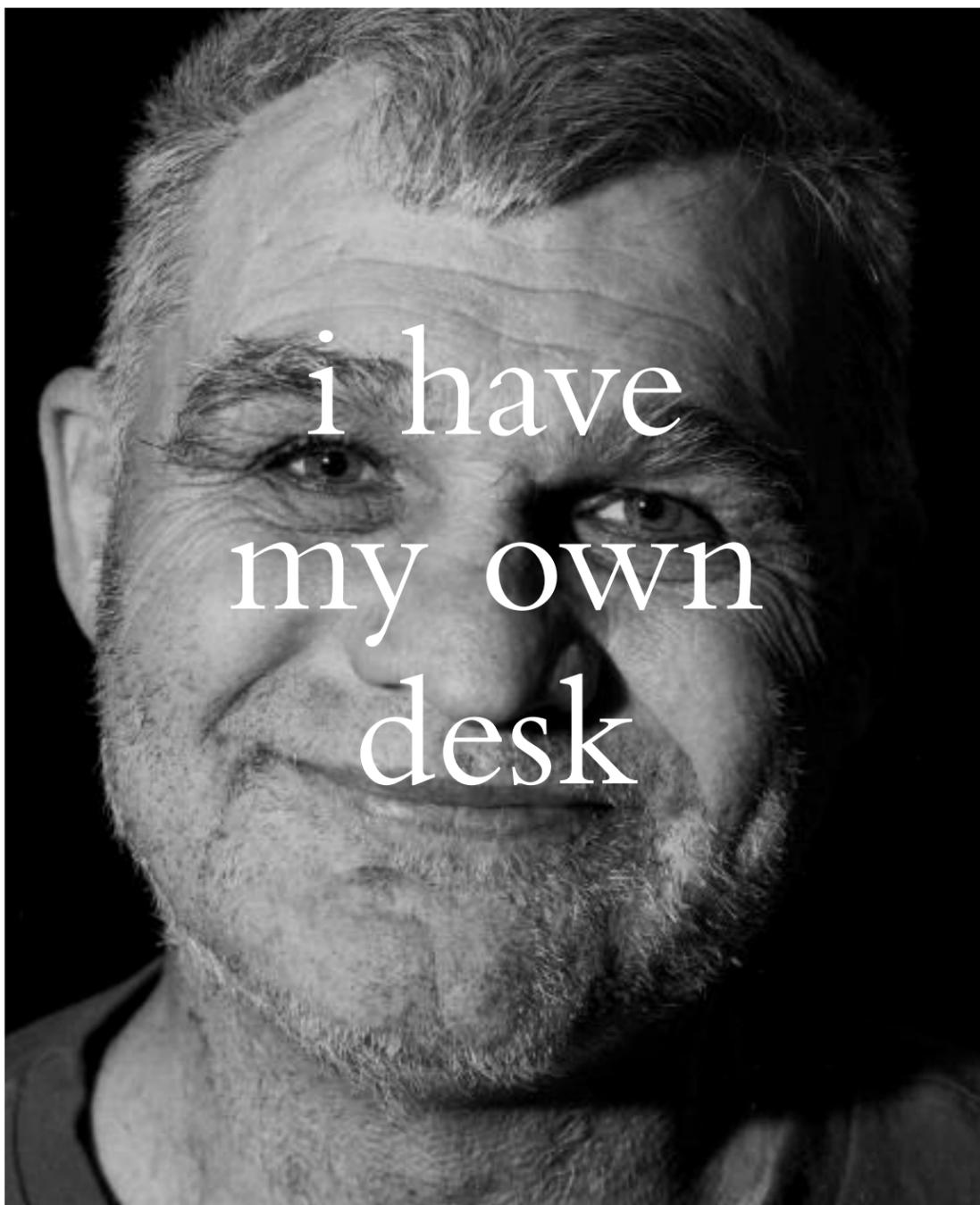


we help chart life directions

CORE believes that all people should have the chance to develop skills and confidence regardless of the nature or severity of their disabilities. Our programs provide such opportunities. We work closely with participants to guide their lifestyle choices, to help them envision a realistic, fulfilling future, and to encourage them to create a plan for meeting their goals.

Joe age 51

CORE PARTICIPANT



we aid life achievements

Programming gives participants the chance to involve themselves in meaningful work activity, recreation and socialization. The results? Enhanced wellness and quality of life, new self-worth and greater family support for the participants, and ever-increasing benefits for society at large.

Agnes age 22

CULINARY CONNECTIONS TRAINEE



we feed the homeless

Often, those who have always been on the receiving end of social services have not experienced the lessons and satisfaction of giving support. In the CORE program, participants learn to take care of others. As a result, they gain new skill sets, come to realize that they have the power to effect positive change, and experience the fulfillment of participating.

centre-based day program

The Centre-Based Day Program for adults is unlike any other in the Toronto area. Here, highly challenged individuals, referred through social service agencies, find a safe and empowering environment.

An array of activities is offered as therapeutic tools, and participants are given the chance to choose among them. Many select work activities. In CORE's flexible program, even the most seriously troubled adults can experience the satisfaction of making a contribution to society. Every achievement is applauded – whether it is a neatly folded letter, a controlled temper, or a step toward keeping well and healthy. Our value yardstick is not that of the commercial world. The participants are guided to see value in each progressive improvement within their personal limitations.

Participants in the Day Program are given the cost of public transportation, morning coffee, and a nutritious hot lunch. Through their activities, they improve their sense of confidence, increase their tolerance of themselves and others, and develop social and vocational skills.

lifestyle strategies

When adult participants are referred to CORE, many arrive with the burden of a lifetime of failure and frustration. Recently, CORE set out to make a difference earlier in troubled lives by welcoming young adults into a new program called Lifestyle Strategies.

Our current referrals – younger and more challenged than anticipated – testify to the need for this program. These unique young adults require attentive guidance to make the transition from school to community life, to develop quality of life, and to stay out of hospitals and jails. Lifestyle Strategies gives them the opportunity to explore and experience the realities of the adult world, both social and business, in order to find their own areas of strength and interest. Participants move through the program at their own pace and make their own decisions about advancement.

Treating each participant with respect, patience and understanding, we identify, accentuate, and provide an environment to empower their positive qualities and abilities in the Lifestyle Strategies day program. By accessing CORE's services and support at an early age, participants greatly enhance their ability to develop self-respect and embark on a journey toward achievable, positive life goals.

staff

The CORE staff is dedicated, hands-on and energetic. Aligned in a common goal and vision, CORE staff are committed to engaging with and supporting participants to achieve the best of their personal abilities.

Working hand in hand with the Executive Director within a flattened managerial structure, staff members apply their skills, training and resourcefulness in a team approach. Together, we make CORE a positive learning environment – a place of hope and possibility. Our working relationships are characterized by honesty, integrity, respect and trust. Staff are empowered and supported, and thus are emotionally prepared to empower and support participants.

