

# SIGNS OF SHARING

Canadian Deafblind Association-NB Inc. Newsletter



## 35 YEARS!!

### In this issue:

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The New Brunswick Chapter of the Canadian Deafblind Association was granted Chapter status May 1982. Until 1985, the Chapter functioned under an Executive Committee and an Advisory Committee. At the Annual Meeting in June of 1985 a Board of Directors was formed. Services to Prince Edward Island became part of our mandate in 1992.

From the beginning, the purpose of CDDBA-NB was to provide Intervention Services to all persons who were deafblind in the province. In the summer of 1982, services were provided to deafblind children, who during the school year, attended classes outside the province. In May 1984, Intervention Services were extended to deafblind adults. Beginning with three adults and six children, CDDBA-NB Inc. has grown to what it is today.



Continued on page 14



## Message from Executive Director Kevin Symes

Here we are again working on another spring Newsletter. Where does the time go? It feels like we just finished the fall newsletter. However, I can tell by the rainy, damp weather, that it is definitely spring.

The staff at the CDBA-NB have been busy, as you would suspect, working on fundraisers and trying to come up with new ideas to help with fundraising. This year we were lucky enough to be able to have a table at the Moncton Radical Speedsport Car Show. We had a number of volunteers come out to help. First off, I would like to give a BIG thank you to Ghita, one of our Board members, for helping set this up. As well to a number of Intervenors and clients, Vikki and Steve; Shanna; Paulette and Natasha. Thank you, with your help we raised over \$800.

One of the highlights of each year is the CDBA-NB Camp. I can tell you that we are well into planning this year's camp. Our theme this year will be "Under the Sea"!! I know that we will all have a great time for those who attend. I look forward to seeing you there.

The Intervenor Liaison Committee continues to meet and bring concerns and ideas to the administration staff. I am very pleased with the leadership of this committee. As we move forward, I would like to see this committee become more active in the work lives of the Intervenors. It is only through sharing ideas that we will grow and get stronger as an organization.

I am pleased to let everyone know that CDBA-NB now has a "Teaching Kitchen." This allows Intervenors and clients to come to the CDBA-NB office to work on skills in the kitchen. These skills include everything from meal planning, budgeting, healthy eating, math skills, food safety, kitchen skills, independence and more. I would like to thank the office staff with their assistance and support with this project.

This year's AGM, was held on May 27<sup>th</sup>, 2017 at the Crowne Plaza, Fredericton. I would like to thank everyone who came out to find out more about what happens behind the scenes as the Board of Directors hold their business meeting.

In closing, I would like to thank everyone at CDBA-NB for their hard work and support over the last year. I would also like to thank our clients and families for being part of the CDBA-NB family. As we celebrate the 35<sup>th</sup> anniversary of CDBA-NB, I believe that we owe a big thank you to all of those who came before us and built the wonderful organization from the beginning.

Cheers, to everyone, have a great summer.



## Message from the Editor, Shari Ross

Welcome to the 40th Edition of "Signs of Sharing". Wow 40 newsletters!

Happy 35th Anniversary CDDBA-NB. How wonderful is that!! As we finally come out of the long winter, we look forward to the summer and fall with all that it has to bring.

June is Deafblind Awareness month! Pick a day and celebrate! Send us a picture for the next newsletter. In July, our clients and Intervenors will enjoy a day trip to the Huntsman Museum in St. Andrews. September will bring camp, a week later than usual, so those who wish to take in the Balloon Festival in Sussex will finally have the opportunity to go. Who knows what else will happen between now and the next newsletter. You will just have to stay tuned. Thank you to those who have submitted to this edition. If you have anything you would like to submit for the December issue, please do so by November 15th. Have a fantastic summer!

## President's Message Michael Stewart Sr.

On behalf of the Board of Directors, I welcome you to the 35th Year of the Canadian Deafblind Association-NB Inc.

35 Years of providing Intervention, what an accomplishment and services continue to grow and change. "What is very difficult at first, if we keep on trying, gradually become easier." Helen Keller

June is Deafblind Awareness Month! To celebrate, CDDBA-NB has two events planned on June 7<sup>th</sup> one in Fredericton and the other in Moncton. Details are available through the office.

The Board and its committees meet on a regular basis throughout the year. This past year, after much work, we were able to increase the Intervenor wages. Though it is never enough, we hope it is a step in the right direction.

Plans are coming along for an amazing conference in 2018. More details should be confirmed within the next few months. It is going to be very exciting!

I would like to thank the Executive and the Board for their work this past year. I would also like to thank the Intervenors and staff for their continued hard work and dedication. But, I would especially like to thank the clients for being who you are, amazing individuals, who we all have the privilege to serve.

In closing, I would like to quote Anne Sullivan "It is a rare privilege to watch the birth, growth and first feeble struggles of the living mind; this privilege is mine."



## Message from the Manager of Intervention Services, Jennifer Jewett

The new CDBA-NB Inc. year has started off with a bang with the Intervenor Workshop weekend! It was an enjoyable weekend for all that participated. And thanks to the presenters from Family Enrichment for their informative sessions on Self-Esteem and Care-Giver Fatigue; as well as Laura for our painting experience. I always enjoy the times in which we are all able to be together, share stories and ideas and build comradery. We finished up with service awards, and Intervenor of the Year – going to Lise Lanteigne. Congratulations Lise! Thank you to everyone, who submitted nominations; it is always great to see the recognition coming in from clients and families, it makes the decision difficult for sure, with so many wonderful Intervenors at CDBA-NB Inc.

As we prepare for Deafblind Awareness month it is important to remember that many of the people we support, and others in similar situations suffer discrimination on a daily basis. It is our responsibility to create public awareness of the possibilities available to everyone! Intervenors, are out in the community everyday raising awareness with the people they support. I believe that for 35 years CDBA-NB Inc. has been doing its best to raise awareness, provide advocacy and help break barriers for everyone. Great job Intervenors! I know we can continue the great work, and bring even more awareness!

I had the opportunity to attend a conference with Kevin in March. We ventured to Texas, to attend a three day conference graciously put on by the Texas Deafblind Project in conjunction with the Texas School for the Blind and Visually Impaired. While there, I spent a lot of time meeting parents of individuals with Deafblindness. I met Catherine Allen, she is Rachel's Mom. And Rachel – well she is a superstar. Rachel was diagnosed with Charge Syndrome, and during the presentation that her Mom gave, Rachel was sure to interpret through sign for those who were unable to hear; and watching her standing up there – you could just feel her incredible energy. I encourage everyone to look up “The Singing Pink” on Facebook and their website <https://the-singing-pink.myshopify.com/>. Here they offer merchandise that helps to fund Rachel's dream. Her goal is to be famous; and they are working on that dream by writing their own plays and taking them on the road. I don't doubt one bit that Rachel will be famous one day! Their shopify account also supports other initiatives by other Deafblind individuals who are making and selling their own products. Skye Givens, will be one of those individuals. I purchased one of Skye's scarves that she makes using a knitting machine that has accommodations. I look forward to it keeping me warm next winter (not that I am rushing it!). In the meantime, I have Christine's (Skye's Mom) information if anyone is interested.

Being there showed me how well we do every day, and that we do employ most best practices. However, we always have room for improvement. I want to thank all of you for always being open to try new things with your clients and always looking for ways to improve and be better. I love how often people are motivated, dedicated and enjoy what they do to ask for new ideas. We are always moving CDBA-NB Inc. forward as a team! It is enlightening and inspiring, and I thank you all for making it enjoyable!

Looking forward to the sunny weather and the coming year together!



## Message from the Snoezelen Room Coordinator, Jody Brewer

Hi everyone,

We have some exciting news to share with you all! In the fall of 2016 we applied to Telus Foundation requesting the funds to purchase a new piece of equipment for our Snoezelen Room. Telus got back to us early this year; informing us we had been accepted. I can't tell you how excited we were to hear that. The new piece of equipment for the Snoezelen Room is called a Gesturetek CUBE. The CUBE is a special interactive projector that can project on the wall or floor. It is a 5'x7' projected image that is interactive. For example, there is an image like ice that is projected on the floor and when you step on the ice, it will crack like real ice. There are also multiple games on the CUBE to play as well. The Gesturetek CUBE has over 70 eye catching special effects to choose from already downloaded on it. We are currently still waiting on its arrival, but as soon as we have it, we will let you know!

Hopefully throughout the next little while we will see many of you in the Snoezelen Room enjoying the Cube with us. Have a great summer!!

We are also accepting ideas for our future theme room, so please send along any ideas you have.

### The Lorna Thompson Memorial Snoezelen Room.

*Who is Lorna Thompson you ask...* In September 1996, Lorna Thompson a CDBA-NB consumer, age 64, was diagnosed with pancreatic cancer. Doctors said it would be a matter of days or weeks before she passed away. Lorna was deafblind. She was born deaf in Salmon Creek near Chipman and went blind when she was 47. When she found out she would soon die, she asked CDBA-NB if she could be remembered somehow after her death. She loved camp and children, So though it was many years after her passing, in her honor, the Snoezelen Room was named after her.



# Snoezelen Room Fun



# Deafblind Awareness Month

June was National Deafblind Awareness Month. To celebrate, CDDBA-NB will be hosting two bowling events — One in Fredericton and the other in Moncton.

We challenge you to do something to promote Deafblind Awareness Month. Send us pictures of what you did and we will post them in the next newsletter.

May 1-7, 2017 was Mental Health Week. To GET LOUD means speaking out against the discrimination and stigma directed at people with mental illnesses. It means taking action and using your voice to raise awareness and build support for those around you and for yourself.

We are all working hard to overcome stigma. But there is much more work to do. Our hope is that every one of us will GET LOUD. Let's GET LOUD to maintain mental health. Let's GET LOUD to get it back. Because the louder we all get, the bigger the difference we will make.



**“Wow there are still good people out there...this is such a feel good story I wanted to share....after lunch I got a frozen yogurt...Sheena was talking about if she wanted to get one or not...she decided not too...this gentleman, which is exactly what he was, came over after his lunch and after he bought one and said he heard her talking and saw she was working hard and offered to buy her one as a treat. Sheena was so excited and a bit shocked that someone would do this kind gesture. She is now taking a break from her studies and enjoying a treat! Happy Monday folks!”**

*Amanda, Intervenor*

# Client Adventures and Fun!



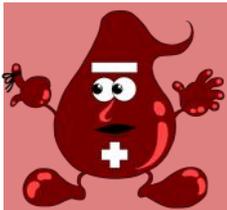
Eddy's Intervenor Jocelyn posted this picture of Eddy celebrating his birthday.



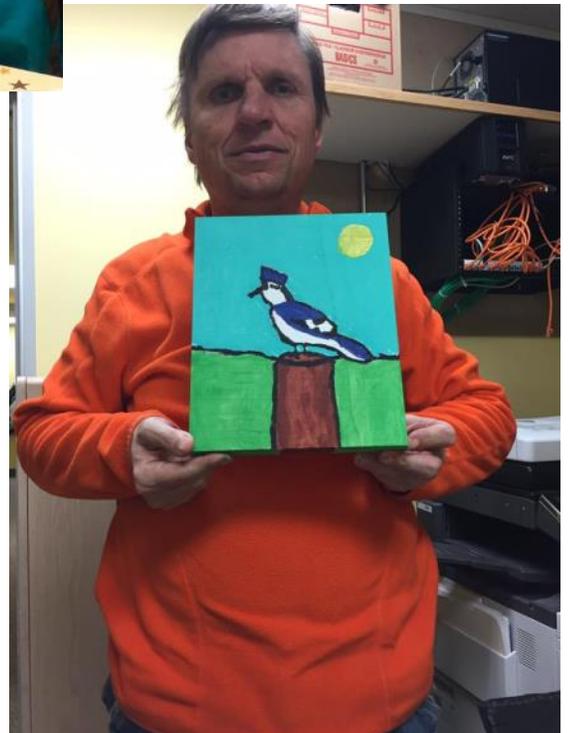
Lyndon loves to paint!  
Great Job Lyndon!!



Kelsey's Intervenor, Holly, posted this picture "There's a new boss at CDDBA! Lol She is taking over Kevin's office! :)"



Steve's Intervenor, Vikki, posted this "Don't mind us we're out saving some lives. Inspired by #beccatoldmetoo".



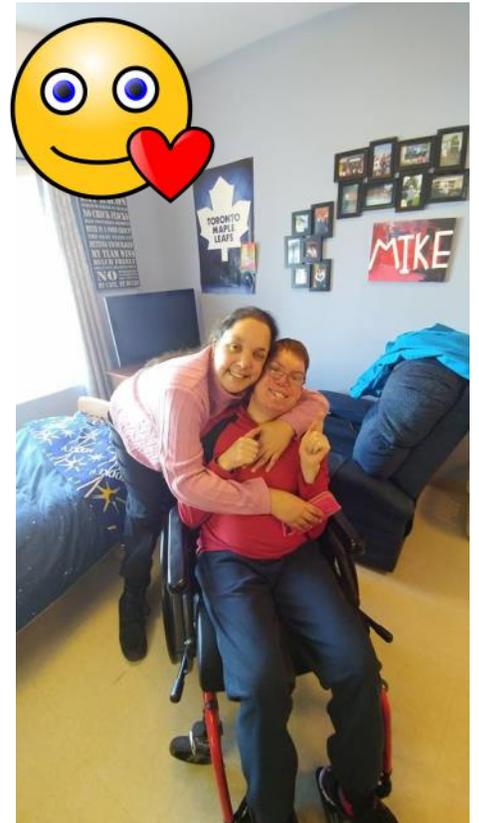
# Client Adventures and Fun! (continued)



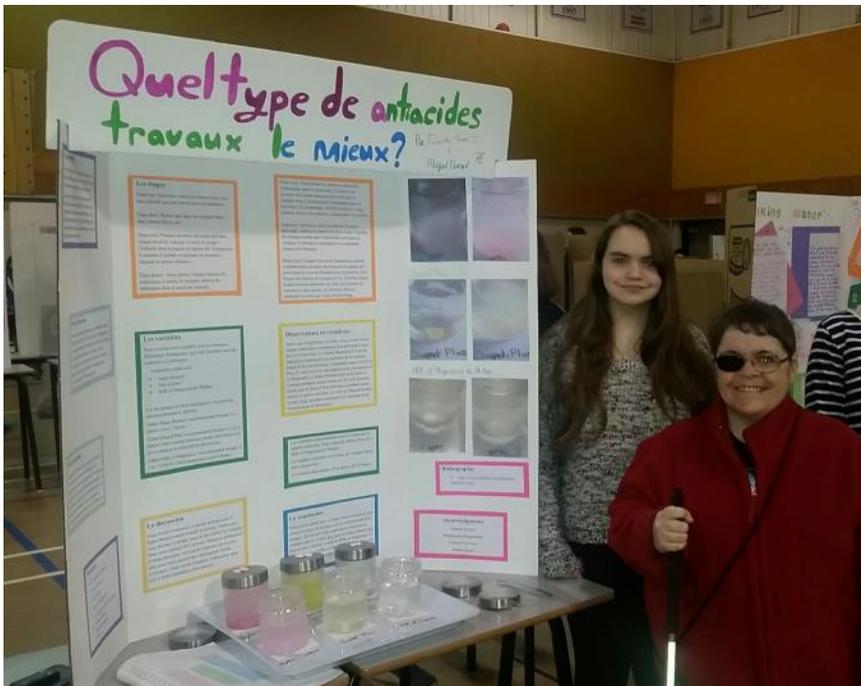
Tiffany was surprised by her mom and Intervenor, Mavis, by going to a basketball game.



Owen having fun at Bouncy Funland.



Sheena went to visit Mike.



Paulette checking out the science fair at a school in Moncton.

# Client Adventures and Fun! (continued)

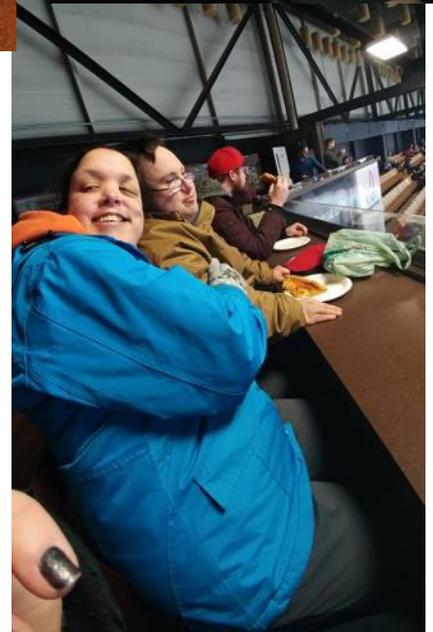


Kelsey loving the pool!

Thanks to Jenn and her UNB alumni friends, who won tickets to a University Hockey Championship game, and donated them to CDBA-NB so some Fredericton clients and Interveners could attend the game. They were treated like royalty in the skybox!



Cathy Jo and Sheena hanging out in the Snoezelen Room.



# Client Adventures and Fun! (continued)

Steve gets a new custom chair!

Would you look at that smile!

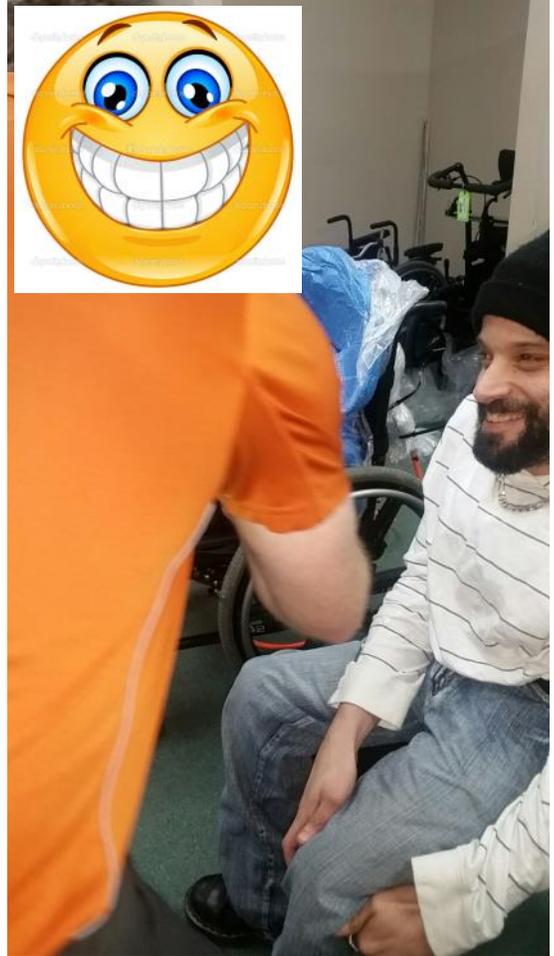


*Happy 7 Year Anniversary as a Volunteer @ the Fredericton Public Library*



LLAGE

Sheena celebrates 7 years of volunteering at he Fredericton Public Library!



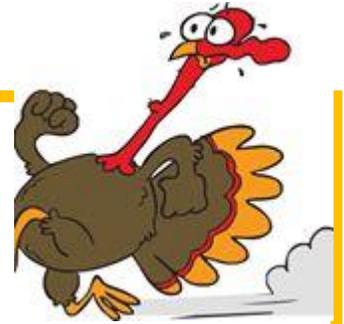
# Santa Claus Parade — Fredericton

CDBA-NB put a float in the Santa Claus parade! Wow...what fun we had creating it. Thanks to all who helped build it, set it up on parade day and join us in the parade. Thanks also to Trius for the use of the truck.



# RECIPE CORNER

## Turkey Meatballs



1 package of ground turkey

1 egg (beaten)

3/4—1 cup of breadcrumbs soaked in 1/2 cup of milk (soak for 5 minutes before combining with other ingredients)

Mrs. Dash Herb & Garlic spice

Pepper

Cajun spice

Parmesan cheese

(for the spices, just add enough until it looks good)

Mix everything together and form into balls.

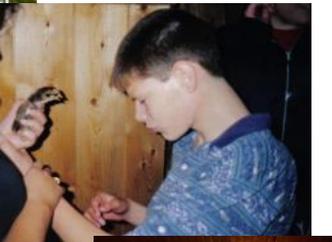
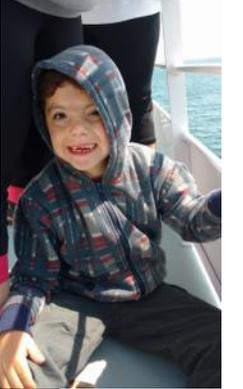
Place balls onto parchment paper and cook at 400 degrees for 20-25 minutes.

*Thanks to Katie Jo, Intervenor, for the recipe. Meatballs below were made by clients Michelle and Sheena.*





# Celebrating 35 years!







*The power of the Web is in its universality.  
Access by everyone regardless of disability is an essential aspect.*  
Tim Berners-Lee, W3C Director and inventor of the World Wide Web

The Web is fundamentally designed to work for all people, whatever their hardware, software, language, culture, location, or physical or mental ability. When the Web meets this goal, it is accessible to people with a diverse range of hearing, movement, sight, and cognitive ability.

Thus **the impact of disability is radically changed on the Web because the Web removes barriers** to communication and interaction that many people face in the physical world. However, when websites, web technologies, or web tools are badly designed, they can create barriers that exclude people from using the Web. The mission of the [Web Accessibility Initiative \(WAI\)](#) is to lead the Web to its full potential to be accessible, enabling people with disabilities to participate equally on the Web.

Visit the website <http://www.w3.org/standards/webdesign/accessibility> for more information on:

[why: the case for web accessibility](#)

[what: examples of web accessibility](#)

[how: make your website and web tools accessible](#)

[Web Accessibility Initiative \(WAI\) at W3C](#)

[learn more](#)

[Introduction to Web Accessibility](#)

[Essential Components of Web Accessibility](#)

[How People with Disabilities Use the Web](#)

[Improving the Accessibility of Your Web Site](#)

[Managing Accessibility](#)

[Evaluating Web Accessibility](#)

Standards, guidelines, and techniques for making accessible

websites: [Web Content Accessibility Guidelines \(WCAG\)](#)

authoring tools: [Authoring Tool Accessibility Guidelines \(ATAG\)](#)

browsers: [User Agent Accessibility Guidelines \(UAAG\)](#)

web applications: [Accessible Rich Internet Applications \(WAI-ARIA\)](#)

[Developing a Web Accessibility Business Case for Your Organization](#)

[WAI home page highlights](#) and more [WAI Resources](#)

Acknowledgements

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Contributors: Shadi Abou-Zahra, Andrew Arch, Alan Chuter, Sylvie Duchateau, Jack Welsh, William Loughborough, Catherine Roy, Sharron Rush, Yeliz Yesilada, and other [participants](#) of the Education and Outreach Working Group ([EOWG](#)).

# Intervenor Workshop and Appreciation Night



Started with a blank canvas.....then the background sky was painted.....



Then the trees and flowers were added....and then.....



And then...the most beautiful paintings were completed! Great Job Everyone!!



At the Intervenor workshop April 29 & 30, guest speakers, Kelly Wilson and Amy Ferguson from the Family Enrichment and Counselling Service spoke on Self-Esteem, Compassion Fatigue and Self-Care.

## Compassion Fatigue and Vicarious Trauma - Signs and Symptoms

### Physical Signs and Symptoms

- Exhaustion
- Insomnia
- Headaches
- Increased susceptibility to illness
- Somatization and hypochondria

### Behavioural Signs and Symptoms

- Increased use of alcohol and drugs
- Absenteeism
- Anger and Irritability
- Avoidance of clients
- Impaired ability to make decisions
- Problems in personal relationships
- Attrition
- Compromised care for clients
- The Silencing Response
- Depleted parenting

### Psychological signs and symptoms

- Emotional exhaustion
- Distancing
- Negative self image
- Depression
- Sadness, Loss of hope
- Anxiety
- Guilt
- Reduced ability to feel sympathy and empathy
- Cynicism
- Resentment
- Dread of working with certain clients
- Feeling professional helplessness
- Diminished sense of enjoyment/career
- Depersonalization/numbness
- Disruption of world view/ Heightened anxiety or irrational fears
- Inability to tolerate strong feelings
- Problems with Intimacy
- Intrusive imagery – preoccupation with trauma
- Hypersensitivity to emotionally charged stimuli
- Insensitivity to emotional material
- Difficulty separating personal and professional lives
- Failure to nurture and develop non work related aspects of life

Sources: Saakvitne (1995), Figley (1995), Gentry, Baranowsky & Dunning (1997), Yassen (1995).

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Below is one of the exercises from the Intervenor workshop.

Give it a try yourself.

You may be surprised on how much is actually on your own plate.

**Exercise: What's on your plate**

**Take a blank sheet of 8 ½ by 11 paper and draw a large dinner plate on it.**

**First:** In your plate, write all the things you do/are responsible for, roles, jobs, responsibilities, life needs and issues presently. Write as many concrete details as possible. Think of a typical day in your life from start to finish e.g.: "get up, make lunches for kids, make breakfast, clean up, call plumber, drive to work, etc.)

**Second:** Look at the things within the plate you **would like to change and underline them** (Don't worry whether or not they are actually changeable in reality at the moment)

**Third:** Look at the things that are changeable at the moment (even by 1%) and circle these

**Fourth:** Write around the plate things you **wish you had more time for**

**Fifth:** Look at what you have lost touch with and did well in the past (running, reading, singing.....?)

**Sixth:** Think about why/how you did these things in the past

**Seventh:** Reflect on why you are not doing them now (or a % of them – if you used to be a competitive figure skater, you may now enjoy skating once a week for fun?)

Ask yourself how can you make choices to integrate the things you wish you had more time for, in your life now.

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## Self-Esteem

Source: Fredericton Sexual Assault Crisis Centre (2009)

**Boosting your self-esteem.** No one is perfectly self-confident in all circumstances. When you feel frustrated or down, try these suggestions to give your self-esteem a healthy boost!

1. Value your uniqueness and that of others.
2. Get connected.
3. Use positive thinking.
4. Live in the Moment.
5. Be active!

**Positive self-esteem.** Self-esteem is recognized as a basic personality characteristic of healthy and productive behavior. It is about:

1. Self-respect.
2. Power within.
3. Getting to know yourself.
4. Self-worth.
5. Being responsible.

### Steps to Building Self-esteem

1. Get to know yourself.
2. Realize that no one is perfect.
3. Recognize unreasonable beliefs.
4. Challenge unreasonable beliefs.
5. Accept and think highly of yourself.
6. Unconditionally love yourself.

**When you can't control  
what's happening,  
challenge yourself to  
control the way you  
respond to what's  
happening.**

**That is where your  
power is.**

**“IF ONLY YOU COULD SENSE  
HOW IMPORTANT YOU ARE TO  
THE LIVES OF THOSE YOU  
MEET; HOW IMPORTANT YOU  
CAN BE TO PEOPLE YOU MAY  
NEVER EVEN DREAM OF.  
THERE IS SOMETHING OF  
YOURSELF THAT YOU LEAVE  
AT EVERY MEETING WITH  
ANOTHER PERSON.”**

**—Fred Rogers**

**5 years of Service Award was presented to:**

**Shirley Burke of Bathurst**

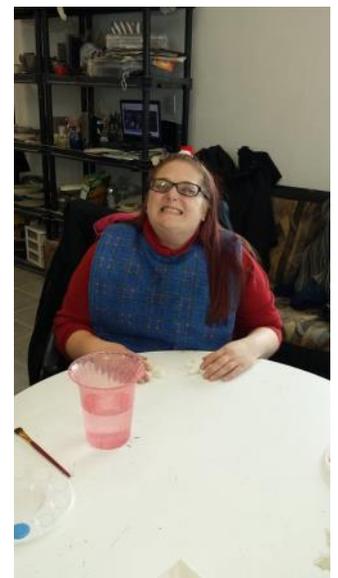


**2017 Intervenor of the Year Award was presented to Lise Lanteigne  
of Bathurst. Congratulations!**

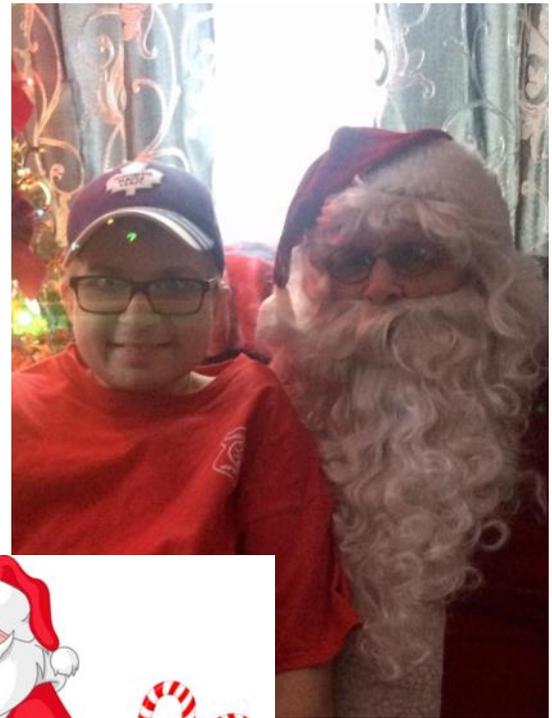


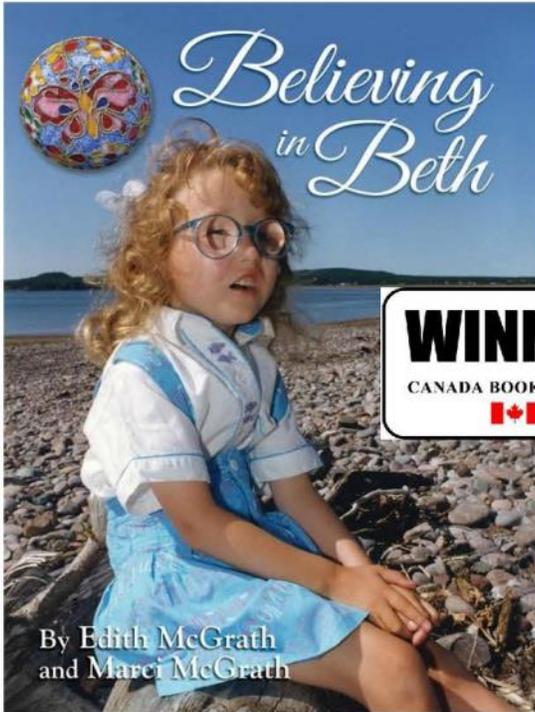


# Christmas Gatherings and activities



# Christmas Gatherings and activities





Beth was a consumer with CDDBA-NB for many years. "Believing in Beth" is an amazing book written about Beth by her mother and sister.

May 29, 2016 was the book launch at the St. Martin's Community Center. In photo, Lisa Bennett, Beth's former Intervenor; Shari Ross, Office Manager; Edie McGrath, Beth's mom and author; Jody Brewer, Administrative Assistant and Jennifer Jewett, Manager of Intervention Services.



## Believing in Beth



Believing in Beth is a true story that shares how the birth of one special little girl, Beth McGrath, turns her family's life upside down. As a result of Congenital Rubella Syndrome (CRS), Beth continually struggles to escape into a world of her own. For the love of her daughter, Beth's mother Edie, is determined to make Beth live in her family's world.



We were so pleased that Beth, Edie and Earl once again joined us for Camp.



If you are interested in purchasing a copy of this book for \$15.95, plus applicable shipping, please contact CDDBA-NB Inc. at 452-1544 or [office@cdba-nb.ca](mailto:office@cdba-nb.ca)



A percentage of the proceeds from the sale of this book will be donated to the special care home where Beth resides. A donation will also be made to the New Brunswick Chapter of the Canadian Deafblind Association.



# Cheque presentations

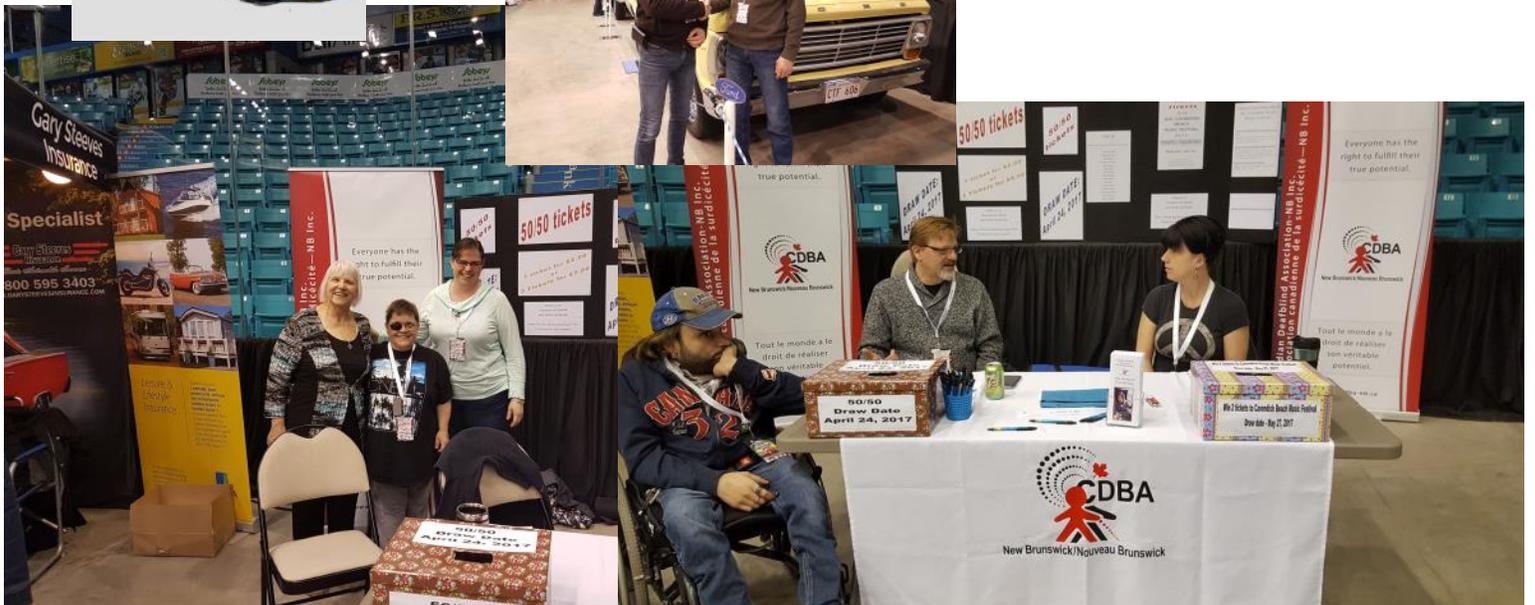
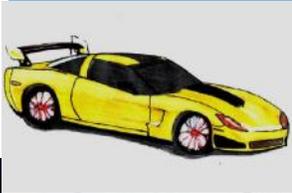


The Nashwaaksis Lions Club presents Robert Redd c/o CDBA-NB with a cheque to assist him in attending training at the Canadian Helen Keller Centre in Toronto. Plans are underway to get everything complete for his trip!



Tim Fox, board member with Telus, presenting CDBA-NB with a cheque for a Gesturetek Cube for the Snoezelen Room.

Thank you to all the volunteers who worked at the CDBA-NB table at the Radical Speedsport Car Show in Moncton.



# CRAFT CORNER

You will need:

- Candle lantern and tealight/solar powered light
- 2 clay pots – one small, one large (that stack)
- Primer paint spray
- Outdoor craft paint (red and white)
- Ruler
- Pencil
- Paintbrush
- E6000 glue (or something similar)
- Exterior polyurethane finish (optional)
- Tape (optional)

You start off by getting the pots ready with some layers of primer. Once dried, stack the pots and draw a line to indicate where they meet. On each pot, divide the

visible areas into two equal parts and mark the halfway line all around – this will give you the white-red-white-red stripe pattern. Then you just need to apply a few coats of the red and white paint. If your hand doesn't feel steady enough, you can use tape as a guide. Then you just need to glue and stack the pots and the lantern to have this cute lighthouse brightening your garden in more ways than one. Video tutorial by **ThriftyFun** Youtuber – Project gallery and detailed instructions: **Clay Pot Lighthouse**.



# Texas School for the Blind and Visually Impaired Symposium March 2-4, 2017 Austin, Texas

Kevin and Jennifer attended this Symposium. Here are a few highlights.

## March 2 — Pre-symposium

Deafblind 101: Basics of understanding Deafblindness in children and youth. Presented by the Texas Deafblind Project Staff.

The Texas School for the Blind and Visually Impaired was established August 16, 1956, as the blind institute; by 1957 there were 3 students in attendance, the oldest being 25.



The sign outside TSBVI show the Braille spelling of each letter.

## Symposium Day 1

- Promoting the use of the outdoors with and for people who are deafblind for leisure, educational and therapeutic purposes. —Dr. Joe Gibson (Speaker)
- Personal Experience with Staying Active. —George Stern; Andrew Cohen (Speakers)



Dr. Joe

Dr. Joe is the Outdoor Activities Coordinator, Sense Scotland.

George is a university student. He spoke of his childhood and the impact of being active despite being blind. He jokes of the trips to the ER for his falls.

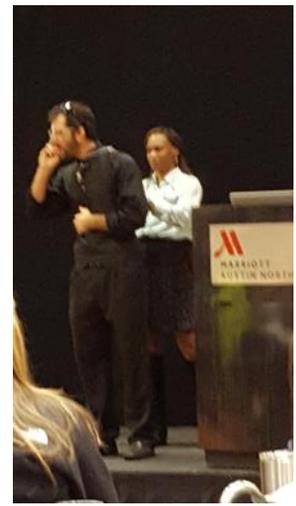
He was encouraged by his father to learn Jiu Jitsu for self defense.



George Stern

Andrew is the founder of the Texas Deafblind Camp.

Andrew receives input from his interpreter on his back as he speaks to the crowd.



Andrew Cohen

# Texas Symposium —Continued

## Symposium — Day 2

### Breakout Session #1

- Jenn attended the innovative meaningful outcomes for transition from school to adulthood for young people with Deafblindness.
- Kevin attended the role of social interaction in the cognitive development of children with Deafblindness.

### Breakout Session #2

- Jenn attended the “truth” about siblings: What we know.
- Kevin attended the forgotten senses.

The panel: Dr. Judy Cameron; Suzanne Zeedyk; Bernadette Van Den Tillaart; David Brown; Robbie Blaha



The Attendees.

***These are just the highlights of a PowerPoint presentation Jennifer and Kevin presented at the Annual General Meeting on May 27th. If you would like a copy of their PowerPoint presentation, please contact the office.***



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