

Who benefits from our program

All of the programs offered at Sara Elizabeth Centre are open to adults, 18 years of age and older with developmental and/or physical challenges at a ratio of one (1) staff member to every seven (7) clients. The programs are designed to increase the participants' motivation and enhance their personal experience by introducing various educational and recreational activities.



Participants learn to feel positive about themselves in an environment that promotes fun, play and learning through the art of music, drama and dance.

This inclusive environment promotes self-esteem, individuality, teamwork, life-skills, self-advocacy, and independence, especially by using the arts as a means of learning and self-expression.

Co-Operative Education & Field Placement

The Sara Elizabeth Centre provides opportunities for integrated employment and is perfectly suited for the Co-op students who participate in our program, especially those who intend to pursue a career in the arts, social and health services, or teaching. Their placements at Sara's Elizabeth Centre gives them an opportunity to shine and be mentors for challenged individuals. This also holds true for all those students who come from local secondary schools to spend a day retreat or workshop with our special needs clients.

Volunteers have an impact and strengthen our ability to help individuals and families reach their highest possible level of independence. We offer a wide variety of opportunities for volunteers to work alongside professional staff at our Centre.

Volunteers from co-operative education programs and/or field placements effectively bond and work together with our clients. Our services extend throughout the year as we operate a Summer Camp program during July/August that also accommodate the needs of the special needs young adults who are still in school or in other community programs.

Registration Procedures

Individuals interested in our day program are asked to contact the Program Coordinator at the Centre in order to set up an appointment. This will enable the potential client and care giver the opportunity to visit our site and find out more about our Star Programs.

A registration package will be given out during the visit along with the necessary registration information that must be completed prior to acceptance into the program.

Upon acceptance, all clients will undergo a two week trial basis to determine if our program is suitable for everyone involved.

It is important to note that there are very few services in the city that offer integrated "arts" programs for individuals with special needs, therefore although Sara Elizabeth Centre accepts individuals with various developmental and/or physical challenges, for the safety of each and every client, we are not able to accept individuals who exhibit extreme violent behaviour.

Furthermore, due to the lack of operational funds, clients who require a personal worker will only be accepted if the parent/care giver can provide the funds to hire a one-to-one staff member.

Contact Information

Sara Elizabeth Centre

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History

Blue Veil Ministry is a registered, non-profit charitable organization founded February 27, 2006. On July 21, 2006, Blue Veil Ministry was granted authorization to operate and establish an arts-based day program called **Sara Elizabeth Centre**, for young adults with various developmental and/or physical challenges. As well as providing relief for parents and care givers, our program offers participants the opportunity to enjoy creative activities designed to enhance their social and recreational skills.

Our Philosophy

At **Sara Elizabeth Centre** our motto is “**Let the Light of Life Shine**” and we are committed and stand by in providing quality programs that will assist and support the diverse needs and abilities of individuals with disabilities and provide respite for their families and care givers. The Centre recognizes the uniqueness of each member in the program and believes that “**everyone can shine like a star**” and can live more fruitful, productive and independent lives if they are provided with appropriate inclusive programs. We work collaboratively with parents and support personnel to provide a program where each individual with exceptionalities can grow spiritually, intellectually, socially, physically and emotionally to ultimately reach their fullest potential.

Let the Light of Life Shine

As a community-based centre, our main focus is on providing developing independence and building self esteem. The participants will express themselves through the art of music, drama and dance and allow their talents to shine throughout the community. Through workshops and retreats with elementary and secondary school students, our clients establish a meaningful, lasting one-to-one friendship with their non-disabled peers. Allowing our clients to integrate with other “able” peers in a group setting, not only helps increase their self-esteem and confidence but they experience a sense of fellowship.



Star Program Goals & Objectives



To provide individuals with a setting that promotes self-advocacy, individuality, teamwork, life skills, self-esteem, and independence.



To integrate individuals who are developmental and/or physically challenged with their non-disabled peers and establish meaningful, lasting one-to-one friendships.



To motivate, encourage and recognize the uniqueness of each individual and allow their talents to shine like a star throughout the community.



To assist and support the diverse needs and abilities of each individual in order to reach their fullest potential.



To provide a safe and supportive environment that encourages self-expression.



To teach each individual the skills that will assist them in living independently and gaining employment.



To provide respite for families and care givers.

What our program offers

The Sara Elizabeth Centre offers a **Star Program** that includes games, exercises, improvisation, drama, dance movement, music and vocal work. All of the **Star Programs** are designed to teach life skills, computer and communication skills, literacy and numeracy development, sensory awareness, fine motor skills, social awareness and recreational activities.

Music

By using video technology and other digital recording devices, participants learn the basic elements of music through listening, performing and creating. They are given the opportunity to record, compose and perform their own music, as well as participate in musical performances for schools in York Region, onsite and off site that will nurture verbal, musical, and social skills and emphasize self-esteem, teamwork, accomplishment and fun.



Dance

Clients learn how to express their feelings and ideas through creative movement and improvisation experiences. They work on physical coordination, self-expression, isolated movements and identify and perform various dance styles that help expand their capabilities in the world of movement and dance.



Drama

Through the use of creative play, clients develop important expressive and receptive verbal and non-verbal communication skills. They explore common thematic topics which helps them communicate their thoughts and feelings. They work on theatrical performances, story playing, improvisation and activities that develop their concentration, observation and imaginative thinking.



Computer Skills

With the use of computers and assistive technology, clients will learn typing/keyboarding skills, how to use the internet and email features, word processing, how to create with pictures and identify letters and words, shapes and numbers, colours and objects, binary concepts (big/small/fat/thin), math problems, etc.



Arts and Crafts

Art is relevant to anyone with disabilities because it promotes creativity, independence, dignity, community integration, self expression, a positive self image and the pleasure that comes from creating. Client's use imaginative thinking and improve their eye-hand coordination through the use of fine motor skills.