

CABLC CONNECTION

YOUR MONTHLY INFORMATION UPDATE

ISSUE 120 • September 2026



Important Dates:

September 7 – CAB & SB closed for Labour Day

September 16 – Annual Family BBQ

September 22 – CAB Roots After Hours Program Begins

Staff Updates

Meet the Team 2026–2027 Program Year

As we begin a new program year at Crossing All Bridges Learning Centre, we are excited to reintroduce the incredible team supporting our programs and participants each day. Our staff bring passion, creativity, and dedication to everything they do, and we are looking forward to another year of growth, connection, and meaningful experiences.

Our team includes:

Michelle Drake – Executive Director

Michelle Carpenter – Manager of Operations

Natasha Efner – Manager of Programs

Rachel Bhaul – Digital Innovation Instructor

Debbie Maxworth – Community, Culture and Me Instructor

Meghan Graham – Expressive Arts Instructor

Chelsi Rodrigues – Recreation and Wellness Instructor (Contract)

Melissa Coleman – Culinary Instructor

Kaitlyn Pye – Instructional Support

Allan Draper – Program Support

Larissa Duncan-Curnew – Personal Support Worker

Emily Bertolo – Social Enterprise Growth Lead

Sharde Stemmler – Lead Driver and Operations Coordinator

Shyanne Graziano – Recreation and Wellness Instructor (currently on maternity leave)



We are proud of the strong, supportive team we have built and are excited for all that the 2026–2027 program year will bring.



Thank You

We would like to take a moment to say goodbye to Robin and Jill as they move on from Crossing All Bridges Learning Centre. We are grateful for the time, care, and dedication they have shared with our participants and team. Their contributions have been meaningful, and they will be missed within our community. We wish Robin and Jill all the very best in their next adventures and future endeavors.

Farewell

CABLC NEWSLETTER THIS ISSUE

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- Staff Updates
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Social Club

Social Club runs bi-weekly from 5:30pm to 7:30pm on Thursday evenings. Come out this month for Pizza and Planning on September 3rd. Be sure to bring your suggestions for our upcoming block of activities. To register contact our Manager of Programs, natasha@crossingallbridges.ca



Shredding Barriers



It's the perfect time to clear out old paperwork while protecting your personal information.

Shredding Barriers is open Monday to Friday 8am to 4pm.

Drop off your documents anytime – No appointment necessary.

We offer both residential and commercial services.

For more information or questions please call us at 519-751-0123 ext.103

Highlights from August Closure

Staff Training & Professional Development Week – What We Were Up to During the Summer Closure

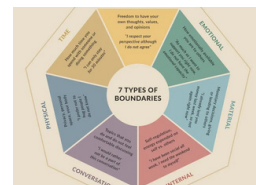
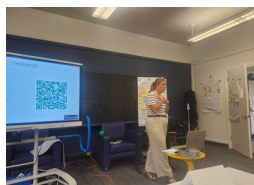
We are committed to ensuring our staff have the knowledge, skills, and tools needed to provide safe, respectful, and quality support to the individuals and families we serve.

Recently, our team completed several valuable training opportunities. **Professional Boundaries Training** helped staff explore seven types of healthy boundaries, understand how undeveloped personal and professional boundaries can impact those we support, and develop healthy boundary action plans.

Our team also completed **Nonviolent Crisis Intervention Training**, focusing on de-escalation techniques and learning how to best support individuals before, during, and after a crisis.

To further strengthen our teamwork and communication, staff participated in **DiSC Training**. This training helped us better understand different communication styles and how we can effectively communicate with and support one another.

These training opportunities continue to strengthen our team, enhance our professional practices, and ensure our staff are prepared to provide the highest quality of support to the individuals and families we serve.



Fundraising

Golf “Fore” Learning 🏌️ Help Us Make Our Tournament a Hole-in-One

We’re getting excited as our upcoming Golf Tournament on September 10th is just around the corner. This event continues to be such a meaningful way to bring our community together in support of Crossing All Bridges Learning Centre. As we prepare for the big day, we are still seeking gift card donations to help enhance our raffle and prize offerings. If you or someone you know would like to contribute, we would love to hear from you. Please reach out to foundation@crossingallbridges.ca or drop them off at the centre. Thank you for helping us make this event a success, we can’t wait to see everyone on the course.





A FAMILY BBQ

For all that you do!

COME JOIN US FOR A NIGHT OF APPRECIATION, FUN, AND GOOD FOOD!

PLEASE RSVP TO MCARPENTER@CROSSINGALLBRIDGES.CA

WHERE: 65 SKY ACRES DRIVE, BRANTFORD

WHEN: SEPTEMBER 16TH 5 P.M. TO 7 P.M.

Family BBQ

Please join us on September 16 from 5pm–7pm for an outdoor BBQ. This is a great opportunity to mix and mingle, meet the team at Crossing All Bridges, and reconnect with some familiar faces. The cost is free, but we kindly ask that you RSVP by September 11 with the number of family members attending to Michelle Carpenter at mcarpenter@crossingallbridges.ca so we can plan accordingly.



CABLC PROGRAMMING

Culinary

Welcome back to the Culinary program. We hope everyone enjoyed their summer and are excited to be back. We kicked off the program year by welcoming new and old friends as they navigate new groups and getting to know each other. In the Culinary program we have been going over kitchen safety and refreshing knowledge of CAB Café operations and the responsibilities associated with each station. September will focus on hygiene and handwashing, learning what all the kitchen equipment is used for and going over basic cleaning skills in the kitchen.

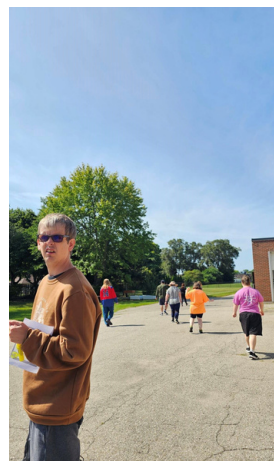


Expressive Arts

Welcome back everyone. As our new program term comes into play, we are looking forward to starting new and exciting units in Expressive Arts. We began the term with our Musical Instrument Unit. The participants learned all about the 4 different instrument families, which are Strings, Percussion, Woodwinds, and Brass. Over the month of September, we will be looking more closely at each family and discover how they are played, and how they sound. The participants will get a chance to try different instruments themselves and learn more about each one through special guests.

Recreation and Wellness

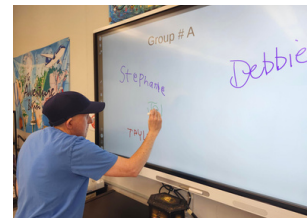
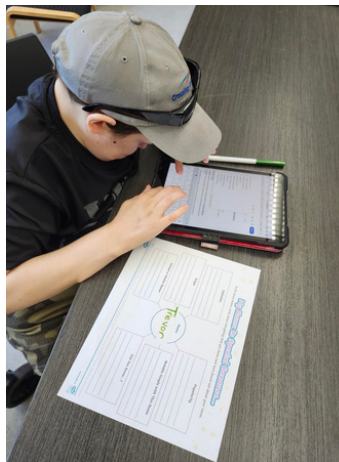
We are so excited to kick off the new program year! We have so much to look forward to in Recreation & Wellness this year. To start off we are keeping things light and fun with some welcome back activities, daily cardio and a fitness-based scavenger hunt. Next we will do some biking and walking in the neighborhood and then the two weeks following we will be working on baseball skills together and playing a game. We cannot wait to start up our weekly walks in the local parks and the Gretzky Center as well.



CABLC PROGRAMMING

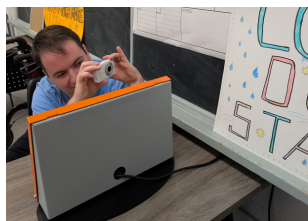
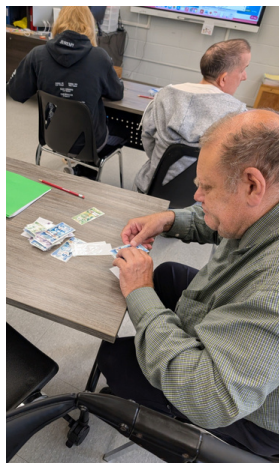
Community, Culture and Me

Community, Culture and Me welcomes participants back to another fun filled year of continued learning. We look forward to sharing some of our adventures from this past summer, getting reacquainted with friends and making some new ones. CCM will introduce the exciting topics, picked by participants, and get ready for the new program year. Canadian animals, cities from around the world, and community connections, are familiar favourites just to name a few. We look forward to another productive year.



Digital Innovation

Welcome back to Digital Innovation. This year is all about new opportunities and experiences. As we return, we will be reviewing best practices, expectations, and routines that support a successful day here at CAB. To begin September, we will focus on hygiene by learning and practicing daily hygiene routines, as well as revisiting internet safety. We will also be developing our money and budgeting skills. To end the month, we will take part in virtual field trips around the world as we explore the history and culture of different countries.



Extended Programming Opportunities – After Hours Programming



Friday Night Dance Mixers will resume in October. Join us on **October 16th** for our **Harvest Party** themed dance. For just \$10, you'll enjoy an evening of dancing, a snack and a drink. Registration is required.

CAB Roots – Fall Edition

CAB Roots is a 4-week seasonal garden program running **Tuesdays from 3:30–4:30pm** beginning September 22nd. Participants will explore hands-on gardening, learn about seasonal plant care, and take part in simple nature-based crafts as we prepare the garden for winter. Registration is required.



Craft Club returns this fall with monthly seasonal crafts designed to be fun, creative, and accessible for all participants. Join us on **Monday October 5th from 3:30pm to 5:30pm** as we create **fall lanterns**. Please note the change to the day and time. Registration is required.



Craft Club

For more information or to register for any extended programming opportunities please reach out to our Manager of Programs, Natasha Efner, at natasha@crossingallbridges.ca

UPCOMING EVENTS



Craft Club

Crossing All Bridges is thrilled to announce the return of Craft Club on a new day and time for the 2026-27 program year



Join us on the first **Monday** of each month from **3:30pm to 5:00pm** for an afternoon of creative expression!

Cost: \$10.00 per session

All ages and abilities are welcome. Materials are provided.

Monday October 5th
Autumn Leaf Lanterns

Monday November 2nd
Felt Winter Pocket Warmers

Monday December 7th
Winter Ornament Workshop

Registration is required please email Natasha Efner at natasha@crossingallbridges.ca

 *Crossing All Bridges Learning Centre in the Expressive Arts Room*



CAB ROOTS

A GARDEN FOCUSED AFTER-HOURS PROGRAM

GROW, LEARN, BLOOM TOGETHER

Open to individuals 14+

Join us for CAB Roots, a 4-week seasonal garden program in our inclusive and accessible community garden space. Participants will explore hands-on gardening activities as we connect with nature, learn about plant care and seasonal change, and work together to close the garden for the season. Each week includes simple garden tasks and creative nature-based crafts such as leaf art, seed collages, painted garden stones, and personalized garden creations.

Date & Time

Tuesdays from 3:30 - 4:30
Start Date: Tuesday September 22nd

Cost

\$60.00 for all 4 weeks or
\$20.00 per session

To Register

Contact our Manager of Programs
Natasha Efner:
natasha@crossingallbridges.ca
519-751-0123 ext. 104

Weekly Outline

- ① September 22nd
Getting to Know our Garden
- ② September 29th
Harvest & Care
- ③ October 6th
Preparing for Winter
- ④ October 13th
Closing the Garden & Celebration

*Individuals do not need to be registered in CABLC day program to attend



Friday Night Dance Mixer

2026 - 2027

Mark Your Calendars 7:00pm - 9:00pm

October 16th Theme: Harvest Party November 6th Theme: Vegas Night December 4th Theme: Holiday Candyland January 8th Theme: Neon Fete February 12th Theme: Neon Nights	March 12th Theme: Country Night April 9th Theme: Hollywood Spotlight May 14th Theme: Safari Party June 4th Theme: Masquerade Party July 10th Theme: Beach Party
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Registration is required - please email natasha@crossingallbridges.ca to confirm your spot.
Cost: \$10.00 includes admission, snack and drink

Be sure to check out [Friends4Kindness.com](https://www.friends4kindness.com) for more monthly dances, held at Brantwood Community Centre, to keep the party going!

Follow along on our Facebook page- each month we will post a flyer detailing everything you need to know about the upcoming dance!