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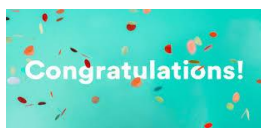


“A grateful heart is a magnet for miracles.” Anonymous

Open Hands



Lynn at her Art Exhibit Opening Night with the honorable Eric Duncan, MPP! Eric purchased this painting and has it in his office in parliament! Lynn sold all her paintings and a small sculpture.



Gratitude!

Thankful for the amazing staff at Open Hands!

Submitted by: Reina McDowell

During this difficult time, I am grateful for the dedicated service provided by the professional, compassionate and caring staff! I am honored and humbled by the kindness displayed to all involved, respecting of public health precautions, sharing of resources, the community response and most importantly the utmost concern for the well being of people we support and each other!



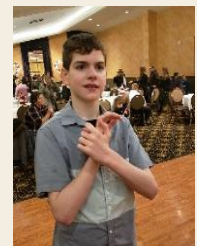
Top Picture: Allan at Ripley's Aquarium in Toronto with Chantal and Shawna. Allan experienced many firsts on this trip!

Picture on the left: Sheldon having a wonderful time taking a swing!

Celebrating Goals Achieved!!



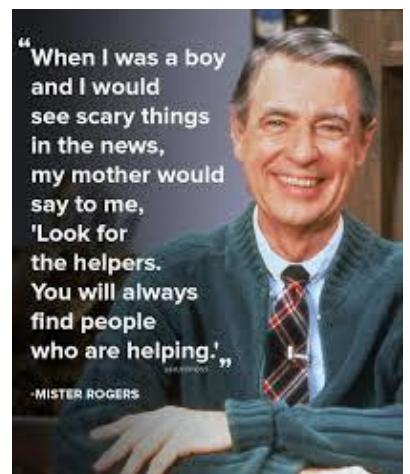
- *Nathan intensely playing hoops!*
- *Allan meeting a new friend!*
- *Captain Chris!*
- *Chris and Corey at the Open Hands Breakfast!*



Family....
Friends &
Fun



THANKS
FOR
BEING
AWESOME



*Open Hands
Wellness Day*

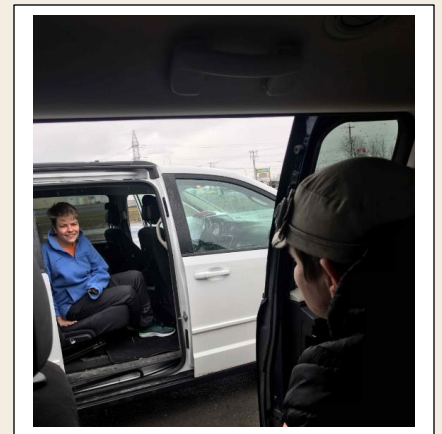


Guest Speakers from Reach Canada



Self Care Tips

- ➡ Call a friend or family
- ➡ Go outside
- ➡ Watch a funny movie
- ➡ Read a book
- ➡ Practice deep breathing
- ➡ Jam to favorite music
- ➡ Go for a drive
- ➡ Listen to your emotions
- ➡ Laugh
- ➡ Stretch or do yoga
- ➡ Rest
- ➡ Move your body
- ➡ Write a gratitude list



Open Hands continues to enhance the lives of people supported, even during a pandemic.

- Genevieve out for a walk
- Christian and Katelyn talking
- Jen baking
- Kevin's birthday
- Sheldon checking out rabbits
- John hanging out
- Phil enjoying the sun
- Kristy enjoying a ride