



CELEBRATING SHANNON O'REILLY'S SUCCESS!

We are thrilled to announce that Shannon O'Reilly has excelled at the Special Olympics Swim Team competition, bringing home three medals: two silver and one gold. Her dedication and skill have made us incredibly proud.

Congratulations, Shannon! We celebrate your outstanding achievements and are inspired by your hard work and determination. Keep shining!



PLANTING TREES FOR MENTAL HEALTH AWARENESS WEEK



Mental Health Awareness Week began with a presentation on mental health, setting the stage for a week brimming with activities dedicated to well-being.

Among these activities, we planted trees at the center, symbolizing growth, renewal, and the importance of nurturing our mental health. Additionally, we were honored to host wellness talks from Sudbury Community Center and presentations from Elite Wellness Medical Center, offering valuable insights and resources for mental well-being.



Throughout the week, our clients engaged in various



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activities, including walking on trails, participating in music therapy sessions, enjoying a barbecue, and experimenting with clothes dyeing. These experiences provided opportunities for relaxation, connection with nature, and bonding with friends, all contributing to a sense of calm and rejuvenation.

As the week drew to a close, we celebrated by taking our clients to Bell Park. There, amidst lots of laughs, smiles, and excitement, we experienced the joy of being outdoors. With the beautiful weather rolling in, we have decided to incorporate regular visits to Bell Park and other outdoor activities into our routine. Our clients love it, we love it, and our minds love it!

Together, we reaffirm the importance of prioritizing mental health and embracing the benefits of outdoor activities in our journey towards well-being.



ASHLEY'S BIRTHDAY CELEBRATION



"Thank you so much to everyone at AVEC for celebrating my birthday and making me feel extra special. Your thoughtful gestures and warm wishes truly made my day unforgettable. I'm excited to grow another year older with such a wonderful team and look forward to the exciting adventures ahead at AVEC. Here's to another fantastic year together!

-Ashley Pelland





June 1, 2024

Joanne Trembley Honored with Entrepreneur of the Year 2024 Nomination

We are thrilled to announce that Joanne Trembley was nominated for Entrepreneur of the Year 2024! This honor acknowledged her dedication to the Adult & Youth Enrichment Center Inc. over the past decade. Joanne expressed her heartfelt gratitude to the [Greater Sudbury Chamber of Commerce](#) for this recognition and attended the gala with pride. She emphasized that the Center's success was a testament to the hard work and passion of its staff, volunteers, and management team.

Celebrating this nomination alongside the Center's 10th anniversary was truly special. Thank you to everyone for your support!



MESSAGE FROM DIRECTOR

The Adult & Youth Enrichment Center is celebrating its 10th anniversary this month! We are so proud and so in awe of how far we have come from one single day program to where we are now. This is definitely something we will be celebrating all month with BBQ's, events and activities. We continue to expand with programs and services. Our goal was to eliminate the word "waitlist", and we have done that in the first 10 years. Thank you to our dedicated staff, our management team, our community partners, the families of our participants and, most importantly, the participants of our program! Our vision has not changed, we will provide quality supports to the most vulnerable in our community. The next 10 years we will be focused on SOLUTIONS. We want to provide the services before a crisis, before another youth becomes homeless, before another person turns to a life of addictions, by providing the mental health support they need, to learn the foundations and strategies at an earlier age and become productive members of the community. Happy 10th anniversary to us!



HIGHLIGHTS FROM ACCESSIBILITY WEEK

The AVEC participated in the "Cruising for Inclusion" fundraiser this afternoon. We had a blast and loved being able to help raise awareness about accessibility! Our very own Brittany led the walk, and we couldn't be more proud!



Thank you to everyone who stopped by our center at 1050 Lonsdale Avenue to celebrate Accessibility Week! Our BBQ event was a great success, and it was wonderful to see so many of you there!

We also had an amazing time at the Accessibility EXPO! The weather was great, the turnout was fabulous, and we shared tons of laughs. We are extremely proud of Fisher for his incredible yo-yo performance – he sure knows how to pull in a crowd!

CLIENT OF THE MONTH

DJ Fox is being recognized as client of the month, as she continues to demonstrate excellent work ethic around campus and is always eager to help her peers.



Fox has shown a lot of growth and improvement in the recent months, showing up with a smile and positive attitude every day.

EMPLOYEE OF THE MONTH

Congratulations to Jade Hawks, our Employee of the Month! Your hard work, dedication, and exceptional performance have truly set you apart. Every day, you bring your best to the



team, consistently going above and beyond. We are incredibly fortunate to have you with us, and your positive attitude and commitment inspire us all.



WELCOME TO OUR TEAM

DIRECTOR OF CLINICAL SERVICES

The Adult & Youth Enrichment Center is proud to introduce Ernest Arkoh to our team. Ernest is an Educator, recently promoted to Director of Clinical Services, focusing on Youth and Residential Services.

He provides ongoing services to our youth, focussing on a holistic approach towards the education, behaviour support, life skills training and overall well-being of the youth. He will be working in tandem with the schools, clinical teams, and community partners.

Ernest is a professional, certified, licensed teacher. He has worked at universities, training schools, has published articles and has earned several degrees, both Bachelors and Masters.

He holds many certifications in Mental Health and Addictions, home care support, child-care, and counselling.

We are thrilled to have Ernest as part of our team as we expand our services and programs at the AVEC.



DIRECTOR OF MENTAL HEALTH & ADDICTION

The Adult & Youth Enrichment Center is proud to introduce Arun Thankachan to our team. Arun is a Registered Social Worker, recently promoted to Director of Clinical Services, focusing on Mental Health and Addictions. He provides ongoing mental health services to both our youth and adult participants as well as their families. He is also a great resource for our staff, offering debriefing sessions to ensure their mental health and wellbeing.

Arun has very valuable experience, as an On Call Crisis Social Worker at HSN and Sudbury Mental Health and Addictions Center as well as, a Social Worker Supervisor with the United Nations UNICEF Fund.

We are excited to have Arun as part of our team as we expand our services and programs at the AVEC.



TO JOIN OUR TEAM / VOLUNTEER

 info@adultenrichment.ca  www.adultenrichment.ca



MEET THE TEAM



JOANNE BOUCHARD
FOUNDER / EXECUTIVE DIRECTOR



ASHLEY PELLAND
ASSIISTANT DIRECTOR



LORI HARRISON
HR/ PROGRAM MANAGER

UPCOMING

EVENTS

- **JUNE 22: BBQ FOR YEC**
- **JUNE 24-29: LAUNCHING TRANSITIONAL HOME**
- **JUNE 28: BBQ FOR ADULTS**



**1050 LONSDALE AVENUE,
SUDBURY, ON**



**249 651 9787
info@adultenrichment.ca**



BRAINSTORM

EMOTIONS WORD SEARCH

D	E	A	E	X	C	I	T	E	D	A	S
C	O	N	F	U	S	E	D	Y	E	D	U
A	B	G	O	T	U	V	S	Z	N	F	R
U	F	R	U	S	T	R	A	T	E	D	P
P	G	Y	H	C	I	J	D	I	R	H	R
S	K	O	L	A	S	U	V	R	V	A	I
E	P	M	U	R	A	T	I	E	O	P	S
T	N	Q	R	E	W	O	Y	D	U	P	E
B	O	R	E	D	U	Z	E	D	S	Y	D

- HAPPY
- SAD
- CONFUSED
- FRUSTRATED
- BORED
- NERVOUS
- SURPRISED
- UPSET
- SCARED
- ANGRY
- EXCITED
- TIRED

DID YOU KNOW?

- Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula"
- It snows metal on Venus!
- Adult cats only meow to humans, not other cats.
- There's a planet made almost entirely of diamonds.
- Winnie the Pooh was inspired by a bear from Winnipeg Zoo in Canada.
- Canadian bank notes have braille on them for the blind.
- Large parts of Canada have less gravity than the rest of the Earth.

INTERESTING FACT



CONNECT WITH US



AYEC WEBSITE

AYEC FACEBOOK