

THE DISABILITY FOUNDATION NEWSLETTER

DISCOVER

Summer 2022

DONOR IMPACT REPORT 2021



In memory of
Francis Robert Laitin
ce-ahm-spee-ahm





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Letter from the Executive Director

This year, we start to emerge from the pandemic restrictions and cautiously return to pre-COVID program and service delivery for all societies.

The first half of 2022 brought operational and program challenges, as expected, as we face funding shortfalls. With help from our donors, some (legal) creativity, and functional and programming sacrifices, the Disability Foundation and its affiliated societies remain optimistic about providing services to our communities in British Columbia and across Canada, in the summer and for the rest of the year.

For example, ConnecTra's Abilities Expo: Reconnect 2022, after a two-year absence due to COVID, broke previous attendance records. We thank the Roundhouse staff for being so welcoming and all the vendors and service providers who filled every available booth! We hope you will join us at the VAMS's flagship event in October, the 2022 Strong Sessions, also held at Vancouver's Roundhouse Community Centre. Tetra Society grew this year with a new chapter in Ontario – Thunder Bay! DIGA continues to serve at seven community gardens and have increased the number of available plots. VAMS instructional in-person lessons are at full capacity at GF Strong Rehabilitation Centre. BCMOS expands its adaptive cycling

program to two days per week and continues to operate every day this summer at the paddling centre in Creekside. ASABC is providing sailing experiences even after the storm that damaged the pier and Jericho Sailing Centre.

Now, as we look at 2021 for our Societies in this Donor Impact Report edition of our multi-annual Discover Newsletter, we can reflect on the ways we have worked together to impact the lives of people living with disabilities in British Columbia, and across Canada.

None of this is possible without the generous contributions from corporate grantors, private donors, and government assistance. Every dollar has impact on our programs and services. Every loonie counts.

On behalf of the staff, boards of directors, and volunteers at the Disability Foundation, ASABC, BCMOS, ConnecTra Society, DIGA, Tetra Society, and VAMS, thank you for your on-going support.

David Fong,

Executive Director

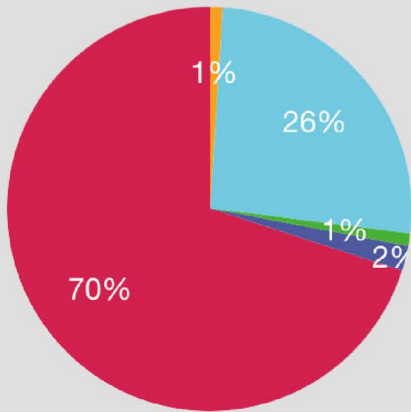
The Disability Foundation in 2021



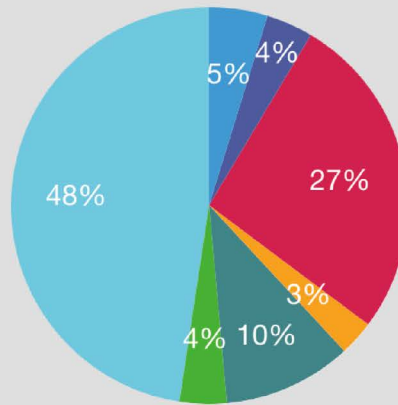
**DISABILITY
FOUNDATION**

Through our societies, we provide opportunities for people with physical disabilities to enable their individual journeys.

How our Societies were collectively funded in 2021



How the Disability Foundation was funded in 2021



- Non-Profit Grants
- Government Grants
- Private Donations
- Product Sales
- Corporate Grants
- Non-Government Organization Grants
- Private Foundation Grants/Donations



1120

Total Volunteer Hours
(not including Tetra)

98

Total Summer Society
Program Volunteers



Anjeline Bukhari

Disability Foundation
Volunteer of the Year
2021



4 Interns

818 Organizations Reached

450 Survey Participants

3 YLI interns completed the Royal Roads University leadership development training

2 Staff members joined as peer mentors at the RRU training



Followers
1,681

Accounts Reached
135,042



Followers
1,216

Accounts Reached
43,016



Followers
3,791

Tweet Impressions
131,187



Subscribers
520

Video Views
186,424



Followers
431



Discover
Newsletter List
5,050



Website
Visitors
26,816



Adaptive Sailing Association of BC

Jack Tait: Friendships and Freedom Through Sailing

Jack Tait, 92 years old, has been sailing since he left high school when a friend took him out and ignited his love for being on the water.

A few years after moving to Vancouver and developing post-polio syndrome, Jack wanted to get back to the freedom of the open water. He told his friend, Jean Donaldson, that he wanted to go to the Jericho Sailing Centre to see if there was anything for people with disabilities.

While Jean had never sailed before, she went with Jack, and together they found the Adaptive Sailing (Disabled Sailing back then) Association of British Columbia.

Over the years, Jack, Jean, and other sailors they befriended from ASABC travelled the country, sailing in regattas like the Mobility Cup, making more friends worldwide, and bonding over the friendly competition.

“That’s one of the things that I enjoy most. You make so many new friends, and they all bring their own experiences with them, so you learn about the various activities and accomplishments that disabled people have been able to achieve.”

As a matter of fact, Jack was meeting some fellow sailors for lunch today; “That’s why I have

to cut this visit short,” Jack said. He’s good friends with several local sailors from ASABC, and during the off-season, they make sure to get together, “These really are social bonds, you know!” he exclaimed.

“I think ASA is a worthy cause. It’s a neglected area, sports for disabled people. Society is not doing enough to promote activities and facilities for disabled people. Sailing is one way people with disabilities can enjoy life better, more fully. And give them a sense of accomplishment. That’s what ASABC has done for me,” and with that, Jack was ready for lunch with his friends from the Adaptive Sailing Association of British Columbia.

Support sailors like Jack by making a donation at asabc.org/support



Jack Tait (left) and the late Jean Donaldson (right).

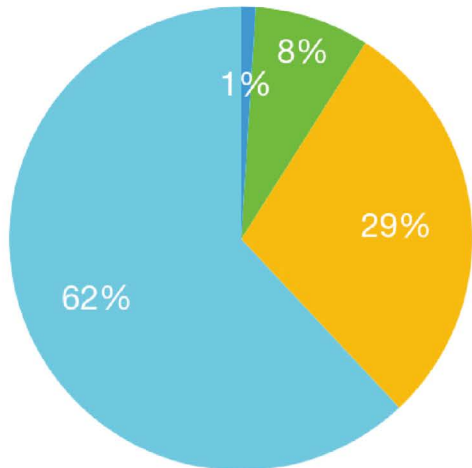
ASABC in 2021



ASABC
Adaptive Sailing
Association of BC

ASABC supports people with physical disabilities to experience the sense of independence and freedom that comes with adapted sailing.

How ASABC was funded in 2021



- Non-Profit Grants
- Government Grants
- Private Donations
- Non-Government Organization Grants

Rebranded to Adaptive Sailing Association of British Columbia (ASABC)

Thank you to the 132 of you who helped us choose our new name and logo!



Followers

570



Followers

935



Website
Visitors

11,411

ASABC 2021 Program Statistics

Sailings in 2021 were affected by COVID-19 pandemic restrictions.

445

Total Sailings

42

Child Sailings

55

Solo Sailings

38

New Sailors

8

Martin 16 Sailboats
in Operation

2

Kids Day Events
with 23 attendees



7 Summer Staff

30

Total ASABC
volunteers



Richard Rosebaum

ASABC - Sailing
Volunteer of the Year
2021



Sophia Lang

ASABC - Land
Volunteer of the Year
2021



British Columbia Mobility Opportunities Society (BCMOS)

Trevor Ng: Adaptive Paddling is Fun for the Whole Family!

The summer of 2021 was a game-changer for 9 year-old Trevor Ng and his family.

Trevor's physiotherapist suggested to his mom, Katy, that the family might want to explore BCMOS (British Columbia Mobility Opportunities Society), which offers adapted hiking and paddling opportunities for people with disabilities. Because Trevor is a non-verbal child with physical dependencies, his parents were delighted to learn that such an organization existed.

They were very intrigued by the adapted paddling program because ever since he was a baby, Trevor has always loved the water. So, they decided to give it a try. Best decision ever!

When Trevor and Eric glided out on the water in a kayak for the first time, Katy and Connor waited on shore. When Katy readied her phone to snap some photos, she could see the huge smile on his face. And then she heard Trevor giggle so loudly that she could hear it all the way across False Creek.

"This has been great for us as parents", said Katy and Eric. "We are so grateful that these kinds of opportunities are available to us, so close to home and in such world-class locations. It's also very affordable at only \$10 for a one-hour session. We've had some good

family outings, and it's been a great bonding experience."

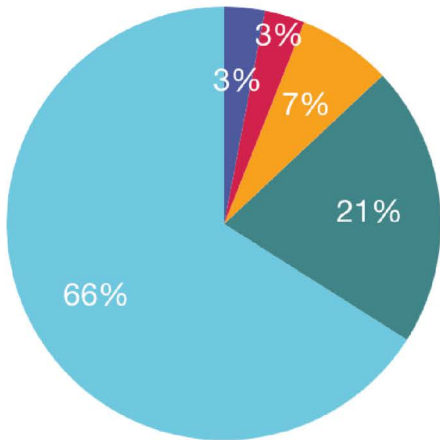
When asked if they had any advice for other parents of children with disabilities, Katy and Eric suggest that "if in doubt, just check it out. It's always worth it." They still find it incredible that there is a dock dedicated to individuals with special needs. They see it as place, in which we can all learn from each other – and re-imagine what is possible.



Trevor ready to take on the seas!

BCMOS in 2021

BCMOS supports people with physical disabilities to access outdoor recreation.



How BCMOS was funded in 2021

-  Non-Profit Grants
-  Government Grants
-  Private Donations
-  Corporate Grants
-  Private Foundation Grants/Donations

BCMOS 2021 Program Statistics

Participation in 2021 was affected by COVID-19 pandemic restrictions.

560 Adapted Kayak Excursions

108 TrailRider Hiking Excursions

104 Adaptive Paddle-Boarding Excursions

13 Child Hikers

27 Child Paddlers

15 New Hikers

35 New Paddlers

10 TrailRiders Sold



4 Adaptive Personal Training cohorts with Ocean Rehab & Fitness

helping 60 clients with disabilities stay active from their homes



Followers

1,252



Followers

568



Website Visitors

7,843



Sahil Singh

BCMOS - Cycling
Volunteer of the Year 2021



Celia Quigley

BCMOS - Kayaking
Volunteer of the Year 2021



Nayeli Cruz-Iqbal

BCMOS - Paddle Boarding
Volunteer of the Year 2021

62

Total BCMOS volunteers



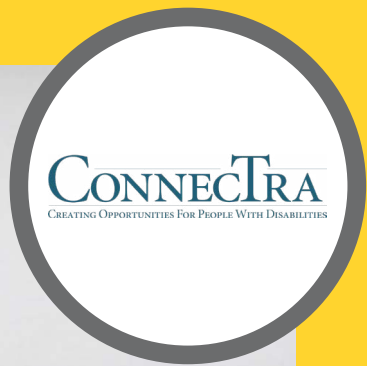
Sena Fong

BCMOS - Paddling Land
Volunteer of the Year 2021



Maria Edora

BCMOS - Hiking
Volunteer of the Year 2021



ConnecTra Society

Junie Howie: Combatting Isolation with Connection

Since its inception in 1999, Junie Howie has been a regular at ConnecTra events and initiatives. Over the years, Junie – now 83 years old – has attended almost forty ConnecTra workshops, three online Accessible Community Forums (ACFs), several Abilities Expos, and even worked a few part-time placements over the years.

In 1967, Junie was in a car accident where she sustained a brain injury, “the car rolled three times after being hit by a truck.” After spending a month in the hospital recovering, she was left with short term memory challenges among other invisible disabilities that still affect her today, “I didn’t have any physical disabilities, but my accident did affect my vision, my hearing, my balance.”

Junie learned about the ConnecTra Society through its founder, Sam Sullivan, while looking for things to keep her occupied. She felt immediately welcomed by the group and enjoyed listening to others’ lived experiences during events and workshops. **“There’s something about this group of disabled people. It’s very rewarding for a person to listen to people who are so humble and pleasant. Hopefully a little bit of that rubbed off on me.”**

With the help of ConnecTra’s programming over the years, Junie feels she’s “achieved some independence.” Combatting isolation, the programs have become a place for her to meet

others. “I don’t have any close friendships with anybody, and because of my memory and my disability [...] I don’t connect with that many people who don’t have disabilities on a long-term basis.”

When asked how ConnecTra has changed over the years, Junie excitedly explained that “it’s changed a whole lot!” She described that things have become “much more advanced” and she’s excited to see that “there are more activities [and] choices of things for [people with disabilities] to do.”

Not one to be held back by her disability, Junie continues to search for new opportunities, “it takes me a long time to learn new things but I try to learn and am looking forward to maybe finding a part time job.”

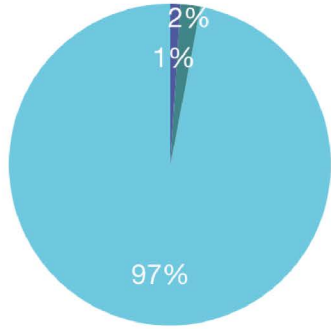
After all, “I’m not getting older, I’m getting better.”



Junie boxing with an exhibitor from Westcoast Wheelchair Adaptive Boxing (WWAB) during ConnecTra’s Abilities Expo in 2022

ConnecTra in 2021

ConnecTra connects people with physical disabilities to activities, resources and programs to break down barriers and enable a greater quality of life.



How ConnecTra was funded in 2021

- Government Grants
- Private Donations
- Corporate Grants

ConnecTogether

ConnecTra's Online Learning Platform

229 Online events & workshops
3,111 total attendances

Top Attended Events

913 Adaptive Fitness

202 Abilities Dance

169 Chair Yoga

105 Service Mondays



Followers
676



Followers
547



Website Visitors
7,836

3x five-day Virtual Roadshows to showcase organizations & resources in areas outside of the Lower Mainland

Osoyoos
Presenters
15
Registrants
35

Okanagan
Presenters
14
Registrants
58

Vancouver Island
Presenters
14
Registrants
63



Arthur Lee

ConnecTra
Volunteer of the Year
2021

3 Online Accessible Community Forums

Built Environment
Survey responses
73
Forum registrants
76

Accessible Recreation
Survey responses
111
Forum registrants
77

Accessible Parking
Survey responses
97
Forum registrants
86



Disabled Independent Gardeners Association (DIGA)

Joseph Morrisette: Growing Skills and Independence

As a young man, Joseph Morrisette completed a degree in Business Management, which led to a successful career in real estate. "All I did in those days was work work work," he says. "My only relaxation was music, when I played the trumpet."

Unfortunately, in 2009 Joseph was involved in a serious car accident, resulting in brain trauma which made him unable to work. And then, five years ago, more tragedy struck when Joseph had a stroke, leaving him partially paralyzed and with the beginning of some dementia.

In 2021, Joseph discovered another passion – gardening with the Disabled Independent Gardeners Association (DIGA). Although he was initially hesitant in learning a new skill, last summer Joseph grew two raised bed garden boxes of veggies.

"I really enjoyed seeing the final products. It made me feel so good to see them grow, and to learn from the things that didn't do as well. Going to the garden once or twice a week gave me some structure and purpose, and kept me learning new things." he reports. The independence and personal fulfillment from growing one's own food is unparalleled!

Joseph would like to see more people with disabilities start gardening and feels that

there should be more awareness about what a wonderful program DIGA is. With today's high cost of living, he's already seeing lots of incentives for people to get started growing their own food. For those reasons, Joseph joined the DIGA Board of Directors in 2021.

When asked if he has any suggestions for other folks with disabilities, Joseph states that it is vital to have faith and belief in one's ability to heal. And...he suggests that you get out and start growing! You'll be amazed at what you learn about yourself.

Thank you, Joseph, for your resilience and dedication. And may your thumb continue to be green!

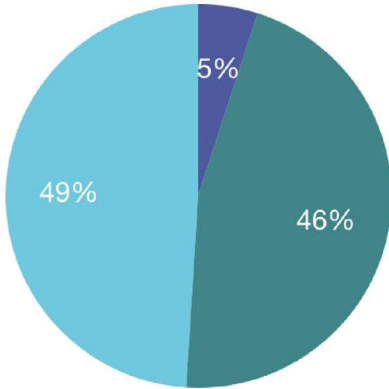


Joseph prepping new accessible garden bed at GF-Strong Rehabilitation Centre.

DIGA in 2021



DIGA supports people with physical disabilities to enjoy the personal satisfaction and health benefits available through gardening.



How DIGA was funded in 2021

-  Government Grants
-  Private Donations
-  Corporate Grants

DIGA 2021 Program Statistics



GrowABLE

ONLINE GARDENING WORKSHOPS

15 Recorded Hours
of virtual workshops

165 Views
Growing Garlic

44 Views
Putting the Garden to Bed

37 Views
Make your own Sauerkraut

34 Views
Prepping the Garden



Followers

427



Followers

568



Website
Visitors

2,708

62

Total Volunteer
Sessions



Nga Le

DIGA
Volunteer of the Year
2021

Growing Together Podcast
7 episodes released

Listen to the episodes at
digabc.org/growing-together-podcast



7 plots at 6 community gardens

- Woodland Park
- Granville and 7th Temporary Garden
- Pandora Park
- Kerrisdale
- G.F Strong Courtyard
- Still Creek
- Maple



Tetra Society
of North America



Tetra Society of North America

Joe Robichaud: Fulfilling Childhood Dreams

When he was 12 years old, Joe Robichaud loved to ride his bike with his friends - until he lost his leg to Osteosarcoma, the same cancer as Terry Fox. For decades Joe would think back to those times. "I stopped riding a bike and that was... hard. My buddies were out there riding their bikes and I wanted to be there with them so bad, but I couldn't be."

For 35 years, the Tetra Society of North America has been working towards a world where people with physical disabilities feel empowered and inspired to reimagine what's possible.

In the early '90s, Joe contacted his local Tetra chapter on the advice of the prosthetics department to see if they could help him adapt a two-wheeled bicycle; regrettably, that did not work out.

But then, in 2016, he discovered adaptive handcycles. However, Joe felt unsafe riding on residential streets because of the cycle's low height; drivers have difficulty seeing him. Since it is such a unique piece of equipment, there were no commercial trailers to transport the bike somewhere safe to ride.

Enter Nick Gosse, an Engineering student at the local university and a volunteer for Tetra. After receiving the [Request for Assistance](#), Nick

came and took measurements of the handcycle, created a 3D design and got to work.

Since receiving the trailer and a set of [TetraLights](#), Joe has been cycling safely on the Rails to Trails in Nova Scotia. "It's a sense of calm, peace, and accomplishment. I rode along the Atlantic ocean for the first time!"

This experience inspired him to give back; now, Joe is a volunteer for the Halifax Chapter. **"Tetra allows persons with disabilities to accomplish goals that seem out of reach, enhancing our lives' sense of purpose and meaning."**



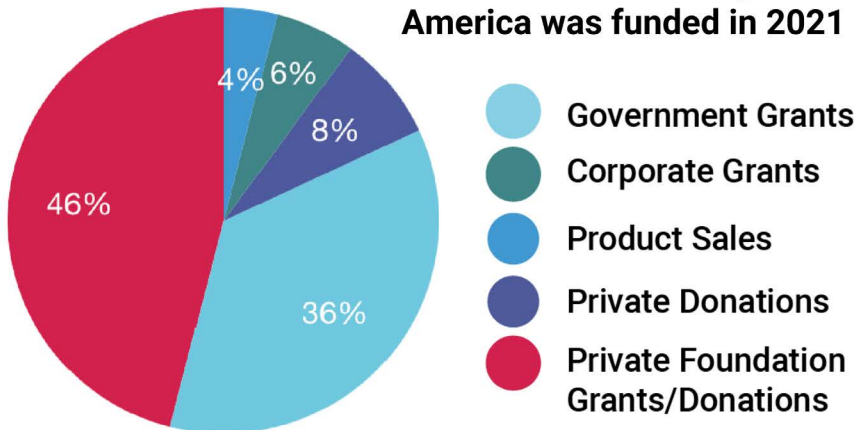
There's no road too long for Joe and his hand-cycle.

Tetra Society in 2021



The Tetra Society builds innovative solutions for people with physical disabilities to overcome environmental barriers, providing greater independence, quality of life, and inclusion.

How The Tetra Society of North America was funded in 2021



425

Total National Requests for Assistance (RFAs) received

Tetra 2021 Program Statistics

225

Total active Tetra volunteers

269

Total completed projects

71

Total completed child projects

82

New clients

40

Active chapters



Followers

485



Followers

575



Website Visitors

18,635

400

netClé devices given to people with disabilities across Canada



TETRA NATION

50

Total Videos

266

Total Votes



Best Child Adapted Project

Adaptive Tricycle (Edmonton)



Most Innovative Project

Adapted Archery Holder (Newfoundland)



Most Voted Project

Adapted Beach Chair (Hamilton)



Vancouver Adapted Music Society (VAMS)

Rachael Ransom: Creativity Over Identity

Rachael Ransom was born three months prematurely with cerebral palsy and lesions all over her brain. Doctors told her parents that she was going to be paralyzed and unable to speak for her entire life. Yet, a few weeks later they discovered that half of the lesions had disappeared with no medical explanation.

In 2018, she met the Vancouver Adapted Music Society (VAMS) co-founder Dave Symington at a music gig, who introduced her to Graeme Wyman, now the VAMS Program Manager.

Since then, Graeme would reach out to her about upcoming VAMS performances and events. She said, "it's amazing to me that I've found this small disabled community of people that all come from similar backgrounds of having extra challenges and still manage to be creative and have a good time."

It's hard to find opportunities and spaces like what VAMS creates, where there are no barriers and people feel welcome, safe, and included. "It's the one place where you feel like your disability isn't at the forefront of your life because everyone there gets it. That's the biggest takeaway, you get to hang out with other people who are musically gifted, you learn things and have fun which is essential to the disabled community."

"It's kind of amazing to see how VAMS gives people a reality check like, yeah we're all disabled, but we're up here performing and killing it," said Rachael. "We are more than how we identify; we are more than the challenges we live with every day."

She recommends VAMS to anyone with a disability with an interest in music, even on the production side. "I would say do it and see the community that you're walking into and get to know the people and you'll see that it's an inclusive space."

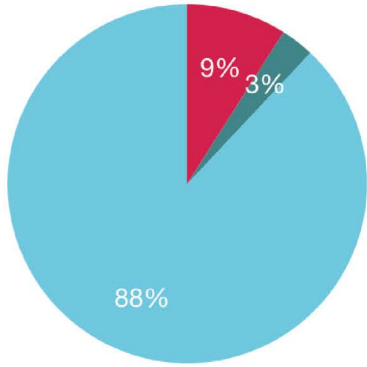


Rachael performing during a Virtual Strong X performance.

VAMS in 2021



VAMS supports people with physical disabilities to access an outlet for creativity and self-expression.



How VAMS was funded in 2021

- Government Grants
- Corporate Grants
- Private Foundation Grants/Donations

VAMS 2021 Program Statistics

24

Re-Imagine Radio Podcast Interviews

25

Instruments Donated In-Kind to VAMS

75 hrs

Virtual Lessons

74 hrs

Virtual Recording Sessions

63

In Studio Lessons (Aug to Nov)

9

In Studio Recording Sessions (Aug to Nov)



Followers

826



Followers

308



Website Visitors

14,363



Rachel Leong

VAMS

Volunteer of the Year 2021



1,302

Plays on Soundcloud



5 Online Concerts in the Community



1,104

StrongX Concert Views on YouTube

4 STRONGX Virtual Concert Series

Mar 12: Mark Ash + Rachael & Mia

Jun 25: Massive Spasm

Sep 17: Simon Paradis

Dec 17: Jaycee Warfield

A huge thank you to our 2021 funders

Dowell Household
Elfert Household
Elliott Household
Huang Household
Hui Household
Kuan Household
Laitin and Smelko Household
Moro Household
North Household
Speirs Household
Sullivan Household
Ulitz Household
Whitney Household
Worthington Household
Yu Household
Access Abilities
Access Communications Co-operative
Alice and Murray Maitland Foundation
Allard Foundation
BC Arts Council
BlueShore Financial
Boating BC
Brampton and Caledon Community Foundation
Brash Product Development Inc.
British Columbia Paraplegic Foundation
Burlington Community Foundation
Calgary Foundation
Capital Daily
Catherine and Maxwell Meighen Foundation
Chris Spencer Foundation
City of Vancouver
City of Vancouver Cultural Services
CN Rail
Craig H. Neilsen Foundation
D&B Atkins Charitable Gift Fund
Davies Charitable Foundation
Edmonton Civic Employees Charitable Assistance Fund
El Jaguar
ESDC - Canada Summer Jobs
Federated Cooperatives Ltd.
FortisBC
G&F Financial Group Foundation
Gaming Policy and Enforcement Branch
Gardening Know How
Georgina Foundation
Grayross Foundation
Green Thrift Stores
Guelph Community Foundation
Halton Region Community Investment Fund
Hamber Foundation
Hamilton Community Foundation
Harold E. Ballard Foundation
J.P. Bickell Foundation
John Hardie Mitchell Family Foundation
Jumpstart Foundation
Knight Road Legacy Association
Lagniappe Foundation
Ledgir House Limited
London Community Foundation
Mackenzie Investments Charitable Foundation
MacMurray Foundation
Martha Lou Henley Charitable Foundation
Minto Foundation Inc.
Ottawa Kiwanis Club
Prince George Community Foundation
Raymond James Canada Foundation
RBC Foundation
Sasktel
Simon Fraser University
Sobeys Ontario
Society of the Four Arts
Squamish Community Foundation
SurreyCares Community Foundation
TELUS Friendly Future Foundation
Tetra Halifax
The Christopher Foundation
The Community Foundation of Mississauga
The Greater Vancouver Board of Trade
The Wolrige Foundation
TK Foundation
Vancouver Coastal Health
Vancouver Foundation
Whole Foods Market
Winnipeg Foundation
Woodbridge Foam Corporation
WorkBC

Thank you Abilities Expo: Reconnect 2022 sponsors!



Douglas College offers Vocational Education and Skills Training Programs to people with disabilities or barriers to education and employment. Programs help students identify career paths, develop work skills, or move on to additional education or employment.



Canadian Mental Health Association
Vancouver-Fraser
Mental health for all





Boards of Directors for The Disability Foundation and six Affiliated Societies

Through the six societies we support, the Disability Foundation creates opportunities for participation in recreation and leisure activities, fosters inclusion by connecting people with disabilities to skilled volunteers who build customized assistive devices, and, ultimately, helps to create a world where people with physical disabilities feel empowered and inspired to **re-imagine what is possible**.

at disabilityfoundation.org/support



The support of our passionate and committed Boards of Directors guides everything that the Disability Foundation and our affiliated Societies do. The diverse professional, volunteer, and lived experiences each board member brings to their roles ensures that we remain focused on our mandate to empower and inspire people with disabilities to re-imagine what is possible.

ConnecTra Society

Nicolas Haddad, Chair
Art Jonker, Secretary-Treasurer
Samantha Riesco, Director

Disabled Independent Gardeners Association (DIGA)

Caspar Ryan, Chair
Terry LeBlanc, Secretary-Treasurer
Simon Paradis, Vice-Chair
Joseph Morrissette, Director

Tetra Society of North America

Michelle Amerie, Vice-Chair
Ho Ting Ip, Director
Ean Price, Director
Dr. Leonard Lye, Director
Keith MacDonald, Director

Vancouver Adapted Music Society (VAMS)

Art Jonker, Chair
Terry LeBlanc, Vice Chair
Kristina Shelden, Director
E.J. Tremblay, Director

Disability Foundation

Maureen DeLandreville, Chair
Geoff Dodds, Treasurer
Mary Jo Fetterly, Vice-Chair
Jacques Courteau, Director
Keiko Honda, Director

Adaptive Sailing Association of British Columbia (ASABC)

Matthew Burke, Director
Gerry Burns, Chair
Matthew Burke, Director
Derek Lau, Director
Carrie Torrains, Director
Thomas Branson, Director

British Columbia Mobility Opportunities Society (BCMOS)

Mike Stiles, Chair
E.J. Tremblay, Vice-Chair
Linda McGowan, Treasurer
Carrie Torrains, Director

Contact Us

We'd love to hear from you! Visit us online or send us an email to find out more about our programs, how to volunteer, or how you can otherwise support our programs.

Adaptive Sailing Association of British Columbia (ASABC):

Charitable Registration Number:
13046 3649 RR0001
www.asabc.org
info@asabc.org

ConnecTra Society:

Charitable Registration Number:
86997 1184 RR0001
www.connectra.org
info@connectra.org

British Columbia Mobility Opportunities Society (BCMOS):

Charitable Registration Number:
11881 8723 RR0001
www.bcmos.org
info@bcmos.org

Disabled Independent Gardeners Association (DIGA):

Charitable Registration Number:
86127 4157 RR0001
www.digabc.org
info@digabc.org

Disability Foundation:

Charitable Registration Number:
89446 8396 RR0001
disabilityfoundation.org
info@disabilityfoundation.org

Tetra Society of North America:

Charitable Registration Number:
14043 5108 RR0001
www.tetrasociety.org
info@tetrasociety.org

Vancouver Adapted Music Society (VAMS):

Charitable Registration Number:
13046 3607 RR0001
www.vams.org
info@vams.org