



Community Better

in Active Spaces & Places

Toolkit

Everything gets better when you get active.



Active Spaces, Active Communities



To help make your spaces more active for the members of your community, the Government of Newfoundland and Labrador has teamed up with ParticipACTION and Recreation Newfoundland and Labrador, to develop the **Community Better In Active Spaces and Places Toolkit**.

This toolkit is designed to get community leaders thinking about how they can incorporate a culture of movement throughout their community's indoor and outdoor facilities to support their residents to live happier and healthier lives by being physically active.

Regular physical activity can decrease the risk of coronary heart disease, high blood pressure, stroke, Type 2 diabetes, some cancers, depression and obesity.

In addition to these health benefits, there are many benefits to supporting physical activity at a community level, including:

- Improve residents' feelings of belonging and reducing isolation
- Encourages the use of active transportation
- Helps reduce crime by engaging the community in healthy active living behaviours
- Attracts families to your community

By increasing opportunities for more accessible physical activities throughout your community, you'll be helping your residents reap all the benefits of a more active, less sedentary life. Everything gets better when you get active.

Explore this toolkit to find:



Page 4

Blog Articles

- 7 reasons why walking is the secret to an active life
- Why a picnic is the perfect outdoor physical activity



Page 8

Active Tips for Indoor Spaces

- 10 tips to how to make indoor spaces and places more active



Page 9

Active Tips for Outdoor Spaces

- 10 tips to how to make outdoor spaces and places more active



Page 11

Communication Assets

- Physical activity fact sheet to share with residents
- 24-Hour Movement & Activity Guidelines
- Sample social media posts
- Posters



Page 15

Additional Resources

- A Community Guide to Biking
- Recreation Newfoundland and Labrador Play Days Toolkit
- Alternate versions of Active Spaces and Places Toolkit
- Much more!

Blog Article



Why walking is the secret to an active life

We all know we should be more active, but over and over again physical activity drops down our list of priorities. Between work, family, errands – we have trouble fitting it all into our busy schedules. And the guilt! A guilty conscience is never far away if we choose to skip an exercise class for an episode of our favourite Netflix show, or drive to the grocery store when it's just around the corner.

But there's an easy solution. Active transportation, is defined as using your own body to get from one place to another, examples include walking, biking, wheeling, etc. This is much more doable than you might think, and it's the perfect alternative for those of us with busy schedules.

Walking or wheeling offers head-to-toe benefits that balance our minds and strengthens our bodies. Need proof? No prob.



1 It's better exercise than you might think.

A major study comparing the health impact of brisk walking with running found that walkers benefited as much as runners from a reduced risk of high blood pressure, diabetes and coronary heart disease.



7 great reasons to create walkable communities

2 Good for body and mind.

Physically active people have up to a 30% reduced risk of becoming depressed and staying active helps those who are depressed to recover. For older adults, staying active can improve cognitive function, memory, attention and processing speed, and reduce the risk of cognitive decline and dementia.

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**3****Mother Nature appreciates it.**

Motorized vehicles emit toxic substances that harm our environment, our families and ourselves. By choosing active transportation, we're doing our bit for Mother Nature's health – and our own.

4**It's free!**

All we need is our bodies (no special shoes, helmets, padding, sticks, brooms, balls, nets...). And we can walk or wheel just about anywhere for no cost: streets, parks, public tracks and trails and beaches, even shopping malls.

5**No road rage when you're an active commuter.**

Studies have proven that walking releases endorphins, which stimulate relaxation – and the more endorphins, the calmer we feel.

6**Turn the volume down on noise pollution.**

Road traffic noise is a major contributor to high noise levels. Over time, it can affect our hearing and sleep. Walking instead of driving helps reduce noise levels.

7**For children: role modelling, habit-forming.**

Our patterns of mobility have a domino effect on our children: They see us walking or wheeling to the convenience store around the corner instead of driving, and odds are they will, too. Walking or wheeling from Point A to Point B also increases exposure to natural vitamin D from sunlight, particularly in the warmer months, which helps the body absorb calcium, an important mineral for bone growth, muscle development and nerve functioning.

Encourage your community to think about incorporating more active transportation into their daily lives and get them to track how it impacts their daily routine.

Share this **Motivation Tracker** with your residents to show them how they can make an active commute a part of their daily life. Ask them to track how it makes them feel, and they might learn to love it.

Blog Article



Why a picnic is the perfect outdoor physical activity

Let's play a quick round of word association. Ready? We say picnic. You say...Basket? Blanket? Bread? Cheese, cold cuts, sliced watermelon and salads? No doubt about it: picnicking is centred on food.

But it's also about family and friends, and green spaces like backyards, school yards, parks, meadows, forest floors and lookout points lined with picnic tables. These outdoor spaces are ripe for physical activities, and we have some on offer.

The next time you're looking for an outdoor activity you can do with your family and friends, stuff this picnic play list into your back pocket – and head out to greener pastures.



1 Use your noodle

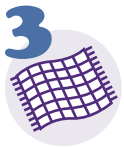
Tic-tac-toe with pool noodles. Lay out four noodles (widely available at large department and grocery stores) in the shape of a tic-tac-toe board. Give each player their own coloured bean bags to toss into the squares with the goal of getting three in a row. Tip: weave the noodles to "lock" them into place.



2 A circus of circuits

Whether you're at a park or in your own backyard, do a round of circuits. Try sprinting to the jungle gym, one minute of climbing and shooting down the slide, a 15-second flexed-arm hang on the monkey bars or timed sit-ups, burpees, jumping jacks. Tip: Have one person timing and another tracking the results. The participant with the best overall score gets crowned winner.

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A blast with blankets

This game is guaranteed to get the heart pumping and belly muscles aching from hysterical laughing. Organize into teams of two – one is the “sitter,” the other is the “puller.” The sitter literally sits on a blanket spread on the ground. The puller stands, facing their teammate, with one corner of the extended blanket in their hand. All teams begin at the starting line and when you hear ‘Go!’ – the pullers shore up their cores, activate those quads and... pull! The sitters need to use core muscles, too, to stay upright and balanced. The first team to cross the finish line with the sitter still planted on their blanket, wins! Tip: Use old blankets that you don't mind getting grass stained or ripped!



Freeze tag with a twist

Give each participant a frozen, folded tee-shirt, which you prepare ahead of time by soaking, folding and freezing. Once frozen, the t-shirt will be a solid block. The object of the game is to unfold your frozen tee first – not an easy



Glow-in-the-dark capture the flag

You probably played this game with your neighbourhood pals. You need: two teams of at least four per team, two flags and lots of space for running. The goal is to grab the opposing team's hidden flag and bring it back to your side for the win. If you get tagged in “enemy” territory you go to “jail” where you can watch (and chirp) for the rest of the game.

This version is the same, except it's played in the evening, and instead of flags, you use glow sticks. Choose two different coloured glow sticks (one per team) and to clearly allocate team members, wear glow bracelets in colours matching the sticks. Tip: Only activate your sticks when you're set up and ready to play to ensure they last the entire time.

Active tips for indoor spaces



10 tips for making indoor spaces and places more active

Share the below tips with staff and volunteers to make sure your community is doing everything possible to promote more physical activity and less sitting time through active spaces and places.



1 Make sure your facility has accessibility features – from a physical/structural standpoint as well as financial.



2 Promote active hallways or walls throughout your recreation facilities. Place hand shaped stickers on the walls for children to jump up or reach down to give high fives!



3 Place stair wraps of encouraging messages on the stairs. Better yet “gamify” those locations like a game of Pac-Man going up the staircase to make it a fun activity for all to enjoy!



4 Add signage in meeting/conference spaces to encourage people to sit less and move more. **“Let’s All Take Some Time And Take A Stand”**



5 Community rinks are a great way to get the message out there to parents watching their child be active. Encouraging messages on the boards to remind parents to squeeze in a walk while practice is underway or in between periods would be a great addition to any rink!



6 Families have busy schedules getting their children to activities and find it hard to fit in activity for themselves. When developing community programs consider offering adult spin or yoga classes at the same time as children activities.

Active tips for indoor spaces



7 Incorporate signage to encourage the public to take the stairs instead of the elevator. **“Get Your Daily Dose of Physical Activity – Take The Stairs!”**



8 Parents love watching their child participate in an activity. Include signage to get parents to actively watch instead of sit. **“Let’s Get Moving While You Watch”**



9 When retrofitting existing spaces consider multiple colour floor tiles instead of one tile colour. It will not only brighten up your space but be inviting for children to hop, wheel and jump on to practice those fundamental movement skills – the building blocks of physical literacy. They will be moving without even noticing!



10 When designing new spaces and places keep universal design top of mind to encourage everyone to get more active in their communities’ spaces and places. Emphasize staircases as being the first choice. Instead of hiding staircases in the corner, make them more prominent and a focal point of your facility or space.

Active tips for outdoor spaces



10 tips for making outdoor spaces and places more active



1 Host **open street events** in your community once a month over the summer. Open Streets are programs that temporarily open streets or parking lots to people by closing them to cars. The streets become places where people of all ages, abilities and background can come out and get active. These spaces can be a great way for children to learn how to ride a bike safely.



2 Create “loose parts” pop up spaces outside of daycares, community centres, schools, etc. Loose parts are natural or synthetic materials (e.g., sticks, tires, pots, pans, sand, rocks, etc.) that can be moved, carried, redesigned, lined up, and taken apart and put back together in multiple ways. Children and families will play for hours in these spaces.



3 Promote free mass participation activities in parks and open green spaces. Yoga, snowshoeing, mountain biking events, tai chi, lawn bowling, or organized runs in the park for all ages to come out and enjoy.



4 Gardening is a great activity for the mind and body. Raised and accessible community garden spaces for all residents to socialize with others while getting some light physical activity growing their own food can be a great space for any community.

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Paint human-sized versions of twister, snakes and ladders or Pac-Man on sidewalks in highly populated areas throughout the community. These spaces are a great way for everyone to get moving in a fun atmosphere without even realizing they are being active.



Create community family mazes made from corn fields or snow as part of summer, fall or winter festivals.



Promote family guided hikes to introduce those who may not be familiar with trails with an activity that may suit them. Teach basic trail skills such as what to bring, orienteering skills and water/snacks to take with you during longer hikes.



Place stretching/exercise signage throughout various locations on a community trail, along with some benches, that could be used for pushups, squats and other exercises.



Add bicycle racks outside of community facilities (e.g. libraries, town halls, other popular community locations) to encourage active transportation within your community. Better yet, think about offering a community bike share program for people to get to and from one end of the community to another.



Place large activity bins at parks and playgrounds. These bins can be placed with lots of small physical activity equipment such as balls, gloves, skipping ropes, frisbees, etc. Also, consider the season and change up the items based on activities your community enjoys participating in.

Communication Assets

Physical activity facts



Provide community residents with the below facts to encourage increased attendance and increased physical activity in their day-to-day lives. These can be displayed at the front desk, displayed on a TV monitors, posted on the walls, posted on social media, etc.

1

Regular exercise releases endorphins and can make us feel happier. It also gives us the chance to meet new people and connect with friends – which helps keep our brains healthy.

2

Water aerobics and aqua fit are both fun, and especially beneficial. Movement in the water provides a safe form of resistance that helps you get stronger (while supporting the joints) and improves range of motion, while the warm water helps to soothe joints as you exercise.

3

For the more adventurous, we recommend one of the fastest growing activities in Canada (especially for those 65+): pickleball. The racquet is easy to use, and the ball is soft and light, making it easy on the arms.

4

Research shows that parents have a direct influence on their child's physical activity levels. The more parents move, the more their kids move. Specifically, for every 20-minute increase in a parent's moderate to vigorous physical activity, the child's activity levels also increase by 5 to 10 minutes.

5

A great way to build strong social connections with others is through physical activity and sport. Moderate to vigorous physical activity triggers feel-good chemicals, and when done with others, can lead to an even greater surge of endorphins. Team sports like hockey, baseball, basketball, and soccer are a great way to meet new people from your community.



Communication Assets

Movement Guidelines



Print and display the 24-Hour Movement & Activity Guidelines in your facility to educate visitors of all ages on the recommended physical activity they should be achieving for health benefits. The guidelines are available in 4 versions:

0-4 years

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR THE EARLY YEARS (0-4 YEARS):

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

These Guidelines are relevant to all apparently healthy infants (less than 1 year), toddlers (1-2 years), and preschoolers (3-4 years), irrespective of gender, cultural background, or the socio-economic status of the family. These Guidelines may be appropriate for young children with a disability or medical condition; however, a health professional should be consulted for additional guidance.

To encourage healthy growth and development, young children should receive support from their parents and caregivers that allows for an active lifestyle with a daily balance of physical activities, sedentary behaviours, and sleep. Young children should participate in a range of developmentally appropriate, enjoyable, and safe play-based and organized physical activities in a variety of environments (e.g., home/child care/school/community, indoors/outdoors, land/water, summer/winter), both independently as well as together with adults and other children. For infants, supervised activities could include tummy time, reaching and grasping, pushing and pulling, and crawling. The quality of sedentary behaviour matters; for example, interactive non-screen-based behaviours (e.g., reading, storytelling, singing, puzzles) are encouraged. Developing healthy sleep hygiene in the early years is important; this includes having a calming bedtime routine with consistent bedtimes and wake-up times, avoiding screen time before sleep, and keeping screens out of the bedroom.

Following these Guidelines through the early years is associated with better growth, cardiorespiratory and musculoskeletal fitness, cognitive development, psychosocial health/emotional regulation, motor development, body composition, quality of life/well-being, as well as reduced injuries. The benefits of following these Guidelines exceed potential harms.

For those not currently meeting these 24-Hour Movement Guidelines, a progressive adjustment toward them is recommended. Adhering to these Guidelines may be challenging at times; resources are available for assistance at www.BuiltForBestDay.com/earlyyears.

These Guidelines were informed by the best available evidence, expert consensus, stakeholder consultation, and consideration of values and preferences, applicability, feasibility, and equity. The specific Guidelines and more details on the background research, their interpretation, guidance on how to achieve them, and recommendations for further research and surveillance are available at www.csep.ca/guidelines.

Early Years (0-4)

GUIDELINES

For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:

SWEAT	STEP	SLEEP	SIT
MODERATE TO VIGOROUS PHYSICAL ACTIVITY An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.	LIGHT PHYSICAL ACTIVITY Several hours of a variety of structured and unstructured light physical activities.	SLEEP Underslept by 11 hours of sleep per night for those aged 5-13 years and by 10 hours per night for those aged 14-17 years, with consistent bed and wake-up times.	SEDENTARY BEHAVIOUR No more than 2 hours per day of recreational screen time; Limit sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviour with light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

Children + Youth (5-17)

Canadian Physical Activity Guidelines

FOR ADULTS - 18 - 64 YEARS

Guidelines

To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

More physical activity provides greater health benefits.

Let's Talk Intensity!
Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:
• Brisk walking
• Bike riding
Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:
• Jogging
• Cross-country skiing

Being active for at least 150 minutes per week can help reduce the risk of:
• Premature death
• Heart disease
• Stroke
• High blood pressure
• Certain types of cancer
• Type 2 diabetes
• Osteoporosis
• Overweight and obesity
Aval can lead to improved:
• Fitness
• Strength
• Mental health (mood and self-esteem)

Pick a time. Pick a place. Make a plan and move more!
 Join a weekday community running or walking group.
 Go for a brisk walk around the block after dinner.
 Take a dance class after work.
 Bike or walk to work every day.
 Rake the lawn and then offer to do the same for a neighbour.
 Train for and participate in a run or walk for charity!
 Take up a favourite sport again or try a new sport!
 Be active with the family on the weekend!

Now is the time. Walk, run, or wheel, and embrace life.

Adults (18-64)

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Those with poor mobility should perform physical activities to enhance balance and prevent falls.

More physical activity provides greater health benefits.

Let's Talk Intensity!
Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:
• Brisk walking
• Bicycling
Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:
• Cross-country skiing
• Swimming

Being active for at least 150 minutes per week can help reduce the risk of:
• Chronic disease (such as high blood pressure and heart disease) and
• Premature death
And also help to:
• Maintain functional independence
• Maintain mobility
• Improve fitness
• Improve or maintain body weight
• Maintain bone health and
• Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!
 Join a community water polo or mall walking group.
 Go for a brisk walk around the block after lunch.
 Take a dance class on the afternoon.
 Train for and participate in a run or walk for charity!
 Take up a favourite sport again.
 Be active with the family! Plan to have "active reunions".
 Go for a nature hike on the weekend.
 Take the dog for a walk after dinner.

Now is the time. Walk, run, or wheel, and embrace life.








Older Adults (65+)

Communication Assets

Social Media




ParticipACTION has prepared posts to make it easy for you to communicate the benefits of physical activity. Share these posts to your Facebook, Instagram and/or Twitter followers.


-  Geocaching is a great family activity to do with all ages. Find out how many geocache sites there are around our community and get out and enjoy the great outdoors! [#Family Better](#) [#EverythingGetsBetter](#)
-  Studies report that just having someone tagging along with you while you get active or engage in sport is a great way to boost energy and promote social bonds. [#FriendBetter](#) [#EverythingGetsBetter](#)
-  It's a great day to get outside and enjoy your community. Use this picnic checklist and get outdoors for some quality family time. Eat healthy food and get active. [#EverythingGetsBetter](#)
-  Age is just a number, and though we can't stop the progress of time, we can easily affect the age we feel. Sit less and move more to [#AgeBetter](#). [#EverythingGetsBetter](#)
-  Making physical activity a part of your daily routine is essential for living an active, healthy life and reaching the recommended 150 minutes of heart-pumping physical activity every week. Park farther away, walk to work or ride your bike to your friend's house are easy ways to fit it in. [#EverythingGetsBetter](#)
-  Before you head outside and get your wheels turning, go through this safe cycling checklist to make sure you're equipped with the right gear and your bike is in good working order. Active transportation is a great way to fit in activity throughout the day. [#EverythingGetsBetter](#).
-  When out and about with family and friends keep active equipment like balls, gloves, bats, hiking poles, snowshoes, etc. in the trunk so you can fit in some spontaneous activity with friends and family. [#ParentBetter](#) [#EverythingGetsBetter](#)


Communication Assets

Social Media



 People who get active regularly tend to have bigger social networks and stronger relationships with friends and family. [#EverythingGetsBetter](#)

 Physical activity: the better way to unwind. Side effects include more energy, less stress, improved sleep and simply feeling great all over. [#EverythingGetsBetter](#)

 The next time you find yourself fishing for your car keys in your purse or pocket – stop! Ask yourself: Is my destination walkable? If it is, swap the keys for a pair of sneakers, and sneak some physical activity into your day. [#EverythingGetsBetter](#)

For additional images and videos to share with your community through billboard signage, facility TV monitors, websites or social media check out ParticipACTION's **Everything Gets Better Campaign**. Let's all remind people to move more and sit less!

Communication Assets

Posters



To help make your space more active for members of your community, we've provided you with two posters to print and display in your facility. These posters are aimed to provide guests with the extra nudge of encouragement to sit less and move more, and that Everything gets better when you get active. We recommend displaying these in highly visible areas within your indoor or outdoor facility, and that they are accessible to all ages and abilities. **Download and print the posters here.**



Additional Resources



A Community Guide to Biking

This guide is designed to provide information and guidance to communities, schools, groups, and individuals interested in starting a biking program in their community.

Recreation Newfoundland and Labrador Play Days Toolkit

The Play Days Toolkit is designed to provide everything you need to know about hosting a Community Play Day event that encourages people of all ages and abilities to get out and active.

Work Better in Active Spaces and Places Toolkit

This toolkit is designed to get employees and employers to think about how they can incorporate a movement culture within their workplace to support healthy active living and help them reach the recommended physical activity guidelines.

Learn Better in Active Spaces and Places Toolkit

This toolkit is designed to get school administrators thinking about how they can incorporate a movement culture for their teachers and students that supports them in reaching their recommended physical activity guidelines.

Open Streets TO

Open Streets programs, also known as Ciclovias, open streets to people and close them to cars encouraging participation in physical activity and healthy recreation. They are free, regularly occurring programs, and offer communities the opportunity to experience their city streets in a whole new way.

A Common Vision For Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving!

Federal, provincial and territorial (FPT) ministers responsible for sport, physical activity and recreation released A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving in 2018. The purpose of the Common Vision is to guide and stimulate coordinated and collaborative policies and actions to increase physical activity and to reduce sedentary behaviours among all Canadians across their lifetime. The Common Vision will build on current policies, frameworks and strategies already in place relating to sport, recreation and healthy living, while advancing new and emerging approaches in policies and programming.

Additional Resources



Canadian Public Health Association – Unstructured Play Resources

The Canadian Public Health Association recognizes unstructured play as a child's right and a critical component to child and youth health and well-being. This website is full of information, best practices and ideas for unstructured play.

Healthy Built Environment Linkages Toolkit

This toolkit is intended to support the inclusion of health considerations within community planning and design. It is designed as a quick reference to the body of research evidence which describes how our built environment can influence population health.

Universal Design NL

Universal design is about designing for everyone. It's a way of creating environments and products that are usable for all people, regardless of age, ability or situation. The Coalition of Persons with Disabilities – NL, in partnership with the Disability Policy Office – Government of Newfoundland and Labrador, has created this interactive website to promote and increase awareness of universal design in our communities.

The 2018 ParticipACTION Report Card on Physical Activity for Children and Youth

Adding more physical activity to kids' routines could be the missing part of the equation to support their success in the classroom, on the field, and with their friends.

To see how kids measured up this year, explore all the grades in more detail below. And for a deeper look into this year's report, download the Highlight Report or Full Report as well as the Expert Statement in PDF format.

The ParticipACTION App: The Active App for Everyone

Want to Sleep Better, Happy Better or even Poop Better? Then get moving! It's easy with the new (and FREE!) ParticipACTION app, designed to help you fit physical activity into your busy life and reward you with great prizes. Get the app and see how Everything gets better when you get active.

Additional Resources



Everything Gets Better Campaign

In its new campaign, ParticipACTION shines a light on the ways in which everything, from thinking, mood and relationships to sleeping, aging and work, can improve with physical activity. The campaign encourages Canadians to think about the benefits of physical activity in a new light to help shift attitudes and perceptions beyond traditional health benefits, such as weight loss.

Teen Toolkit

To help teens sit less and move more, the Government of Newfoundland and Labrador teamed up with ParticipACTION to develop this toolkit to help teach teens how the 24-Hour Movement Guidelines can help them lead healthier lives.

Older Adult Physical Activity Toolkit

The Physical Activity Toolkit for Older Adults includes physical activity guidelines, a walking program, a movement log, articles on the role physical activity plays in prevention and management of chronic disease, plus, lots of useful resources to help older adults get moving.

Ability Toolkit

The Ability Toolkit was developed to help parents and guardians support their child or teen with a disability meet the Canadian 24-Hour Movement Guidelines for Children and Youth. The Ability Toolkit provides information relevant to adapting the guidelines to the unique movement abilities of children or teenagers with any type of disability. Some information may be especially useful for parents and guardians of children and teens with a physical disability.

**This toolkit
is available in
alternate formats.**

Please contact Ashley Button:
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