



COMMUNITY LIVING
BRITISH COLUMBIA

CELEBRATE
DIVERSE
ABILITIES

Stories from around British Columbia



Michelle (centre) enjoys the day in her local community garden in Burnaby with Suzy Phillips, PLAN mentor, (left) and neighbour Tara Leroux (right).

In my nature

Michelle McDonald's passion for gardening and love of the environment are among the many things that make her proud to be herself.

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Dragon boating, books and family

by Tara Leroux

There are a lot of things that make me unique. My life is very awesome because I feel part of my community in many different ways.

I joined a book club a few years ago. We meet every week and choose a book together. Every week, we talk about a chapter of the book together. We talk about the characters and a summary of the plot. Sometimes we go on great field trips that relate to the book we're reading. I love it because it's fun, I get to meet new friends and get out and enjoy myself.

I also signed up to dragon boating a few years ago. I go every Saturday from March to June. It is a ton of fun. I love being part of a team, getting exercise in the outdoors and meeting a lot of different people. The festival in June is one of the best parts of it, having fun with my teammates and coaches.

During the week, I work in a daycare centre with children aged 3 to 5. My job is to help out the teachers and kids by preparing snacks. It's a lot of fun to be around the children.

Another thing about me is that I also love to create art. I recently applied for and received a neighbourhood grant to start up my own monthly art group at my local neighbourhood house so I can get together and work with others who love to create too.

Family is also very important to me, I love to spend time with them when I can, and I visit my father every Sunday, and I help him by bringing him groceries.

These are some of the things that make up my identity and make me proud to be who I am.

Burnaby



“My life is very awesome because I feel part of my community in many different ways.”

TARA LEROUX