



Breaking Down Barriers  
Independent Living Resource Centre  
*Promoting a new perspective on disability*

Since 1985 Breaking Down Barriers has been providing services and programs for people with disabilities in the Georgian Triangle area. The Peer Support program offers a range of activities for our consumers to enjoy and as part of this program we had the pleasure of working with Amy for one of our group activities in July 2013 for a music based Rhythmic Round Circle.

Much fun was had playing with the range of musical instruments and noisemakers eventually allowing us to follow along with simple rhythms and tempos and then make up our own musical pieces. All the participants enjoyed the activity and we hope to hold something similar again in the future.

Working with Amy was pivotal to the success of this activity and she had a great understanding of the needs of the group and allowed each to express themselves individually as well as encouraging the group to work as a team.

Many thanks  
Elaine Kelly

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