

Emergo Respite Services

Autism and other Pervasive Development Disorders

Our values

- Customer Satisfaction
- Respect
- Pursuit of excellence
- Transparency
- Integrity
- Loyalty
- Privacy

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EmergoInfo



Autism gives no respite... Emergo does!

2013 Edition

A Word from our Chairperson

Dear Friends:

Another year has come and gone at Emergo. A wonderful year and a beautiful summer, in particular. In fact, over 210 autistics—young and older—attended our camps at Colonie Les Bosquets and Camp Mariste in Rawdon. To supervise these campers, no less than 86 people—counsellors, administrators, health care coordinators and night guards—accompanied them. As usual, the campers took part in many activities at the campsite and each group went on an outing—to the water slides or to the Mira Foundation's facilities, for example.

The weekend respites offered all throughout the year were also very much appreciated. Over 110 families took advantage of these respites. What a relief for the parents to be able to bring their child there on a late Friday afternoon, knowing that their child would have a lot of fun and enjoyment during the weekend and that they would be able to have a bit of rest at last, go on an outing or invite friends over to their home, with their mind at ease, knowing that their child was in good hands.

All this has been made possible thanks to the excellent work done by our regular staff—Josée, Eric, Marcelle

and Anh, to the generous contributions of the many donors who continue to support Emergo, year after year, and to the work done by the volunteers, the members of Emergo's Board of Directors and those on the Foundation's Board as well, who spare no efforts to organize the fund-raising campaign, the golf tournament and the cycling tour—events that not only bring in substantial proceeds, but also strengthen the ties that bind members of Emergo's big family. A big round of thanks to one and all!

This year was also filled with many events. Last June, we very regretfully accepted the resignation of Andrée Robert, our dear Chairperson, after six years of tireless efforts and dedication beyond compare. Fortunately, Andrée isn't really leaving us. She is continuing on as a member of Emergo's Board of Directors, in our organization's most important position: Treasurer! Special mention must also be made of the fact that Jacques Chartrand, Andrée's husband, is the Chairman of the Emergo Foundation and that two of their daughters—Dominique and Marie-Claude—took part in the respites as counsellors. What an extraordinary family! Thank you, Andrée, for your continued devotion to Emergo.



Among our administrative staff, a few changes have taken place as well: Josée Filion, our Executive Director, left for a one-year maternity leave. That's right! Our Josée gave birth on October 22 to her third little angel, who she has named Eva. Josée will be back with us in a year's time as Services Manager. Our best wishes to you, Josée! Following Josée's departure, Manon Carle Dagenais generously agreed to serve as Acting Executive Director until the new one is soon appointed.

So Emergo remains in good hands!

In closing, I wish all of you an excellent year.

Marie-Claire Michoud
Chairperson



**“Emergo is...
a place where a
child may find his
or her place
and feel
comfortable.”**

A camp counsellor

A Very Special Annual Meeting

Emergo's parents who attended the Annual Meeting on June 5 experienced some very touching moments. In a friendly atmosphere, they enjoyed the refreshments and warmly chatted with the other parents who came to this annual event.

At 6:30 p.m. on the dot, Eric announced the program for the 2013 summer respite and then the members of his team of coordinators introduced themselves, giving us an opportunity to get to know them better and appreciate how enthusiastically each one was looking forward to working with our children, who—we're in a good position to know—are not always easy...

The slide presentation on Emergo's past 35 years, prepared by Josée and Eric, also filled us with lots of emotions. There we saw our children at various ages, all happily taking part in the many activities offered at the respites over the years. Around them were dynamic, devoted and somewhat "nutty" counsellors, some of

whom have grown up within Emergo and have become parents in turn. What beautiful memories!

Andrée Robert, our Chairperson, then opened the Annual Meeting with an overview of the challenges that Emergo has faced, and in particular, the organizational diagnostic exercise aimed at maximizing everyone's efforts to increase the team's efficiency and ensure Emergo's sustainability; Josée's departure for a one-year maternity leave; optimization of the use of the DonorPerfect software; the procedures relating to the campsite; the decline in enrolment in certain programs and the increasing difficulty in recruiting and retaining solid counsellors.

After having tabled an encouraging report on the financial results, Andrée thanked all the team members and volunteers who had invested extraordinary efforts this year to maintain the quality of the respite services, despite the challenges that had to be faced. In closing,

she announced that after six years in her position, she would be stepping down as Chairperson to devote more time to her family, but that she would remain active on the Board of Directors and Executive Committee, if the members wanted her to do so.

Six years at the head of Emergo is a very demanding responsibility and Andrée never counted the hours she invested in our organization, despite all her other family, social and professional responsibilities. With deep emotion and recognition and on behalf of the Emergo parents and team, we presented her an etching which, we hope, will remind her of all those years of devotion and friendship within Emergo. A big THANK-YOU from all of us, Andrée, for all your time, competence and generosity! And thank you for continuing on with us!

The meeting then proceeded with the election of the 2013-2014 Board of Directors.



The 2013-2014 Board of Directors

Henriette Angers
André Beaulieu
Sylvie Cataford Blais
Philippe Dagenais
Natalie Hamel Roy
Johanne Houde
Valérie LeBlanc
(since resigned)
Michelle Lizotte
Pierre Martin
Richard Ménard
Marc Meunier
Marie-Claire Michoud
Simone Pink
Louise Riel
Andrée Robert

As usual, the members of the Board of Directors held a brief meeting to appoint the Directors who will sit on the Executive Committee: The Executive Committee will be made up of:

Marie-Claire Michoud, Chairperson
Michelle Lizotte, Vice-Chair
Andrée Robert, Treasurer
Louise Riel, Secretary
Henriette Angers, Advisor
Johanne Houde, Advisor

Their hearts still filled with pleasure over the wonderful moments they had just shared, the parents and team members then said their good-byes and wished one another a good summer.

A Tribute to Andrée Robert

Dear Andrée:

With great emotion, I am delivering you this little message of thanks as you step down from your position as Chairperson of Emergo. You have often told me that you considered me somewhat like your big sister and that's how I felt when I brought you to Emergo for the first time. Jean-François was then going through a difficult phase and the help resources were closing down, one after the other.

At Emergo, Manon listened to what you had to say and welcomed Jean-François with open arms. I know that it was an outstanding moment for you and that since then, you, Jacques and all your children haven't stopped working very hard to ensure that Emergo can always be able to welcome other children like Jean-François. I recall how happy you felt when he exclaimed, on arriving at camp: "I love going to Emergo". At last, he had found his place! His cry of joy was so touching that it became the theme of our campaign.

When I stepped down as Chairperson six years ago, you generously agreed to replace me, at a time when your family life, with five children and a sick mother, and your career as a tax accountant in a large firm, were already more than all-absorbing. You are a woman of action, with a very big heart. Giving back is part of your

nature and, in the most wonderful way, you illustrate Emergo's model: "Parents helping parents".

Under your leadership, to meet parents' needs, Emergo opened up some thirty more places for summer respite and increased its services to provide 20 week-ends of respite during the school year. Whenever it was necessary, you didn't hesitate to place yourself on the frontlines, in Québec City or elsewhere, to defend Emergo's cause and convince the funding organizations, our partners and donors, companies and individuals, of the importance of supporting Emergo in its mission. Thanks to you and Jacques, Emergo has become very well known and has cultivated solid ties with loyal sponsors and donors, which enabled us, two years ago, to create our Foundation so that Emergo can always be able—today and tomorrow—to offer respite to parents at their wits' end who turn to it for help.

While everyone well knows the Chairperson of the Board of Directors who has so very efficiently guided Emergo's destiny over these past six years, everyone doesn't know how much devotion it took, how much self-sacrifice and how many hours never counted to face all Emergo's challenges along the way. You gave your all and today, we well understand that your family responsibilities require that you spend

more of your time helping all of your loved ones. And we hope that you will be able to take a bit of time for yourself as well. When I stepped down as Chairperson in June 2007, I was given a signed and numbered etching that painter Philip Surrey (a member of the Order of Canada, 1910-1990) had given to the Société québécoise de l'autisme for one of its campaigns some years ago. I love this etching a lot; it makes me think of Emergo and my François-Martin. It hangs on the wall over my computer, next to a photo of Jean-François' horse and a little painting entitled *Ensemble*, done by another autistic youngster, as well as *Les orchidées* by Catherine: It's my "autistic corner".

We thought it would be appropriate to present you this etching framed with a little souvenir plaque to mark your six years as Emergo's Chairperson. Needless to say, it is just a very small, symbolic token of our appreciation, as six years is a long term of office and no thanks could ever equal all that you have done for Emergo!

On behalf of all Emergo's families and employees, we want to express our heartfelt gratitude to you for those six years at the head of our Board of Directors and for your decision to continue working with us as a member of the Board of Directors and Treasurer. We are very lucky to have you with us!

Louise Riel



**“Emergo is...
the joy of
demonstrating
that being
'different' is OK
and that we are
all as much
incredible!”**

A camp counsellor



Wednesday, June 11, 2014
Golf or Bike for Emergo
Club de golf St-Jean

My Pride and Joy

This summer, when I was driving to Colonie Les Bosquets, I was overcome with nostalgia! I was going to meet the camp counsellors and I was thinking about what I was going to say to them. I wanted to tell them that a great adventure was in store for them and that it would give rise to joys, sorrows, doubts, wonderment, incomprehension and, above all, loads and loads of happiness! As I was telling myself all this, I recalled some of the big and little joys that I have known since my beginnings at Emergo, 12 years ago already!

For those who don't know it, before becoming Executive Director, I was a camp counsellor, in charge of the *Un rêve à réaliser* program, health care coordinator, school respite program supervisor and operations manager. Each of the positions I held within Emergo gave me the opportunity to learn more about autism, intervention, relations with the parents, programming, management, administration... and lastly, about myself! Great feelings of pride in Emergo—and in the work accomplished all throughout those years—fill my heart and soul when I look back...!

And so, on that day, in driving along Chemin des Patriotes, I understood how attached I have become, over the years, to Emergo, to its team and to its families. And it is this attachment that prompted me to become so motivated, so interested and so strong willed to become

involved, day after day, in this organization of ours. Yes, Emergo is my pride and joy!

You know, every year at Emergo, we find ourselves facing numerous challenges—some are recurrent ones, while others are unexpected. Whether relating to recruitment, financing, management, programming or even administration, of course! Last year gave rise to a lot of reflection, analyses and mobilization in house. At the end of all this reflection, I had the opportunity to choose a new position within Emergo—Services Manager. This choice is well in keeping with my emerging needs to balance my family life, my work life and, above all, my need to get closer to the families, the participants and the team "in the field". Because, in fact, the nostalgia I felt in going to the camp that day in June made me realize that I missed that closeness.

I would like to take this opportunity to thank Emergo's regular staff—Anh, Marcelle and Eric—who have supported me in my work as Executive Director over the past six years, as well as all the seasonal employees: You have been at the heart of the action and have greatly contributed toward the various successes—both big and small—that we have achieved. In addition, I would like to make special mention of the active role and support of Manon Carle Dagenais, Louise Riel and Andrée Robert, who were always ready and willing to lend a big helping hand and with



whom I have developed very close ties over the years. And lastly, I want to thank the members of the Board of Directors and the volunteers, without whom it would be impossible to fully carry out Emergo's mission.

Before embarking on this new chapter, I am leaving you all while I give birth to my third child—a little daughter—and while I take advantage of a year of maternity leave following her arrival. I look forward to seeing you next September to continue this wonderful adventure!

Josée Filion
Services Manager

***“Emergo is...
a wonderful
organization that
allows family to
take some rest. An
organization in
which everyone
grows, participants
as well as the
counselling team.”***



Matteo, Juliette and baby Eva

The most wonderful Golfing Day of my life... and I didn't even play!

This year, an appeal for volunteers to help us with Emergo's Annual Golf Tournament provided me with an opportunity to enjoy an extraordinary experience. Leaving my golf clubs behind for a petty cashbox, and joined by Sylvie Charron, the aunt of our autistic adults, I headed for the 13th hole, where Paul and Charles Saint-Germain were already waiting for us.

Paul is the father and instructor-motivator of Charles, a 14-year-old, high-level autistic who took part in the Quebec Olympics and won the Nike Golf Junior Series/Stephen Ames Cup Qualifier (CJGA) in June 2012. Charles had

agreed to compete with all the Emergo golfers brave enough to take him on... And he put in a brilliant performance, even sometimes hitting the ball on his knees to give our players a handicap!

While for Sylvie and me, it was a revelation to see an autistic youngster give such a dazzling performance, it was even more so to see him so easily and warmly chat with everyone there. It must be said that Paul has a lot to do with such success. With his big smile and his laughing eyes, he devotes all his free time to helping Charles progress in golf and in life. Both very inspiring and extremely pleasant, they touched the

hearts of our golfers: At the end of the game, there was almost \$1,500 in donations in our petty cash!

But Charles hadn't finished impressing us... A tall, good-looking young man, he quickly hit it off with actor Christian Bégin, the Honorary Patron of our golf-and-cycling event. Together, they rocketed the auction bids for Charles' golf cap to \$1,000!

An emotion-packed day that I'm not about to forget! Especially since Paul and Charles, as we said our good-byes, added: "See you next year!"

Louise Riel



Charles, Sylvie, Louise and Paul

Emergo in Facts and Figures

- ◆ Four programs: Émergence, Adaptatou, iDÉFlx and Un rêve à réaliser
- ◆ Two camp sites: Colonie Les Bosquets in Otterburn Park and Camp Mariste in Rawdon
- ◆ 212 participants aged 4-59 years, all programs combined, representing 1 732 nights of respite provided to our families
- ◆ 110 participants in the weekend respites during the school year
- ◆ 11 families with two or three autistic children or presenting a P.D.D.
- ◆ 86 employees hired, of which 33 were coming back for a second year or more

***“Emergo is...
so much more
than a simple
summer job:
it's a real life
experience that
challenges you,
makes you
change and helps
you grow.”***

A camp counsellor



The Foundation's Events of the Year

News of the Fund-Raising Campaign



Efficiently lead by the members of the Emergo Foundation's Board of Directors with the support of all members of the Honour Committee, the 2013 Fund-Raising Campaign took place from May to September. It raised \$125,000 over a five-month period.

The Foundation has launched its 2013-2014 Fund-Raising Campaign last October with a \$350,000 goal to achieve.

This is the amount needed to support the operations and insure the future of Emergo Respite Services.

A heartfelt thanks to the members of the Honour Committee who, year after year, devote their time and efforts to raise as much money as possible.

We also want to thank all our generous contributors. Your actions make a real difference in the lives of our families.



Golf or Bike for Emergo

The 2013 edition of the Golf or Bike for Emergo event was held at Club de golf St-Jean on Wednesday, June 12. 114 golf players and 25 cyclists braved the rain for the cause. Thankfully, the rain quickly stopped and the sun started shining, bringing a festive atmosphere to the day. Spirits were high when participants gathered for the supper hosted by comedian Christian Bégin.

The auction that raised \$17,100, the Golf or Bike for Emergo event concluded with net proceeds of \$71,695. A huge success that we owe to the generosity and involvement of our loyal partners:

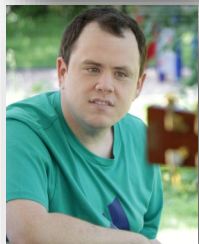
Transport Robert Industries Lassonde,

as well as the participation of many sponsors:

Corporation Fiera

Scotia Banque-GBM
 BBB Foundation
 Desjardins Sécurité financière
 Les Entreprises Chatel Canaccord
 Gestion et Construction Girel Inc.
 Camions Sainte-Marie
 Mouvement Desjardins
 Standard Life

The organizing Committee is already working on the next edition scheduled for Wednesday, June 11, 2014! Mark your calendar!



The 2013 Summer Camp Team



The Foundation's Events of the Year

Soirée M, Take 2

In April 2012, the Emergo Foundation and the Mira Foundation joined their forces for a very special event, Soirée M, featuring humorist Mario Jean and magician Alain Choquette.

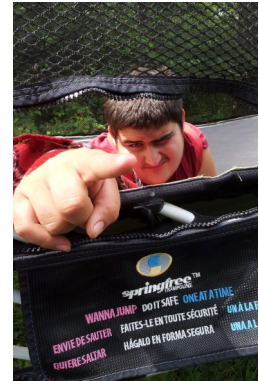
It is at the initiative of Paule Jacques, a veterinarian for Mira and a good friend of Andrée Robert, that this event was organized. Touched by the everyday problems faced by families living with autistic persons, Paule Jacques wanted to offer them a gift, a moment of respite—some time out to have fun and recharge their batteries.

Sparked by the enthusiastic and positive response of the many families who attended the first edition, Paule Jacques invited Emergo to renew the experience. This second edition of Soirée M was held on October 28 and featured humorists François Bellefeuille and Louis T. Over 400 persons, of which a good number of parents who were offered free tickets, attended the evening where laughter and good spirits were on the agenda.

Thanks to the generosity of these two humorists, who

performed free of charge and of the National Bank, which covered the cost of renting the hall and the technical equipment, \$12,000 were raised and shared between the two foundations.

We wish to express our heartfelt thanks to François Bellefeuille and Louis T., as well as to Louis Vachon, Chairman and CEO of the National Bank and to La Vie en rose which also sponsored the evening.



François Bellefeuille



Louis T.



Many thanks to... Christian Bégin, a committed actor!

Despite a very full professional life as an actor, t.v. host and author, Christian Bégin is involved in a number of social and humanitarian causes as well. Last June, he generously agreed to play a new role—Honorary Patron of *Golf or Bike for Emergo*, our golfing/cycling event.

While he confesses that he doesn't know much about autism, he hosted the closing evening of the event with great sensitivity and enthusiasm—an event that brought us proceeds of over \$17,000.

A huge THANK YOU to this big-hearted actor!



Christian Bégin

Launching of the 2013-2014 Fund-Raising Campaign

It is again with the theme *Autism gives no respite... Emergo does!* that the 2013-2014 will be held.

Done! The Emergo Foundation's fund-raising campaign has now been launched! Created in 2011 and still very young, the Foundation has done its utmost to fulfill its mission of ensuring the sustainability of Emergo Respite Services.

For parents of autistic and PDD children, Emergo has represented a genuine breath of fresh air for over 35 years—an indispensable solution for keeping their family in balance. But it is also one of the rare places where autistic children, teens and adults can spend weekends and summer vacations with their friends, in a safe, stimulating, outdoor play environment where they just can't wait to go back year after year.

Charles-Antoine, one of our high-level autistic youngsters returned from his camping experience beaming from ear to ear: "I had a wonderful time at Emergo's summer camp. (...) I've been going to Emergo's camp for 15 years and I love taking part in the activities there, because it's a vacation for me alone. I always have a lot of fun with the leaders as well as with the campers, who I know for years."

In 2013, we provided respite services to more than 300 participants like Charles-Antoine—212 during our summer camps and 110 on weekends during the school year. Two of our families that we support have three autistic children and nine have two. Their respite needs are all the more vital.

This year, the Foundation has set \$350,000 as its fund-raising campaign objective. We strive to maintain our costs as low as possible, while constantly improving the services we offer. Please help us pursue our mission, give joy and happiness to Charles-Antoine and his friends and make a real difference in the lives of their families!

To make a donation

By Phone: 514 931-2882

By Mail: 2300 boul. René-Lévesque Ouest, Montréal (Québec) H3H 2R5

On the Web: www.repitemergo.com

Thanks from the bottom of our hearts.

Many thanks to... Claude Lockhead

The members of the Board of Directors of both the Emergo Foundation and Emergo Respite Services as well as all of Emergo's big family wish to express their most heartfelt thanks to Claude Lockhead, Senior Partner and Eastern Canada Retirement Practice Leader at Aon Hewitt and a former member of Emergo's Honorary Committee for over 15 years, for generously lending his support to help Emergo raise the necessary funds to offer respite to the parents of autistic and PDD children.

Thank you, Mr. Lockhead, for your invaluable contribution.



***“Emergo is...
a place for
incredible learning,
for invaluable
reunions and for,
high emotions. It’s
also a place where
autistic persons
may simply be
themselves without
being submitted to
critics or
judgement.”***

A camp counsellor



Claude Lockhead



“What is magical at Emergo is the contact and sense of proximity that arises with our campers. I keep coming back only to have the chance to share these wonderful moments with them.”

A camp counsellor

Emergo gets certification by ACQ

Emergo gets certification by the Association des camps du Québec for its programs at Les Bosquets!

Congratulations to all team members who worked very hard for the certification. In his evaluation report, the consultant noted: "During my visit, I could see how this type of service really answers a need. The persons who go to Emergo really seem to appreciate their stay (...) The counsellors are present all the time with them (...) Facilitators are also present to facilitate more specific activities, and this always in the presence of the counsellors (...) The team in charge receives a solid training at the beginning of the season (...) It is a challenging work requesting a lot of adaptability and patience. Hats off to this beautiful team!"



Offer Emergo as a gift!

Did you know that you can give Emergo as a gift? In fact, more and more Emergo supporters are inviting members of their family, their friends and their loved ones to replace the gift that they were planning on giving them for their birthday with a donation to the Emergo Foundation. It's a gesture that makes the person celebrating a birthday very happy and that helps support Emergo in continuing its work.

And why not think about making a donation to the Emergo Foundation when a loved one passes away? It's a significant way of perpetuating the memory of a lost loved one.

Don't hesitate to contact us to obtain donation forms, either by phoning us at 514 931-2882 or by emailing us at info@repitemergo.com.

High-functioning autistic young man Charles-Antoine Blais tells us about his summer respite

Hi everyone!

How are you doing?

From Friday, June 21 to today, June 30, I spent a very outstanding summer respite at Emergo's camp at Les Bosquets Albert-Hudon, in Otterburn Park in the Montérégie region on Mont-réal's South Shore.

Counsellors in my group were Mouette (Maude Gadouas), Dada (Amélie Pineault), Pinceau (Jennifer Hervieux), Quartz (Carolyne Briant) as for the girls and Bazar (Dominique Poirier) on the boys' side. Smarties (Patricia Gagné) was the coordinator with Mouette.

Here's my camp report:

On the first day, we played a group game to get to know one another. As a long-term project, we produced a video clip on how to lip-sync and dance to various songs, such as *Fantastique* by Denis Drolet (at Marc-André's request), *Dans un sputnik* by Daniel Bélanger (at my request) and *Sweet Caroline* by Neil Diamond (at Richard's request). Then we had a slush at the dock.

On our second day, we played "Guess Your Inner Animal" and we baked chocolate chip cookies. We also decorated a rock and

watched the *Lucky Luke: tous à l'ouest* movie.

On our third day, we played cowboys and we made a dream catcher as well as an American Indian mirror. Then we went to play mini-putt at La Cabosse d'Or.

On our fourth day, we made a chef's hat, baked a rainbow cake again and made a fruit salad. We also held an aboriginal ceremony and decorated the yard. Then we organized a festive evening.

On our fifth day, we went Shaman hunting, played musical chairs and went on an outing to tour the American Indian house.

On our sixth day, we again played *Exquisite corpse*, did a photo shoot in the forest and played "In my tepee, I bring...".

On our seventh day, we built a raft and produced a simulation of a canoe adventure. We also made a bar of soap. Then we went on a cruise called *Le petit navire* at the Old Port of Montreal. And we took part in a sound effects story.

On our eighth day, we played card game tag and sensory bingo. And improv.

And on our ninth and final full day, we played a trading game, made a pendant and a

soap case decoration. We went to St-Hubert BBQ and I had a creamy coleslaw and chicken fillets, and then a brownie for dessert. When we got back to camp, we viewed our long-term project. And then we organized a good-bye party for our closing evening.

Needless to say, during those big, wonderful days, we spent time in the pool and walked in the forest, made a bonfire and played board games like Battleship, Yahtzee (love it!), Snakes and Ladders, Bingo and Hangman. We also watched the movie *Around the World in 80 Days* in English, with a French actress.

And so since my summer respite fulfilled all my wishes, it deserves a good 9.5 out of 10. I would say that I found it better than the summer before.

It was a great pleasure for me to give you this whole summary.

Your humble servant
Charles-Antoine Blais,
who sends you big hugs
and kisses...

XX



Charles-Antoine Blais

"I've been going to Emergo's camp for 15 years and I love taking part in the activities there, because it's a vacation for me alone."

Charles-Antoine





The Straight Line

On reading this poem, you will be able to discover how to well plot out your path
 Make good, wise choices that will help you, I imagine, have a better grip on your tomorrows
 And so you will often read here sage advice encouraging you to maintain your happiness and spirit
 Be really attentive, because by using them, you will move on more quickly, for sure

From time to time, without wanting it, of course, you will make mistakes and do some foolish things
 As much as possible, avoid reckless games, even if you happen to be with good friends
 And if you're caught doing something wrong, don't dare lie about it; by accepting all the consequences
 You will be able to better regain your self-control, with little remorse or worries

If some people criticize you or put a lot of pressure on you and try to wear you down
 Filter through certain comments, respond calmly and show who is really mature
 No one has the right to demand perfection from you nor speak to you in a really harsh tone of voice
 So always listen to your heart, set your objectives, improve yourself and build your future

By having fabulous projects, you can really appreciate life—I can guarantee you that
 You just have to follow your star well, knock on the right doors and trust the future
 And above all, don't listen to those who tell you to give up, if you really think you can succeed
 You must constantly progress, carry out your steps well and never overly contemplate the worst

When someone does you a big favour, never hesitate to express your thanks
 Or consider reciprocating with something that will please that person; be original—it's important
 Keep in contact with those you love, manage priorities and you will find a bit of time
 No one knows what tomorrow may bring; stay kind and nice, it always pays off

Later on, nearing adulthood, you will become aware of all your progress, without overly focusing on it
 Once you have found paid employment, you will set up a budget and will be able to live on your own
 In an apartment, a condo, a house—in short, a magnificent place where you will live
 Alone or with someone else... it will be stressful, but those around you will help you, for sure

Learn to respect yourself; don't place too much on your shoulders and accept that you have faults
 It's complex, but by experimenting, you will find very original ways and means
 Practical tips and tricks to avoid losing your cool, if you make mistakes in what you say or do
 So today, continue on the path you have chosen and you won't be able to re-start from scratch anymore

Guillaume Bertrand

This is a literal translation of *Ligne droite*, the original rhyming French version of this poem.



Guillaume Bertrand is a young adult living with Asperger Syndrome.

He was invited to the precamp training offered to the counsellors.



Emergo Respite Services

Autism and other Pervasive
Development Disorders

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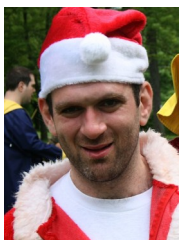
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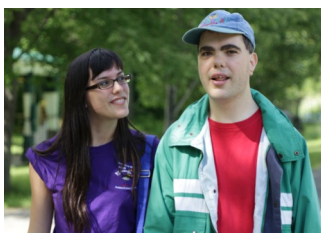


IN MEMORIAM JASON PANAGIOTIS GRIVAS



*In loving memory of our beloved son Jason
who passed away two years ago
on November 8 2011
We miss and love you big,
as big as the World.*

Mom, Dad and Family



OUR BEST WISHES TO YOU

*Members of the Board of Directors,
Management and all Emergo employees
offer you their best wishes for the New Year.*

*May 2014 bring you all Peace, Joy and Love
as well as wonderful moments to share with your loved ones!*

Happy New Year

