

# A Home of ONE'S OWN



*Megan and her son Doug enjoying some family time at Doug's home.*

*Recently, Mary Pat Armstrong, founder of LIGHTS, visited Matthew, Doug and John in their home. Their parents were visiting their sons as well and were happy to share their experience and thoughts. Below are some of Mary Pat's reflections on the impact that having a home of ones' own means and how your donations are making it possible.*

I found a lot of hope when I visited Matthew, Doug and John's home.

When I arrived, the young men were gathered around the kitchen table drinking tea, waiting for dinner and chatting with each other and their support staff. After saying my hellos, I visited with their parents in the living room for a while. Each parent told me about their son's unique needs which means, a lot of

supervision and help on a daily basis. They talked about how, once upon a time, it was impossible to imagine their sons living in a home of their own. But, each parent also shared their surprise and delight in their son's success and independence. And, for each parent, I sensed their peace of mind and hope for the future.

Every weekday, Matthew, Doug, and John attend different day programs outside their home. But, back at home, their favourite activities are exercising, sharing music and playing video games. Like any of us, they enjoy discussions around the kitchen table, sharing meals and just hanging out. Their parents worry, because that's what moms and dads do. The difference now is that they are working together as a team. Worries are now shared, solutions are often common. Everyone draws strength from everyone else. It is clear that the men having their own home has been life-changing for everyone.

I am thrilled to visit homes like this and witness firsthand the impact of LIGHTS on the lives of people with an intellectual disability and their families. More than 40 other families are working towards the same independence the three young men I visited have created, with your help. And we hope to help many more! (55 young adults are successfully living in their own homes with LIGHTS support right now.)

We are finding hope and building a new sense of community in Toronto - one LIGHTS home at a time.

Thank you for your continuing partnership in creating a community in which all of us feel a sense of belonging, a sense of hope, and a sense of acceptance.

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## Filling the Gap

A gift to LIGHTS will help provide funding for those in need and seeking a home of their own. For more information Contact Angela Bradley at 647.729.1178 or visit [LIGHTS.to](http://LIGHTS.to).

