



THE BONAVENTURE BUZZ

Empowering Potential, together!

Welcome to the Buzz for September 2026! This issue of the Bonaventure Buzz, our monthly newsletter, will highlight all the happenings within and around Bonaventure Support Services. This edition features many upcoming events, the August Recreation Program, reminders of important dates coming up along with the Art Program schedule, information on National Truth and Reconciliation Day, and The Terry Fox Run, plus loads of other tidbits of information!

As always, we welcome your input on future editions of the Buzz including articles you've enjoyed, favorite recipes, personal milestones, and anything else you'd like to celebrate!

Land Acknowledgement: "Bonaventure honors the rich heritage and traditions of the Coast Salish people, on whose lands we work, live, and play. We are committed to respecting and learning from the cultures that shape this land, as we strive to cultivate a community rooted in understanding and inclusivity."

From The Helm – Christy Sudyko

As summer begins to wind down, I want to take a moment to thank everyone for the work you've done over the past few months. Summer is always a busy season, with vacations, staffing changes, increased activities, and the day-to-day challenges that come with supporting people well. Through it all, our teams continued to show up with commitment, creativity, flexibility, and care. Whether you were picking up an extra shift, supporting someone through a difficult moment, covering a co-worker's vacation, or helping create memorable summer experiences, your efforts made a difference.

Over the past few weeks, HR shared two important reminders with staff. One focused on providing advance notice for significant schedule accommodation requests whenever possible, helping us balance employee needs with our service and contractual commitments. The second supported our work under B.C.'s Pay Transparency Act by asking employees to review and update their voluntary gender information in Payworks to ensure accurate annual reporting.

On September 2nd, the Leadership Team came together for our annual planning session. We reflected on the past year, reviewed staff survey feedback, celebrated accomplishments, explored areas for improvement, and established priorities for the year ahead.

We are also excited about two upcoming learning opportunities for staff. This fall, we will be offering both **Trauma-Informed Care** and **Ukeru** training. These trainings align closely with our commitment to person-centred, relationship-focused support and will help strengthen our understanding of how trauma can impact behaviour, communication, and relationships. Ukeru builds on those foundations by providing practical strategies that emphasize safety, dignity, and connection, reminding us that behaviour is communication and that understanding often goes further than control.

As we move into fall, there is much to be excited about. New goals, new opportunities, and continued growth are ahead of us. Most importantly, we remain committed to building on the strong foundation created by the incredible people who make Bonaventure what it is. Thank you for bringing your skills, your compassion, your humour, and your heart to this work every day.

Thank you for everything you do.



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Recreation Program

What a fantastic month we just had! We had a spectacular time blueberry picking and brought home an exorbitant **60 pounds** of berries! Thankfully, we had a great plan this year and made tons of delicious blueberry jam with the Cooking Club. We also loved getting ice cream treats on our bus day and had a wonderful time at our Self-Advocacy Skill Share event. We will be doing another one of those soon!

What's coming up in September?

- The "Manager" Hide-and-Seek: A brand-new event! Can they "manage" to find us? We will be hiding from the managers of Barons and Southside CI to see exactly how long it takes them to spot us! (sept 4th)
- Annual Variety Show (Sept 11th): This year's theme is Hollywood Awards Night! Dress Code: Wear your fanciest red-carpet attire. Posters & Art: Every program is encouraged to make a poster to display. We want everyone to bring their creations, artwork, or anything they are proud of to show off!

Lunch is served at 12:00 PM, and the acts kick off at 12:15

- New This Year: We are hosting a massive water fight in the field after the variety show! The splash zone opens at 2:00 PM, so don't forget to bring your swimsuit and a towel!
- Terry Fox walk, we are trying to walk as far as terry fox did! So, track your KMs and let me know so we can add them to our total and earn a gourmet pizza party!

Thank you to everyone who comes out to our events we hope to see you this month!

As part of our joint activities with Recreation and the Cooking Club, participants designed and decorated their own jam jar lids. We also created beautiful pictures using sand and made mini magnets with Shrinky Dink.

We are looking forward to more creative projects in the coming weeks, including designing charcuterie boards, creating mini paint-by-number artworks, and experimenting with painting using turmeric.

It has been a fun and creative month, and we can't wait to see what everyone creates next!

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Check out what your Recreation Program has planned for you this month!

 September 2026 Sing and Sign Every Friday 11:30-12:30						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 	Batting cages 1-2 Leaving 12:30 	3	Can they "Manage" to find us With Rich and Baylee @ Neck point Leaving 12:30 1-3 	5
6	Closed	7	8 Community Clean up Leaving 12:40 1-3 E&N Tail Entrance by Labieux rd roundabout	9	10 Variety Show 11:30-3 Plesant Valley Hall	12
13 Candle making 1-4 	PVCI	14	15 Self advocacy: Advocating through ASL #2 starting at 1-3	16	17 Terry Fox Day Walk at 1-4 Leaving 12:30 Lighthouse Country Trail 	19
20 Fall photo shoot Dress up and meet at PVCI 1-4 		21	22 Build your own Charcuterie Board starting at 12-2 	23	24 VIEX Leaving 10:45 11-4 	26
27 Big Qualicum Fish Hatchery 1-4 		28	29  Closed	30		

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

Parksville CI Monday Mixers

1-104 Middleton Ave

Mondays 1:00pm-4:00pm

Contact Deziree T. 250-927-8909

Southside CI Art Program

3148 Barons Rd Unit A&B

Wednesdays 10:00am-11:30am

Baron CI Sing and Sign

3148 Barons Rd Unit D

Fridays 11:30am-12:30pm

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Art Program

This month, the Art Program participants have been busy creating and exploring new activities!

As part of our joint activities with Recreation and the Cooking Club, participants designed and decorated their own jam jar lids. We also created beautiful pictures using sand and made mini magnets with Shrinky Dink.

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September 2026 Art Program Description

2 **CHARCUTERIE BOARD**

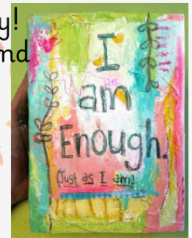


This week in Art Program, we're getting creative and customizing our very own charcuterie boards! Come design a board that's uniquely yours and make something you'll be able to take home and enjoy for years to come. Let your creativity shine as you personalize your board and make it your own

9 **WORDS OF AFFIRMATION CANVASES**

This week at Art Program, we'll be finishing up the canvases we started at Funday! We'll be adding our own words of affirmation to make each canvas meaningful and personal.

Come get creative, add some positive words



16 **TUMRIC PAINTING**



This week in Art Program, we're getting to play with spices and explore a whole new way of creating art!

We'll be painting with turmeric and experimenting with its bright, natural colour to create some unique artwork.

Come have some fun, get a little messy, and see what we can create with spice

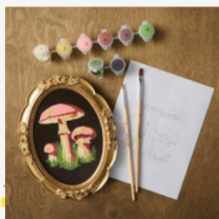
23 **WILD AND FREE**



This week is our Wild & Free Art! Come join the group, get creative, and choose a project that speaks to you.

There are no rules about what you have to create—pick something you're excited about and let your creativity run wild! Come have some fun, try something new, and make art your own way!

30 **MINI PAINT BY NUMBER**



This week at Art Program, we're getting creative with Mini Paint by Numbers! Come pick a design, follow the numbers, and watch your picture come to life one little section at a time.

It's a fun and relaxing project that's perfect for anyone who enjoys painting and seeing their artwork come together!

SEPT 4TH 2026
NECK POINT PARK

1-3

Can THEY MANAGE TO FIND US

FT: Rich and Baylee

“
JOIN US FOR A FUN AND
INTENSE GAME OF ADVANCED
HIDE AND SEEK

YOU EVER WANTED TO HIDE FROM THE MANGERS
THIS IS YOUR CHANCE

Bonaventure Support Services
Presents

VARIETY SHOW!

6100 Doumont Rd Nanaimo, BC

Wear your
hollywood
glam

SEPT 11TH | 11:30-3:30

PLEASE BRING YOUR ARTWORK,
PROJECTS, VIDEOS OR
ANYTHING ELSE YOU HAVE
CREATED WE WOULD LOVE TO
SEE IT

JOIN THE

CREW

@



SING AND SIGN



Now Friday
Mornings
11:30-12:30



Barons Community inclusion

3148 Barons Rd



Join us in honouring Terry Fox

Walk like terry

Help us reach our goal of walking as far as terry fox did

SEPTEMBER
ALL MONTH

Track your KMs
and let Becca know



5373 km

WALK,
BREATHE,
RECHARGE

We have a tracker at Barons CI and once we reach our goal we will have a pizza party

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Important Dates to Remember

STAT Holidays

Monday, September 7th, 2026 – Labour Day

Wednesday, September 30th, 2026 – BC Truth and Reconciliation Day

Monday, October 12th, 2026 – Thanksgiving Day

Community Events



2026 Terry Fox Run will be held on
Sunday September 20, 2026.
Check below for where your community will be
hosting their event!

Cowichan Valley

Evans Park – 6257 Somenos Road

Registration Time: 9:00 am **Run Start Time:** 10:00 am

[For more information, click here for the event poster.](#)

Nanaimo

Bowen Park – 500 Bowen Road

Registration Time: 9:00 am **Run Start Time:** 10:00 am

[For more information, click here.](#)

Parksville

Rathtrevor Provincial Park – 1240 Rath Road Picnic Shelter #1

Registration Time: 9:00 am **Run Start Time:** 10:00 am

[For more information, click here.](#)



National Day for Truth and Reconciliation

Content warning!

The residential school system is a topic that can cause trauma from memories of past abuse. Messages around the National Day for Truth and Reconciliation can be an unwelcome reminder to those who suffered hardships through generations of government policies that were harmful to Indigenous Peoples. A 24-hour support line (1-866-925-4419) provides crisis referral services to survivors and their families and explains how to access further health support from the Government of Canada. The Hope for Wellness Helpline provides immediate, culturally safe, crisis intervention support for First Nations, Inuit and Métis, 24 hours a day, seven days a week through its hotline, 1-855-242-3310, or its online chat at hopeforwellness.ca. The service is available in English, French and, upon request, in Cree, Ojibway and Inuktitut.

September 30th marks National Day for Truth and Reconciliation and Orange Shirt Day – Every Child Matters

[Orange Shirt Day – Every Child Matters](#) began in Williams Lake, British Columbia, on September 30, 2013. Established to honour Residential School Survivors, their families, and those who never returned home, it serves as a powerful reminder of the lasting impacts of the Residential School system. What began as a grassroots initiative has since evolved into a nationally recognized movement, with individuals, organizations, and communities across Canada participating in acts of remembrance, reflection, and reconciliation each year.



The orange shirt symbolizes the loss of culture, freedom, and self-esteem that many Indigenous children experienced. This day reminds us that **“Every Child Matters”**.

Public commemoration of this tragic chapter in Canada’s history, and its lasting effects, plays an essential role in advancing truth and reconciliation.

The National Day for Truth and Reconciliation was established in response to **Call to Action 80** of the Truth and Reconciliation Commission, which called on the federal government, in collaboration with Indigenous Peoples, to create a statutory holiday recognizing Survivors, their families, and communities while ensuring the history and legacy of residential schools are publicly remembered. **Bill C-5**, which established the National

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Day for Truth and Reconciliation as a federal statutory holiday, received Royal Assent on June 3, 2021.

The National Day for Truth and Reconciliation and Orange Shirt Day are both observed annually on **September 30th**, and they are dedicated to honouring Residential School Survivors, their families, and communities, and to recognize the lasting impacts of Canada's Residential School system. These commemorations provide an opportunity to deepen Canada's understanding of the intergenerational effects of residential schools and to reflect on their enduring legacy as part of the ongoing journey toward truth, healing, and reconciliation.

On September 30, Canadians are encouraged to wear orange in honour of Residential School Survivors and their families, and in remembrance of the children who never returned home.

Download our [resources](#) and share how you will mark this day by using the hashtag #NDTR on social media.

Truth and Reconciliation Commission and its calls to action

There were 140 federally run residential schools in Canada that operated between 1867 and 1996. Survivors advocated for recognition and reparations and demanded accountability for the intergenerational impacts of harm caused. Their efforts culminated in:

- the [Indian Residential Schools Settlement Agreement](#)
 - [Apologies by the Government](#)
- the establishment of the [Truth and Reconciliation Commission](#)
- the creation of the [National Centre for Truth and Reconciliation](#)

The Truth and Reconciliation Commission ran from 2008 to 2015 and provided those directly or indirectly affected by the legacy of the residential schools policy with an opportunity to share their stories and experiences. The Commission [released its final report](#) detailing 94 calls to action. The National Day for Truth and Reconciliation is a direct response to Call to Action 80, which called for a federal statutory day of commemoration.

The National Centre for Truth and Reconciliation has become the permanent archive for the statements, documents and other materials the Commission gathered. Its [library and collections](#), as well as its [National Student Memorial Register](#), are the foundation for ongoing learning and research.

Funding for community activities and gatherings

Funding is offered to communities and organizations for activities and gatherings for the National Day for Truth and Reconciliation. Canadian Heritage has funded 298 events and gatherings across the country in 2026.

For more information on funding opportunities, visit the [program web page](#).

To learn more

This National Day for Truth and Reconciliation, explore the rich and diverse cultures, voices, experiences and stories of the First Nations, Inuit, and Métis peoples.

[Start your learning journey](#) today.



Accreditation Matters

Achieving accreditation shows the public and funders/regulators your commitment to continuously improve services, manage risk, and distinguish your service delivery.

These valuable benefits and unique advantages are the greatest return on your accreditation investment:

Assurance to persons seeking services and funding sources, referral agencies, and the community that a provider has demonstrated conformance to internationally accepted standards.

Person-focused standards that emphasize an integrated and individualized approach to services and outcomes.

Improved communication with persons served.

Evidence to federal, state, provincial, and local governments of commitment to quality of programs and services that receive government funding.

Management techniques that are efficient, cost-effective, and based on outcomes and consumer satisfaction.

Guidance for responsible management and professional growth of personnel.

Support from us through consultation, publications, training opportunities, and newsletters.

The value of accreditation goes beyond conformance.

Accreditation positively impacts your business and services in many ways. These benefits, combined with the strength of our internationally accepted standards and consultative peer-review model, are distinguishing factors that make CARF the accreditor of choice for health and human service providers.

Business improvement * Risk management * Funding/contract access * Positive visibility

Peer networking * Accountability * Insurance premium savings * eLearning support