

Hello,

My name is Alec Belanger and I am the Co-Chair and lead executive of the Dalhousie Down Syndrome Society - Extra Awesome. Over the last few months I've been working closely with the HNSDSS to create a new and exciting program for youth living with Down syndrome and their siblings in the Halifax community.

Extra Awesome is a Dalhousie University affiliated program that works with the Halifax Nova Scotia Down Syndrome Society. Starting January 21st, 2024 we will be hosting weekly sessions every Sunday from 1-2pm at the Studley gym Dance Studio, located on Dalhousie University campus. Each week we will pair youth with exceptionalities and their siblings with Dalhousie University students to participate in social and life skill development activities. These sessions aim to work on integration, relationships, life skills, and fun! The age group we will be working with is elementary to high school age students.

Extra Awesome is looking for participants to join us at our weekly Sunday afternoon sessions that take place on campus! Our participants will surely appreciate the "buddy" system that will allow children to form a special relationship with our role-model Dalhousie students. If this is something that may interest your children, please fill out our registration form below. Our session on January 21st will be an informative/get to know session providing a clear picture of our sessions to come. As well, if you know any parents who may be interested in signing up their children for our program, please forward them this email and share our contact information (xtraawesomedalhousie@gmail.com), as well as direct them to our Instagram (@xtraawesomedalhousie) to check out our page and have a sneak peek into our organization!

If you have any questions, please do not hesitate to ask.

We look forward to hearing back from you, and hopefully seeing you and your children at our inaugural Extra Awesome session on January 21, 2024!

Registration form

<https://forms.office.com/Pages/ResponsePage.aspx?id=mRm4YH8LLUGSo-F9iunj4ARM0uajMfBLsDnKLII1IOBUOVAwOUQ0UkJTRFo5SFJMWFE0Mk42R0VHTC4u>

Sincerely,

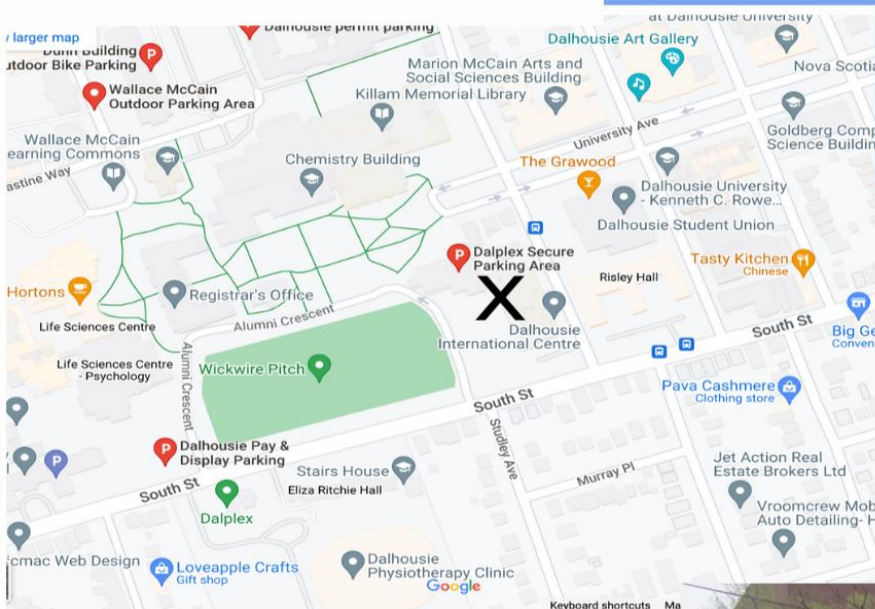
Alec Belanger

Extra Awesome Co-Chair and Lead Executive 2023-2024

Dalhousie University

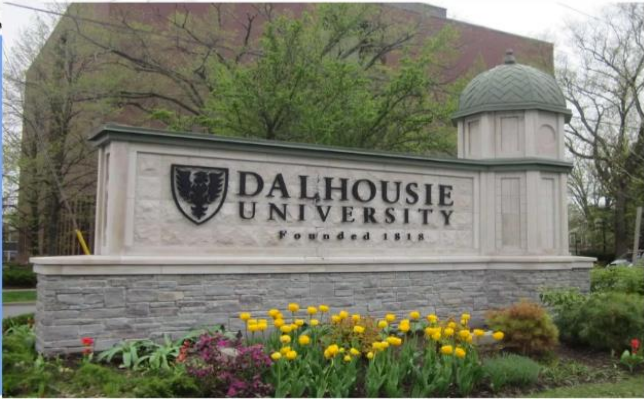


EXTRA AWESOME DALHOUSIE



**INAUGURAL SESSION
SUNDAY,
JANUARY
21, 2024
1-2 PM**

**STUDLEY GYM
DANCE STUDIO**
6185 South Street
opposite Wickwire Field &
The Killam Library
Marked by the x



FOR MORE INFORMATION, CONTACT ALEC AT
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XTRAAWESOMEDALHOUSIE

