

BELONGING MATTERS DIALOGUES

Cerebral Palsy Awareness Project

Increasing Awareness in Vancouver Island and surrounding Islands

Why Home Matters (Session 1)

Hosted by:

Cerebral Palsy Association of BC

October 1, 2020

“
Home is where I belong,
I am **accepted**, and I have
a **supportive network**
that grows with age
”

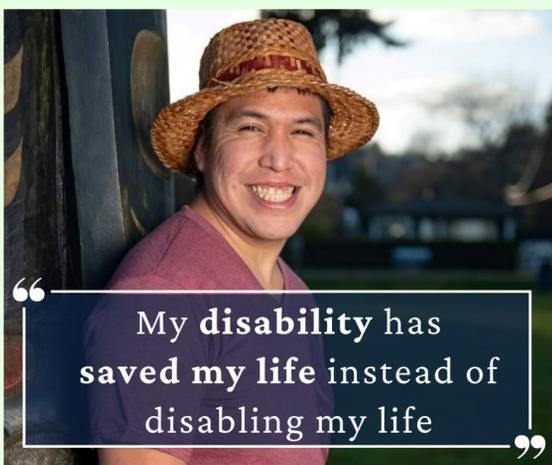
Home is a place where...

- I feel like I **belong** and I'm **accepted**
- I feel **safe** and encouraged to **grow**
- I have a **supportive network** that grows with age
- I'm with **family**
- I have my **creative writing**
- I have a **good relationship** with myself and others

“
When I **belong**, I feel I am
worthy of life and of **living**
”

Why Belonging Matters:

- Belonging is part of **inclusion**
- I can **truly be myself** and be **vulnerable**
- I feel **loved** and **supported**
- To be able to “fit in” and have **social confidence** to talk to others
- I feel **happier** and it's good for my mental health and anxiety
- Helps you **believe** in each other's **futures**



“
My **disability** has
saved my life instead of
disabling my life
”

Patrick A., participant of Belonging Matters Conversations

“
What **builds belonging** to me is
people **being in tune & respecting**
my moods and needs.
”

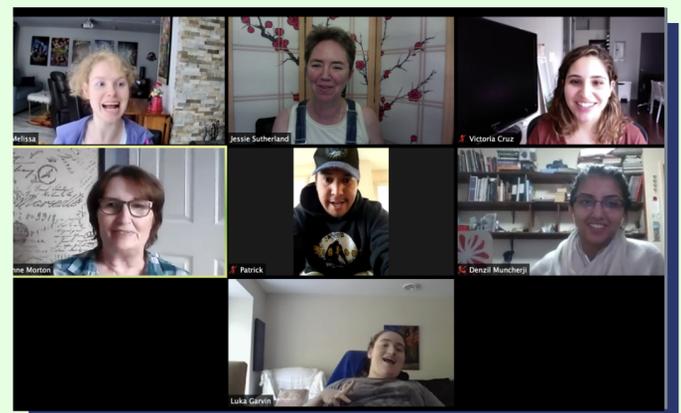
What *builds* Belonging for me...

- ✓ Feeling **loved & supported**
- ✓ **Connecting** with myself
- ✓ Going to the **synagogue and praying**
- ✓ **Meditating**
- ✓ Watching **movies**
- ✓ Being with my **grandparents**
- ✓ **Building** things with Lego
- ✓ Recognizing I am **worthy of life**
- ✓ Going to my **karate** class
- ✓ **Introspection**: Taking breaks to do the inner work on myself
- ✓ **Contributing** to the next generation and making it easier for them
- ✓ “Fake it until I **make it**”
- ✓ **Honest** communication
- ✓ Having **compassion and self respect**

“
Belonging is eroded for me when
people **doubt** my ability, **disrespect** my
emotions or **bully** me
”

What *erodes* Belonging for me...

- ✗ Being **judged**, harsh words, and stigma
- ✗ Being in a place that I feel **uncomfortable** in
- ✗ Not taking breaks to do the **inner work** on you
- ✗ Being **bullied** by those who were supposed to be supportive
- ✗ People **doubting** my ability
- ✗ When people **disrespect** me, my brilliance and emotions
- ✗ **Obsessing** over bad situations
- ✗ Not being able to **communicate** properly
- ✗ Feeling of **wrecking** a relationship with someone close to me



Benefits of Belonging When I belong, I...

- Feel **happier**
- Believe in **myself**
- Feel **included**
- Become a **better person**
- Have **compassion** and **self-respect**
- Feel **worthy** of life and of living
- Feel able to **support others** while **supporting myself**

Costs of Not Belonging When I don't belong, I...

- **Lose** sense of **purpose**
- **Lose** the feeling of **inclusion**
- Feel **shattered**, not being fully present
- **Don't** feel like **myself**
- Have difficulty with **decision-making**
- Don't feel able to **fit in** with peers

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