



ANNUAL REPORT 2015



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A NOTE FROM THE EXECUTIVE DIRECTOR

For years, the driving force behind SAAAC was to connect families in need with quality autism services and information. We have worked tirelessly to create programming and to refine our program delivery to meet the unique challenges faced by many South Asian families and other newcomer communities. I believe that in 2015 we have finally arrived at a series of services that can appropriately empower families and communities who previously had few tools to meet the challenges posed by autism.

The Assessment, Development, Empowerment (ADE) program is an intensive, one year program designed to help families self-manage autism. Supporting 40 families annually, ADE is composed of a collection of programs that helps both individuals with autism and their caregivers, and is primarily directed towards newcomer families who experience language and economic challenges.

In 2015, we also continued to develop our employment training program. Our Pre-Employment and Vocational Skills initiative trained adults on the spectrum to learn employable skills and gain meaningful employment. Supported by Employment and Social Development Canada, SAAAC was able to train 30 students in our Pre-Employment and Vocational Skills Program. With the participation of 12 companies, the program helped 22 students gain paid job placements across the GTA with eight students receiving long-term part-time employment.

Also, this past year, we began dialogues with Ontario's and Canada's leading autism agencies. Agencies such as Autism Speaks Canada, Autism Ontario, and Autism Canada have helped us better understand the issues facing the broader autism community and kept us informed of the supports and resources available in the community. Our leaders at the federal, provincial and municipal level have also engaged in dialogue with us; the enthusiasm they share in our vision is refreshing and promising.

An autism diagnosis can be overwhelming for families. For many, the road ahead is unclear, confidence in parenting abilities is tested and a general feeling of powerlessness can take root. At SAAAC, we aim to add clarity, build confidence and empower families. Parents know

they have a place to call to ask questions and share concerns; they know there is a place filled with other parents like themselves; they know that there is a space where they are not just tolerated but enthusiastically welcomed. The families we serve do not want handouts. They want skills to better cope with behaviors at home; they want information to help them make better choices; they want opportunities where they can utilize the talents they have. We take pride in offering these benefits to them.

Finally, I, along with our board and staff, would like to thank everyone who has helped SAAAC this past year. Most of the work we do at SAAAC is done by our incredible community members and businesses. From our wonderful volunteers to our employment partners to our sponsors, SAAAC would not be possible without all of you. I know I speak for all the children and families of our centre when I say thank you for your continued support, and I hope we can continue to dream big dreams for every person we serve.

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Dr. Shivajan Sivapalan – Vice President

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Mr. Michael Cheung – Director

Ms. Geetha Moorthy – Founder & Executive

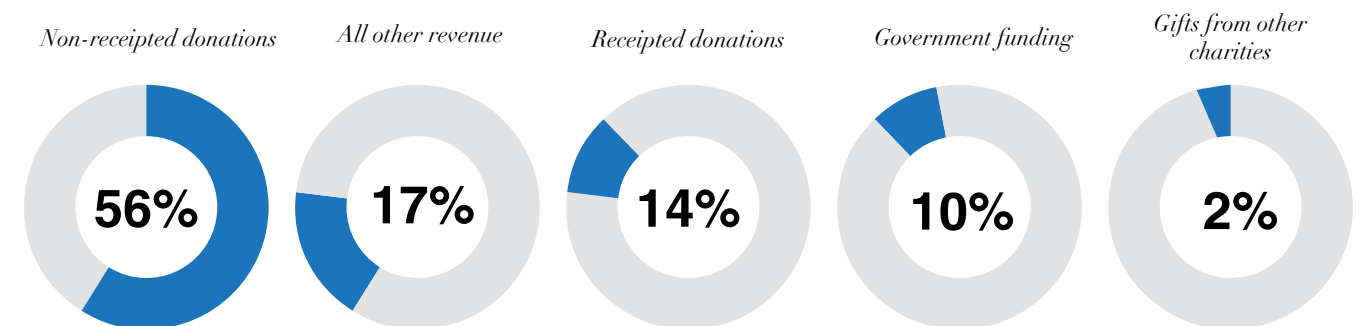
Director

2015 FINANCIAL OVERVIEW

The programs offered by SAAAC are made possible by generous contributions by community members and businesses. At SAAAC, we believe accountability and transparency are crucial to maintaining the trust you have placed in us.

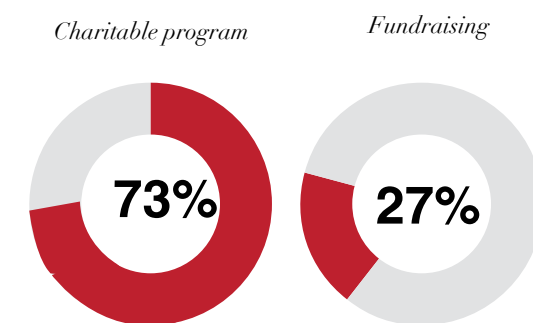
We want to reassure you that your contributions are essential to fulfilling our shared mission of serving individuals and families living with autism.

Sources of Income



Total Revenue: \$519,027

Sources of Expenses



Total Expenses: \$580,873

Our financial overview can be found on the Canada Revenue Agency charitable organization's website: <http://bit.ly/1nP8xpI>

*All figures are compiled from our fiscal period April 1, 2014 to March 31, 2015

**All figures consolidated for SAAAC were audited by Truster Zweig LLP Chartered Accountants

WHY IMMIGRANT FAMILIES FACE MORE BARRIERS TO AUTISM SERVICES

Written By: Iman Sheikh

This article was originally published on Dec 04, 2015 under the Current Affairs section of TVO's website: <http://tvo.org/current-affairs>



It took Shanti Rajaratnam 12 years to accept that her children would always be different from other kids.

It started in 2000, when she got a call from the principal of a daycare in Montreal, where she lived at the time. She was told that her five-year-old daughter, Arathygah, wasn't responding to her name. Concerned that the child was always in a corner and not socializing with her peers, teachers suggested that Rajaratnam take her to a pediatrician. Shortly afterwards, Arathygah and her three-year-old brother, Aruchunaraj, were both diagnosed with severe autism. This was five years after their mother moved to Canada from Sri Lanka, and the first time Rajaratnam heard of the condition.

"In the beginning, I didn't know the meaning of autism," she said. "In Hindu and Tamil culture, we believe heavily in horoscopes. Back home, everyone gave me so much hope. They said in seven years and 10 years my kids will be okay."

In 2002, Rajaratnam heard of herbal treatments in tablet form — a mixture of herb extracts, minerals and homeopathic salts — given to children with behavioural problems in India. Eager to experience the reported successes of the new therapy, she took her children to India, where she remained for six years. She eventually realized their behaviour was getting worse instead of better.

"My son became very violent and started attacking my daughter," she says. "I couldn't cope with him alone in India, so I came back to Canada thinking, 'My son is a Canadian. They will help me.' When we got to Toronto in September 2012, I had to admit him to a hospital within two days."

Rajaratnam stayed with her son in the hospital for two months, coming home only to shower. On Nov. 19, 2012, he was placed in Cedar Heights residential facility in Toronto. Aruchunaraj was 14 years old. He's been in a long-term care facility ever since.

While families in this province generally face long wait times for government-funded autism therapy, Ontario's immigrant families battle many additional barriers. There's a good chance Aruchunaraj's symptoms could have been managed if had started intensive behavioural intervention — a comprehensive treatment strategy designed for children with autism under four years of age — shortly after he was diagnosed. But like many children with autism born to newer Canadians, his symptoms worsened.

"There's no word in South Asian languages for autism," says Geetha Moorthy, founder and executive director of South Asian Autism Awareness Centre in Scarborough. "It's not understood by many parents. A lot of South Asian people think autism is a behaviour that hasn't been addressed properly."

When Moorthy founded the centre in 2008, about 12 families showed up after seeing TV and radio advertisements. All of the children seeking help were in their teens. Some parents, she said, explained that their kids hadn't spoken a word until they were seven or eight years old. Many had never received any remedial care or therapy.

"The men said things like, 'My wife didn't take care of the child properly, that's why this happened,' she says. "It was heartbreaking, because when we started growing and we had 18- and 19-year-olds coming to us, and it was the first time they were getting any treatment. The parents just waited without even knowing the child had autism."

Access barriers to autism treatments for newcomer communities are also the case in the U.S., says Jigna Desai, a professor at the University of Minnesota's department of gender, women and sexuality studies. Though by law, agencies which receive state or federal funds — including non-profits — must provide a free interpreter to people with limited English; this doesn't guarantee the translator can convey the information in a way that addresses its complexities. In her research at the University of Minnesota, Desai found some Somali families in the U.S. maintained autism is not a "Somali" illness, and that there isn't a word for the condition in the language.

"They were convinced this was something caused by migration," she says, "So the narrative that was available to most of them was that it was a vaccine [that was causing autism]. Some of them got caught up in that and became anti-vaxxers."

For many immigrant communities, shame is also an issue that paralyzes the therapeutic process. Parents fear embarrassment and for their family's reputation. According to Rajaratnam, many parents don't even want people to know that they're coming to autism awareness centre for help.

Visible minorities face a unique kind of stress, according to Desai, which may prevent timely treatment for developmental challenges.

"There's pressure to be a model minority, or economically and socially successful when you're an immigrant," she explains. "The stakes are much higher."

The investments and risks taken by first-generation immigrants play out partly in reproductive politics. Part of the mainstream narrative of immigration, Desai explains, is that your children will have a better life than you. In some sense, when children don't live up to that pre-constructed ideal, it makes the family feel like a failure.

"It brings into question the whole idea of immigration as an upward mobility mechanism," she says.

When diagnosing autism in children from immigrant families it's important that the tests are culturally sensitive. Desai says that in India it wasn't unusual for her to put food in her child's mouth. But if one of the markers for a neurological disorder is whether or not a child can feed himself, in this case it would not be an effective diagnostic tool.

"One marker could be whether or not the child makes eye contact," Desai says. "But if you have a family from a culture where maybe there's different understanding about how authority should be respected, then making eye contact isn't the right mechanism for assessing autism."

But one of the biggest hurdles in assessing autism in visible minorities and immigrant communities is that people just don't think of it as a non-white issue.

"In the U.S., there is an under-diagnosis of visible minorities," explains Desai. "Sometimes black and Latino boys will even be diagnosed with oppositional defiant disorder (a persistent pattern of anger, irritability, arguing, defiance or vindictiveness toward other authority figures), prior to being diagnosed with autism because it's so racialized. It really works against recognizing autism in people that aren't white."

The most recent report from the U.S. Centers for Disease Control and Prevention says that white children were more likely to be identified with autism spectrum disorder than black or Hispanic children. About 1 in 63 white children were diagnosed, but only 1 in 81 black children and 1 in 93 Hispanic children.

As for Rajaratnam, she looks after her 20-year-old daughter full-time at home. Her 18-year-old-son lives at a care facility in Stouffville.

"Aruchunaraj comes home on Saturdays for two hours," she says. "It's hard because he's been scaring Arathygah. He'll pinch and scratch and bite. She's too scared to go anywhere now."



ADE: SAAAC'S NEW MODEL OF CARE

An innovative model of care that supports newcomer families living with autism

What is ADE?

Assessment, Development, Empowerment (ADE) programming is a collection of services that are provided free to families who experience challenges in accessing autism services and information. It is a one-year program whose goal is to help families gain skills to self-manage autism.

Who does ADE support?

ADE programming supports families that experience various challenges in accessing autism support. These challenges can include being economically disadvantaged, difficulties communicating in English, being a single-parent/single-guardian household, newly arrived to Canada, etc.

Many of the families who are candidates for SAAAC's ADE programming commonly have multiple challenges that prevent them from finding meaningful support systems, the lack of which ultimately hurts the development of their loved ones with autism and exerts an enormous amount of stress and demand on parents and caregivers.

What are the goals of ADE?

There are two main goals:

- Encouraging the development of children and youth we serve through the use of diverse therapies and programs
- Empowering parents through education, training, peer support networks, and case management

At the end of our ADE programming, families will hopefully have the following:

- An understanding of basic behaviour and communication strategies that can be used with their child in the home and public settings
- Learning how to advocate constructively for their child in educational and health institutions
- Knowing how to navigate the developmental health system (understanding treatment options, where to find services etc.)
- A strong support network composed of families and autism/health professionals

What are the services that make up the ADE Program?

Skill Development Program

SAAAC's Skills Development Program employs a community-based model that connects autism experts and other health professionals with passionate volunteers. Through training and supervision, volunteers are able to work one-on-one and in group settings with children/young adults to help develop vital communication, social, and daily living skills

Family Empowerment Program

The Family Empowerment Program helps parents and caregivers receive appropriate tools and information to better support their loved ones living with autism. This dynamic program consists of educational workshops, support group discussions, and translation services.

Arts Programming (visual arts, music, dance)

These series of arts programs help students develop self-confidence, communication and social skills through diverse arts programming.

Case Management

Our Case Manager will work with families to navigate the developmental health system in effective and strategic ways in order to connect families with the best available services and information.

How Much Support Do Participants in the ADE Program Receive?

All families in the ADE Program receive 48 sessions, which include the following:

240 hours of programming for individuals with autism (5 hours/week)

42 hours of parent workshops and support group discussions (22 hours of educational workshops and 20 hours of support group discussions)

A full year of Case Management Support (translation services, service navigation and coordination, funding support)

ADE is a community-based model. It requires the support of talented volunteers, generous businesses and community members, and passionate health professionals. Using this model of care, we can provide comprehensive training and guidance, thereby transforming families into knowledgeable teachers who can confidently aid in the development of their loved ones with autism.



GETTING TO WORK

Helping young adults with autism integrate into community life through employment

Much of Aravinth's time after graduating from high school was spent at home. Like many young adults with autism in Ontario, Aravinth did not have many options.

After high school, many support systems dry up for young adults and their families: by age 18, support services such as publicly funded speech and language services, and behaviour therapy are lost, and by age 21 young adults with autism are no longer entitled to attend public school.

As Ontario continues to develop a viable transition plan to adulthood, countless young men and women and their families are left treading water in a sea of uncertainty. Working to support young adults like Aravinth integrate into the community through employment has been one of SAAAC's goals.

In 2015, SAAAC received support from Employment and Social Development Canada to enhance the employability of 30 individuals. Through our Pre-Employment and Vocational Skills Program,

participants were able to identify their job preferences and build on their skills and interests. Over the course of 12 weeks, participants enrolled in skills-based training programs which focused on cooking and food preparation, décor and packaging, and office administration.

Aravinth was a graduate from our office administration stream. Through this program, job coaches were able to identify his skills for data entry and filing, which eventually led to part-time employment with Lastman's Bad Boy Furniture.

Lastman's Bad Boy Furniture was one of 12 companies that joined the employment program to provide paid 12- week placements to 28 participants throughout the GTA.

Aravinth was one of eight students to gain long- term part-time employment from the program. When asked what he was going to do with his paycheques, he replied that he was going to buy a BMW.



Autism is a lifelong disorder and therefore needs a life time treatment plan. Building essential life skills, community integration and employment should all be part of a plan that supports development into adulthood. In 2016, SAAAC will continue our collaborative work with small and large businesses to provide even more opportunities to individuals like Aravinth to work and be included in community life.

COMPANIES WE WORKED WITH





Greetings from Honourable Mike Lake, PC, MP

“I want to acknowledge a group of Canadians who are close to my heart. They, like myself, are parents of young children with autism. My son Jaden is 10 years old now and was diagnosed with autism when he was two. I would like those parents to know that I have been where they are. I have experienced the same emotions that they are experiencing right now: the intense love that a parent has for his or her child; the fear that accompanies the discovery that there is something different about the way the child is developing; the hope of finding out that there is a treatment that is helping other children with similar challenges; and the utter frustration and disappointment as time ticks away while the child waits for that treatment.”

- Mike Lake, Maiden Speech in the House of Commons, April 24, 2006.

I am delighted to express my support and warmest greetings to the South Asian Autism Awareness Centre (SAAAC).

As a Member of Parliament, and the father of a 20-year-old son with autism, I have been very impressed with SAAAC's efforts to provide support for children with ASD as well as their parents and caregivers.

I have had the opportunity to visit SAAAC on multiple occasions, and each time have been struck by the feeling of community, and by the incredible level of commitment shown by countless enthusiastic volunteers.

Since 2008, SAAAC has been raising awareness and helping families impacted by autism. Today, your organization continues to grow and fill a critical need for those living with ASD and their families.

I would like to congratulate SAAAC for all that you have accomplished, and sincerely thank you for your commitment to this cause. I wish you continued success in the future.

Best wishes,

Hon. Mike Lake, PC, MP
Edmonton–Wetaskiwin



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SAAACREATIVE USING VISUAL ARTS TO RAISE SELF-ESTEEM, FIND PURPOSE AND CONNECT WITH THE WORLD

This article was originally published on October 9, 2015 on TamilCulture



With great assurance, Maathumai outlines the horizon on the large canvas. Her hands dart back and forth between her palette and the canvas as she carefully blends together the colours of the sky, turning them into a light purple.

“Great job, Maathumai. Nice blending!” praises art instructor, Amir Akbari.

After two weeks of instruction, Maathumai had just successfully blended colours without any assistance or prompting. It was an incredible moment for Amir and his volunteers who have been heading up a pilot painting program for young adults with autism.

“That was incredible. She mixed the two colours by herself,” exclaims Amir to one of the volunteers.

Excitement and optimism are intrinsic to Amir, the visual artist, youth developer and social entrepreneur who created and leads the painting program at SAAAC.

The painting program faced exceptional challenges when it first began in early 2015. Many of the students who registered with the program had communication difficulties. Either they could not verbally communicate or only had a few words in their vocabulary with which to express their needs. Some had behavioural issues that either caused harm to themselves or to others. But all students showed some interest in visual art – and that was key for Amir.

“These guys liked drawing or spent time with their iPads playing on their painting apps,” says Amir. “That’s all we needed to see – some interest. I knew if we could provide lessons in understandable and engaging ways, these students would be successful.”

The painting program at SAAAC is an adapted program. This means appropriate accommodations and modifications were made to

the instructions and activities so students with autism could better understand the lessons and participate in the activities.

The program is built on small victories.

“To see someone come into class, gather their supplies and sit down for a lesson is worth celebrating,” says Amir. “That might take us 3-4 weeks to teach. Most people won’t see how complex these steps are, but it’s a lot of work for someone with autism. Doing such things on their own shows growth and learning.”

But the achievements have been pretty big as well.

Over the past year, students have developed painting skills such as colour mixing, brush techniques, blending and shading. By putting these skills together, the students have produced amazing work.

“These kids have created amazing landscapes, self-portraits, abstract paintings and I think there is even a drawing of Drake somewhere,” laughs Amir.

Maathumai has been a standout student in the program. Diagnosed with autism at four, she has had a lifelong struggle with communicating. She has a speech condition called echolalia, where she repeats words said by someone else. Unable to express herself through her own words, Maathumai is now turning to art as a means of communication.

“There is definitely a great spirit in her art,” says Amir. “Her colour choices, the way she blends to get even brighter colours, and just the vibrancy of her paintings tells us something about how she sees the world.”



RECOGNITION AND FUNDRAISING

Our artists and their work were highlighted in two primary ways in 2015:

On Saturday, December 5, 2015 we held our inaugural art exhibition entitled Unseen Dreams at the Markham Civic Centre- it featured art works created by our students. SAAAC students exhibited 40 of their works to 150 attendees. The event was also supported by local artists who donated 50% of all their art sales towards SAAAC’s visual arts program. The purpose of the event was to provide SAAAC art students with the opportunity to be recognized as creative equals and give them a platform to showcase their incredible talents. Six SAAAC artists were able to sell their paintings and collect a total of \$720. For many of them, it was the first time they received compensation for their work and talents. It was a truly inspiring event that we wish to build on.

With the help of Behind the Lines- a social entrepreneurship organization- we launched our SAAAC Creative website in October 2015. The site featured customized greeting cards and original artwork all created by our students. The website was an initiative to fundraise for the arts program and provide recognition and compensation for our artists. <https://behindtheline.ca/saaacartfundraiser>

It was a great year for SAAAC’s art programming, and we look forward to 2016 to build on our success and continue to encourage our students to grow and develop through the arts.

VOLUNTEER PROGRAM

“We rise by lifting others.” - Robert Ingersoll

SAAAC is a valuable community resource made possible by countless individuals. Since 2008, SAAAC has benefitted from volunteers who have donated their time, energy, and passion in building a more open, inclusive, and respectful community. Whether it's working one-on-one with children and youth with autism, helping organize fundraising events or educating the public through outreach events, volunteers have generously given their time to help support SAAAC in any way they could.

In 2015, SAAAC was fortunate enough to have had its largest active volunteer base ever, with 144 volunteers performing 20,736 hours of service. We are incredibly grateful to our volunteers and will continue to strive to provide quality volunteer experiences that teach and inspire while creating strong bonds with the community.



Volunteer Testimonials



“ My 2 and a half years at @thesaaac hav been of amazing growth and learning not only for the children, but especially myself #saaacvolunteer ”

Thamia - @Thamia_S

“Creating & being part of a community, learning about #Autism &helping w/ destigmatization are few reasons why Im a #saaacvolunteer @thesaaac ”

Sahana Jeyakumar - @sahanaj

“ Reflecting on of the best things @evan_anan and I did together, spending 2 years and 300+ collective hours volunteering for @thesaaac, a Scarborough-based community mental health organization for South Asian children with autism and their families. This experience has not only allowed us to give back to our community and spread awareness about autism, but also helped us understand the experience of these families just a little bit more. The resilience in these families was so powerful, and we're grateful for there being such an organization for them to come to, and that we got to in some small way be a part of that. #tbt

#autismawareness #saaacvolunteer

Shalini - @shalini3

“Volunteering at SAAAC has been an incredible learning experience. As a #saaacvolunteer I've seen first-hand that when a community comes together, nothing is unattainable.”

Janany S - @jananys

“ By volunteering at saaac I learned what autism really means and that it cannot act as a barrier for those affected from finding their talent #saaacvolunteer ”

Jensy - @jensy_j

“ Mondays at SAAAC are always fun! Working with kids and youths at the center and helping them create arts and crafts is so fulfilling Their individual personalities are reflected in their work and makes it all the more special. It's a great way to for them to learn how to express themselves through art and for us volunteers to learn more about the kids. I can now fully appreciate the saying: “In learning you will teach, and in teaching you will learn” #saaacvolunteer

#arttherapy#SAAAC

Brintha Cindy Sabes - @bromzilla

“ Volunteering @thesaaac opened up my eyes to the many talents kids with autism behold. #saaacvolunteer”

DhivSasi - @dhivsasi

“ I look forward to volunteering every Monday at SAAAC! I love spending time with the kids and my fellow volunteers! Laughing, making different arts and crafts and of course singing and dancing to different songs! #saaacvolunteer#autismawareness”

Paul Pineda- @_paulpineda

■ **THANK YOU**
THESE GREAT INDIVIDUALS AND BUSINESSES MADE RADIANT
NIGHT 2016 POSSIBLE.

We would like to thank all our donors who make our programs and services possible. Without these individuals, businesses, and community leaders, the work we do would not be possible. The families and staff are incredibly grateful for your generosity and your passion to transform the lives of individuals and families living with autism. Thank you.

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- Rukshian - TE Business Solutions
- Varun Sriskanda

RADIANT NIGHT RAFFLE PRIZES

- Lastman’s Bad Boy
- Mercedes-Benz Canada Inc. Toronto Corporate Stores
- VMS Travels
- Dr. V. Santhakumar

SPECIAL THANKS TO OUR FUNDRAISING

COMMITTEE

- Dilrukshi Senthivel
- Erasiah Kobikrishna
- John Sabaratnam
- Joseph Vijayaraj
- Mary Jeganathan
- Ronnie Solomons
- Sahana Jeyakumar

- Shanthikumar
- Siva Mathiabaranam
- Thushitha Kobikrishna
- Tony Balasingham



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CUPE Local	Vance Cooper	Els for Autism
Deepa Yoganathan	Vithieyah Atputharajah	Autism Speaks Canada
Dilan Pharmacy	\$1,000-\$2,499	
Dr. Geetha Jeyarajah	TSU - University of Ottawa Tamil	\$25,000-\$49,999
Dr. Selvarajah	Students’ Union	City of Toronto
Formula Honda	AI HR Solutions Inc	Ministry of Children and Youth Services (MCYS)
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Gajanan Kuganesan	Computek College of Business,	\$150,000-\$250,000
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Microsy	Scotiabank	Joseph Vijayaraj
Murali Murthy - Book Release	Soniya Siva	Kandeepan Paramasothy
Namara Development		Karan. S
NS Dental	\$2,500-\$4,999	
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Pooran Law Professional Corporation	Alliance R&R Mortgages	Marina Albert
Prabaharan Rajendram	HQV Inc	Nicholas Anne Dushyanthi
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Rowntree Custom Millwork Inc		Raj Narang
Sanj Selvarajah	\$5,000-\$9,999	
Savitree Singh	Dr. Shivajan Sivapalan	Rohenston Yogendran
		Ronnie Solomons
		S. Amirthalingam

Shanathani Thuray	Inforce Life Financial Services Inc.	Community Living Toronto
Shanthi Rajaratnam	JC’s Bar and Grill	
Shiyama Kandasamy	Karibu Thrift Store	
Vadivambikai Nadarajah	Markham NS Dental	
Vanee Senthooran	SPSYN	
Yarlini Rajkumar	Swiss Chalet	
Yasar Saffie	The Cablesoppe	
	The Law Office of Meleni David	

MEDIA / DESIGN

105.9 The Region
Allan Rajadurai
Annie De Guzman
Asian Television Network (ATN)
CMR
dba Photography
Masalamommas Online Magazine
Meera Sulaiman Photography
Ninaivukal - Moments of Events
Pearl Media Studios
Photography by Kashfia Alam
Prasanna Digital
Ruban Cam
Sequence Media
South Asians Best
Sujeevan Yogalingam
Suthan Theiventhirakumaran
Tamil Culture - Online Tamil Lifestyle Magazine
Tamil Entertainment Television (TET)
Vanakkam FM
Yashtra

EMPLOYMENT PARTNERS

Lastman’s BadBoy Furniture
Behind the Line
Chat’s Jerk Restaurant
Cineplex Entertainment

PROJECT INFORM TEAM

Ajayen Paramalingam
Anuisa Ranjan
Arrani Senthinathan
Arti Singh
Edwina Veerasingam
Erica Pereira
Lathika Sritharan
Nirusha Jebanesan
Priya Nadarajan
Umayanga Yogalingam
Veerpal Bambrah
Zaamilah Balasubramaniam

SPECIAL THANKS TO

Autism Canada
Autism Ontario
Canada Kanthaswamy Temple Society
Councillor Glenn De Baeremaeker
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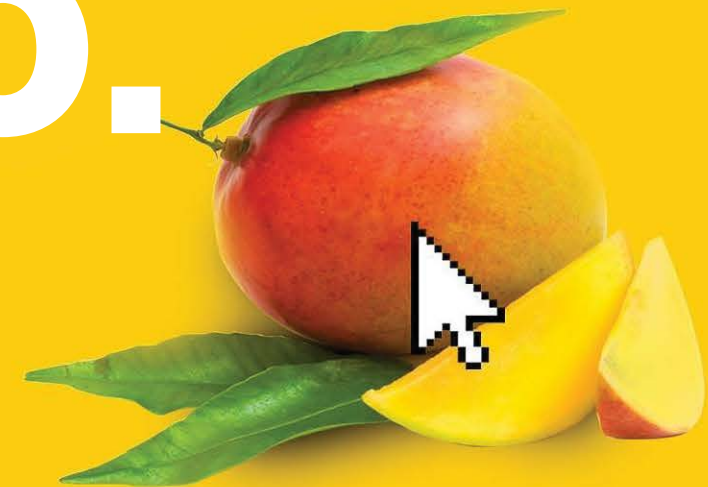
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