



Supporting Youth and Families with Unique Challenges  
Celebrating Strength  
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[www.inspirecommunityoutreach.ca](http://www.inspirecommunityoutreach.ca)

**Inspire Community Outreach Inc.** is a charitable social services organization that provides evidence-based, culturally informed, and family-centred education and programming designed to meet the needs of those living with mental health issues and neurological/cognitive differences.

### **Our Mission**

To provide inclusive, evidence-based support, that honours lived experience, for families who live with neurological differences and mental health concerns.

### **Our Vision**

For all families to have access to responsive support that empowers them to thrive.

### **Who We Help**

Inspire's core ambition is to support the mental wellness of families who live with neurological differences in Manitoba. We do this by creating outreach programming for three populations:

1. Children and youth ages 3-29 who live with some form of neurological difference or mental health challenge.
2. Family members of our first population, with our main focus on parents and primary caregivers.
3. Professionals involved in support roles with these exceptional families, such as Teachers, Health Care Workers, Therapists, and Child Care Workers.

### **Services**

- **In-Home Stabilization:** Inspire is well-practised in receiving families that are in high levels of distress. Inspire team members can help find solutions for active challenges and plan for safety.
- **Planning:** Inspire has a high level of respect for educators. Our goal is to support positive relationships between the school and family and plan for everyone's success.
- **Service Navigation:** Diagnostic and support services for children, youth and families are complex and confusing. Our team knows the system and can offer guidance and advocacy.

→ **Counselling:** Exceptional families experience unusually high levels of stress and overwhelm. Our therapists specialize in coming alongside people of all ages and abilities through a strength-based approach. (In Person or Virtual options available).

### **About the Founder**

Angela Taylor is Inspire Community Outreach's Founder and CEO. She has a Bachelor's degree from the University of Manitoba, with a major in Psychology and a minor in Sociology and a Post Bacc in Education, focusing on inclusion. She has her Master's in Disability Studies from the U of M and is currently getting her PhD. She is a Mental Health and Disability Specialist with an eclectic therapeutic approach that includes attachment, cognitive behaviour therapy, positive psychology and CPS model (Collaborative & Proactive Solutions) support.

### **Learn More**

To learn more about our non-profit organization and experienced team members please visit our website [www.inspirecommunityoutreach.ca](http://www.inspirecommunityoutreach.ca) or email [info@inspirecommunityoutreach.ca](mailto:info@inspirecommunityoutreach.ca).

Ask us about our Professional Development Group Training!

We invite you to share the included brochures with families and providers who might benefit from our support. We work with other organizations including CFS, Jordan's Principle, Variety- The Children's Charity of Manitoba and use a Sliding Fee Scale to make our programs more accessible financially.

Thank you for helping us create positive change for families and youth!

"Teachers Plant the Seeds of Knowledge that will Grow Forever."

Warm Wishes,

The Inspire Team  
Charity # 830697231RR0001