

National AccessAbility Week and **Red Shirt Day** 2020

May 31 to June 6, 2020

Easter
Seals
Timbres
de Pâques

Celebrate, Take Part, and Show Your Support!

- On Red Shirt Day (Wednesday, June 3rd), wear red with your family members and post your selfie or group photo on social media with the hashtags **#RedShirtDay**, **#RedForAccessAbility**, **#EasterSeals**. In your post, share the reason why you have chosen to wear red and participate in Red Shirt Day.
- Encourage your children who are between the ages of 6 and 14 years old to take part in the **Easter Seals Art Contest** for National AccessAbility Week. The theme for this year's contest is "An Inclusive and Accessible Canada for Everybody." There are prizes to be won! More details about the contest can be found at www.RedShirtDay.ca
- Create positive messages of support for people and families living with disabilities, and your commitment to accessibility and inclusion and put them up on your windows.
- Read books or watch movies and video clips that feature characters with disabilities or which touches on disability, accessibility and inclusion. Then have a discussion about what you have read or watched. For suggestions of children's and adult books and movies, visit www.RedShirtDay.ca
- Think about accessibility in your home, workplaces and community spaces. How are they accessible and in what ways are they not? What can you do to help make spaces, policies, programs and activities more inclusive and accessible?
- Get Involved! Look up your local Easter Seals or other organizations serving people with disability in your communities. Sign-up to volunteer, donate or organize your own fundraising event to help enable these organizations to provide services in support of people and families with disabilities.

For more information and resources, visit www.RedShirtDay.ca

