



Ability Benevolence Liberty Empowered
Aptitudes Bienveillance Liberté Engagé

FOR IMMEDIATE RELEASE

October 9, 2025

ABLE2 Launches “Voices of ABLE2” Podcast to Amplify Stories from the Disability Community

Ottawa, ON — ABLE2: Support for People with Disabilities is proud to announce the launch of its new podcast, *Voices of ABLE2*, a powerful storytelling series that shines a light on the lived experiences, challenges, and triumphs of people with disabilities and their families.

Each short, story-driven episode features authentic conversations with individuals supported by ABLE2, caregivers, advocates, and community partners. The series brings to life the realities faced by people with disabilities, from navigating long waitlists for housing to finding independence, resilience, and belonging.

“Through *Voices of ABLE2*, we’re giving a platform to people whose stories deserve to be heard,” says Heather Lacey, Executive Director of ABLE2. “We wanted to create something that doesn’t just inform but inspires action. *Voices of ABLE2* gives people with disabilities the microphone, literally, to tell the stories that too often go unheard. It’s our way of bringing inclusion to life and showing that everyone’s voice has power.”

The pilot episode released on October 9 features agency principal at Sequence Marketing, Vero Soucy, who reflects on why the agency chose to partner with ABLE2 and the importance of amplifying the voices of people with disabilities.

“It means the world to us to be a partner of ABLE2,” says Soucy. “We have worked on many projects with ABLE2, and when you see and hear how ABLE2 has made people’s lives better, it’s impossible not to want to help spread that message. It was easy for us to say, ‘We want to be a part of it.’ Giving people a voice is powerful, and this podcast does exactly that.”

The eight-episode first season of *Voices of ABLE2* will explore stories of lived experience and resilience — from families navigating long housing waitlists, to advocates fighting for accessibility, to people with disabilities redefining what empowerment looks like in their own lives.

“With this podcast, we hope to bridge understanding, reduce stigma, and inspire people to see ability before disability,” adds Lacey. “Every story shared helps move us closer to a community where everyone belongs.”

Voices of ABLE2 is available now on ABLE2’s website www.able2.org, or on major podcast platforms Spotify, Apple Podcasts, Amazon Music/Audible, iHeartRadio, etc. New episodes will be released every few weeks.



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About ABLE2

ABLE2 is a charitable organization that empowers individuals with disabilities to build fulfilling lives by supporting them with programs, services, and resources. People with disabilities face many barriers to their full participation in society, they can include stigma, discrimination, poverty, exclusion from employment, and inequities in the education, health care and legal systems. Visit www.able2.org to learn more.

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For more information on ABLE2, please visit: <https://www.able2.org/>

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