

DEVELOP YOUR OWN SUPPORT SYSTEM



- ❖ Do you rely on one person for all your support?
- ❖ Would you like to learn how to create a more balanced support system?

Come and meet others and work together to create your own unique support system.

WHEN: Thursday mornings 10:00 am to 12:00 pm
STARTING: August 7, 2008
7 sessions
FACILITATORS: Ann Webborn and Renea Mohammed

To sign up, call Ann at 604-873-6733 or ask for her at the front desk.