



Continuity
Care Inc.

Getting to Know Me

Presented by: Suzanne Swanton, Executive Director and
Jayda Taylor, Member Support & Outreach Coordinator

In this workshop, we will share tools and resources that will help you communicate with your staff, friends, and family so that they can learn more about who you are, what you enjoy and how they can best support you. It is important for you to have your voice heard and for those that are supporting you to know how to do so in the best way possible, especially when new people enter your life. This will help to ensure you feel safe, well supported, and heard by those around you.

Tuesday, January 25, 2022

7:00—9:00 p.m.

Zoom Video & Teleconferencing

Non-Members: \$10 | Members: Free
1-Year Membership: \$25 | Lifetime Membership: \$250

For more information and to register, please contact our office at
(204) 779-1679 or info@continuitycare.ca
After registration, we will email you the instructions & materials to join the
Zoom meeting or teleconference.