



# Continuity Care Inc.

## Let's Talk About Support Networks

Presented by: Suzanne Swanton and Jayda Taylor

This informal session will be a conversation about support networks, rather than a formal presentation. It is an opportunity to talk about friendships, relationships and support networks for people living with disabilities. This has always been an important topic and an aspect of planning for the future. But now, with what we are all experiencing with the COVID-19 outbreak, we realize even more, how important it is to have people in your lives so that you are not feeling isolated and that you have others that you can lean on for support, to ask for help when you need, to talk to, to make life more enjoyable and so that we feel a sense of connection. Continuity Care members will share their experiences and perspectives about creating a circle/support network for their family members. Suzanne and Jayda will also provide some ideas and strategies that are used in our Sharing Circle of Support Program. There will be time to share your stories, ask questions and to connect with other families.

**Tuesday, June 7, 2022**

**7:00—9:00 p.m.**

**In-person, Zoom Conferencing or Teleconference**

**In-person: Vaccination & mask requirements are still in place in our building**

Non-Members: Free trial offer | 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](mailto:info@continuitycare.ca)  
*No long distance fees with teleconference*