



# Continuity Care Inc.

## Let's Talk About Support Networks

Presented by: Suzanne Swanton and Jayda Taylor

This 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. We have learned from the pandemic just how important it is to have people in your lives so that you are not feeling isolated. We need others to lean on for support to talk and listen, and to make life more enjoyable and 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.

**Monday, June 5, 2023**

**7:00—9:00 p.m.**

**In-Person, Zoom Conferencing, or**

**“New” Zoom by phone**

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](mailto:info@continuitycare.ca)  
After registration, we will send you the instructions & materials to join the  
Zoom meeting or the new Zoom by phone option.