

## Let's Talk About Support Networks

Presented by: 120 Maryland Group partners as part of the Community Based Assisted Decision Making pilot project.

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 is an important piece of planning for the future and is closely related to the topic of assisted or supported decision making.

We need others to lean on for support to talk and listen, and to make life more enjoyable and feel a sense of connection. This in turn provides more opportunities, options and choices.

Project partners will share their experiences and perspectives about creating a circle/support network for people they know and support. They will also provide some ideas and strategies that are used in their Sharing Circle of Support Programs. There will be time to share your stories, ask questions and to connect with other families.

## Wednesday, June 14, 2023 7:00—9:00 p.m.

In-Person at 120 Maryland, Zoom Conferencing, or "New" Zoom by phone

## No Registration Fee

For more information and to register, please contact our office at (204) 779-1679 or info@continuitycare.ca
On June 14 we will send you the instructions & materials to join the Zoom meeting or the new Zoom by phone number.

We hope to see you there!