



Continuity  
Care Inc.

## The 3 C's for Caregiving Connection, Conversation & Coffee

*Facilitated by: Suzanne Swanton, Executive Director OR  
Jayda Taylor, Member Services & Outreach Facilitator*

We are trying a new format for our parent group this fall. This peer support group is for caregivers who are parents, adult siblings and extended family members of young adults (16+) and adults with an intellectual, developmental disability or Autism who are receiving services through Children's disABILITY Services or Community Living disABILITY Services. This is an opportunity to connect with other families, share experiences, learn about resources and

**There are two time slots on the 3rd Thursday of each month:**

**January 18th - 10am to noon OR 7:00 to 9:00pm**

**February 15th - 10am to noon OR 7:00 to 9:00pm**

**March 21st - 10am to noon OR 7:00 to 9:00pm**

**Free to join!**

For more information and to register, please contact our office at  
(204) 779-1679 or [info@continuitycare.ca](mailto:info@continuitycare.ca)

These sessions will be in-person and by Zoom Video Conferencing  
Please let us know how you will attend.