



DESIGN YOUR LIFE

WORKSHOP FOR ADULTS WITH A SIBLING WITH AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY

Connect with other siblings who understand you, design your family life rather than living by default, and learn strategies to help you and your family live life to the fullest.

This workshop is grounded in relational frame theory, mindfulness, and social role valorization theories, and delivered through the C.A.R.E. model™ developed by the Sibling Collaborative.

The cost for the tickets to attend is \$197, however thanks to the generosity of our partners, early bird ticket (up to Feb 10th, 2019) prices are **\$25**. Lunch is included. **Spaces are limited.**

Contact the partner organization if the purchasing a ticket is a barrier to you attending this event.



This powerful workshop leads adult siblings (18+) through a strengths-based process of Thinking Differently, Living Differently and Feeling Differently to create the life you want for yourself and your family.

[For more information please visit our Eventbrite page link](#)

OSHAWA, ON

March 2, 2019
9am to 5pm

For details please contact:
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