



**Wednesday,
July 22, 2020**

**7:00pm to
8:00pm**

**Online
Register here
for Zoom link!**

Meaningful Support in a COVID World: Living My Best Life Now!

How are you thinking about, managing and moving forward with support under current circumstances? If your family member relies on support to live their best life – how do we think about moving safely, but with **purpose** and **intention**, toward meaningful ways of using one's time, offering contribution, and being a full part of family, neighbourhood and community?

This session is for families and their allies and paid supporters – a chance to listen in on the stories of a few families who are planning thoughtful support. What does this look like now, what are the next steps, and how to have the courage to go forward?

Participants will have the opportunity to listen in on a few stories, and then ask their own questions and enter into the discussion. We will also offer a general approach that will ensure that limited support time is impactful, worthwhile and building toward better things.