

The Power of Meaningful Moments: How can we support people to have purpose & value in their day?"

TUESDAY, NOVEMBER 13, 2018: 9:00-12:00

This workshop will also examine ways in which people with disabilities can increase their involvement within their own organizations and the surrounding community. Cara will give realistic first steps for Community Building, and how to support people with disabilities to build up dignity, responsibility and self-esteem.

- What does it really mean to be included? A look at the difference between integrated and inclusive experiences.
- How do we define community?
- How do we start to connect to the community?
- What are valued roles? How can we apply this information to our work?
- How can I shift to focus more on roles, rather than just activities?
- How can we support people with disabilities to build up dignity and self-esteem?

Where do we begin?"

Covenant Christian Reformed Church

653 Knowles Avenue Winnipeg

Speaker: Cara Milne, M-Powered Planning, Inc.

Cost: \$25.00 (Group rate of \$20.00/pp for groups of 6 or more).... This is a great opportunity for multi-level staff to attend together--coordinators + managers + frontline staff = implementation!

Refreshments provided

Attendees are encouraged to bring a lunch as there will be a time of questions/discussion following the presentation



Cara is the award winning author and owner of M-Powered Planning Ltd, a business that promotes positive and valuable roles for people with disabilities. Her workshops and seminars encourage staff to see the strengths of their existing services, and simple strategies that create positive changes in the lives of adults with developmental disabilities. Cara's positive and energetic approach supports both common sense and sustainable change. Her book, Building Community, is a great resource for support agencies and staff development.

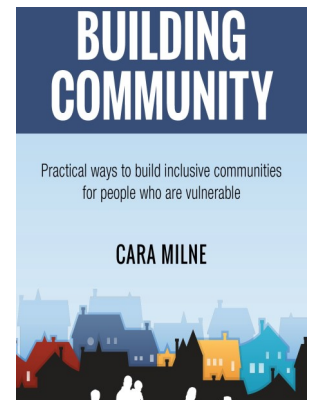
This practical workshop will focus on the power of creating valued roles for adults with disabilities. Those attending will leave with a better understanding of how to improve the quality of someone's day, based on building genuine relationships and roles, rather than only supporting them in activities.

Hope Centre Ministries

Phone: 204-479-4893

Email:

info@hopecentreministries.org



Books available for purchase: \$20.00 each