

ONE CENTRAL LOCATION

Citizen Advocacy

312 Parkdale Ave,

Ottawa ON

K1Y 4X5

**ONE MEETING A MONTH**

7:00-9:00 pm

January 14

February 11

March 10

April 14

May 12

June 9

**Tuesday, January 14**

***Informal Discussion and Information Sharing and Video***

Join us to start the year off right and watch a short but impactful video followed with discussion.

Learn some new, effective ideas to manage daily challenges and meet others to share information.

**Tuesday, February 11**

***Transitioning from High School with Stephanie King, OCDSB***

Join us to learn more about the services to access, and opportunities that exist for youth transitioning from high school. The process for transitioning out of school happens long before the last year of school! Learn what you need to know and be prepared.

**Tuesday, March 10**

***Making Daily Routines and Transitions Successful with***

***Merran Campbell***

Merran is a Behaviour Consultant with the CHEO Behaviour Services team.  The Behaviour Services team works with individuals who have interfering behaviours with a variety of diagnosis across the entire lifespan.

Some transitions or routines can be difficult as there may be meltdowns, resistance of the ‘next step’ during a transition or lack of understanding of what is expected. Join us to learn useful and effective strategies to make everyday routines and transitions manageable.



**ARE YOU THE PARENT/GUARDIAN OF A CHILD WITH A DISABILITY?**

**Join our parent group!**

Walking in My Shoes (WIMS) is a monthly meeting for parents of children with a disability, of all ages to meet, greet and share experiences through facilitated discussions and guest speakers.

Facilitator - Darlene Donnelly

[www.wimsparents.ca](http://www.wimsparents.ca)

[wims@citizenadvocacy.org](mailto:wims@citizenadvocacy.org)

613-761-9522