

## ABLE2 Grow Educational Series 2021

ABLE2 is excited to continue its ABLE2 Grow Educational series in 2021! Our workshops will answer your questions and give you helpful tips and tools. The workshops are ideal for parents and caregivers of a loved one with a disability and professionals in the community.

**NEW:** The following four workshops are provided free of charge with generous funding from the MCCSS, through an initiative supporting the mental health of adults with developmental disabilities, families and (unpaid) caregivers.

We look forward to seeing you there.

### Developing a Personal Continuity Plan: March 10 | 6:30 – 8:00 pm



Given the current pandemic environment many of us have become all too aware of 'business continuity plans. In short – these plans illustrate what an organization plans to do in the event of a specific or even a significant change. These same principles can be applied to our own personal circumstances as well.

For more information and to register, please visit:

[https://able2-org.zoom.us/webinar/register/1816142792794/WN\\_oUdPqaCtT9a11MGp-fjQsg](https://able2-org.zoom.us/webinar/register/1816142792794/WN_oUdPqaCtT9a11MGp-fjQsg)

### What is Financial Planning: March 31 | 6:30 – 8:00 pm



The world of personal finance is often filled with jargon and role titles that are frankly less than clear. For many of us we plan regularly, we plan where we go, what we do, even our list of items to purchase at the grocery store. However, a financial plan to many can seem daunting or unclear as to what the anticipated outcome may be. We want you to walk away from this workshop with an understanding of what financial planning is and how it can assist you.

For more information and to register, please visit:

[https://able2-org.zoom.us/webinar/register/2416143581340/WN\\_GStw0ZuWRFGCDDSSV8R3SQ](https://able2-org.zoom.us/webinar/register/2416143581340/WN_GStw0ZuWRFGCDDSSV8R3SQ)

## Managing Mental Health During COVID 19: April 1 | 6:30 – 8:00 pm



Managing Mental Health during COVID 19 is important for everyone, including people with disabilities and their families, who often experience continued isolation. This webinar will focus on challenges to mental health compounded by the effects of the pandemic. You will learn about practical stress management techniques that you can use to help manage your mental health in times of uncertainty and isolation.

For more information and to register, please visit: [https://able2-org.zoom.us/webinar/register/3016145333603/WN\\_PFtmtagNQzSM7\\_ooxL2rQw](https://able2-org.zoom.us/webinar/register/3016145333603/WN_PFtmtagNQzSM7_ooxL2rQw)

## Relating and Responding to Mental Health for people with disabilities and their families: April 15 | 6:30 – 8:00 pm



Mental Health during COVID 19 is important for everyone, including people with disabilities and their families. This webinar will focus on warning signs that indicate poor or worsening mental health as well as active communication skills that can be used to create psychological safety and promote open and honest communication while breaking down stigma.

For more information and to register, please visit: [https://able2-org.zoom.us/webinar/register/54161453335900/WN\\_CzuhjXvFQYeXAmWXgtjVNA](https://able2-org.zoom.us/webinar/register/54161453335900/WN_CzuhjXvFQYeXAmWXgtjVNA)



**Elsbeth Farrell**

Administrative Assistant of Communications  
Engagement & Fundraising  
[She/Her]

☎ 613-761-9522 x221 TF 1-866-222-2138 🌐 [ABLE2.org](https://able2.org)

📍 312 Parkdale Ave. Ottawa, ON, K1Y 4X5     