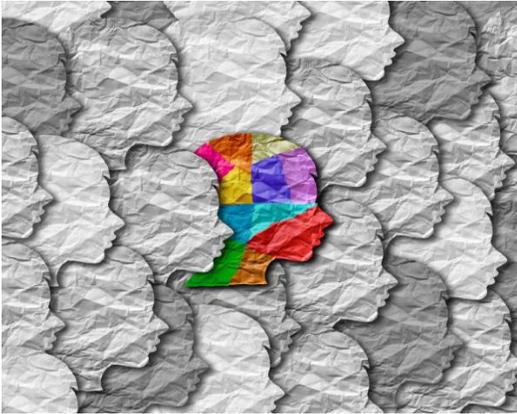


ABLE2 is excited to continue its ABLE2 Grow Educational series in 2021! Our workshops will answer your questions and give you helpful tips and tools.

We look forward to seeing you there.

ABLE2 Grow Educational Series 2021

Anxiety & Disability: February 11 | 6:30pm – 8:00 pm

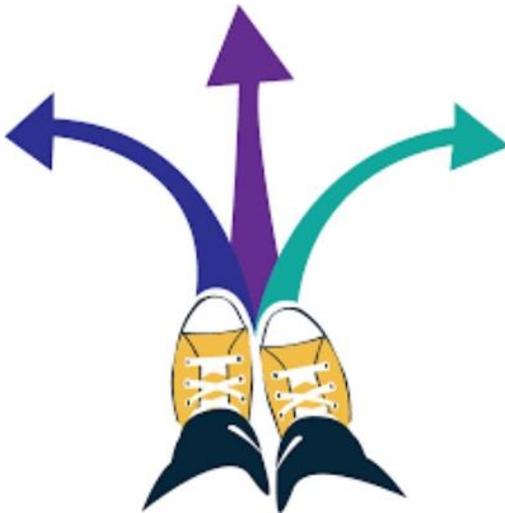


Caring for an individual with a disability is challenging, time consuming and can be worrisome. Caregivers have been under more stress and pressure than now given the challenging times we are currently living in. Join us to learn some strategies for reducing your anxiety and managing care with fewer supports and services with Teresa Mc Millan from CHEO's Navigator program.

For more information or to register, please visit:

<https://www.able2.org/events/anxiety-disability-able2-grow-education-series/>

Transitioning from High School: February 18 | 6:30 – 8:00 pm



Transitioning from high school is a stressful time for families. There are many supports in the community, yet it feels like there is nothing out there. Learn when and how to apply for Passport funding and how it can support your child and how to access some of the services and supports available for education, employment, volunteering and social activities available throughout the region.

For more information and to register, please visit:

<https://www.able2.org/events/transition-from-high-school-able2-education-series/>

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://www.able2.org/events/developing-a-personal-continuity-plan-able2-grow-education-series/>

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://www.able2.org/events/what-is-financial-planning-able2-grow-education-series/>



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