



Peer Support Program

The Cross Disability Network

The Cross Disability Network is an opportunity to get together with other people with disabilities to share your worries, frustrations and also, you're coping strategies which might help others that are in the same boat, dealing with exactly the same thing.

If you think that this group might be helpful to you or someone you know, then come and check it out.

Date: Fridays

(for the month of March, day subject to change in April)

Time: 1:30 – 3:00 pm

Location: ILRCC Multi-purpose Room

Cost: FREE

Coffee, tea and water provided

For further information, please contact:

Monique Lafreniere, Volunteer & Peer Support Coordinator

(403) 263-6880 Extension 226 E-mail: peer@ilrcc.ab.ca

The Independent Living Resource Centre of Calgary

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