



PEER SUPPORT/IL SKILLS PROGRAM  
Independent Living Resource Centre  
3<sup>rd</sup> Floor Portage Place 311A – 393 Portage Avenue



# ILRC Presents: Building a Personal Support Network

Learn:

- Different types of support networks
- Strategies for broadening your support network

Join us for this informational workshop.



**DATE: Thursday, February 9, 2011**  
**TIME: 1:30 p.m. – 3:30 p.m.**  
**PLACE: ILRC, 3<sup>rd</sup> Floor of Portage Place**  
**Allan Simpson Board Room**

For further information and/or to register contact: **Mildrate Matanga 947-0194** or email [workshops@ilrc.mb.ca](mailto:workshops@ilrc.mb.ca) Alternative formats and web casting are available upon request.

**ILRC is a scent-free office**