



PEER SUPPORT/I. L. SKILLS PROGRAM

**Independent Living Resource Centre
3rd Floor Portage Place 311A – 393 Portage Avenue Winnipeg
MB R3B 3H6**

**Want an Independent Living Skills
workshop that's not offered? Now's Your
Chance!**

**Independent Living Resource Centre is
looking for ideas for upcoming workshops
for 2010**

The following are just a few of the workshops we offer:

- **Stress Management**
- **Surviving the holiday season**
- **Online Social Networking**

**For more information, or to make suggestions, call
947-0194 and ask for Joanne or e-mail joannel@ilrc.mb.ca**



ILRC is a Scent-Free Office