



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 2009.**



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

- **Stress Management Tips**
- **Surviving the holiday season**
- **Networking made Easy**

**For more information, or to make suggestions, contact Heidi at
ILRC at 947-0194 (ext. 311)**

ILRC is a scent-free office