



New Adventures

A peer group of people that have interest in experiencing enriching activities that add something new to our lives

The aim of this group is to share and learn about our leisure activity experiences with each other. We talk about intriguing excursions of interest to all.

Like the leisure education program this peer group can benefit you by:

- Improving quality of life
- Increased self-esteem
- Meaningful Participation
- Friendship
- Empowerment
- Acceptance of Disability
- Hope for the Future
- Discovery of Natural Supports
- Motivation
- Knowledge of Community Resources

So if you're a person with a disability who would like to expand your leisure activities; share your experiences and knowledge with others; are eager to contribute ideas; open to new things, and most importantly, will be consistent in attendance.... Then come and meet with us!

We will meet the second Thursday of every month

February 11th – Goals for Success

March 11th – Finding Motivation

April 8th – Managing Stress

May 13th – Community Resources

Henry Enns boardroom

1:30 p.m. – 3:30 p.m.

To register contact: Joanne Legault by phone at 947-0194 or email joannel@ilrc.mb.ca

Independent Living Resource Centre – 311A-393 Portage Ave.
(204) 947-0194

Please let us know if you require any additional supports to participate when you register.

****ILRC is a scent free environment****