

PLAN Calgary News - October 2015

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Seen here with Network Development Coordinator, Carla Hamarsnes, PLAN Calgary Lifetime Member, Karin Hazle, enjoyed the company of family and friends at the Hawaiian-themed launch of her Network in August. It was so special to Karin's family to see how many people are willing to be - and are already - a part of Karin's life!

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PLAN Calgary Events

"Siblings: Facing the Future Together" Workshop
November 14, 2015
Altadore Baptist Church

SIBLINGS: Facing the Future Together Workshop

Saturday, November 14, 2015

9:00am - 1:00pm

Altadore Baptist Church
(4304 16 Street SW)

Members: \$20 per person

Non-Members: \$40 per person

PLAN is committed to ensuring a good life for your relative with a disability and peace of mind for parents and caregivers. We know that at some time in the future the responsibility for monitoring, advocating and caring for your relative with a disability will pass from the parents' generation to the next generation. This has already begun with a number of our senior parents.

This workshop is designed to inform and assist siblings, family members of the next generation, and friends to:

- Address concerns about the future
- Hear how other families are creating peace of mind
- Consider how to share responsibilities
- Identify key resources
- Identify short and long term actions

Click [HERE](#) to Register

Caregivers Retreat



for caring citizenship

"When I'm not caring for others, who am I?"

Being the primary support for a vulnerable or disabled relative can be an all consuming and sometimes overwhelming experience. Some of us feel isolated, exhausted and disconnected from ourselves outside of our caregiving

9:00am - 1:00pm

Click [HERE](#) to register

"Creating Your Future Plan" Workshop

November 24, 2015

PLAN Calgary Office

6:30pm - 8:30pm

Click [HERE](#) to register

Mar 11&12, 2016:

PLAN Calgary's Casino

Email admin@plancalgary.ca
if you can volunteer!

Community Happenings

Free Legal Clinic

October 21, 2015

9:30 am - 3:30 pm

2nd floor, Calgary Public Library
(downtown)

Hosted and supported by Pro Bono Law Alberta, Norton Rose Fulbright LLP, Calgary Public Library and Calgary Legal Guidance.

Need legal help? Need to talk to a lawyer? Book a private 30-minute appointment with a volunteer lawyer. By Appointment only.

Space is limited. Call **403-541-4803** between 8:00 am and 7:00 pm, October 1 - 15.

Fall Classes

Mandala Art Centre

Click [HERE](#) for more info

If you would like to see your event or program listed here

role. PLAN Institute invites you to join with other caregiving individuals and couples who are looking for a renewed sense of self and deeper intimacy with their partners, friends and community.

Co-facilitators: Ted Kuntz and Vickie Cammack

When: October 30 - November 1, 2015

Where: The Bowen Island

Lodge www.bowenislandlege.ca

British Columbia

Retreat fee: \$450 for double occupancy (\$225 per person); \$300.00 pp for single occupancy (\$250 Early Bird) **Prices include all accommodation, meals and supplies*

Space is limited to 15 participants, so please [REGISTER](#) now.



New Building Code Standata Published

Alberta Municipal Affairs recently published their "guideline to improve fire and life safety in existing residential detached and semi-detached single family dwellings that have undergone a "change of use" to a residential support dwelling or a residential care dwelling under the Government of Alberta's Persons with Development Disabilities (PDD) program."

Click [HERE](#) to read!



Election 2015 - Info for People with Disabilities

Elections Canada's website features important information for people with disabilities in relation to election accessibility and issues for this year's federal election.

The election date is Monday, October 19, 2015.

Click [HERE](#) to learn more.

send your info to
[admin@plancalgary.ca!](mailto:admin@plancalgary.ca)

Village Square Leisure Centre Offers Adapted Rec Programs

Click [HERE](#) for their Fall Calendar!

Centre for All Abilities - Space for Nonprofits

The [Centre for All Abilities](#) at Calgary Rotary Challenger Park is currently accepting applications for their project, which brings together a diverse group of nonprofit organizations under one roof and provides each an opportunity to cost-share, collaborate on common operational tasks and enjoy a significant reduction in rent while continuing to serve its own constituents.

2015 Community Hero Award

The Federation of Calgary Communities and Toole Peet Insurance would like to recognize the many unsung heroes who make outstanding contributions by volunteering in their communities through their community association. [Nominations are ongoing.](#)



Give the Gift of a

Secure Future

Help provide future planning resources and networks of support to individuals with disabilities and their families!

Click the button above to make a donation to PLAN Calgary - The Road Ahead Society through CanadaHelps.



PLAN Calgary
The Road Ahead
www.PLANCalgary.ca

PLAN Calgary – The Road Ahead Society is a family organization committed to supporting persons with disabilities as they develop meaningful relationships in the community, build positive lives, and create their vision for a sustainable future.

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