



Youth Without Limits: Disabled Support Group

This program provides an opportunity for youth and young adults with physical disabilities to discuss social and cultural issues that arise from having a disability.

Facilitated by Disabled Youth for their Peers



Series on
Self-Esteem

For Inquiries and Registration
Please Contact:

Toll Free: 1-800-663-0004
E: supportworker@bccerebralpalsy.com
www.bccerebralpalsy.com

Youth Support Group

Goal

To provide a safe and welcoming space for disabled people to socialize, learn from, and support one another.

Structure

The sessions will take place on
Friday evenings
3:45 – 4:00 – Snacks & Refreshments
4:00 – 6:00 – Presentation & Discussion

The group is for (but not limited to) youth between the ages of 13–29.

Sign language interpreter provided

This is a free inclusive program

Drop-ins welcome

RSVP: supportworker@bccerebralpalsy.com

Upcoming Topics

- **April 28th – Mindfulness: Managing Stress and Addiction – Travis Woolf**
Public Education and Training Coordinator
Christ Church Cathedral 690 Burrard St. Vancouver

Series on Self-Esteem

John Braithwaite Harbourview room
145 West 1st Avenue North Vancouver

- **May 26th – Karen Lai**
Accessibility & Inclusion Consultant
- **June 9th – Salina M. Dewar**
Tax Program Advocate for Disability Alliance BC
- **June 23rd – Ethan Kenney & a paraprofessional educator**
The high school experience