

# Support Circles: Together is Better

A FREE Two-Part Online Series with JOHN LORD on  
the power of social networks/relationships and how we can develop  
and maintain a Support Circle with people with disabilities and their families

## SAVE THE DATES

**Tuesday, September 29, 2020**

*John will highlight research practices on the importance of social networks; demonstrate how a support circle can be a powerful way to enhance relationships, problem-solving and community connections; share strategies for developing a Support Circle from research & personal experience as a parent.*

**Tuesday, October 6, 2020**

*John will be joined by his daughter Karen Lord and her facilitator Tanya Williams. They will highlight the role Karen's Support Circle has played in her life for the last 30 years; show what an important role the facilitator plays in maintaining a Circle and in follow-up approaches with the focus person and Circle members.*

## TIME

**7:00 p.m. to 8:00 p.m.**

## RSVP TO

[info@extendfamily.ca](mailto:info@extendfamily.ca)

## QUESTIONS

If you have any questions, please contact

**Kristen Carhart at 647-292-5175**

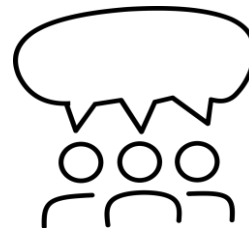


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## About the Speakers

**John Lord** is a researcher, author, and parent of four adult children. He was the founder of the Centre for Community Based Research in Kitchener-Waterloo and was a leader with the Facilitation Leadership Group. He has published widely on social inclusion and innovative approaches to community support. He is the recipient of several awards, including the Order of Canada. His website is [www.johnlord.net](http://www.johnlord.net)

**Karen Lord** lives in Kitchener where she is a certified yoga teacher. She teaches Hatha and Laughter yoga and also works in the hospitality industry. She lives in a housing co-op and plays drums in a community band. Karen has a rich network of friends and a Support Circle of family and friends.

**Tanya Williams** has been Karen's facilitator for almost 15 years. As an independent facilitator, she helps with planning, problem-solving, relationship building, and community connecting. Tanya is a context artist with a broad background in dance and community collaborations in theatre and related arts. She lives in Waterloo.