



# Develop & maintain a Support Circle

Have you ever wondered how to make connections in your community?

Do you ever wonder how to use social networks and relationships to build and maintain a Support Circle for people with disabilities and their families?

Join Extend-A-Family and Family Service Toronto for a free 3-part series on Support Circles to learn about circles and their benefits, hear other people's stories, map networks and engage in interactive sessions.

## Date & Location

**October 15, 2025 | 11 a.m.**

Part 1: Sharing Knowledge: What is a circle; Why we do them.

**October 29, 2025 | 11 a.m.**

Part 2: Types of Support Circles. We will invite 2-3 young people/ families to share their stories, share their vision, process

**November 12, 2025 | 11 a.m.**

Part 3: Interactive session. Engaging and mapping networks exercise

## Registration:

The group is free. Register online at:

**[bit.ly/SupportCircles\\_Fall2025](https://bit.ly/SupportCircles_Fall2025)**

Or contact Kristen Carhart:

**647-292-5175 | [kc@extendafamily.ca](mailto:kc@extendafamily.ca)**



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