



Family  
Resource  
Centres

# Welcome, welcome, welcome!

For **parents of children with a disability**, we invite you to join our **in-person support group** so that you can share experiences in a safe place, and get ideas and/or guidance from fellow members.

**When:** Second Thursday of the month

**Where:** MDM Building in Bellevue

**Time:** 12 noon to 1 pm

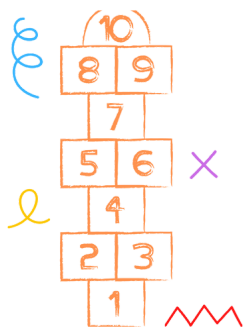
Starting January 11, 2024

For more information or questions, please contact

Lorraine at:

**403-583-0482** or

[lorrainer@autismalberta.ca](mailto:lorrainer@autismalberta.ca)



**Crowsnest  
Indoor Playground**

Thank you to Crowsnest  
Indoor Playground for  
providing a place to meet.

## Let's do life together

Let's create a support group to help make our challenging lives a bit easier, as we share and grow with each other. Everyone deserves a place to feel safe and secure, let's be that place for each other.