

Planning for a Good Life

From Unprepared to Peace of Mind

What is a good life?

This question is at the core of the work Planned Lifetime Advocacy Network (PLAN) does in collaboration with families. It's a unifying question for parents, caregivers, and facilitators. It opens their hearts, minds, and imaginations regardless of circumstance, age, beliefs, or life experience. Asking what makes a good life gets to the root of every family's hopes and fears for their relative with a disability.

This presentation will help you to understand the power of planning in key areas for your loved one with a disability and think about some ways to go from feeling unprepared to having some peace of mind about your loved one's future.

Presented by Shelley Nessman



Shelley is the Director of Family Leadership for Planned Lifetime Advocacy Network (PLAN) in Vancouver British Columbia. In addition she is a co-founder of In the Company of Others and supports a provincial self-advocate organisation called BC Self Advocacy Leadership Network (BCSALN). Shelley's passion is supporting people to discover, nurture and share their gifts, skills, and abilities.

TWO SESSIONS TO CHOOSE FROM

Wednesday 1st March, 10 to 12pm (IN PERSON)

WHERE: Bendat Community Centre (36 Dodd Street, Wembley 6014)

[REGISTER HERE](#) *Free

Wednesday 8th March, 6 to 8pm (ONLINE)

WHERE: Zoom (link will be emailed)

[REGISTER HERE](#) * Free

