

 **COMMUNITY ENGAGEMENT**  
RE-ENGAGING THE WHOLE FAMILY

# Maintain Wellness Amid the Stress of Long Term Planning

**Join us for a Peer-to-Peer interactive workshop by and for people with disabilities and their families to:**

- Bust some myths about Life Sharing & Supported Living
- Learn how to balance the needs of ALL family members
- Learn how family caregivers & individuals with intellectual and developmental disabilities can plan for the future together
- Identify ways in which ALL family members can care for each other

**Wednesday, October 26, 2022**  
**10:00am - 12:00 pm AND 6:30pm- 8:30 pm**

**Click Link Below or Scan QR Code to Register for the the Zoom Meeting**  
*-Free Workshop- Registration is Required-*

**[pafamilynetwork.org/Wellness](https://pafamilynetwork.org/Wellness)**



**CONNECT WITH US ON SOCIAL**  
CLICK THE ICONS TO VISIT US



Reasonable accommodations as identified under the ADA must be requested 2 weeks in advance.  
For more information: <https://www.visionforequality.org/programs/pa-family-network/> or 1 844 PAFAMILY

The PA Family Network is a program of Vision for Equality and funded through the Pa Office of Developmental Programs