



# Parent Networking Group

Visit us at our temporary location  
during construction:

12050 Arbour Street  
Tecumseh, Ontario N8N 1N8  
(Former St. Anne High School)

T: 519.979.7788

Toll Free: 1.800.976.JMCC

F: 519.979.0578

[www.jmccentre.ca](http://www.jmccentre.ca)

JMCC will be offering a **free 6-week** informational networking group for any parent who has a child that is currently receiving services at our centre. This is an opportunity to meet other parents who share similar experiences, to gain knowledge about programs and supports available to you, and to learn healthy coping strategies in a supportive environment.

#### When & Where:

- ★ **Wednesdays at 1:00 - 2:30 pm, OR 7:00 - 8:30 pm**
- ★ **October 15, 2008 to November 19, 2008**
- ★ **JMCC's new temporary location on 12050 Arbour Street**
- ★ **Choose which time slot works best for you!**

#### Dates and Proposed Topics:

- ★ October 15 - Introductions: Getting to Know You and Sharing Your Story
- ★ October 22 - Strategies to Deal with the Diagnosis or Disability
- ★ October 29 - Parenting Tips for Your Other Children
- ★ November 5 - How to Deal with Questions from Relatives, Friends, & Strangers
- ★ November 12 - Ways to Cope with Guilt, Anger, Anxiety, Grief, & Depression
- ★ November 19 - Practical Tips for the Future

#### For More Info & to Register:

Please contact our Social Workers, **Wendy Tavares** at (519) 979-7788 ext. 242, or **Diana Semaan** at (519) 979-7788 ext. 502.

We look forward to hearing from you!

