**Community Options Walk ‘n’ Talk**

You are invited to meet up with other parents who have children with support needs.

You are welcome to share your lived experience, concerns, wins, challenges, ***or not***.

Listeners are needed, too!

Our ground rules are: no judgment, no gossip.



Join us for a walk followed by a sit down chat with tea or coffee and muffins at the

Second Chance Café

Cedar Hill Rec Centre

Thursday May 2nd. 10:00 am -11:30

Take a break, and tick a whole whack of mental health boxes!

* Get out of the house
* Walk \*move\* exercise
* Socialize with live humans
* Talk about your feelings
* Drink coffee
* Laugh

Questions/thoughts? Contact Margaret, Family Support Coordinator

 250 380-6363 mtreleaven@cocf.ca website: cocf.ca