



First In Families of North Carolina presents...



7 Steps In 7 Sessions: Creating Peace Of Mind For The Future

7 Steps In 7 Sessions provides a small group setting in which you will be guided through reading, exercises, and discussion resulting in a personal future plan. The future planning process helps you create a safe and secure future for your family member with a disability. Discussion is based on the book A Good Life by Al Etmanski, co-founder of Planned Lifetime Advocacy Network (PLAN, www.plan.ca) who believes that: "Planning for the future changes the present." Gail Dupre, Coordinator of Lifetime Connections, will facilitate the class. Other speakers will also present in some of the sessions.

Topics include:

March 11	Sharing your vision	What is a good life for your family member?
March 18	Developing a will and estate plan	Learn about special needs trusts and choosing a trustee.
March 25	Building relationships	Create a network of support for your family member.
April 1	Creating a home	What is "home" to my family member and how do we create it?
April 8	Making a contribution	How can gifts be acknowledged, expanded, contributed?
April 15	Ensuring choices	How can choices be respected and safety maintained?
April 22	Securing your plan	A look to the future- what needs to be done to strengthen your plan over time?

Where: United Church of Chapel Hill, 1321 Martin Luther King Jr. Blvd., Chapel Hill

When: 6:30pm – 8:30pm

Cost (total for 7 sessions): \$75/person, \$100/2 family members

Cost includes book, A Good Life by Al Etmanski (\$39.95 value)

Past participants say:

"I really enjoyed learning from each other and hearing stories and experiences."

"This class helped to change the way I think about the future of my child."

Free to Lifetime Members of Lifetime Connections; 25% off for Associate Members

Federal TBI/HRSA funding available for family members of people with TBI

For more information, contact Gail Dupre, gdupre@fifnc.org or 919-251-8368

Registration Deadline: March 8, 2010

Mail with check payable to: FIFNC, 524 S. Duke St., Durham, 27701 or register and pay online www.fifnc.org

Name(s): _____

Address: _____

City, State, Zip _____

Email address _____

Phone _____

About Lifetime Connections: *Lifetime* Connections helps families create safe, secure, quality futures for relatives with any type of disability. *Lifetime* Connections is a program of First In Families of NC, a not-for-profit organization.