



Canadian Paraplegic Association (Alberta)



The Canadian Paraplegic Association (Alberta) will be hosting a workshop and would like to invite you and a guest (family member or supportive friend) to take part in this workshop being held in Red Deer

“Discovering the Power in Me”

(Creating a future of strength and hope)

March 22 and 23, 2010

9:30 a.m. – 3:30 p.m.

Bethany Collegieside
(ADSP Room)

99 College Side
Red Deer, Alberta

Training for both workshops provided by respected facilitators from the Pacific Institute, Vancouver

(valued at \$600/person but provided at no cost to you!)

“Creating change from within, empowers people with something as valuable as hope – the ability to choose a happy, healthy, contributive future.” – Lou Tice

No longer being able to do many of the things that we once loved to do, and to identify one’s life with, is a challenge for people after a traumatic injury. Creating a mindset that encourages finding creative solutions and possibilities, while building a future of hope and resiliency, is essential to creating a new vision – a vision of increasing independence for the future.

This workshop will provide the tools to develop inner strength and resiliency to reassert control over your life. Learn how current beliefs and attitudes shape your expectations for the future.

You will discover that you are in control of the way you think – and how you can use this knowledge and power to change the way you live your life.

Please don’t hesitate to get in touch with a representative from any of the CPA (Alberta) offices if you would like additional information. Additional information about the workshop is attached.

RSVP: 403-341-5060, or katy.ignatiuk@cpa-ab.org

Deadline:

March 17, 2010 – Red Deer workshop