

A Dynamic Virtual Learning Series for Windsor & Essex County

Exploring the Power of Support Circles

“A Support Circle is a group of dedicated people who gather intentionally for the purpose of finding ways to support a person who has a disability to make decisions and move their life forward so that they are able to live a rich and meaningful life.”



About this four-part series, presented by Judith McGill

For people with disabilities, making the decision to form a Support Circle can be the most important decision of their life. For families, supporting their loved one to invite others to form a Support Circle can be one of the most courageous and remarkable steps they will ever take. Although, inviting others to enter into a deeper relationship in this way makes people and their families feel particularly vulnerable, it also opens up so many new possibilities for taking-action and coming to know the true meaning of community.

This unique series invites people with disabilities, their family and/or loved ones as well as independent facilitators/supporters to learn together. One of the highlights of the learning: What it means to intentionally build relationships, that can become safeguards in the lives of people with disabilities.

The four sessions are designed to be inspirational, and at the same time provide clarification and what to keep in mind going forward.

Families who take the series together will greatly benefit from learning among others. They will gain a deeper appreciation for how their family can work with others to begin investing in the future.

Support Circles are a place where the person is held by the members in such a way that they experience their own humanity and possibility. Where people are supported to have a real say in their lives. It is a place where they come to know community and belonging, a place where they come to have an authentic experience of mutual giving and receiving.

Judith McGill

Four sessions, four valuable themes!

Session One

Discovering the Power of Support Circles

Wednesday, October 20, 2021, 6:30 - 8:30 pm

- *Expanding your imagination and thinking differently*
- *The significance of relationships as a safeguard*
- *The purpose and intentions of Support Circles*
- *Benefits of a Support Circle*

Session Two

Creating a Sense of Belonging to a Community

Wednesday, January 12, 2022, 6:30 - 8:30 pm

- *Support Circles telling their stories*
- *The meaning of Support Circle membership*
- *Deepening relationships and a sense of belonging*
- *Nature of power in relationships*
- *Working through uncertainty and fears*

Session Three

Building a Support Circle

Wednesday, February 23, 2022, 6:30 - 8:30 pm

- *Strengthening everyone's voice*
- *Crafting the initial invitations*
- *Formal planning as a starting place*
- *Rites of passage: teenage hood & adulthood*

Session Four

Keeping a Support Circle Alive Over Time

Wednesday, April 6, 2022, 6:30 - 8:30 pm

- *Intentional planning for sustainability*
- *Role of the independent facilitator/supporter*
- *Rhythm of a Support Circle*
- *Supporting planning and decision-making*
- *Potential challenges and safeguards*

Each session can be taken on its own, and will have its own flyer and registration prior to the date. If you want to register for all four sessions in advance, email: info@windsorsexfamnet.ca

This series is being hosted by: Windsor-Essex Family Network and the Windsor-Essex Relationships/Circles Group. To learn more about the upcoming session in this series, go to: <https://windsorsexfamnet.ca/upcoming-events/>