



## Youth Without Limits: Disabled Support Group

This program provides an opportunity for youth and young adults with physical disabilities to discuss social and cultural issues that arise from having a disability.

Facilitated by Disabled Youth for their Peers



**Special Series:  
Mental Health**

For Inquiries and Registration  
Please Contact:

Toll Free: 1-800-663-0004  
E: [youth@bccerebralpalsy.com](mailto:youth@bccerebralpalsy.com)  
[www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)

# Youth Support Group

## Goal

To provide a safe and welcoming space for disabled people to socialize, learn from, and support one another.

## Structure

### Series on Mental Health

The sessions will take place every four weeks on a Friday

3:45 – 4:00 – Snacks & Refreshments

4:00 – 6:00 – Presentation & Discussion

The group is for (but not limited to) youth between the ages of 13-29.

Each session will begin with a brief presentation that will engage participants and open up discussion.

This is a free inclusive program

Drop-ins welcome

Please RSVP [youth@bccerebralpalsy.com](mailto:youth@bccerebralpalsy.com)

## Upcoming Topics

- Speaker: Andrew Gurza – Feb. 3rd  
Finding your Identity in Multiple Communities
- Geoff Griffiths from Anxiety BC – Mar. 3rd  
Coping with Anxiety and Depression
- Reducing Stress and Depression through Community Engagement while Building Resiliency – Mar. 31st