

Life Coaching for Women with Disabilities

The Life Coaching for Women with Disabilities Program is funded by a grant through Status of Women Canada. The minimum age for participants is 18.

Our Social Worker can provide individual counselling to women who have personal issues, help them connect with the community and/or provide information.

The Social Butterflies

At each session of the group, women will chat about various topics, and participate in a social activity of their choice.



Day: Every other Tuesday
Dates: September 8 and September 22, 2009
October 6 and October 20, 2009
November 3 and November 17, 2009
December 1 and December 15, 2009
Time: 4:30 to 6:30
Where: Hutton House Day Break
140 Ann St. (near Talbot St. and Ann St.)

Information Session about Depression

Men and women will learn about the types of depression, the medications used to treat it, and how to cope with depression. Family members and support staff are welcome. Presented by staff from Regional Support Associates.



Day: Tuesday, September 15, 2009
Time: 10:00 to 12:00
Where: Hutton House (Wonderland Road)



Social, Sexual and Safety Awareness Classes

This workshop is offered together with Community Living London. Men and women will learn about healthy sexuality in a safe and supportive place. Participants will learn about things like: personal safety, feelings and emotions, communicating with others, public vs. private, eating right and health.



Day: Thursdays
Dates: October 1 to November 19, 2009
Time: 10:00 to 12:00
Where: Hutton House (Wonderland Road)
Cost: \$10.00

To register or for more information contact:

Lisa Havens, MSW, RSW at 519-472-6381 ext. 240 or lisah@huttonhouse.com