



## **OKANAGAN SELF-ADVOCATE GROUP**

**Adults (over age 19) with Autism (ASD)  
or Diversabilities (Disabilities) in B.C.  
Invited**

**Free**

### **ZOOM Programs in 2022**

**All Programs on Saturdays from 1 PM – 2:30 PM.**

**February 26**

#### ***The Social Skills of Sexuality***

Joanne Poole, Registered Nurse and  
Okanagan College Professor

**June 25**

#### ***Job Employment Help***

Jacob May, Employer and Community  
Coordinator, Kelowna WorkBC Centre

**March 26**

#### ***How to Stretch Your Budget and Save!***

Denise Martell, Marketing Director, World  
Financial Group

**September 24**

#### ***Raise Your Energy with Breath and Relaxation***

Danielle Dufour, Life Force Experiential  
Activities

**April 30**

#### ***Become a Great Self-Advocate!***

Shelley DeCoste, Strategic Initiatives  
Advisor, CLBC

**October 29**

#### ***Anxiety: A Common Barrier to Social Inclusion***

Becky Molly, Clinical Director, Pacific Coast  
Community Resources Inc.

**May 28**

#### ***Loneliness, Depression and Anger Management***

Alysha Donko, Clinical Supervisor,  
posAbilities, Laurel Support Services

**November 26**

#### ***Clearing the Clutter***

Corey Anderson, Owner and Manager of  
*Organize My Space Kelowna*

**To Register for ZOOM Presentations Contact:**

**Linda Youmans, Okanagan Self-Advocate Group Advisor**

**[okanaganselfadvocategroup15@yahoo.com](mailto:okanaganselfadvocategroup15@yahoo.com)**

**Phone: (778) 478-3436**

*Supported by the South  
Central Okanagan Community Council*

