



First In Families of North Carolina presents...



7 Steps In 7 Sessions: Creating Peace Of Mind For The Future

7 Steps In 7 Sessions provides a small group setting in which you will be guided through reading, exercises, and discussion resulting in a personal future plan. Parents and guardians are often overwhelmed with beginning the future planning process, but we know that planning for the future helps to create a safe and happy life. Discussion is based on the book A Good Life by Al Etmanski, co-founder of Planned Lifetime Advocacy Network (PLAN, www.plan.ca) Gail Dupre, Coordinator of Lifetime Connections, will facilitate the class. Other speakers will also present in some of the sessions.

Topics include 7 key components of the life planning process:

April 8	Sharing your vision	Create a clear picture of your family member's future
April 15	Building relationships	Create a network of support for the lifespan of your family member
April 22	Creating a home	Identify key elements my family member wants in their future home
April 29	Making a contribution	How can my family member's gifts be acknowledged, expanded and contributed?
May 6	Ensuring choices	How can choices be respected and safely maintained?
May 13	Developing your will and estate plan	What are the tools and steps to make your plan a reality?
May 20	Securing your plan	A look to the future – what needs to be done to strengthen your plan over time?

Where: Durham Friends Meeting, 404 Alexander Ave., Durham

When: 6:30pm – 8:30pm

Cost for the Series: \$75/person, \$100/2 family members

Includes the book A Good Life by Al Etmanski (\$39.95 value)

Free to Lifetime Members of Lifetime Connections; 25% off for Associate Members

Federal TBI/HRSA funding available for family members of people with TBI

Financial assistance available to Durham families sponsored by The Durham Center

For more information, contact Gail Dupre, gdupre@fifnc.org or 919-251-8368

Registration Deadline: April 5, 2010

Mail with check payable to: FIFNC, 524 S. Duke St., Durham, 27701 or register and pay online www.fifnc.org

Name(s): _____

Address: _____

City, State, Zip: _____

Email address: _____

Phone: _____

About Lifetime Connections: *Lifetime Connections* helps families create safe, secure, quality futures for relatives with any type of disability. *Lifetime Connections* is a program of First In Families of NC, a not-for-profit organization.