

**FAMILY SERVICE TORONTO
SENIORS AND CAREGIVERS SUPPORT SERVICES**

FAILURE TO LAUNCH

A group for parents 55+ of adult children who have been unable to secure their independence due to chronic illness, mental health and addictions.

Come out and meet other parents who are dealing with similar issues. Learn how to protect yourself against abuse while supporting your adult child in gaining independence.

Understand your role in continuing the cycle of dependence

Learn how to set limits and boundaries

Become aware of the impact of guilt and shame

Learn to cope with loss and change and moving forward

When: 4th Thursday of each month | 1:30-4p.m.

Where: The Hub at 1527 Victoria Park Ave. 2nd floor
(Victoria Park & Eglinton). Parking Available.

Facilitator: Brenda Anderson

Registration: Pre-registration required
Please call Family Service Toronto's Access Unit at
416.595.9618

No fee. Donations welcome.

Family Service Toronto welcomes diversity and is committed to a policy of equity and inclusion. www.familyservicetoronto.org



FAMILY SERVICE TORONTO
For People. For Change.



United Way
Greater Toronto



Ontario

Toronto Central Local Health
Integration Network