Home of Guiding Hands Invites You To Join Us In Creating a Plan for a Better Tomorrow!

The Life Planning Project

A Family Workshop Series

A series of six workshops for parents and relatives of people with developmental disabilities or other challenges. Create your own detailed plan for your family members’ future.

The TWO HOUR sessions address:

Why Plan – Getting Started
Building Relationships & Skills
Work, Retirement & Leisure
Housing Options
Legal Issues
Setting Goals

Meeting Locations, Days and Times

El Cajon       Monday evenings 6-8p
San Diego      Wednesday evenings 6-8p
National City* Monday evenings 6-8p
San Marcos     Wednesday evenings 6-8p
El Centro*     Thursday mornings 10a-12p

*se ofrece en español e en inglés

Vendored program funded by San Diego Regional Center
Start dates will be set based on interest in each location.
to RSVP email: wendy@guidinghands.org
www.guidinghands.org

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