



TORONTO NORTH SUPPORT GROUP

Fall 2009/Winter 2010 Meeting Schedule

Tuesday September 22, 2009

Theme: Your Lupus Experience

Wednesday December 16, 2009

Theme: Practical Pacing and Priorities

Tuesday February 16, 2010

Theme: Managing Your Treatment Team

Tuesday April 13, 2010

Theme: Understanding Lupus Lab Tests

All meetings are 7 to 9 pm. Sharing/social networking time from 6:30 to 6:55. Facilitated peer group format. Open to lupus patients, caregivers and family.

Loblaws Cooking Class Room, 2nd Floor

Strictly Fragrance Free

A Confidentiality Agreement must be signed by each participant upon arrival at the meeting.

\$2 material fee per meeting for handouts.

Bayview Village Shopping Center at the corner of Bayview Ave and Sheppard Ave East, free parking at the west end of mall near Loblaws both underground and surface lot, elevator, Sheppard subway line Bayview stop, and #85 Sheppard Avenue East bus or Bayview Avenue bus. Bring something to write on and a pen.

Membership in Lupus Ontario is strongly recommended. It is your best tool for keeping up to date on treatments and coping. Please arrange to have your membership card for the first meeting. Contact Lupus Ontario at 905-415-1099.

Group Leader: Cathy Ferren 416-499-1053
Telephone Support: Wilma Duffin 416-496-3962
Email Support: lupusgroupinfo@aol.com