



Time to Talk

Information & Advice Sessions 2018

Assertiveness and Motivation

Free information & advice sessions for people with physical and/or sensory disabilities

Thursday 27th September 10.00 - 12.30pm

Living Options Devon, 3 - 4 Cranmere Court,
Lustleigh Close, Exeter, EX2 8PW

Tuesday 9th October 10.00am - 12.30pm

Freedom Centre, 1 Howard Way, Barnstaple,
EX32 8QA

Thursday 18th October 10.00am - 12.30pm

Quaker House, 74 Mutley Plain, Plymouth, PL4 6LF

See overleaf for details about Chat and Share Groups in Devon, Torbay and Plymouth. **Booking essential:**

Phone: 01392 459222 Email: info@livingoptions.org

Chat and Share Groups

An opportunity for local disabled people to come together as a group to talk about what is important to them, in a friendly and supportive environment, where solutions can be found.

Tuesday 11th September 1.30 - 3.30pm

The Hayridge Centre, 1 Exeter Hill, Cullompton, EX15 1DJ

Wednesday 12th September 1.30 - 3.30pm

Jasmyn House, 1 Midvale Road, Paignton, TQ4 5BD

Thursday 27th September 1.30 - 3.30pm

Living Options Devon, 3 - 4 Cranmere Court, Lustleigh Close, Exeter, EX2 8PW

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See overleaf for our free Advice and Information sessions in Devon, Torbay and Plymouth. **Booking essential:**

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For more information talk to the Time to Talk Team

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