

July-August 2021 Group Registration

NAME:

ADDRESS:

PHONE:

EMAIL:

Allergies/medical conditions:

Medication for emergency use (e.g. EpiPen):

Date:

Signature:

EMERGENCY CONTACT

We will not accept forms without completed Emergency Contact Information

Name (please print):

Relationship:

Home Phone:

Cell Phone:

Please be advised that **groups are ONLINE through Zoom**, except for the Community Group. You must be an active SABIS client to join or attend groups.

- Community Group** (Tuesday mornings from 10:00 – 11:30 am) July 6 – August 24, 2021
This group is for those who want to meet us in Riley Park for socially-distanced conversation and activities. For reasons of safety and practicality, clients who require Access for transportation are unable to attend. **Due to physical distancing measures, we will have a maximum of 5 participants per group. Participants are required to follow current COVID-19 protocols while attending this group.**
- Men's Group** (Wednesday mornings from 10:00 – 11:00 am) July 7 – August 25, 2021
This is a great group for men looking to discuss any challenges they may be having in their lives. Topics in this group are open and can include well-being, relationships, and dealing with day-to-day difficulties. This is a communication-based peer support group.
- Wellness Group** (Wednesday afternoons from 1 – 2:00 pm) July 7 – August 25, 2021
Wellness includes activities, choices and lifestyles that lead to optimal health and wellbeing. Using self-care as a foundation, we will talk about using strategies and developing skills to increase confidence and independence in our lives.
- Community Group** (Thursday afternoons from 1:00 – 2:30 pm) July 8 – August 26, 2021
This group is for those who want to meet us in Riley Park for socially-distanced conversation and activities. For reasons of safety and practicality, clients who require Access for transportation are unable to attend. **Due to physical distancing measures, we will have a maximum of 5 participants per group. Participants are required to follow current COVID-19 protocols while attending this group.**

This form can be filled out online at https://sabis.ab.ca/group_registration/
Group confirmations will be **emailed** to participants.

****The DEADLINE to register is JUNE 19, 2021****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 5 to leave a message