



Agenda
Tuesday January 14th, 2025
***NEW TIME 11:00am—12:00pm**
Esquimalt Gorge Pavilion / Microsoft Teams

1. **Welcome!** Is there anyone new joining us today?
2. SABF's **10 Core Values**
3. **Earl's Weather Report**
4. **Andrea's Sign of the Month**
5. **Virginia's Hul'qumi'num Word of the Month**
6. Is there anything anyone would like to share with the group?
7. **2025 New Year's Resolutions / Reflections / Goal Setting Activity**



I resolve to
laugh every day
eat more chocolate
sleep in on Sundays
make dinner an event
breathe more deeply
spend more time
with the people I love

In our small groups,

One person reads the instructions and question/prompts out loud to the group.

Individually, with support, members write down their ideas, on the back of the page.

Members share their ideas in discussion within small groups. Small groups get ready to share ideas with the large group.

- 2** – **Two** goals I wish to achieve in 2025
 - 0** – **One** thing I want to stop doing or change in 2025
 - 2** – **Two** goals I have for our SABF group in 2025
 - 4** – **Four** words (or phrases) that I want to be, or be known by, in 2025
8. And if there is time...

Let's play SANGO!

B – History (History of self advocacy and the community living movement in Canada)

I – Rights (These are our rights)

N – Leaders (Important people – past and present)

G – Institutions (Deinstitutionalization across Canada)

O – Core Values (what we believe in)

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Next meeting is February 11th, 11:00–12:00