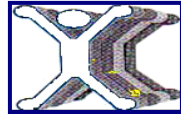


REFLECTIONS



Summer 2010

Quarterly Newsletter

Hope everyone is having a wonderful summer with family and friends in the sun, by the water, or simply having fun at a backyard barbeque.

We are very excited about the upcoming "Living in the Here and Now" Conference followed by the silent auction and the "New Life Dinner". Please mark Saturday, October 2, 2010 on your calendar, now. Last year's event was very successful and we look forward to this year's activities.

This year's conference will be a one day event and will take place at St. Andrew's Club and Conference Centre on the 27th floor of the Sun Life Building, downtown Toronto.

Three of the interactive topics that have been organized are:

- *Establishing Relationships through Good Communication
- *Money Management Basics
- *Exploring Social Skills, Relationships and Sexuality

These topics are very informative and will help participants to "thrive and not just survive"! Breakfast, lunch and snacks will be provided.

A room will be available for survivors to socialize, play games, make crafts or simply sit and talk in the afternoon. For those not staying overnight at The Sheraton Centre, facilities are available for changing at St. Andrew's before the New Life Dinner.

A special hotel rate at the Sheraton for those attending the conference is being negotiated. Details will follow after this has been finalized.

REMEMBER: Set aside Saturday, October 2, 2010 for an exciting, informative and fun day!

Keep your eyes open for specific details on the "Here and Now" Conference!

Registration forms will be made available shortly.

Upcoming Events

September 11th - Dinner and dance at St Andrew's Club and Conference Centre

-We will also have a special guest!

September 18th - Barbeque at Melissa's house
- 131 Timberbank Blvd., Toronto

We will meet at Union Station by the ticket booths at the Bay Street entrance at 1:00 p.m. and take the Bloor Street subway east to Melissa's house.

October 2nd - "Here and Now" Conference and New Life Dinner at St. Andrew's Club, 150 King St., Toronto

October 15th - Mentor College retreat to the OEC
We will meet at the Mentor College parking lot at 5:00 p.m. for a ride to the OEC in Muskoka.

November 13th - Dinner and dance at St. Andrew's.
Guest speaker to be announced.

December 11th - Theatre to be announced
- Christmas party & dinner at St Andrew's Club.

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE:

www.rebounders.ca

OR

CALL ANDREW AND JILL SPRAWSON AT 905 338 2910

OR

SEND AN E-MAIL TO THE SPRAWSON'S AT
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