



Let's Talk

Caledon

**Join us for a series of speaker sessions
discussing key topics related to Dufferin-
Caledon's older adult community.**

Registration opens October 5, 2022

LIMITED SPACES AVAILABLE | ALL ARE WELCOME | LIGHT SNACKS AND REFRESHMENTS WILL BE PROVIDED

To register, visit
[Caledon.ca/adult55](https://caledon.ca/adult55) or call 311



Let's Talk Caledon

SESSION 1

Let's Talk about Healthy Communication

Date: Wednesday October 19, 2022

Time: 7 p.m. – 8 p.m.

Location: Margaret Dunn Valleywood Library, Community Room

Let's talk about healthy vs. unhealthy communication and ways to improve communication in your personal relationships.

SESSION 2

Let's Talk about Cultural Competency

Date: Wednesday October 26, 2022

Time: 7 p.m. – 8 p.m.

Location: Caledon Equestrian Centre, Palgrave Community Room

Let's talk about our ability to develop meaningful relationships with people of various cultural backgrounds.

SESSION 3

Let's Talk about 2SLGBTQQIAA Older Adults

Date: Wednesday November 2, 2022

Time: 7 p.m. – 8 p.m.

Location: Southfields Community Centre, Hub Room

Let's talk about the 2SLGBTQQIAA acronym and how you can help make Caledon more welcoming for older adults from queer and trans communities.

SESSION 4

Let's Talk about Ageing Well

Date: Wednesday November 9, 2022

Time: 7 p.m. – 8 p.m.

Location: Caledon Village Place

Let's talk about what it means to age well and age in place in the Dufferin-Caledon area. We will discuss how to grow older with purpose and passion and point attendees to resources to help achieve this.

SESSION 5

Let's Talk About Staying Safe in a Connected Community

Date: Wednesday November 16, 2022

Time: 7 p.m. – 8 p.m.

Location: Margaret Dunn Valleywood Library, Community Room

Let's talk about staying safe in a world with increased risk of frauds and scams and the importance of staying connected. Learn about how to identify, prevent and protect yourself so that you can continue to be connected in a safe way.

Light snacks and refreshments will be provided

Registration opens October 5, 2022

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