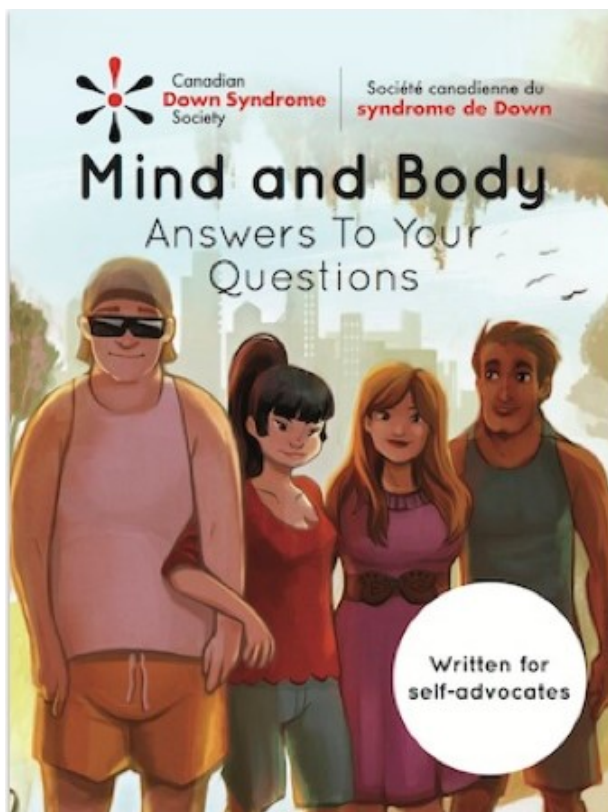


Resource of the Month: April 2017

Mind and Body: Answers To Your Questions



This book is available to borrow!

**For more information , contact Jenn at
403-320-1515 or jenn.hyggen@saipa.info**

This book is all about YOU!

Written by the Canadian Down Syndrome Society especially for self-advocates.

Mind and Body provides answers to your questions about your body, relationships, growing up and keeping yourself safe. SAIPA uses this book as one of the resources in our Healthy Relationships & Sexuality Workshop. This is a valuable resource for anyone wanting to learn more about the mind and body.

SAIPA

Celebrating 30 years of service!

