





AGENDA – Tuesday January 14th, 2026

11:00am – 12:00pm

Join us on Facebook: <https://www.facebook.com/SABrighterFuture>

1	 <p>Welcome – Introductions</p>
2	 <p>10 Core Values of SABF</p>
3	Earl’s Weather Report
4	Andrea’s Sign of the Month
5	Virginia’s Hul’qumi’num Word of the Month
6	Does anyone have something they would like to share with the group?
7	<p>2026 New Year’s Resolutions / Reflections / Goal Setting Activity:</p> <p>In our small groups,</p> <p>One person reads the instructions and question/prompts out loud to the group.</p> <p>Individually, with support, members write down their ideas, on the back of the page.</p> <p>Members share their ideas in discussion within small groups. Small groups get ready to share ideas with the large group.</p> <p>2 – <u>Two</u> goals I wish to achieve in 2025 0 – <u>One</u> thing I want to stop doing or change in 2025</p> <div style="float: right; border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>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</i></p> </div>

	<p>2 – Two goals I have for our SABF group in 2025</p> <p>4 – Four words (or phrases) that I want to be, or be known by, in 2025</p>
8	<p>Let's Play SANGO!</p> <p>S – History (History of self advocacy and the community living movement in Canada)</p> <p>A – Rights (These are our rights)</p> <p>N – Leaders (Important people – past and present)</p> <p>G – Institutions (Deinstitutionalization across Canada)</p> <p>O – Core Values (What we believe in)</p>
9	Meeting Adjourned.

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