

# Spectrum Society for Community Living Personal Support Networks Project

August 2008

## Tip of the Month:

Decide to accept the next invitation that comes your way - see what happens if you open yourself up to the possibility of making a new friend.



How often do you turn down invitations to go out? A co-worker invites you to a party...your older sister invites you to a David Cassidy concert...and you make an excuse not to go. Or, as a staff person supporting someone with a disability, maybe it just doesn't fit with your schedule - your shift ends at 8:00, there are chores to do. It's not convenient.

The problem is, if you keep saying "no," people will stop asking. And by not going, who knows what opportunities you're missing out on. What if an old friend you've been wanting to reconnect with happens to be at the party? Maybe you'll strike up a conversation with the person next to you at the concert, and end up exchanging phone numbers. Maybe the first invitation will lead to a second, and a third. You'll never know if you don't accept the first one!

As support staff, we need to be prepared to say "yes" when opportunities for expanding social networks come along.

We invite you to post your stories or comments on the "Tip of the Month" on our personal support networks discussion board (follow the links from [www.spectrumsociety.org](http://www.spectrumsociety.org)).

*Make a new friend today!*